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News for ALL  
North Reading  
residents  
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A brief history of  
Ipswich River  
Park  
  
Early Fall events  
calendar  
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Food, Fun, and  
Wellness at the  
Senior Center  
  
PLUS ways you  
can help with  
programs



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## Edith O'Leary Senior Center

# Re-Imagine Aging

**NORTH READING**

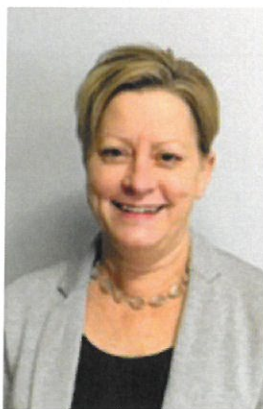
**FALL 2023**

## Grow with us!

### What can we do together? Call or stop by to:

- Suggest things you want to learn about
- Offer to teach or give your time here
- Invite someone new to visit with you

The O'Leary Senior Center is located at the Third Meeting House at the top of the hill on the town common. If you haven't been inside before, you might be surprised by the bustle of activities that occur daily in our single activity-space. Programs are expanding for ages 60 to 100+; keep an eye out for new offerings in the future here and on the road.



Kim Manzelli,  
Director

### Sep—Dec 2022

291 people used rides,  
programs, or services  
19 avg participants/day  
539 meals served  
1036 rides provided

### Jan—Apr 2023

302 people used rides,  
programs, or services  
42 avg participants/day  
1231 meals served  
1118 rides provided

Older adults make up a mighty portion of town—by UMass estimate we had 4,152 adults age 60+ in 2020, out of a total 15,554 population (27%). Let's imagine an age-friendly North Reading with your interests and talents driving the center's programs, services, and culture.

## GET INVOLVED

### Give time this fall

#### *Walk MA Challenge*

Visit [walkmachallenge.com](http://walkmachallenge.com) to set walking goals. Win prizes for yourself and your favorite senior center.

#### *Intergenerational Tech and Games*

Spend time with NR teens, sharing your skills and questions to keep each other learning.

#### *North Reading Rides Together*

Volunteer schedulers review incoming requests, counsel riders on their options, and match them with rides. Drivers offer 1 or more trips monthly (usually weekday, daytime hours).

Call 978-664-5600 to learn more



“The Council on Aging advocates for older adults by helping to meet their needs in areas of health, economic, social and cultural welfare. The Council encourages maximum independence and seeks to improve the quality of life for citizens of North Reading.”

## Transportation News

**Medical appointment rides for all ages:**

**Medi Meva** rides to Boston and Peabody (978) 469-6878 Choose Option 3

**MassHealth PT-1**  
(800) 841-2900

**VA Health Rides**  
(781) 687-2505

**American Cancer Society**  
(800) 227-2345

**Senior Center van** serves age 60+ in-town and some Wilmington facilities.

**Need help finding a ride? Call us at**  
(978) 664-5600.

A transportation brochure is available online or at the senior center.



Senior Center. Pay what you can, suggested donation of \$2 per meal. Sign up for lunches ahead at (978) 664-5600

### Sample lunch items

Call or look online for this month's full menu:

Mediterranean Fish, Seasoned Orzo, Zucchini & Cauliflower, Fig Bar

Meatloaf with Mushroom Gravy, Mashed Potatoes, Beets, Oatmeal Raisin Cookie

### Home Delivered Meals (same menu):

Sign up by contacting Mystic Valley Elder Services, (781) 324-7705, Ext. 300

### Eating Local

Sign up at 978-664-5600 to eat out with a group from the Senior Center once a month. Restaurants vary, let us know your favorite!



## Weekly Fitness Build healthy habits with us



**BE A STAR:** If you'd like to lead a walking group this year, one-time or on a schedule, please call Kim at the Senior Center.

### In-Person

Exercise with Emma  
Monday and Friday at  
9 am FREE

Fit & Trim with Sandra  
Weds 10 am FREE

Chair Yoga with  
Annette Mon 1:30pm  
FREE, Thurs 10am (\$5/  
class)



Exercise with Emma weekdays at 9:30 am  
or watch online anytime on NorCam's  
Youtube Channel.

### Public Access TV:

Comcast Ch. 8,  
Verizon Ch. 26

B.E.S.T. with Pat  
Tuesday to Thursday  
8:30 am



# Ipswich River Park (IRP)

Nearing its 30th anniversary, Ipswich River Park is a regional landmark and local treasure. It was originally purchased and developed by the Hillview Enterprise, a town-owned, independently operated golf & function facility.

April 1993: Town Meeting authorized the Hillview to acquire and develop the land as recreational property.

Fall 1996: IRP opened with additional funding from a state Urban Self-Help grant and fundraising by the Land Utilization Committee.

Summer 2023: Look for tennis, hockey and basketball court resurfacing with grants secured by our state legislators Rep. Brad Jones and Sen. Bruce Tarr, as well as from Parks department revenue. Your donations and rentals of IRP space help us maintain this beautiful park.

## FUN, LEARNING, AND FINANCIAL HELP

Senior Echoes Chorus with Director Marsha Cutlip. Mondays 10:30 a.m., at Aldersgate Church

Special Lunch Events \$5 donation. Please sign up a week ahead. See our event calendar for details

Visit the Assessor's Office to learn about **Property Tax Exemptions** based on age, income, veteran status and more.

June Town Meeting voted to increase the town's Senior Tax Work-Off Program up to \$1500/year. Apply in September with Karen, 978-357-5210.



Medicare Open Enrollment is October 15 - December 7. You will have a chance to change your plan for next year. Call to meet with the SHINE Counselor, appointments are limited.

**Medicare 101:** Turning 65? Getting ready to retire? What are Parts A, B, C & D all about? SHINE counselor John Costigan will share what you need to do if you are thinking about enrolling in Original Medicare, a Medicare Advantage plan or a Medicare Supplement. Tuesday, Nov 7th at 1:00 pm Did you know?



*BE A STAR: Do you have a hobby, skill or topic that you would like to share with others? We need volunteers to lead a one-time talk, interactive workshop, or weekly series.*



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## North Reading Fall events

# 1

**NEW! Mondays on the Move**  
Beginning Monday, September 11th  
At Aldersgate Church

# 2

**Town Day**  
Sunday, September 17th at  
Ipswich River Park

# 3

**Delvena Theatre Production**  
"Nun of this and Nun of That"  
1pm Tuesday, September 19th  
at the Senior Center

# 4

**28th Annual Apple Festival**  
Saturday, Sep 23  
10-3pm at Putnam House

# 5

**The REAL Senior Prom**  
Wednesday, September 27th  
4-7pm



O'LEARY SENIOR CENTER  
157 Park Street  
North Reading, MA 01864

## Did you see the news?

O'Leary Senior Center has a weekly column in the *North Reading Transcript*, called "Our Place on the Hill"

We also send weekly emails! If you'd like to join our email list, please send a note to [seniorcenter@northreadingma.gov](mailto:seniorcenter@northreadingma.gov)

This newsletter is online at [www.northreadingma.gov/senior-center](http://www.northreadingma.gov/senior-center) where we also post a monthly event calendar.

Printed copies are sent only  
1-2 times/year.

### Contact:

Mon.-Thur. 8am-4pm

Fri. 8am-1pm

(978) 664-5600

[seniorcenter@northreadingma.gov](mailto:seniorcenter@northreadingma.gov)

### MEET OUR STAFF & LEADERS

Kim Manzelli, Director  
Sherri Greer, Admin Assistant  
Susan Tilton, Outreach  
Kathy Sumner & Pat Fillmore,  
MVES Meal Site Coordinators

#### **Council on Aging Board**

Elizabeth DiTrapano, Dan Greenberg, Maxine MacPherson,  
Katherine McCabe-Scott, Margie Salt, Valerie Schiavone

**Friends of the COA Officers:** Tom DeSwarte, Angela  
Mauceri, Hugo Wiberg III