

Senior Center
Hours of Operation:
Monday thru Friday
8:00 to 4:00



Bus Hours of Operation:
Monday thru Friday
8:30 - 3:00
To Schedule a Bus Ride
Call Between
9:00 - 12:00

May 2024

COUNCIL ON AGING - SENIOR CENTER



169 Westford Rd • Tyngsborough, MA 01879
Mail Address: 25 Bryant Lane
E-mail: broche@tyngsboroughma.gov
Phone 978-649-9211, Fax 978-649-9533

News & Tyngs



CLOSED MEMORIAL DAY



You may or may not have noticed that we have been doing some deep cleaning at the center. The floors and windows were recently cleaned. They look amazing. Our floor scrubber was fixed and regular use will maintain the floors. We have been in this building for almost 9 years. Time flies when we are having fun!!!

Upcoming May Events:

- ◇ Friday, May 3rd – Free Lunch provided by the Tyngsborough Funeral Home. (sign up by April 29th)
- ◇ Friday, May 10th – “Mother’s Day Luncheon” at 11:30 followed by “Non-Alcoholic” Wine Tasting. \$3.00
- ◇ Thursday, May 16th – Free Breakfast – sponsored by the Tyngsborough / Dunstable Lion’s Club. Speaker TBD.

New events can be added at any time – check out the bulletin board at the center.

Please check out the bulletin board for upcoming craft sessions with Laura. She has such clever ideas for all of you. Suggestions are always welcome!

Senior Van Passengers: Please remember when scheduling a ride to let us know what time your appointment is, NOT what time you wish to be picked up. We schedule rides according to appointment times, locations and number of scheduled stops. We appreciate your understanding.

Any suggestions for programs, events, activities, etc., are welcomed. Please see any of my staff.

Enjoy every day! Barbara.

“Just one small positive thought in the morning can change your whole day.” — Dalai Lama

STAFF

Barbara Roche - Director
Tracy Pecora - Administrative Assistant
Raeanne Bowden -Meal Site Coordinator
K.Comer/S.Keegan—Maintenance
Charlene Muscato - Outreach Worker
Laura Roy—Program Coordinator

COUNCIL ON AGING BOARD

Sharon DiSalvo
Joanne Kalabokis
Dianne LaRose
Robert McCarthy
Rose Mitchell
Charlene Muscato
Patricia Pontbriant
Margaret Reppenhagen
Beverly Rudeen
Beatrice Stankard



COA BOARD MEETING

May 21st, 3:30 PM

SENIOR LIAISON OFFICER

Officer...

Newsletter Index

Page 1: Director’s Message.
Pages 2, 3: Classified, Wellness and Fitness Programs.
Pages 4, 5: Special Programs, Activities, and Regular Programs.
Pages 6, 7: Transportation, and Outreach.
Insert: Calendar of Events .



The File of Life program is meant to provide quick and easy access to your basic medical information. It is a red magnetic plastic folder that can be easily kept on the refrigerator for speedy access in the event of an emergency. The file contains important personal information regarding your health and emergency contacts in the event that you are unable to give the information. The File of Life is also available in a smaller, non-magnetic size that can be carried in a purse or wallet or glove compartment of your car when you are away from home.

CLASSIFIED SECTION

DONATIONS / VOLUNTEERS NEEDED

- Coffee (ground and k-cups), 12oz. Cups.**
- Paper Plates-Small and Large.**
- Plastic Spoons, Forks, Knives.**
- Sugar Packets, and Small Coffee Creamers.**
- Paper Napkins.**



WELLNESS CLINIC

Tyngsborough Council on Aging
169 Westford Rd 978-649-9211

Currently Unavailable



Are you confused about Medicare and not sure where to turn? Call 1-800-663-4227 they could help you. We don't have any one on site.



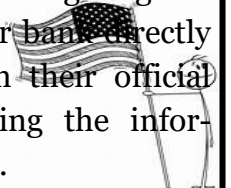
NEWEST SCAM

In this week's scam, cybercriminals are spreading malware by using a fake security app. They send you a text message that says a large financial transaction has just occurred using your bank account. It instructs you to call a phone number if you have not authorized the transaction. Of course, the transaction never occurred, and the cybercriminals are trying to scare you into acting impulsively.

If you dial the number, you'll be connected to a cybercriminal who will instruct you to download a security app. The app is disguised as an official McAfee Security product and is designed to take control of your device. If you install it, cybercriminals will use it to steal your data, and they will have complete control of your phone. Once they have control of your phone, they can install other malware and access your personal information.

Follow these tips to avoid falling victim to a fake app scam:

- Only download apps from an official source, such as the Google Play Store or the Apple Store. Apps available on official platforms are tested for security and are far less likely to be malicious.
- If you receive an unexpected text message regarding a large transaction, contact your bank directly using the information provided on their official website. Do not communicate using the information provided in the text message.



Always stop and think before taking action. Scammers use scare tactics to create a sense of urgency to get you to act without thinking.

The KnowBe4 Security Team

The Friends of the Tyngsboro Elderly, Inc., will hold their spring fling at the Tyngsboro Sportsmen's Club, Westford Rd, on Tuesday, June 11th from 11:30AM to 2:30PM. A luncheon will be served. Raffles, 50/50, Door Prizes, and Entertainment.

Tickets are complimentary and will be available at the center on May 28, 29, 30 and 31 from 10:00AM to noon. Tickets will also be available by calling President Joe Jacoppi at 978-649-9076.

FITNESS PROGRAMS & GAMES

COA Board Meeting
Tuesday, May 21st, 3:30

LINE DANCING

Instructor—Marcella: class is Every Monday, and Thursday. 10:00-11:00... \$4.00

ZUMBA GOLD Instructor Leslie Jarvis

- **Monday, 11:00... Zumba Gold \$5.00**
 - **Monday, 12:00... Muscle Conditioning \$5.00**
 - **Wednesday, 11:00...Zumba Gold \$5.00**
 - **Friday, 10:30...Zumba Gold \$5.00**
-

BONE BUILDERS – FREE

Mondays and Wednesdays at 9:00

Bone Builders is a free class and requires a doctor's note to participate. Hand and leg weights are available. Questions? Call Jean Jacoppi (978-649-9076)

BONE STRENGTH... FREE

Wednesdays 10:00 / Fridays 9:00

Doctor's note NOT required.

(Similar to Bone Builders-exercises for building bones.) **Class is full at this time. "Waiting list"**
You can try Bone Builders Class, hours are above.

CANASTA

Every Thursday 1:00 FREE

Canasta is played with two full decks of cards, including two Jokers from each deck totaling 108 cards. The main object of the game is to outscore the opposing team, or players.

BRIDGE

Every Thursday 10:00 FREE

Each player in rotation must follow suit to the card led (play a card of the same suit). A player unable to follow suit may play any card, including a trump, if desired. A trick is won by the highest card of the suit led or by the highest trump, if it contains any.

MAHJONG, FREE

Every Friday, 10:00 ...BEGINNERS

"Studies have shown that mahjong is a **great game for keeping the mind sharp**" and it is recommended among the elderly as a means of keeping their brains in good health.

Room available.

Wii BOWLING

Every Friday 10:00-11:30

Come join the fun! Time to get out of the house. The staff makes lunch every Friday for \$3.00. Call in if you would be interested in lunch. We have transportation that will pick you up and take you home for a small fee. Call 2 days in advance, 978-649-9211.

Holistic Health

Every other Wednesday 9:00, see calendar for the dates. Laurie Schmalz... Reiki Health.

Reducing stress and increasing relaxation.

Reducing pain and muscle soreness and tension. Improving circulation, energy and alertness. Lowering heart rate and blood pressure.

Great Games to Play With Your Friends

Need some fun in your life, join us at the center.

Tuesdays, Cribbage 10:00 Free

Tuesdays, BINGO 12:30 NOT FREE

Thursdays, Bridge 10:00 Free

Thursday, Canasta 1:00 Free

Fridays, Mahjong 10:00 Free

Fridays, WII Bowling 10:00 Free



SPECIAL PROGRAMS / EVENTS

STITCHERS & KNITTING

Every Monday, 10:00-11:30

Stitches meet in the Dining room area. They are currently working on projects for winter of 2024.



PAINTING CLASS ...FREE

Every Monday, 12:30-3:00

In this class everyone helps each other. If you love painting and don't mind (asking or helping) others, come join us and make new friends.

CRIBBAGE

Every Tuesday Morning 10:00 - 12:30

We have openings for cribbage players. We welcome all.



BINGO

Every Tuesday, 12:30-2:30

This activity keeps your mind stimulated. Not only that, you will have plenty of fun and excitement with this activity and it gives you a chance to socialize with others and have a great time. Come join us, Great Prizes!



BOOK CLUB (Monthly)

Wednesday, May 15th, 10:00

Come join us on the 3rd Wednesday of each month. With Carol Sides hosting. Discover and read the best new books each month.

SENIOR BREAKFAST

Thursday, May 16th, 8:30-9:00

Start your day off with a **FREE**, healthy breakfast. Breakfast sponsored by Lion's Club. Speaker TBD

Center Closed
Monday, May 27th.

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. Military.



Louise Fuller

Manicuring Service
Monday, May TBD, 9:00

If you would like to take advantage of this 55+ program give the center a call at 978-649-9211. It's not just for women, men too!

FREE COMPUTER and CELL PHONE HELP (Monthly) at the Senior Center.

Wednesday (May 8th) 9:30 - 12:00. Dean Lotito will be available to help fix issues with your cell phones and computers. Why not take advantage of this free service.

MOTHER'S DAY "Wine tasting"

Friday, May 10th, 12:30 The Travelling Chef: serving from a carving station with **roast beef and turkey**; come celebrate mother's day at our first wine tasting event. There will be several different 'Non-Alcoholic' wines to taste. **Cost \$3.00 per person**

Tyngsborough Funeral Home will be sponsoring Lunch 11:30 on Friday, May 3rd. Come one, Come all. Sign up by April 29th.



Regular Programs / Upcoming Programs

REGULAR May

Monday...

Bone Builders	9:00-10:00
Knitting	10:00-11:00
Line Dancing	10:00-11:00
Zumba Gold	11:00-11:45
Muscle Conditioning	12:00-12:45
Painting Class	12:30-3:00



Tuesday

Cribbage	10:00 -12:00
BINGO	12:30-2:30

Wednesday

Reiki	9:00-10:00
Bone Builders	9:00-10:00
Wellness Clinic... 4/8	9:30-12:00
Bone Strength	10:00-11:00
Book Club... 4/17	10:00-11:00
Zumba Gold	11:00-12:00



Thursday

Line Dancing	10:00-11:00
Bridge	10:00- 12:00
Texas Holdem	12:30- 3:30
Canasta	1:00- 2:30

Friday

Bone Strength	9:00-10:00
Mahjong	10:00-11:30
Wii Bowling	10:00-11:30
Zumba Gold	10:30-11:30



UPCOMING June

These dates and times are subject to change. Some things come up from time to time that can't be avoided. Thank you.

Friday, June 14th, Flag Day;
The Traveling Chef will be catering Lunch.



CLOSED JUNETEENTH

Monday, June 19th
“What's Juneteenth Day?”

Discover the history of Juneteenth, a **federal holiday commemorating the end of slavery in the United States.** In 1863, during the American Civil War, President Abraham Lincoln issued the Emancipation Proclamation, which declared more than three million slaves living in the Confederate states to be free.

SENIOR BREAKFAST

Thursday, June 20th, 8:30-9:00

Start your day off with a **FREE** Breakfast sponsored by TBD. **Speaker Middlesex County District Attorney Marian Ryan.**

Sign up by June 14th.

INDEPENDENCE DAY CELEBRATION

Friday, June 28th, 12:00



Transportation Info

Road-Runner



- BUS DRIVERS**
- ◆ Jerry Richall
 - ◆ Mike Knight
 - ◆ Rick Gill
 - ◆ Felix Concepcion



- ◆ **Adult Day Care Pick Ups Start at 8:00 last return at 3:00.**
- ◆ **Transportation Pick Ups Start at 8:30**
Call 2 days in advance between 9:00-12:00
978-649-9211
Transportation Fee:
In-Town \$1.00 each way, \$2.00 round trip.
Out-Town \$1.50 each way, \$3.00 round trip.

TRANSPORTATION MEDICAL/SHOPPING

- ◆ Food Shopping, **Friday's Only**, there will be two (2) bus runs, 9:00 - 10:30, the first run is to Nashua NH.
- ◆ The second run will be 10:30 - 12:00 going to Hudson NH.
- ◆ The bus will run Wednesday's for retail shopping 10:00-12:00.
- ◆ If there is a holiday on a Friday the bus will run Thursday or Monday for shopping.
- ◆ **If you need to go to the Post Office, Bank, Voting and Prescription pickups the bus will be running Monday and Wednesday 9:00 thru 12:00. Must call 2 days in advance, 978-649-9211.**
- ◆ Voting will be an exception on Tuesday.

No Medical on Tuesdays and Fridays.

Calls accepted weekdays between 9:00 AM and 12:00 PM at least 2 days in advance.



Notice



Bank, Library, Post Office
Going forward if anyone needs to go to the bank or post office you'll have to schedule a ride Monday or Wednesday. Call two days in advance.

TRANSPORTATION Curb-to-curb pick up only

This means riders must have the ability to walk/propel to the van when parked street side. The driver cannot offer "hands on." However, a personal assistant, may accompany a rider should he/she require help. Assistants ride free of charge.

LAST BUS CALL 12:00 PM

Call for your transportation ride ASAP. Remember 2 days in advance, **NO** calls after **12:00.**

When making a medical ride, just an FYI, Monday would be the better day. "Low commuters."



OUTREACH INFORMATION

Our goal is to help Tyngsborough Elders age safely in place with dignity and independence in the home and community they helped build because there is no place like home!!!

Outreach Worker

Call for an appointment 978-649-9211

The Outreach program provides information and referrals to seniors and their families about programs and services provided by the Council on Aging and other agencies in the elder network. Our outreach coordinator works collaboratively with many agencies serving seniors, including home care, legal assistance, protective services, housing and visiting nurses.



HOME DELIVERED NUTRITION MEALS (Meals on Wheels Program)

**Tyngsborough residents 60+ can call
AgeSpan
1-800-892-0890 to see if you qualify.**

The Tyngsborough Council on Aging distributes meals from our facility on behalf of AgeSpan. We deliver to clients who are homebound or on homecare short term. If you have any questions call the above number. *A special thank you to all of our MOW Volunteer Drivers! - Bob B., Paul D., Sharon D., Fred F., William L., Dennis O., Robert R., Dave S., Kerry S., and Robyn T.*

MEDICAL EQUIPMENT and Adult Diapers

If you or anyone you know needs a walker, shower chair, tub chair, toilet seat raisers or other small medical equipment, call the Center 978-649-9211.

We also have Adult diapers, Med, Large, and Extra Large.



Wheelchair



Potty Chair



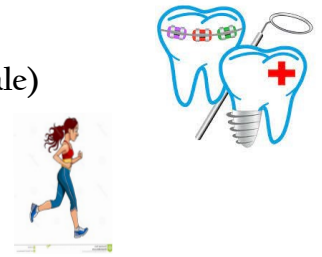
Shower Chair

MOBILE MARKET

FOOD PROGRAM– offers a **FREE** bag of groceries on the 4th Tuesday of each month. Each bag contains a variety of basic healthy foods: soup to cereal, meat to veggies, there may be a treat or two.. To see if you qualify call Ruth Ortiz **(978-946-1303)**, Applications are also available at the Senior Center, stop by or call 978-649-9211.

Lowell, Massachusetts
Dental Care Clinic
(Low Cost And Sliding Scale)

101 Jackson St.
Lowell, MA - 01854
(978) 937-9700



This is a **SLIDING SCALE** clinic. The costs for clinic services are based on either your income or they offer type of financial assistance. Contact the clinic directly to discuss prices for individual services which vary. Sliding Scale does not necessarily mean free.

OUTREACH -Home Visits

**Must call for an appointment
978-649-9211**

There are situations that prevent Tyngsborough Senior residents from coming to the Center, we are more than happy to make a visit to provide information for services. If you or someone you know would like a visit to discuss senior referrals such as,

Fuel Assistance
Housing Assistance
Meals on Wheels
Podiatrist
Notary Public
Referrals
Food Stamp (Snap)

Transportation
File of Life
Brown Bag
Faith Works
Health Care Proxy
Medical Equip (loan)





Senior News Publications



Are You A
Local
Business Owner?

Advertise Today

We connect local businesses with their residents

fullerrv.com

FULLER RV
RENTALS & SALES

usamotorhomerentals.com

150 Shrewsbury St, Boylston, MA 01505, RTE 140



1 (800) 338-2578

Family Owned and Operated Since '84

**THE
POWER
OF YOU**



Boston Children's Hospital Trust

MAKE A GIFT

HELP CURE MORE CHILDREN. EASE SUFFERING AND RESTORE FAMILIES. BREAKTHROUGHS HAPPEN HERE — SO CHILDREN CAN BE SAVED EVERYWHERE. WE CAN ONLY SAVE MORE CHILDREN WITH YOUR HELP.

GIVING.CHILDRENSHOSPITAL.ORG



Tyngsborough
FUNERAL HOME

"Our Family Serving Yours"

- Traditional Funerals
 - Cremation Services
 - Green Burial Products
 - Memorial Services
- 4 Cassaway Dive
Tyngsborough, MA 01879
Call (978) 419 4954
tyngsboroughfh@gmail.com

www.tyngsboroughfuneralhome.com

HELLO RV AND CAMPING COMMUNITY!



792 Mayhew Turnpike Bridgewater NH, 03222

CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER RESERVATIONS FOR THE 2024 SEASON.

RESERVE YOUR RV/CAMPING SEASON!

Check us out at:
www.camp-nh.com



Or call us at:
603-744-3344



DOLAN FUNERAL HOME



106 Middlesex Street
North Chelmsford

James F. Dolan Andrew J. Dolan
978-251-4041 www.dolanfuneralhome.com

Pre-Planned
Funeral Counseling

May 2024

MON	TUES	WED	THURS	FRI
		1 9:00 Bone Builders 10:00 Bone Strength 11:00 Zumba Gold	2 10:00 Line Dancing 10:00 Bridge 12:00 Texas Hold'em 1:00 Canasta	3 AM. Food Shopping 9:00 Bone Strength 10:00 Wii Bowling 10:00 Mahjong 10:30 Zumba Gold 11:30 Lunch, Tyng Funeral Home
6 9:00 Bone Builder 10:00 Line Dancing 10:00 Knitting 11:00 Zumba 12:00 Muscle Conditioning 12:30 FREE Painting	7 10:00 Cribbage 12:30 BINGO 	8 9:00 Holistic Health 9:00 Bone Builders 9:30 Wellness Clinic 9:30 Computer Help 10:00 Bone Strength 11:00 Zumba Gold	9 10:00 Line Dancing 10:00 Bridge 12:00 Texas Hold'em 1:00 Canasta	10 AM. Food Shopping 9:00 Bone Strength 10:00 Wii Bowling 10:00 Mahjong 10:30 Zumba Gold 11:30 Mother's Day
13 9:00 Bone Builder 10:00 Line Dancing 10:00 Knitting 10:00 Zumba 11:00 Muscle Conditioning 12:30 FREE Painting	14 10:00 Cribbage 12:30 BINGO 	15 9:00 Yoga 9:00 Bone Builders 10:00 Bone Strength 10:00 Book Club 11:00 Zumba Gold	16 8:30 Breakfast 10:00 Line Dancing 10:00 Bridge 12:00 Texas Hold'em 1:00 Canasta 	17 AM. Food Shopping 9:00 Bone Strength 10:00 Wii Bowling 10:00 Mahjong 10:30 Zumba Gold 11:30 Lunch
20 9:00 Bone Builder 10:00 Line Dancing 10:00 Knitting 10:00 Zumba 11:00 Muscle Conditioning 12:30 FREE Painting	21 10:00 Cribbage 12:30 BINGO COA Board Meeting 3:30	22 9:00 Holistic Health 9:00 Bone Builders 10:00 Bone Strength 11:00 Zumba Gold	23 10:00 Line Dancing 10:00 Bridge 12:00 Texas Hold'em 1:00 Canasta	24 AM.. Food Shopping 9:00 Bone Strength 10:00 Wii Bowling 10:00 Mahjong 10:30 Zumba Gold 11:30 Lunch
CLOSED Memorial Day 	28 10:00 Cribbage 12:30 BINGO Mobile Market Formerly Brown Bag	29 9:00 Bone Builders 10:00 Bone Strength 11:00 Zumba Gold 	30 10:00 Line Dancing 10:00 Bridge 12:00 Texas Hold'em 1:00 Canasta	31 AM. Food Shopping 9:00 Bone Strength 10:00 Wii Bowling 10:00 Mahjong 10:30 Zumba Gold 11:30 Lunch

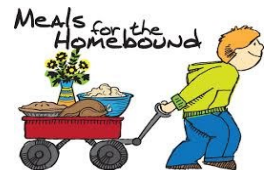
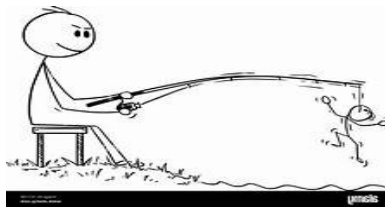
Monthly Programs:

Tuesday... Mobile Market.
 Wednesdays... Wellness Clinic.
 Wednesday... Book Club.
 Wednesday... Computer Help (Free.)



Meals on Wheels...

**Monday thru Friday,
 Call AgeSpan for services; 1-800-892-0890**



DOLAN FUNERAL HOME



106 Middlesex Street
 North Chelmsford

James F. Dolan Andrew J. Dolan

978-251-4041 www.dolanfuneralhome.com

Pre-Planned
 Funeral Counseling