



# SENIORS BY-THE-SEA

## COUNCIL ON AGING NEWSLETTER

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

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

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December 2018

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

- 12/5 Mistle-tones @ Crowell Chapel 2:00 FREE
- 12/7 Christmas Tree Shops 10:00
- 12/8 Holiday Luncheon @ Manchester Essex Regional High School 11:00-1:00
- 12/10 Low Vision Lunch @ @ Windward Grille
- 12/12 The Mason's Holiday Dinner 5:00
- 12/12 Holiday Tea @ the Trask House 1:00
- 12/13 Senator Tarr's Toy Drive
- 12/14 Malls 10:00
- 12/19 Red's Restaurant 11:00
- 12/21 Trader Joe 10:00
- 12/26 Mystery Ride 1:00
- 12/28 Walmart 10:00

**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.**

#### LAST CALL FOR MEDICARE

The annual Medicare Open Enrollment ends 12/7/18. This is the last chance to CHANGE your plan for the next year. A SHINE Counselor can help you understand your plan changes, as well as other options you may have. Call the C.O.A. for an appointment with a SHINE Counselor at (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

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:

No Meeting in December

#### TRIAD MEETING:

1/8/19 @ 9:30 am  
@ Rm. #5 in Town Hall

#### 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.**

### Medication Disposal Program

Do you have unused or expired prescription medication that you don't know what to do with?

The Manchester Police Department will dispose of them for you.

Take all medication out of their container and empty into a ziplock bag.

Bring the bag down to the Police Station.

There is a deposit box in the lobby.

If you have any questions feel free to call the Council on Aging at 978-526-7500

# Santa

Two merry blue eyes  
A very little nose  
A long snowy beard  
And cheeks like a rose  
A round chubby man  
A big bulging pack  
Hurrah for Old Santa  
We're glad he's come back!



### 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 13th 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 be collecting new, unwrapped toys as part of the North Shore Toy Drive for anyone who would like to donate. Toy donations can be dropped off at the C.O.A. office at Town Hall. On December 13th we'll make sure all those donations get delivered.



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
| 3<br>8:30 Strong Women  | 4<br>10:00 Zumba (last class for this session)<br>1:00 Bridge Club   | 5<br>9:00 Longevity Training<br>10:00 Yoga<br>2:00 Mistle-Tones @ Crowell Chapel – FREE                           | 6<br>8:30 Strong Women<br>10:00 VNA Health Clinic @ The Chapel<br>Market Basket Trip  | 7<br>9:00 Longevity Training<br>10:00 Christmas Tree Shop |
|   |  |   |   | <b>SATURDAY</b>   |
|   |  |   |   | 8<br>11-1 MERSD Senior Holiday Lunch                      |
| 10<br>8:30 Strong Women<br>Low Vision Lunch @ Windward Grill - RSVP | 11<br>1:00 Bridge Club   | 12<br>9:00 Longevity Training<br>10:00 Yoga<br>1:00 Holiday Tea at the Trask House<br>5:00 Mason's Holiday dinner | 13<br>8:30 Strong Women<br>Market Basket Trip<br>Senator Tarr's Toy Drive             | 14<br>9:00 Longevity Training<br>10:00 Malls              |
| 17<br>8:30 Strong Women   | 18<br>1:00 Bridge Club   | 19<br>9:00 Longevity Training<br>10:00 Yoga<br>11:00 Red's Restaurant   | 20<br>8:30 Strong Women<br>10:00 VNA Health Clinic @ The Chapel<br>Market Basket Trip | 21<br>9:00 Longevity Training<br>10:00 Trader Joe's       |
| 24<br>8:30 Strong Women<br>C.O.A. & Town Hall Closing @ 12:00 p.m.  | <br>C.O.A. & Town Hall Closed For the Holiday | 26<br>9:00 Longevity Training<br>10:00 Yoga<br>1:00 Mystery Ride  | 27<br>8:30 Strong Women<br>Market Basket Trip   | 28<br>9:00 Longevity Training<br>10:00 Walmart            |
| 31<br>8:30 Strong Women<br>C.O.A. & Town Hall Closing @ 12:00 p.m.  |  |                               |   |   |

**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 Martinez, 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:** Wednesday & Friday, 9:00 - 10:00 AM at the Magnolia Library. Taught by a certified personal trainer from Cape Ann YMCA. Make a stronger YOU!

**QUILTING:** No quilting group this month. Next meeting 1/7/19 at 9:45 AM.

**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.

**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 Manchester Essex Regional High School on Saturday, December 8th 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.

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

**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. \_\_\_\_\_

### Holiday Health Tips

As we approach yet another holiday season we look forward to visiting family, giving/receiving gifts and most importantly—FOOD!

It falls on the eater to make the right decision to avoid gaining what some surveys say is up to 8 lbs. on average the whole holiday season. Unfortunately the older one gets, the slower their metabolism works and the harder it gets to fight off the holiday pounds and other potential health hazards. High cholesterol, an increase in blood pressure and foods that can cause inflammation to joints are just some of the things to keep in mind. Below are 8 holiday health tips to help keep a balanced health plan during the holiday season:

1. **Take a walk after large meals.** As food sits, particularly carbs, it does not turn into energy for your body. Instead it gets stored into fat cells. Throughout life it is important to keep a somewhat active lifestyle to age healthily. A walk, even if it isn't very far or fast, can do wonders for your body both during the holidays as well as the rest of the year.
2. **Wash hands frequently.** With family visiting from all over, they can carry all kinds of potentially harmful bacteria. To combat this, just remember to wash your hands.
3. **Don't drink alcohol to excess.** The holidays are a great time to relax with your favorite beverage and enjoy time with your loved ones. Most alcohol is loaded with carbs and unnecessarily high calorie counts. The effects of loaded beverages can cause inflammation of the joints, making problematic joints and muscles worse. Instead of mixing alcohol with soda, try tonic water or diet drinks. Try light beers. And watch out for juices because they can be loaded with sugar.
4. **Drink plenty of water.** With all the food, alcohol and activities your body runs a higher risk of dehydration. Water is good on many levels for your body. Water helps flush out toxins and cleanse the body. Water can help stop you from over eating by making you feel full faster.
5. **Try to avoid eating heavy meals late at night.** Many American families have started their holiday meals earlier in the afternoon. It's a great way to stay healthy. The earlier you eat the better the opportunity to burn off your meal.
6. **Seek flavoring alternatives.** Butter, salt, and pepper are staples of our culture for our dinner tables. Try to avoid simply adding salt and butter without tasting the food first. Often times there are plenty of additives already in the food. Seek out more spices to substitute for the salt and butter.
7. **Watch your carbohydrates.** The most common carb on the table is going to be bread. Dinner rolls and biscuits are heavy things to eat and can fill you up fast. The reason for this is that carbs are used in your body for energy - so your body almost craves it. This can increase your risk for over eating significantly.
8. **Keep a regular sleep schedule.** Have you developed a routine? Routines typically includes a time for sleep and a time to wake up. It is recommended that older adults get 7-8 hours of sleep a night.

Most importantly, ENJOY THE HOLIDAYS! The above are simply recommendations to assist in the good health you keep all year. If you think you can be healthier, than that may be a great New Years Resolution. Holidays are a great opportunity to spend quality time with family and enjoy the pageantry. Have a Happy Holiday!



by Jeff Hartman  
Excerpted from [www.seniorsguideonline.com](http://www.seniorsguideonline.com)

Happy  Holidays!



**Recipe of the Month**  
**Candy Cane Crunch Shake**

**Ingredients:**

- 4 large scoops of vanilla ice cream
- 1 cup Cool Whip, thawed or frozen
- 1/4 cup milk
- 3 regular sized candy canes, unwrapped
- 1/4 cup chocolate chips

**Instructions:**

- Combine all the ingredients in a blender and blend for 20 seconds or until milkshake consistency.
- Pour into two cups
- Top with additional Cool Whip and crushed candy canes for garnish (optional).

**Mistle-Tones**  
**at the Crowell Chapel**



Enjoy a modern twist on an old favorite this holiday at the Crowell Chapel. The Mistle-Tones are a fun acapella holiday vocal group. The show is at the Crowell Chapel, 4 Rosedale Avenue, Manchester. The show starts at 2:00 PM on Wednesday, December 5. Admission is free. Entertainment provided by Big Smile Entertainment. Please RSVP to the C.O.A. at 978-526-7500.

**Joke of the Month**

One Christmas, a mother asked her young daughter if she could name two of Santa's reindeer.

"Rudolph and Olive," replied the young girl confidently.

"Rudolph and Olive?" said the mother, quizzically. "Are you sure?"

"Yes, Mommy, Rudolph and Olive. Like in the song."

"The song?" asked the mother. "What song?"

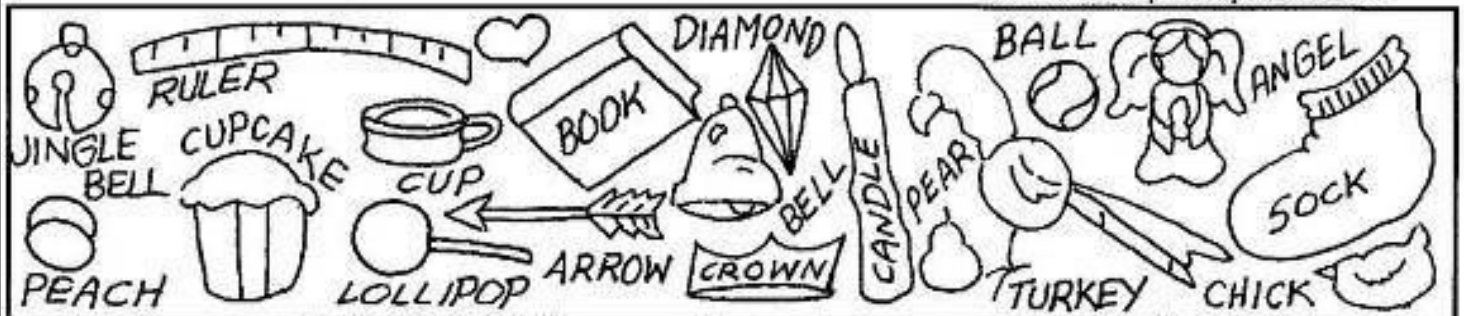
The girl sang, "Rudolph the red-nosed reindeer, had a very shiny nose. And if you ever saw it, you would even say it glows. Olive the other reindeer...."



Can you find the objects in the bottom box that are hidden in the picture above it?



www.hiddenpicturepuzzles.com



**Holiday Tea  
At the  
Trask House**

The Manchester Historical Society has extended an invitation to Manchester seniors to enjoy a "Holiday Tea" on **Wednesday, December 12<sup>th</sup>**. 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.



**Masons Holiday Dinner**

On Wednesday **December 12<sup>th</sup>** 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 5:00 p.m. for appetizers and dinner. 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 7<sup>th</sup> to make a reservation for this wonderful event and to reserve your seat on the van.

**SENATOR TARR'S DISTRICT OFFICE HOURS**

Dick Curran, Constituent Services Adviser  
Town Hall 10 Central Street  
Room 5

**Wednesday December 5, 2018 1:00PM-2:00PM**

**Manchester Council on Aging**  
10 Central Street  
Town Hall  
Manchester-by-the-Sea, MA 01944

U.S. POSTAGE

**PAID**

Manchester, MA  
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