



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

Manchester-by-the-Sea, Massachusetts 01944-1399

Telephone (978) 526-7500 • FAX (978) 525-6441

hammondn@manchester.ma.us

December 2017

Nancy Hammond

Director of Senior Services

MANCHESTER COUNCIL ON AGING VAN SCHEDULE



MONDAY 9:00 to 2:00

TUESDAY 9:00 to 3:00

WEDNESDAY 9:00 to 4:00

THURSDAY 9:00 to 4:00

FRIDAY 9:00 to 3:00



24 hour notice is requested for transportation

(978) 526-7500

COUNCIL ON AGING MISSION

By keeping our elders as integral members of the community and supporting them through community services, resources and intergenerational activities, we endeavor to improve their well-being and enjoyment of life.

MANCHESTER COA EVENTS/TRIPS

DECEMBER

- 12/1 Christmas Tree Shops 10:00
- 12/6 Mall 10:00
- 12/8 Marini Farms Christmas on the Hill/Tree Jubilee 1:00
- 12/9 Holiday Luncheon @ Manchester Essex Regional High School 11:00-1:00
- 12/11 The Mason's Holiday Dinner 4:30
- 12/12 Holiday Tea @ the Trask House 1:00
- 12/13 A Christmas Carol @ Crowell Chapel 2:00
- 12/15 Trader Joe's 10:00
- 12/18 Low Vision Lunch @ @ Windward Grille 11:45
- 12/19 Magic Years Holiday Play Dress Rehearsal 11:00
- 12/20 Walmart 10:00
- 12/27 Mystery Ride 1:00

PREREGISTRATION IS NECESSARY FOR ANY AND ALL ACTIVITIES OR TRIPS.

CANCELLATION POLICY: REFUNDS ARE ONLY AVAILABLE FOR CANCELLATIONS MADE UP TO 48 HOURS BEFORE EVENT.

Cooking with Aunt Connie

A wonderful cookbook of handwritten recipes from the kitchen of Connie Brown will be available shortly. Her nephew Dave Brown has collected all these delicious recipes and has organized them in a fun, colorful book to honor Connie's memory. All proceeds will go to the charity SmileTrain for children with cleft lip and palate. Contact the Council on Aging for more information. 978-526-7500

PLEASE SEND US YOUR EMAIL ADDRESS SO YOU CAN RECEIVE THIS NEWSLETTER VIA EMAIL. ALL EMAIL INFORMATION WILL REMAIN CONFIDENTIAL. PLEASE FORWARD YOUR INFORMATION TO:hammondn@manchester.ma.us

MONTHLY MALL & TRADER JOE'S SHOPPING TRIPS
MARKET BASKET SHOPPING-THURSDAY
ZUMBA-TUESDAY— YOGA-WEDNESDAY

REMINDER

If the Manchester schools are closed due to inclement weather, the C.O.A. vans do not operate.

C.O.A. BOARD MEETING:

12/13/17 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

No Meeting in December

FRIENDS OF THE C.O.A. MEETING:

No Meeting in December

YOU MAY QUALIFY FOR AN EXEMPTION OFF OF YOUR REAL ESTATE TAX BILL.

You may be eligible to reduce a portion of the taxes assessed on your domicile if you meet the qualifications for one of the personal exemptions allowed under Massachusetts Law. The following is a list of exemptions Manchester has.

Clause 37A-Blind Persons

Clause 22-Qualifying Veterans

Clause 41C-Elderly Persons

Clause 41A-Deferral

For further information or a complete listing of the exemptions please call the Board of Assessors at 978-526-2010.

This is your opportunity to be heard!

How do we fund public infrastructure and facility needs?

Do we allow for greater commercial growth in town as a way to expand our tax base?

Do we look for operational savings and/or reduced services in town and school budgets?

How do we best preserve community character?

Are there opportunities to better capitalize on our harbor?

How do we best preserve our natural resources?

What new housing options are needed in town?

Please take the Manchester Master Plan Survey!

<https://www.surveymonkey.com/r/MPC-Survey-Fall2017>

or

on the Manchester web page, click on Master Plan icon at bottom of page



then click on

Complete Survey Now

Paper copies are also available at the Library, Town Hall, The Plains and Newport Park.
Thank you so much!

Collecting Toys for the North Shore Holiday Toy Drive

Bruce Tarr in partnership with local radio station North Shore 104.9 will conduct a month long toy drive to benefit children in your community. On December 14 North Shore 104.9 will be broadcasting from 6:00 a.m.– 6:00 pm at different locations on the North Shore and will be at the Manchester Athletic Club (M.A.C) from 2:30-3:30 p.m. The Manchester Council on Aging will have boxes at both the Plains and Newport Park Community Rooms collecting new, unwrapped toys as part of the North Shore Toy Drive for anyone who would like to donate. Toy donations can also be dropped off at the C.O.A. office at Town Hall. On December 14th we'll make sure all those donations get to the M.A.C. for the toy drive.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30 Longevity Training 10:00 Christmas Tree Shops
4 8:30 Strong Women 9:45 Quilting –lunch	5 10:00 Zumba (last class for this session) 1:00 Bridge Club	6 10:00 Yoga	7 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	8 9:30 Longevity Training 10:00 Mall Trip
				SATURDAY 9 11:00-1:00 Holiday Luncheon @ Manchester Essex Regional High School.
11 8:30 Strong Women 4:30 Mason's Holiday Dinner	12 1:00 Bridge Club 1:00 Holiday Tea at the Trask House	13 10:00 Yoga 2:00 A Presentation of A Christmas Carol by Delvena Theatre at Crowell Chapel	14 8:30 Strong Women Market Basket Trip	15 9:30 Longevity Training 10:00 Trader Joe's
18 8:30 Strong Women 11:45 Low Vision Lunch @ Windward Grill	19 11:00 Holiday Play dress rehearsal @ Magic Years. 1:00 Bridge Club	20 10:00 Yoga 10:00 Walmart	21 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	22 9:30 Longevity Training
25 C.O.A. & Town Hall Closed For the Holiday 	26 1:00 Bridge Club	27 10:00 Yoga 1:00 Mystery Ride	28 8:30 Strong Women Market Basket Trip	29 9:30 Longevity Training

WEEKLY CLASSES

Please call the Council on Aging Office at (978) 526-7500 for further information or as otherwise noted. As always, the C.O.A. van is available for transportation. Beginners are welcome and encouraged to attend.

STRONG WOMEN PROGRAM: Meets every Monday and Thursday, 8:30 - 9:30 AM at the Manchester Community Center. Classes are \$3 per session or \$6 a week. Classes designed to increase strength, flexibility and endurance. Lynne Umstead, a physical therapist leads the classes. Paperwork is available at the C.O.A. Office.

ZUMBA: Tuesdays, 10:00 - 11:00 AM at the Congregational Chapel, Chapel Lane. Pat Martines, a Zumba Gold Instructor, invites seniors to come and experience the benefits of Zumba. Any and all seniors are welcome—experience does not matter!

YOGA: Wednesday, 10:00 - 11:00 AM at the Congregational Chapel, Chapel Lane. Nana Dunn, a certified instructor, invites seniors to come relax, increase strength, and cultivate concentration with chair and gentle yoga postures. Any and all levels of experience are welcome. \$5 per class payable to the instructor.

LONGEVITY TRAINING: Friday, 9:30 - 10:30 AM at the Magnolia Library. Taught by a certified personal trainer from Cape Ann YMCA. Make a stronger YOU!

QUILTING: Monday, starts at 9:45 AM at the Community Center. Free beginners and advanced quilting classes.

BRIDGE CLUB: Tuesday, 1:00—4:00 P.M. at the Newport Park Community Room. All are welcome. Please call Elizabeth Moon at (978) 526-4515 for more information or to register.

The Friends of the Manchester Council on Aging, Inc.

It is time for the Friends of the Manchester Council on Aging annual fund drive. Our group is the fundraising arm for the Manchester Council on Aging and is a non-profit group that helps the Manchester C.O.A. support services and programs for the seniors in the community. Please donate and become a Friend.

Name: _____

Address: _____

City, State, Zip: _____

Enclosed is my donation to support the Friends of the C.O.A. All amounts are tax deductible.

Donation: \$_____

In Memory or Honor of: _____ \$_____

Total: \$_____

Please make checks payable to:

Friends of the Council on Aging, P.O. Box 264, Manchester-by-the-Sea, MA 01944

Please check if you want a receipt for tax purposes. _____

Manchester and Essex Senior Citizens Invited to Lunch

The Manchester Essex Regional High School has invited **Manchester** and **Essex** senior citizens to a Holiday Luncheon at the Regional High School on Saturday, December 9th from 11:00 to 1:00 p.m.

A sit-down luncheon will be served by the students, the band and chorus will provide holiday entertainment and guided tours of the facility will be available for all.

The Manchester Council on Aging van will be available for transportation for Manchester seniors. Please call the Council on Aging office for more information or to sign up for this annual holiday event. (978) 526-7500

WOULD YOU RATHER?

have to loudly sing the chorus of “Jingle Bells” every time you walk into a room for a week	or	have to wear a Santa suit every day for a week
make presents for your family instead of buying them	or	make ornaments for your Christmas tree instead of buying them
not celebrate Christmas this year	or	not celebrate your birthday this year
have Frosty the Snowman for a friend	or	Rudolf the Red-Nosed Reindeer for a friend
have mistletoe hanging in your bedroom doorway	or	have a large, decorated Christmas tree in your bedroom doorway
have Christmas tree tinsel for hair	or	have fingernails that light up like Christmas lights
be at home on Christmas and get lots of presents	or	go to Disneyworld for Christmas but not get any presents
eat your cereal with eggnog instead of milk	or	eat a candy cane sandwich
live in a giant gingerbread house	or	ride on the Polar Express
be allowed to only eat fruitcake for two days	or	be allowed to only eat candy canes for two days
write a five-paragraph essay about the meaning of Christmas	or	solve a page of Christmas-themed math problems
have a nose that glows red like Rudolf’s	or	have pointy ears like an elf
visit the North Pole	or	visit Bethlehem
receive socks for Christmas	or	receive a dictionary for Christmas
be given \$100 for Christmas to buy things for yourself	or	be given \$1000 before Christmas to use to buy gifts for other people
get many small presents for Christmas	or	get one big present for Christmas
have a job wrapping presents at the mall	or	have a job taking pictures of children sitting on Santa’s lap at the mall
be one of Santa’s elves	or	be one of Santa’s reindeer
see <i>The Nutcracker</i>	or	dance in <i>The Nutcracker</i>
spend a day watching Christmas videos	or	spend a day Christmas shopping at the mall

Thursday December 21st is the first day of winter!

"I heard a bird sing/ In the dark of December/ A magical thing/ And sweet to remember:/ 'We are nearer to spring/ Than we were in September.'"— Oliver Herford

A Christmas Carol
at the Crowell Chapel

The Delvena Theatre Company will present a dramatic reading of the Charles Dickens classic, *A Christmas Carol*, for the Manchester Council on Aging, at the Crowell Chapel, 4 Rosedale Avenue, Manchester on Wednesday, December 13, at 2:00 PM. Admission is free.

Watch in fascination as Marley comes back from the dead to help Scrooge amend his miserly ways here on earth and transform himself in a pleasant, giving old gentleman. With the help of three ghosts – the Ghost of Christmas Past, Ghost of Christmas Present and the Ghost of Christmas Future – the audience will be mesmerized as old Scrooge takes a long look at his life and reevaluates its path.

Classic Christmas music will put the finishing touch on this wonderful message of hope and love – so fitting for the Christmas season!

***A Christmas Carol* is supported in part by a grant from the Manchester Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. To sign up, please contact the Council on Aging at (978) 526-7500.**

Recipe of the Month-Grinch Cake

Ingredients

- 2 Boxes of Pound Cake Mix (and whatever the ingredients the box calls for)
- Small Heart Cookie Cutter
- Red and Green Food Gel Color
- Loaf Pan
- Blue and Yellow Frosting (mixed together makes green)
- Red Heart Sprinkles - Optional



Instructions

- Mix on box of pound cake mix following the directions on the box. Add a few drops of red food coloring at a time until you get the red color you like.
- Once the cake is baked, let it cool and then cut the cake into even slices.
- Then, use a heart shaped cookie cutter to cut out as many hearts as it takes to lay them face to face from one end of the pan to the other end. Make sure it is a snug fit but, leave room at each end for the green cake mix. When you slice the cake you'll have a red heart inside.
- Mix the second cake and add some green food coloring.
- Pour the green batter around the heart cutouts.
- Tap the pan on the counter so the batter will fall down the sides of the hearts.
- Bake it according to the package directions.
- Next, frost the cake with green frosting and add some heart sprinkles.

5 Tips for Helping Seniors Manage Holiday Stress

The holidays can be a stressful time for anyone. With travel, family and social engagements, house guests, shopping and a million other to-dos, the holidays can be overwhelming for many. But for seniors, the holidays can bring additional stress from multiple travel plans, an uprooted routine and even seasonal depression. Try these five helpful tips to help keep holiday stress to a minimum.

Set realistic goals

We know visiting family and friends is always on the to-do list during the holiday season, but traveling and meeting with people all day can be physically and mentally exhausting. Make sure to schedule ample rest time throughout and allow for plenty of transportation time in between visits so that there's no rushing around to see last-minute guests.

Keep set schedules

Many seniors are used to waking up at a certain time, eating at a certain time and going to bed at a certain time, make sure to respect those schedules. Staying up later to accommodate family visits or having to eat later in the evening because of a difference in meal times can be difficult and stressful for a senior to acclimate to.

Keep expenses to a minimum

Many seniors are on fixed incomes, so keeping costs low can help ease any financial stress associated with the holidays. Travel, gifts and food can all start to take their toll on the checkbook, so make sure to create a realistic budget and stick to it.

Plan appropriate activities

A six-hour shopping trip may not be the best idea for a senior who has difficulty walking or standing for long periods of time. If these types of activities are unavoidable, make sure that a walker or wheelchair is available to make activities easier and more comfortable.

Keep friends or family around

Along with the fun and happy aspects of holidays comes sadness for many seniors - especially those who've lost loved ones. Be sure to not isolate yourself or your elderly companion. There are always churches and other civic organizations that offer holiday parties and gatherings, or volunteering at a local organization to stay social during the holidays.

Article from www.sheknows.com

Holiday Tea At the Trask House

The Manchester Historical Society has extended an invitation to Manchester seniors to enjoy a "Holiday Tea" on **Tuesday, December 12th**. Tea and treats will be served at 1:00 p.m. at the festively decorated Trask House. Celebrate the season with friends, food, Christmas carols and music.

Reservations are necessary so please call the Council on Aging Office at (978)526-7500 to sign up. The van will be available for any who need transportation.

Magic Years Preschool Holiday Play Dress Rehearsal

On **Tuesday, December 19th**, Magic Years Preschool has extended an invitation for you to enjoy the dress rehearsal for their Holiday Play. Enjoy the season with a play with a holiday message and preschool actors. Plus the kids would love an audience. The van will start picking up seniors around 10:45 a.m. for an 11:00 a.m. show. Return is expected around 12:00 p.m. For further information or to reserve your seat on the van, please call the C.O.A. Office at 526-7500.

Manchester Singers Holiday Concert

Sunday December 10th at 4:30 p.m.

St. John the Evangelist Church

552 Cabot St. Beverly, MA

\$7 Seniors & Students, \$10 Adults

An enjoyable program featuring choral arrangements of new and familiar holiday music performed by a 35 voice community chorus and vocal trios, quartets and ensembles.

For more information call 978-283-9021 or visit
www.manchestersingers.org

**Yoga/Mindful Wellness of the Body.**

This chair yoga class is focused on maintaining seated and standing postural alignment during the class and practiced in daily life. Breathing is used to

support and integrate a sense of wholeness, oneness and deep relaxation. There is laughter and light-heartedness that is present throughout this interactive class. Wednesdays, 10 to 11:25 at the Congregational Chapel. \$5.

Joke of the Month

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?" they asked, as they moved off. "because," he said "I can't stand chess nuts boasting in an open foyer."

SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curran, Constituent Services Adviser

Town Hall 10 Central Street

Room 5

Wednesday December 13, 2017 1:00PM-2:00PM

Masons Holiday Dinner

On Monday, **December 11th** the Manchester Masons invite all Manchester senior citizens to the Annual Holiday Turkey Dinner. This seasonal event will be held at the Manchester Masonic Lodge beginning at 4:30 p.m. for appetizers and dinner will be served at 5:30 p.m. sharp. This party is free of charge to the first eighty Manchester senior citizens that call to make a reservation. The C.O.A. van will be available for transportation to and from the Masonic Lodge. Please call the C.O.A. office at (978) 526-7500 by December 7th to make a reservation for this wonderful event and to reserve your seat on the van.

Manchester Council on Aging

10 Central Street

Town Hall

Manchester by-the-Sea, MA 01944

U.S. POSTAGE

PAID

Manchester, MA

Permit No. 14