

Village Members Holiday BBQ Celebration!

Don't miss this complimentary holiday celebration for all Village members and their spouses/significant others! Join in our holiday happiness on Wednesday, December 12, from 6 to 8 pm at the Newburyport Senior/Community Center. Why a BBQ? Because anyone can have turkey during the holidays! And because people had so much fun at our last Village BBQ in 2017.

Come have a great meal cooked on site by the American BBQ catering restaurant, with a variety of main and side dishes. There will be an open bar with beer and wine. And we're also having a Yankee Swap for those who'd like to, so bring a small something interesting or unusual from your home that you're not using (please don't buy anything), and wrap it up for the swap. Note—you don't have to do the Yankee Swap, we'll still look forward to seeing you! Please RSVP by Dec. 7.

Meet Member Paula Wright



Paula Wright is not one to sit around once she gets an idea. You can't have traveled through 86 countries on all 7 continents if you don't stay active! So when she learned about our Village from a neighbor early this year, she joined immediately. She liked the underlying Village concept and the social opportunities, like Village dinners, and thought that "someday" she might even need some volunteer services. Now about to undergo rotator cuff surgery, that "someday need" may have arrived as she thinks about recuperating with one arm in a sling. She's grateful to be able to ask for help when needed. When she's back to driving, she looks forward to volunteering as well.

Fortunate to be able to retire early from her engineering career, most recently with an aircraft company and doing corporate management training, Paula never sits still. She's done volunteer work as a Rotarian, makes jewelry and teaches classes, paints and sculpts, and does glasswork. She's also an avid photographer, which fits in well with her great passion for travel. Did we mention 86 countries to date? Her current favorites are safaris, with two more planned for 2019 in South Africa and Namibia. "You can't believe what it's like," she says, "to be close enough to touch a lion in the wild—or be charged by an elephant!" She took the photo at right while in Zanzibar.

She travels often with Road Scholar's small groups on educational adventures. We hope to have her give a Village Talk and show her photography from around the world (watch our future schedules). Surrounded by hundreds of penguins in Antarctica, riding a camel over desert sands, immersed in nature and wildlife, caught in a category 5 storm off Cape Horn—these are just a few of her retirement activities. "I don't ever want to say," she exclaims, "that I *should have* done something." Come meet Paula at a Village event and hear some real adventure stories.



Upcoming Events

See Website for more info!

Village Talks Open to the Public at Newburyport Senior/Community Center:

December 19, 1-2 pm. The Village Talk takes a holiday approach this month with entertainment by the Greater Newburyport Children's Chorus.



GNCS Winter Concert in 2017

For Village Members and Significant Others:

December 12, 6-8 pm at Newburyport Senior/Community Center, Holiday BBQ. (See story at left)

For Village Members and Volunteers (and guests):

January 15, 6-7:30 pm, Village Dinner at The Black Cow, Newburyport. (Separate checks as usual.) RSVP by Jan. 11. Reserve early as space is limited.

To Contact the Village

For information:

call 978-206-1821

email:

info@greaternewburyportvillage.org

visit our website:

www.greaternewburyportvillage.org

For member services:

call 978-206-1821

email a service request to:

services@greaternewburyportvillage.org

The Village Going Deeper



In November the Newburyport Village held its first “Going Deeper” event for members: an opportunity to talk among ourselves and with the experts about end-of-life issues.

Our guest speakers from Constellation Hospice were Rev. Joel Grossman, Director of Spiritual Services; Loretta Mangano, Bereavement Coordinator, and Pat Coughlin, Social Worker. Some 25 Village members participated, learned much, and had their questions answered.

Another session on a new topic is being planned for February—keep an eye out for announcements of future topics. Please let us know if you have an idea for a group discussion.

Celebration of Volunteers

On October 30, some 50 Village Volunteers gathered upstairs at Glenn’s for fabulous appetizers, drinks, and good cheer. We met a number of new volunteers, and everyone had a chance to expand on or clarify the volunteer services they gladly offer. What a treat to mingle with so many good people!



The Benefits of Yoga As We Age - by Chris Morton

Yoga’s benefits can be experienced at any time of life, but how we practice yoga changes as we age. Practicing yoga poses helps one build strength slowly and safely. While a moderate to rigorous yoga class may be appropriate for younger people, as we age we can use different pacing, vary the poses, and use chairs and props. As we grow older, we may experience more stiffness, aches and pains, and imbalances, and yoga can help us navigate our way to greater comfort.



It’s been said that we are only as old as our spines are inflexible. Think about that for a moment. Over decades of life the pull of gravity can cause us to hunch over as the spine shortens and rounds. Certain yoga poses, however, encourage us to lean into the strength of our back and to twist and stretch the sides of our body in ways that increase spinal flexibility and the body’s overall strength. Physical balance is enhanced by yoga poses that involve both the body and the brain. This helps us retain our agility at a time when we are more concerned about the possibility of falling.

We also gain an awareness of our body’s inherent wisdom when practicing yoga—a mindfulness that informs us when we are not in balance. Yoga helps us connect inwardly, intuit what the body needs to do, and change our course when needed.

Yoga offers practices that help release stress, lower blood pressure, improve sleep, and even aid in digestion. How wonderful that we are never too old to start! For example, one can start with chair yoga, a gentle form done sitting in a chair and standing holding a chair for support. It is particularly beneficial for those with limited mobility, dizziness, balance issues, and/or weakness on one side of the body, stressed joints, and weakened muscles. Chair yoga along with breath work, meditation, concentration exercises, and simple poses help increase flexibility and strength in the body.

Editor’s note: Chris Morton is a Village member who is a Registered Yoga Teacher with more than 20 years’ experience teaching yoga. Early in 2019 she will be offering Village members a free class in chair yoga to introduce the many benefits of yoga as we age. For more information, call Chris at 978-462-3626 or email her at cmortonyoga@comcast.net.

Choral Society Winter Concert

The Newburyport Choral Society will perform its Winter 2018 concert, “Peace and Remembrance,” at the Belleville Congregational Church on Saturday, December 8 at 8:00 pm and on Sunday December 9 at 2:30 pm. Highlights include old favorites and a new work, “Armistice Sonnets,” that commemorates the end of WWI.

At the concert, you may notice Village volunteers helping as ushers, and information about the Village at the back of the program. Village members are also singing in the chorus. We’d love to see you there! For more info and tickets: newburyportchoralsociety.org.

Our Village’s Mission

To promote living well and independently for a lifetime through community engagement and a network of neighborly support.

Greater Newburyport Children’s Chorus

The Greater Newburyport Children’s Chorus mission is to provide an opportunity for students to enrich their lives with quality vocal music education, choral performances and a joyful, lifelong habit of participation in music and community. Through teamwork, friendship and acceptance of young musicians with ethnic, economic and religious diversity, the chorus will provide the participants with a supportive, educational environment that will promote excellence in music learning. Learn more at: <http://www.gncchorus.org>.