



Tewksbury Senior Center

Senior Moments

2023



175 Chandler Street
Tewksbury, MA 01876
Phone: 978-640-4480

Volume 15 Issue 7
NORMAL BUSINESS HOURS

Mon - Wed -Thurs
7:30am - 4:30pm
Tues 7:30am - 6:00pm
Fri 7:30am - 12:30pm

A Message from Jan Conole, Director

INSIDE THIS ISSUE:

- Pg. 2... Activities & Events;
Movie Showings
Day Trips
Dances
- Pg. 3... Meet the Staff
Welcome Susan Timmons
TPL Summer Reading
Our Shops
- Pg. 4... Weekly Schedule
Recycling with Kay
Class Cost/Payment Schedule
SHINE News
VSO News
Foot Care Clinic
FREE Weekly BP Checks
- Pg. 5... GAC News
Friends News
Got Unwanted Medications?
Message from Tram Nguyen
- Pg. 6... Lunch Menu/Meals on Wheels
Food Pantry Distribution Dates
- Pg. 7... Calendar of Monthly Events
- Pg. 8... Word Search
Sudoku
Contest for our Readers
- Pg. 9... Transportation Program Updates
EMHOT Program
Lunch at the TSC
FREE Rieki Sessions
Medical Equipment Supplies
- Pg.10-11... Our Sponsors
- Pg.12... Subscription Form
Important Contacts

All 4 one and one 4 all. Happy 4th of July! As we start this month it is a reminder of what the 4th of July is all about. It is about celebrating the Declaration of Independence. This was a very important document to the founding fathers and helps us to recall our past, reminds us to be participants in our present, and gives us hope for the future. It is a momentous point in the US history of democracy. This statement, made by the five authors, exerted a tremendous influence outside of the US and especially in France at the time of the French Revolution. The document starts with "We the people of the United States insure domestic tranquility". It would be great to have that domestic tranquility again in these United States and feel less divided as this holiday approaches. I wish you all a very safe, happy and sparkly fourth of July, full of barbecues and fireworks with family and friends!

We have a recent addition to the office staff, Susan Timmons. She will be working with Christina to aid with paperwork and resources. Susan's desk is in the office suite next to Tammy. Feel free to stop by and say hello! This will provide an opportunity for more support to the community for outreach services.

Please note that there has been a time change Country Line Dance Class which will be held on Wednesdays at 11:30am for July and August. Our regular instructor, Sam, has decided to take the summer off. We are fortunate to have instructor, Heather from Billerica, fill in. There will be no change in the payment for the summer class.

See the details on page 2 for some fun upcoming day trips. Stayed tuned for upcoming workshops/presentations. Stop by to see what's happening or follow us on Facebook.

I want to make sure everyone is aware of our new hours at the Senior Center. We will be open from 7:30am to 4:30pm Monday, Wednesday and Thursday, 7:30am to 6pm on Tuesdays, and 7:30am to 12:30pm on Fridays. Extended hours on Tuesday may prove especially helpful to those who may need services after normal business hours. We will also make sure that any special events that may be held on a Friday will be accommodated such as LCR and Silvertones Dances. Thank you for your understanding and support as we embark on this new schedule. As always, please feel free to come into the office if you have any questions. My door is always open!

"America is a tune. It must be sung together." – Gerald Stanley Lee

The Tewksbury Council on Aging values the diversity of our participants, staff, volunteers and Tewksbury Community. We strive to model and promote a welcoming and respectful environment for all.





Special Activities and Events, Submitted by Diane Dunlevy, Activities Coordinator



FRIDAY AFTERNOON MOVIE SHOWINGS AT THE SENIOR CENTER

Tewksbury Public Library hosts Friday morning film screenings in the Senior Center's library/media room

Tewksbury Public Library Summer Movie Showing at the senior center will take place on Friday MORNINGS at 10am All films will start at 10:00am and feature some of Hollywood's recently released DVDs. Registration is required. Sign up on line at myactivecenter.com, in person at the senior center or by calling 978-640-4480. Limited to 25 seats. Snack & water will be served. Co-sponsored by the Friends of the Tewksbury Public Library and the Tewksbury Lions Club.

Friday, July 14th "Are You There God? It's Me, Margaret."

When her family moves from the city to the suburbs, 11-year-old Margaret navigates new friends, feelings, and the beginning of adolescence. Based on the Judy Blume book loved by millions. Rated PG-13. 106 minutes. Comedic drama. Snack and water will be served (A \$1 donation is suggested).

DAY TRIPS

Lunch at the Clam Box, August 24, cost \$25pp This summer day trip includes motor coach bus transportation to the Clam Box, Northern Lights Farm Stand and Richardson's Ice Cream! The Clam Box restaurant is located in the historic beach town of Ipswich. Generations of New England families have been going to enjoy the finest fried seafood for more than 85 years. There is both indoor and outdoor seating/dining options. Cost of lunch is not included. After lunch we will visit the Northern Lights Farm Stand just down the road from the restaurant. Here you can see a few animals, visit the farm stand and gift shop and even pick wildflowers from their 5 acre wildflower garden. On the return trip home we will make a stop at Richardson's Farm Ice Cream Shop in Middleton, their flagship location and a local favorite for ice cream!

Neil Diamond & Friends Tribute and Luncheon Event at the Castleton Banquet Center, Windham, NH, Thurs., Sept. 7th - Cost per person \$99 This renowned duo have been wowing audiences worldwide with their performances. They were voted Musicians of the Year by Norwegian Cruise Line. This show is big, dynamic and thoroughly entertaining. The lunch menu includes garden salad, breads, entrée choice of apple cranberry cornbread stuffed chicken or vegetarian lasagna with potato, vegetables, coffee/tea and dessert. Tickets available now at the senior center

"ELVIS" at the Northshore Music Theatre w/luncheon at the Danversport Yacht Club, Thurs., Nov. 1st Cost per person \$119



We have secured just 50 tickets for Elvis: A Musical Revolution! This bio-musical covers the pivotal moments in Elvis's life from his childhood in Mississippi to his ascent to being the "King of Rock and roll". His name still evokes immediate recognition all over the world as a rock star and cultural icon whose impact shaped the history of music and culture. The show features over 40 of his popular hits!

The Danversport Yacht Club is just minutes away from the theatre where we will enjoy the following menu: cheese spread & crackers, tossed garden salad, warm bread, entrée choice of either baked haddock w/cracker crumb topping or herb roasted angus beef thin sliced w/demi glaze, mashed potatoes, chef's fresh vegetables, coffee/tea vanilla ice cream parfait drizzled with chocolate sauce and topped with whipped cream. Price includes meal tax & tip. Tickets available now at the senior center.

Silvertones Dance - The Silvertones are on summer break and will be back in September. Mark your calendar for Friday, September 15th. See you then!

Monthly LUNCH & DJ DANCE - Mon., July 31st - Doors Open at 11:30am - SIGN UP & COST: \$8pp

Price includes lunch & dance ticket. Tickets may be purchased "at the door" but may not include lunch. Early sign up is recommended as the monthly dances sell out quickly. Lunch will be provided by AgeSpan's Traveling Chef.

Let's have a BBQ! Our July menu will include a Hamburger and a Hot Dog, Potato Salad, Baked Beans, a Cookie and Lemonade.

Please Note: THERE ARE NO DISCOUNT PRICES FOR TICKETS PURCHASED WITHOUT LUNCH. Doors do not open before 11:30am. Lunch is served between 11:30am-noon. Dance begins at 12:00 and concludes at 2:00pm.