



Northfield Senior Newsletter



July 2016

Sponsored by the Northfield Council on Aging and the MA Executive Office of Elder Affairs

Mission Statement: The Northfield Council on Aging provides services to promote healthy aging of Northfield's citizens age sixty and older.

COMMUNITY SUMMER CONCERTS:

All ages are welcome under the Stanley Wickey Pavilion at Town Hall. Bring your lawn chairs, blankets, picnic baskets and friends. *Save the Dates!*

Saturday July 9 at 6pm; join us for the **Rob Fletcher**, performing Jazz sponsored in part by the Cultural Council.



Saturday August 13 at 6pm; join us for **Moonshine Holler**, a Blue Grass Band sponsored by the Friends of the Library.



The Third Thursday Movie (TTM) July 21th will be, "Medium Cool", just in time for the Republican and Democratic Conventions. This includes footage from the 1968 Democratic convention. Join us for the movie and lively discussion with David Rowland.



SILVERTHORNE THEATER



July 10 at 1:00 at the Senior Center the director, Ted Thornton and Bruce Browne will be here to discuss **Two Rooms** about a hostage in Beirut and how his wife shares his captivity at their home.

July 24 at 1:00 at the Senior Center the director and actors will discuss **The Turn of the Screw**. Full plays are the following weekends at GCC. (Discount tickets available) Let us know you're coming: 498-2186



Lobster Bake

Join us Wednesday, July 13 at 6pm for the Annual Lobster Bake to be held in the Stanley Wickey Pavilion. Pick up your tickets at the Senior Center. Prices are as follows:

- Lobster: \$25
- Lobster & Steamers: \$35
- Steamers: \$20
- Chicken: \$15
- Chicken & Steamers \$25

All meals are served with corn on the cob, baked potato, salad, beverages and desert.

Chip Ainsworth will be here July 7 at 11:00 to tell us about the Saratoga Race Track and how to decipher the racing forms. We will be going to the race track August 10 and maybe try our hand at what we learned! All are welcome! Call 498-2186 to sign up for the talk and the trip.



Patter Field, RN will give us timely tips on caring for our summer feet on July 11 at 11:00. Come learn how to ensure your feet are happy! 498-2186



Cynn timerho has a great day planned for you! On July 12 at 12:00, she will tell us about a fun-filled day at camp Lion Knoll. They are having a Senior Day! Come back to camp and play on August 9! (Rain date is 8/10)



Donna Bartlett, Pharmacist from MCHPS will share life-saving information about making sure your pharmacist knows about all of the medications you take on July 28 at 11:00. Call to let us know: 498-2186



Music



Shirley Thompson will be her at 11 am on July 14th to share her music.

Chris Worth will be here at 11 am on July 18th to share his irreverent guitar music!



Card Games Galore!

Did you know that learning something new or changing your routines staves off memory loss by making new pathways in our brains?

Here's your chance to challenge yourself!

Do you know how to play **Pitch**? Do you want to brush up on your skills? Do you want to learn how to play? Here is your opportunity!! Friday, July 8 at 10:00 am in the Stanley Wickey Pavilion.



Join the fun on Monday afternoons at 12:30 as we play **Hand and Foot**. All are welcome no experience necessary! This is fun!



You can play **Bridge** on Mon and Wed mornings at 9 am and noon on Fridays. If you don't already know how to play come learn.



Board Members: Gwen Trelle, Pres.; Gen Clark, VP; Sue McGowan, Treas.; Linda Hescocck, Sec.; Gail Bedard, Ted Thornton, Lloyd Parrill, Randy Foster, Rhoda Yucavich, Carol Pike, Bill McGee

Contacting Center Staff & services

Heather Tower Director 498-2901 x14
Jeanette Tessier, Outreach, 498-2186
Amy Hall Meal site mngr. 498-2186
FCHCC- Homecare, SHINE, Meals on Wheels 773-5555
Transportation- Betty Stafursky, 413-834-4084; MD appts, shopping, lunch, errands!

HEALTH PROGRAMS

YOGA with Libby Volkening: Thursdays at 9:30am, sponsored by FCHCC and the Executive Office of Elder Affairs. Donations gratefully accepted. This class is mostly chair yoga followed by a relaxing mediation. All levels are welcome.



HEALTH BONES AND BODY: Wed.'s from 11-11:45am. Gentle stretching and hand weights help build strong bones and improve balance.



BLOOD PRESSURE: Walk-in clinic 1st and 3rd Tuesday of each month from 9:30-11:30am



FOOT CLINIC: By appointment 1st and 3rd Tuesday every month. 498-2186. Please bring a towel. Check the calendar for summer times!



Walking Group: Every Tues and Thurs at 9am with Ruth Norton, meet in the Town Hall parking lot. Bring your neighbor or your friends of all ages to enjoy an invigorating start to the day. Routes are flexible and can be as long or as short as you like. Get in the habit. Walking is the best exercise for you!



CAREGIVER SUPPORT GROUP: Every 2nd Friday from 10-11am. Anyone caring for another, be it spouse, parent or other is welcome. Confidentiality is very important to the group.



It is understood by all that keeping our loved ones dignity is paramount in our discussions. Join us for mutual support and information. Facilitated by Heather, the group helps you feel less alone.

Water Aerobics at the Northfield Pool! Mondays and Thursdays at 11 am: \$5 for members; \$6 for non-members or purchase a full season fitness pass for \$75.



PVRS Gym is open Mon, Wed and Fri evenings 6:30-7:30. Join Abby and the gang for a fun workout! Free!



To receive the unabridged newsletter every month, log into: www.northfieldma.gov. Not online? Consider a \$6 donation to the Council on Aging with 'newsletter' written in the memo line to be added to our monthly mailing. Send it to COA, 69 Main St. Northfield, MA 01360.

~Heather Tower, Director

July 2015 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Get your tickets for the Down East Clambake July 13</p>  <p>Call 498-2186 to reserve your place!</p>	<p>See all the places the van goes! Where would you like to go? Call Betty at 834-4084</p> 	<p> July 9: Rob Fletcher July 13 & 14: Shirley Thompson July 18: Chris Worth</p>	<p>Look at all the programs this month! Something for everyone!</p>  <p>Mark Fitzpatrick, Vet Rep: last Tues at 9 am. (7/26) </p>	<p>1</p> <p>12:00 Bridge</p>  
<p>4 4TH of July</p>  <p>Center Closed</p>	<p>5 9 am walking   9 am Foot Clinic, by appt. Bring a towel. BP checks too!  10:30 ROMEOS  11:30 am Lunch 12:30 Bingo </p>	<p>6 9 am Bridge  11am Healthy Bones and Body </p>	<p>7 9 am walking  9:30 Yoga  10:30 Brown Bag 11:00 Chip Ainsworth & Saratoga  11:30 am Lunch 12:15 Bagging  12:30 BB pick-up</p>	<p>8</p> <p>10-11 Caregivers  10:00 Pitch  12:00 Bridge  12:00 Lunch Bunch: Zeke's Grill </p>
<p>11 9am Bridge  9:30 Hinsdale Walmart; 99 Ice Cream!  11:00 Patter Field & summer foot care  11:30 am Lunch 12:30 Hand and Foot </p>	<p>12 9 am walking  10:30 ROMEOS  11:30 Lunch  12:00 Cynn timer Erho and Camp  12:00 Senior Meeting 12:30 Bingo</p>	<p>13 9 am Bridge  11am Healthy Bones and Body   6pm Lobster Bake; by ticket Music with Shirley Thompson </p>	<p>14 9 am walking  9:30 Yoga  11:00 Shirley Thompson  11:30 Lunch  7 pm TTM: "Medium Cool" </p>	<p>15 9:00 COA Meeting  12:00 Bridge  12:30 Market Basket </p>
<p>18 9:00 Bridge  9:30 Holyoke Mall 11:00 Chris Worth  11:30 am Lunch 12:30 Hand and Foot </p>	<p>19 9 am walking  10:30 ROMEOS  11:30 Lunch  12:30 Bingo</p>	<p>20 9 am Bridge Lessons  11am Healthy Bones and Body </p>	<p>21 9 am walking  9:30 Yoga  11:30 Lunch  TTM 7pm "Medium Cool" </p>	<p>22 12:00 Bridge  12:00 Lunch Bunch: Terrazza's </p>
<p>25 9:00 Bridge  9:30 Keene Walmart: The Pub and Ice Cream!  11:30 am Lunch 12:30 Hand and Foot </p>	<p>26 9 am walking  9 am Veterans Rep  9 am Foot Clinic, by appt. Bring a towel. BP checks too!   10:30 ROMEOS  11:30 Lunch 12:30 Bingo </p>	<p>27 9 am Bridge  11am Healthy Bones and Body  12:00 Potluck </p>	<p>28 9 am walking  9:30 Yoga  11:00 Donna Bartlett, RPH  11:30 Lunch </p>	<p>29 12:00 Bridge  </p>

July 2016 Congregate Menu

Congregate meals are served Mon., Tues., and Thurs. at 11:30am.

To sign up for meals, you must call 498-2186 at least 1-2 days in advance by 10a.m.

*Menu is subject to change. To sign up for Meals on Wheels call 773-5555, to cancel 773-7702.

The recommended voluntary donation for meals is \$2.50 for seniors and \$3.00 for non-seniors.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS INCLUDE: 1% MILK 110 calories 125 mg sodium	ALTERNATIVE MENUS: <u>July 7</u> - Turkey Salad w/Cranberry, Italian Pasta Salad, Chickpea Mint Salad. <u>July 14</u> - Ham Salad, Kidney Bean Salad, Beet Salad. <u>July 21</u> - Chickpea Cilantro Salad, Roast Beef, Pears. <u>July 28</u> - Chicken Breast w/Red Pepper Pesto,			1 mg Sodium Cream of Cauliflower 429 Roast Pork 73 Apple Gravy 19 Sweet Potatoes 26 Multigrain Bread 164 Butterscotch Pudding 230 Diet: SF Butterscotch
				Calories: 825
4 FOURTH OF JULY HOLIDAY NO MEALS SERVED	5 mg Sodium Beef Chili 237 Corn 15 Brown Rice 5 Dinner Roll 132 Applesauce 15	6 mg Sodium Shepherd's Pie 407 Broccoli 10 Whole Wheat Bread 160 Pears 5	7 High Sodium Meal Pulled Pork 562* BBQ Sauce 110 Macaroni & Cheese Green Beans 3 Hamburger Bun 230 Strawberry Rhubarb Crisp 7 Diet: Sliced Berries 1	8 mg Sodium Grilled Chicken 320 Lemon Piccata 35 Penne Pasta 1 Tossed Salad 5 Multigrain Bread 164 Blueberry Loaf 160 Diet: Grahams 85
	Calories: 628	Calories: 690	Calories: 706	Calories: 635
11 mg Sodium Lasagna Roll Ups 290 Meat Sauce 151 Spinach 65 Twisted Bread Stick 170 Pineapple 1	12 mg Sodium Roast Pork 73 Rosemary Gravy 85 Mashed Potatoes 66 Mixed Vegetables 28 Wheat Dinner Roll 105 Sliced Apples 4	13 mg Sodium Chunky Tomato Soup 177 Chicken & Rice Bake 327 Multigrain Bread 164 Choc Chip Cookie 60 Diet: Choc Graham 95	14 mg Sodium Hot Dog* 540* Baked Beans 200 Tossed Salad 5 Hot Dog Bun 270 Applesauce 15	15 mg Sodium Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Rye Bread 150 Strawberry Yogurt 75
Calories: 609	Calories: 599	Calories: 588	Calories: 742	Calories: 701
18 mg Sodium Grilled Chicken 320 Peach Salsa 53 Cous Cous 24 Summer Squash Blend 3 Whole Wheat Bread 160 Fresh Orange 1	19 mg Sodium Cream of Broccoli 275 Rainbow Trout 35 Lemon Vinaigrette 10 Rice Pilaf 141 Multigrain Bread 164 Peaches 5	20 mg Sodium Ground Beef Burgundy 165 Egg Noodles 4 Tossed Salad 5 Italian Bread 230 Mandarin Oranges 7	21 mg Sodium COLD PLATE Grilled Chicken Breast 320 Red Pepper Pesto 22 Three Bean Salad 159 Broccoli Salad 89 Multigrain Bread 164 Fruit Snack Loaf 170 Diet: Lorna Doones 56	22 mg Sodium Chicken Meatballs 190 Sweet & Sour Sauce 38 White Rice 122 Oriental Vegetables 21 Whole Wheat Bread 160 Almond Cookie 181 Diet: Apple Cinnamon Graham 85
Calories: 651	Calories: 792	Calories: 572	Calories: 667	Calories: 830
25 mg Sodium Sloppy Joes 259 Mashed Potatoes 66 Mexicali Corn 1 Hamburger Bun 230 Fresh Plum 1	26 mg Sodium Chicken Kielbasa 400 Peppers and Onions 27 Black Beans & Corn 336 Hot Dog Bun 270 Applesauce 15	27 mg Sodium COLD PLATE Tuna Salad Plate 328 (On Lettuce) Italian Pasta Salad 156 Cold Beet Salad 217 Rye Bread 150 Canteloupe 7	28 mg Sodium Vegetable Gumbo 50 Roast Turkey 456 Herb Gravy 80 Stuffing 224 Wheat Dinner Roll 105 Vanilla Yogurt 50	29 mg Sodium Chicken Drumstick 290 Apricot Glaze 22 Diced Red Potato w/Dill 386 Tossed Salad 5 Whole Wheat Bread 160 Lemon Cake 95 Diet: Lemon Graham 85
Calories: 704	Calories: 634	Calories: 534	Calories: 567	Calories: 619