

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480 F: 978-640-4483

July 2014

Volume 06 Issue 7

COA Director– Ashley Stuart, MS, LSW
astuart@tewksbury-ma.gov

Friends of the Elderly, Inc.
Submitted by Linda Brabant

Summer is finally here and there are so many things to look forward to in addition to the sunshine. This month, we have the GAC cookout, the Boston Duck Tour and the Friend's Yard Sale. Most importantly, we celebrate the 4th of July. I wish you all a safe independence day with family and friends!

Volunteer Of The Month: Rose McKenna



Where to begin... Rose is an absolute asset to the Senior Center. She is currently the Chair Woman of the Council on Aging Board and Vice President of the Golden Age Club. Rose also organizes all of the GAC's overnight trips, which is a full-time job in itself. Rose is always around to help whenever we need her, whether its covering the reception desk or sending newsletters. Most recently, Rose volunteered to check everyone in for the Foot Care Clinic, which was an all day job. The Senior Center is a second home for Rose and she has been coming here to help for approximately 32 years. It has been wonderful getting to know Rose and I hope she has many more years here!

On behalf of the "Friends", a hearty THANK YOU is extended to all the volunteers who worked at the Breakfast Benefits of May and June and to all those supportive residents that patronized the events. There will not be any breakfast events during the summer months but we hope to see you all come Fall.

The Friends will hold a Giant Yard Sale at the Senior Center, 175 Chandler Street on Saturday, July 26th from 9 AM to 2 PM. The public is welcome to join in this event. One may reserve a table for \$15 or 2 tables for \$25. If you're interested register at the Senior Center. This Yard Sale will be held rain or shine and is advertised on the message channel, local newspapers and in the classified ads of the Lowell Sun. Admission is free and your bound to find some great treasures!

Now that I have lots of time on my hands, I have begun to research the Tree of Life engraving requests and should be engraving leaves at the beginning of July. My apologies are extended to those who have waited a long time for this task to be completed. Thank you for your patience and understanding...and thank you for your donations.

Wishing you all a bright, sunny and fun July!

Red Hat News*Submitted by Cynthia Trudeau*

In June the Carnation Belles enjoyed a most interesting trip to the Mount Auburn Cemetery in Cambridge. We had a fantastic guide who escorted us around part of the grounds. If any of you have not been there I would suggest taking a trip of your own some time. It is possible to drive around the grounds if walking is a problem on hilly terrain. From there we traveled over to Dorchester to enjoy a delicious dinner on the waterfront.

I want to remind you all of our Christmas in July event. As you know we will be collecting \$10 gift cards to Walmart. These can be dropped off at the Senior Center. We will again be making decorations with the donors' names on them and hanging them on the Christmas Tree. Please consider helping to make this a successful project once again!

In September we will start off the season with Buffalo Bingo on Thursday September 25th. Everyone always has a good time at this event and of course, refreshments will be enjoyed. More information will be available in a later issue of Senior Moments.

Finally, there will be an interest list available at the Senior Center for the Belles. We are considering a trip to the Villa Roma Resort in Callicoon, NY during October 3-5 to attend the 10th anniversary mini-convention. The price is currently set at \$366 per/person, which includes double occupancy rooming for two nights. We are considering adding a third night depending on your interest. The cost may also be additional. We need to have your interest noted on the list by July 28th. See either Rose or Ginny.

Sending our wishes to all for a happy and fun-filled summer!

The Golden Age Club*Submitted by Rose McKenna*

I am writing news, some of which should have been written last month buuuut here goes.

In May forty of our very happy seniors went to a resort in the Catskills of New York called Villa Roma. This place was amazing. There were all sorts of games like bocci - shuffle board - ping pong, wonderful shows, Bingo and the list goes on. We all ate meals as though we were never going to see food again. It is a wonder we could even walk after the meals. We had all sorts of tournaments. Several of our Tewksbury people won "gold medals". If you ever wanted to laugh and forget your thoughts, this was the place.

One of our outside events was, believe it or not, a turtle race. Have you ever seen adults in a large round circle rooting for their turtle to win a race - - hilarious.

There are two more overnight trips left for this year. Niagara Falls in September and the White Mountain Resort in December. Please check the G.A.C. bulletin board for more information.

Our paid up members will be enjoying our annual cookout on July 8th, featuring lots of good food. Everything is prepared by our very hard working entertainment committee. THANK YOU ALL.

Dues are being accepted daily from Kay, Nancy or Rose. The cost is \$10 for June 2014 to June 2016.

Our next event will be a Fashion Show right here at the Senior Center on Friday August 15th from 12- 3PM. All the models are our Golden Age Club Members and all the fashions are from our "Upscale Consignment Shoppe". Light refreshments will be served. "Fashions From Martha's Closet" is the name of the show .

*All proceeds from the Fashion Show will benefit
TMHS and Shawsheen Tech scholarships.
Donation is \$10.00. Hope to see you there!*

****Special Events****

HAPPY 4th OF JULY

Senior Center Closed Friday 7/4/2014

Monday July 7th

2:00-6:00pm- Intake for Upscale Consignment Shoppe.

7:00am Departure- Foxwood's Day Trip

Tuesday July 8th

12:00- 3:00pm- Golden Age Club COOKOUT

Wednesday July 9th

9:00am Departure: **Boston Duck Tour Day Trip**
\$65/ pp, includes the tour, Lunch at the Hardrock Café & Transportation.
This trip is SOLD OUT.

Wednesday July 16th

12:30pm- Council on Aging Board Meeting

Monday July 21st

10:00am- MS Support Group (Public Welcome)

Saturday July 26th

9:00am- 2:00 pm- YARD SALE hosted by the Friends of the Elderly

Monday July 28th

11:30am- Lunch followed by DJ Jon Dance
\$6/pp- Sign up by the 18th to reserve your lunch

Save the Date: August 15th

12-3pm- GAC Fashion Show. Admission \$10/pp

A Message From the Snooti Patooti Boutique

Submitted by Cynthia Trudeau

During June we will have traveled to our shopping location in Marlborough to find some new and hopefully interesting things to add to our inventory in the shop.

During the months of July and August we will be open during our usual summer schedule. Our hours will be Monday-Thursday 11am-1pm and Friday 9-11am.

We hope you will make an effort to stop in and check out our new items. We have lovely sun glasses, which are a must this time of year. Also, our newest jewelry would make a lovely gift for someone or why not treat yourself?!

Happy Vacation Time!

Fall Craft Fair?

There has been some talk about having a craft fair at the Senior Center this fall. Do you have interest in this event? Would you like to showcase your crafts here? If so, please call Kathy Walsh at 978-640-0046. This event will take place based on the amount of interest shown so make sure to reach out!

TRIAD of Tewksbury

Mission: To enhance the quality of life of Tewksbury's older adults through the liaison of the Council on Aging, Board of Health, Police, Fire/EMS and Elder Services of the Merrimack Valley.

We are now planning TRIAD programs for the fall. Keep checking back!





This year's Memorial Day Parade



Hampton Beach Trip June 25th
Sandcastles, Music, Fireworks & more!





Volunteer Rose McKenna checking people in for the Foot Care Clinic



Q & A with the Director on Monday June 9th



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>The Snooti Patooti Gift Shop is open 11am-1pm Mon-Thurs & 9-11am on Fri.</p> <p>The Upscale Consignment Shop is open from 11am- 3pm, Mon-Fri</p> <p>The Billiards Room is open daily from 8am-4pm</p>	<p>8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:45 Mov'n & Grov'n Exercise 12:45 Zingo 1:00 Independent Painting</p>	<p>1</p> <p>8:30 Yoga for Men 9:00 Arts & Crafts 9:00 Quilting 10-12 Town Nurse Office Hours 12:20 Bone Builders #1 12:30 Cribbage 12:30 Mah Jong 2:30 Gentle Yoga 2:30 45's</p>	<p>2</p> <p>8:30 Tap Dance Class 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 2:00 Bone Builders #2 2:30 45's</p>	<p>3</p> <p>8:30 Walking Club 12:30 International Mah Jong</p> <p>4</p>
<p>7</p> <p>7:00 Foxwoods Departure 9-11:30 VNA Nurses Clinic 9:00 Forever Fit 9:00-11 VNA Nurses Clinic 9:30 Men's Yoga 10:15 Therapeutic Yoga 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga 2-6 Upscale Intake of Items Day</p>	<p>8</p> <p>8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:45 Mov'n & Grov'n Exercise 10:00 Diabetes Academy 12-3 GAC Cookout (\$8 For Paid-up GAC members) 1:00 Independent Painting NO ZINGO TODAY</p>	<p>9</p> <p>8:30 Yoga for Men 9:00 Arts & Crafts 9:00 Quilting 10-12 Town Nurse Office Hours 10:30 Departure- <i>Boston Duck Tour Trip- SOLD OUT</i> 10:30 Country Line Dance Class 12:20 Bone Builders #1 12:30 Cribbage 12:30 Mah Jong 2:30 Gentle Yoga 2:30 45's</p>	<p>10</p> <p>8:30 Tap Dance Class 9:00 Diet Workshop 9:00 Men's Group 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 2:00 Bone Builders #2 2:30 45's</p>	<p>8:30 Walking Club 12:30 International Mah Jong</p> <p>11</p>
<p>14</p> <p>9-11:30 VNA Nurses Clinic 9:00 Forever Fit 9:00-11 VNA Nurses Clinic 9:30 Men's Yoga 10:15 Therapeutic Yoga 12:30 Cootie Party- \$4/pp 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga</p>	<p>15</p> <p>8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:45 Mov'n & Grov'n Exercise 12:45 Zingo 1:00 Independent Painting</p>	<p>16</p> <p>8:30 Yoga for Men 9:00 Arts & Crafts 9:00 Quilting 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:20 Bone Builders #1 12:30 Cribbage 12:30 Mah Jong 12:30 COA Board Meeting 2:30 Gentle Yoga</p>	<p>17</p> <p>8:30 Tap Dance Class 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 2:00 Bone Builders #2 2:30 45's</p>	<p>8:30 Walking Club 12:30 International Mah Jong</p> <p>18</p>

2:30 45's	21 9-3:30 <i>Foot Care Clinic</i> 9-11:30 VNA Nurses Clinic 9:00 Forever Fit 9:30 Men's Yoga 10-12 MS Support Group 10:15 Therapeutic Yoga 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga	22 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:45 Mov'n & Grov'n Exercise 12:45 Zingo 1:00 Independent Painting	2:30 45's	23 8:30 Yoga for Men 9:00 Arts & Crafts 9:00 Quilting 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:20 Bone Builders #1 12:30 Cribbage 12:30 Mah Jong 2:30 Gentle Yoga 2:30 45's	24 8:30 Tap Dance Class 9:00 Diet Workshop 9:00 Men's Group 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 2:00 Bone Builders #2 2:30 45's	8:30 Walking Club 12:30 International Mah Jong 25 8:30 Walking Club 12:30 International Mah Jong Saturday July 26th Friends Yard Sale <i>Public Welcome</i> <i>Tables available</i> \$25 each or 2 for \$40
2:30 45's	28 9:00 Forever Fit 9:30 Men's Yoga 10:15 Therapeutic Yoga 11-1 VNA Nurses Clinic 12:00 DJ John Dance 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga	29 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:30-11 Jim Miceli Office Hours 9:45 Mov'n & Grov'n Exercise 12:45 Zingo 1:00 Independent Painting	2:30 45's	30 8:30 Yoga for Men 9:00 Arts & Crafts 9:00 Quilting 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:20 Bone Builders #1 12:30 Cribbage 12:30 Mah Jong 2:30 Gentle Yoga 2:30 45's	31 8:30 Tap Dance Class 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 2:00 Bone Builders #2 2:30 45's	8:30 Walking Club 12:30 International Mah Jong 1 8:30 Walking Club 12:30 International Mah Jong

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A Message From Our First Responders

*Submitted by Jennie Welch of the
Tewksbury Police Department*

When Should I Call 9-1-1?

- Save a Life
- Stop a Crime
- Report a Fire

Anytime help is needed from police, fire, or ambulance personnel, 9-1-1 should be your first call in an emergency.

9-1-1 Calling Tips

- Stay calm and speak clearly.
- Be sure to listen carefully and answer all of the dispatcher's questions to the best of your ability.
- If possible, do not hang up until the 9-1-1 dispatcher has obtained all of the information that is needed.

Silent Call Procedures

If you cannot speak, you can still communicate with the dispatcher by using your landline phone's key pad. Once the call taker answers and gets no response, they will ask you to press keys for police, fire, or ambulance.

Important Information

Cordless phones may not work during power outages, so it is important to always keep a corded phone in your home in case of emergency. If you are calling from a cellular phone, please provide as much information to the dispatcher as possible starting with the city/town you are calling from. Cell phone 9-1-1 calls go to the State Police who will transfer the call to the local dispatch center. If you do not know exactly where you are, new technology allows dispatchers to receive your phone number and approximate location where the call originated from within a couple hundred yards. The more information you give the dispatcher, the better.

Medical Alert devices do not provide a direct connection with your local police, fire or ambulance personnel. If immediate help is needed and a phone is within reach, call 9-1-1.

TDD/TTY users should call 9-1-1 directly. All 9-1-1 dispatchers are equipped with and trained to use TDD/TTY.

Massachusetts residents with disabilities may qualify for specialized telephones and accessories free of charge or at a reduced rate. Please visit <http://www.mass.gov/eopss/agencies/massedp/qualify-and-apply.html> or call 1-800-300-5658 V/TTY for more information.

* Source of information was the Massachusetts State 911 Department

*Congratulations to our
graduates of R.A.D.*



July 2014 Client Menu

MVNP (978) 686-1422

<p>1-Jul Stuffed Shells Meat Sauce Peas Toss Salad / LS Dressing Fresh Orange Italian Bread</p>	<p>2 Maple Glazed Salmon Scalloped Potatoes Green & Gold Beans Chocolate Pudding Diet Pudding Whole Wheat Dinner Roll</p>	<p>3 High Sodium Meal LS Hot Dog / Mustard Baked Beans Cole Slaw LS Potato Chips Regular Gelatin Diet Gelatin Hot Dog Roll</p>	<p>4 No Meal Served <i>4th of July Holiday</i> </p>
<p>Nutrients meet 1/3 of the RDI (Recommended Daily Intake) Suggested Donation \$2.00 per meal. All Meals served with Margarine & 1% Milk</p>	<p>8 Pineapple Ginger Chicken White Rice Broccoli and Cauliflower Fresh Apple Rye Bread</p>	<p>9 American Chop Suey Peas and Carrots Parmesan Cheese Peaches Italian Bread</p>	<p>10 High Sodium Meal <i>Lawrence Site Special</i> Turkey Ham / Fruit Sauce Whip Sweet Potatoes Vegetable Medley Fig Bar Oatmeal Bread</p>
<p>7 Cheeseburger Ketchup Kernel Corn Baked Potato Chips Pineapple Hamburger Roll</p>	<p>15 Honey Curry Chicken Whip Potato with Chives Mixed Vegetables Cranberry Sauce Pears Rye Bread</p>	<p>16 Meatball Stroganoff White Rice California Blend Veggies Fresh Orange Whole Wheat Bread</p>	<p>17 Birthday Dinner Roast Pork with Gravy Red Bliss Whip Potatoes Vegetable Medley Birthday Cake / Diets & MOW'S Plain Cake Whole Wheat Dinner Roll</p>
<p>14 Sweet Italian Sausage with Ziti and Marinara Sauce / Green Beans Parmesan Cheese Peaches Italian Bread</p>	<p>22 BBQ Pork Patty Sweet Potato Wedges Cole Slaw Lorna Doones Hamburger Roll</p>	<p>23 Mild Chili Shredded Cheese LF Sour Cream Toss Salad / LS Dressing Fresh Apple Tortilla Chips</p>	<p>24 Chicken Supreme Red Bliss Whip Potatoes Scandinavian Blend Veg. Cranberry Sauce Fruited Gelatin / Diet Gel. Oatmeal Bread</p>
<p>21 Chicken Cacciatore White Rice Peas & Carrots Parmesan Cheese Pineapple Whole Wheat Bread</p>	<p>29 Potato Fillet Florentine Rice Italian Blend Vegetables Peaches Italian Bread</p>	<p>30 Chicken Marsala White Rice California Blend Veggies Fresh Orange Whole Wheat Roll</p>	<p>25 LF Egg Salad / Potato Salad / Shredded Lettuce Cherry Tomatoes Butterscotch Pudding Diet Pudding Pita Bread</p>
<p>28 Beef Meatloaf with Gravy Whip Potato and Chives Kernel Corn Fruit Cocktail Oatmeal Bread</p>	<p>31 Roast Turkey with Gravy Whipped Potatoes Peas and Carrots Cranberry Sauce Fig Bar Multigrain Bread</p>	<p>Nutrient Analysis is not available this month. The Analysis should be on the August Menu</p>	

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

Joke of the Month

Submitted by Camille Michals & Linda Brabant

Mama's Visit

An Italian Mama comes to visit her son Anthony for dinner. He lives with a female roommate, Maria. During the meal, his mother couldn't help but notice how pretty his roommate was.

Over the course of the evening, while watching the two interact, she couldn't help but wonder if there was more to Anthony and his roommate that met the eye. Reading his mom's thoughts, Anthony volunteered, "I know what you must be thinking but I assure you that Maria and I are just roommates."

About a week later, Maria came to Anthony saying, "Ever since your mother came to dinner, I have been unable to find the silver sugar bowl." You Don't suppose she took it, do you?" Anthony replied: "Well, I doubt it, but I'll email her just to be sure."

Dear Mama,
I'm not saying that you "did" take the sugar bowl from my house; and, I'm not saying that you "did not" take the sugar bowl. But the fact remains that the sugar bowl is missing."
Your loving son, Anthony

Several days later Anthony received a response email from his Mama:

Dear Son,
I'm not saying that you "do" sleep with Maria and I'm not saying that you "do not" sleep with her. But the fact remains if Maria was sleeping in her OWN bed, she would have found the sugar bowl by now.
Your loving Mama



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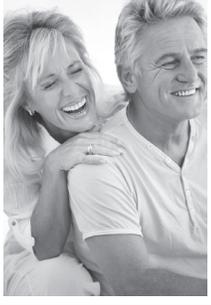
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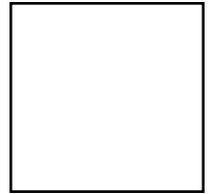
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VOLUNTEERS: If you haven't already, please fill-out new volunteer and CORI forms.
They are available at the reception desk

IT'S IMPORTANT TO KEEP IN TOUCH!

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