



# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 18/Iss. 11

May 2017

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**Director's Notes...** Growing up on a family farm in Ontario, my mother was raised with two cousins who were really more like sisters to her than cousins. The two families lived in separate farm houses but they farmed the land together, sharing the work and family life. The three girls were close in age and had all sorts of adventures. They scaled hay lofts, dared each other to test the depth of puddles, made pets of prize Holstein calves and walked long farm lanes to their one-room school house. As adults, they remained close, caring and supporting each other across the miles that separated them. When we visit, I am grateful to be able to spend time with them and hear the family stories. I am so impressed with their resilience and ability to age gracefully. Now in their late-80s, they both continue to be active members of their church and community. Fundraisers for the Multiple Sclerosis Society continue to be coordinated, Meals on Wheels are delivered, and coleslaw is prepared for the 100 people who will attend a monthly community meal. Homes are managed, gardens tended and lawns are mowed in preparation for a local walk-a-thon! We feel tired just listening! They have worked hard to be well, remain independent and advocate for themselves and others. They personify the theme of this year's Older Americans Month – "Age Out Loud." This is the voice of aging today and what a voice to share with the younger generation. Be engaged, try something new, and live with compassion for yourself & others. We have benefited from shared experiences with elders in our lives and continue to be influenced by their values, wisdom and talents. The federal Administration for Community Living recognizes the contributions that older Americans continue to provide their communities through community and volunteer work. With the opening of the new Senior Center, it is clear that older adults in Georgetown are committed to enhancing the quality of life for all. You are committed to wellness and independence. You advocate for yourself and others. You are glad to share your voice and to encourage others to "Age Out Loud." This year we have combined our annual observation of Older American's Month with our Mothers' Day celebration to feature a performance by the Music Masters on Monday May 15 at 1 p.m. Join us as we express our gratitude and appreciation for the opportunity to "Age Out Loud" together.



## Georgetown Senior Community Center Celebrates New Home

### Community Open House

**Tues. May 9 3-6 p.m.**

**51 North Street ~ Georgetown**

Life at the GSCC is in full swing. We've survived moving and Mother Nature. Programs have been expanded and new ones are being added as we speak.

**The public is invited to join us for tours, light refreshments & celebration.** For further information or for directions, contact the COA at 978-352-5726.



**Annual Town Meeting**  
**Monday, May 1, 2016**  
**7 p.m. at GMHS**



**Annual Town Election**  
**Monday, May 8, 2016**  
**8 a.m. - 8 p.m. at Penn Brook School**

**The COA and all activities will be closed on Monday May 29 for Memorial Day.**

"A Few Gray Hairs" Newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.

# May Activities

ALL ACTIVITIES ARE HELD AT GEORGETOWN SENIOR COMMUNITY CENTER UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



## MAY VAN SCHEDULE 2017

Shopping Date	Location	Recreation Date	Location
May 2	NO VAN – Brown Bag Only	May 4 9:30	Super Walmart/Salem, NH
May 9 9:30	Newburyport	May 11 10:30	Poets' Inn/Haverhill
May 16 9:30	Plaistow, NH	May 18 10:30	Target/Mann's Orchard
May 23 9:30	Seabrook, NH	May 25 10:30	Westgate/Haverhill, MA
May 30 9:30	Riverside/Haverhill, Ma	June 1 9:30	Super Walmart/Salem, NH

**JOIN US MONDAY – THURSDAY MORNINGS** from 8:30-11 a.m. for cards and cribbage games! Puzzles and coloring materials are also available for drop-in use. Hot coffee and snacks are a great way to meet-up with friends!

### BOARD OF HEALTH NURSE:

**Please note date changes.** The May clinic has been changed to **Tues. 5/2**. Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12 - 2 p.m.

### MEN'S BREAKFAST: **Thurs. May 4, 9:30 a.m.**

**Selectman Joe Bonavita** will join us for a discussion of town issues. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726. Next breakfast: June 1. Speaker: Stewart Lytle, Reporter, Town Common**

**CHANGE IN SHINE OFFICE HOURS:** There will be no SHINE office hours in May. **As of June, SHINE appointments will be held on Tuesday mornings.** Call the COA office for assistance or further information. (978) 352-5726. Next SHINE appointments available: Tues. June 6. Appointments start at 9 a.m.

### Local Legislators' Office Hours

**State Rep. Lenny Mirra & Senator Bruce Tarr**, or their representatives, will be on hand at the **Georgetown Senior Community Center** to meet with constituents to answer questions, hear comments or provide assistance. The next scheduled office hours for both will be:

**Tues. May 16  
11 a.m. - noon**

The public is welcome. No appointment necessary. If you cannot come to the Center, both legislators can be contacted through the email addresses below.

Rep. Lenny Mirra: Leonard.Mirra@MAhouse.gov

Sen. Bruce Tarr: Bruce.Tarr@masenate.gov

For more information, contact the COA at 978-352-5726.

### NEW KNITTING CLUB:

**Thurs. May 11, 10 a.m.**

### NEW BOOK CLUB:

**Tues. May 16, 2 p.m.**

### TRIAD PRESENTATION:

**Thurs. May 18, 11 a.m.**



### MAY BIRTHDAY CELEBRATION: Wed. May 31, 12 p.m.

Help us send best wishes to our friends who were born in May. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 5/24/17 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

### FRIENDS OF THE GEORGETOWN COA meetings...

**Friends meet the second Tuesday of each month at 2 p.m.** (May 9, & June 13) The Friends meet at the Georgetown Senior Community Center. The public is welcome.

### Free Legal Help offered by Atty. Elaine Dalton

**Tues. May 23, 10 a.m.**

Assistance available for: \*Health Care Proxies,

\*Durable Power of Attorney, \*Elder Law Issues

\*15 min. appts. available by calling COA at 978-352-5726



### Special Van Trip to Poet's Inn

**Thursday May 11**

Join us for a van trip to enjoy lunch at the **Whittier Regional Technical High School's well-known Poets' Inn Restaurant**. The Poets' Inn is a full-service restaurant which provides "real-world" experience to the school's Culinary Arts students. **The van will begin to pick people up at 10:30 a.m. Seating is limited.** For van reservations, please call the COA **before Thurs. May 4** at 978-352-5726.

## Health & Wellness Classes

All classes are held at Georgetown Senior Community Center  
unless otherwise noted.

Newcomers & beginners welcome.

There is a **SUGGESTED DONATION** of \$3.00 per class.

Class	Meets on	Time
<b>Yoga</b> (Bring a mat or towel)	<b>Mondays</b>	<b>10:30 a.m.</b>
	<b>Wednesdays</b>	<b>9:30 a.m.</b>
<b>Strength Training</b>	<b>Tuesdays</b>	<b>12:30 p.m.</b>
<b>Tai Chi</b>	<b>Thursday</b>	<b>12:30 p.m.</b>
<b>Fitness Room</b>	<b>Mon. – Thurs.</b>	<b>Call for equip. Availability</b>

*Promoting  
Healthy  
Living*

## **Walking Club**

**Tuesdays & Thursdays  
2-3 p.m.**

**Participants must  
pre-register with the COA.  
978-352-5726**

B	I	N	G	O
12	21	38	49	63
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
<b>Every Monday at 12:30 p.m.</b>	<b>Cost: \$1.00/card covers up to 9 Games</b>	Free Space	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesdays each month at 1:00 p.m.</b>	<b>Cost: 50¢ &amp; 75¢ per game.</b>
<b>For more info, call (978) 352-5726</b>		33	<b>Contact: GHA (978) 352-6331</b>	
2	29	45	50	72

### Safety Benefits of the TRIAD Program Presentation

**Thursday May 18, 11 a.m.**

**Georgetown Senior Community Center**

Georgetown TRIAD is a partnership between the Georgetown Police and Fire Departments, Georgetown Housing Authority, Council on Aging, Essex County Sheriff's Department and the elder community. TRIAD programs include: File of Life, Yellow-Dot, personal safety, fire safety, proper medication disposal, car-fit, elder law, Essex County Sheriff's Department K-9 demonstrations, proper house numbering and elder bullying prevention. The TRIAD group is seeking volunteers to serve as the group's chair and secretary. Refreshments will be served. For further information, please call the COA at 978-352-5726.



### NEW Knitting Group to meet Thursday, May 11

A small group of knitters will start to meet on **Thurs. May 11 at 10 a.m. at the GSCC** and invite all interested parties to join them. The group hopes to focus on sharing skills, patterns, working on individual projects and possibly a community project. Drop-ins welcome. For more information, call the COA 978-352-5726.

### New Book Club to meet May 16

Led by Library Director Sarah Cognata, a new book club will meet **Tuesdays May 16 and June 20, 2 p.m.** at the Georgetown Senior Community Center. Join us on May 16 to discuss what books might be of interest to group participants with follow-up discussion planned for the June 20 meeting. Books will be available as regular print, large print and audio books. For more information, please call the COA at 978-352-5726.

### ***HOMESTEAD ACT: What You Need to Know***

*Presented by **Nancy Doherty***

*Southern Essex District Registry of Deeds*

**Tuesday, May 30, 10 a.m.**

*Georgetown Senior Community Center*

- *Learn how the state's Homestead Act can provide protection of homes and property.*
- *Forms will be provided and notarized free of charge.*
- *Sign up in advance with the COA to have a free copy of your deed available at the meeting.*
- *Light refreshments will be served.*

*For further information, please call the COA at (978) 352-5726.*



### ***Music Masters Concert***

*Join us for a Dual Celebration*

**Monday, May 15 ~ 1:00 p.m.**

In honor of **Older Americans Month** & our annual **Mothers' Day Recognition**, please join us for an hour of song and humor: an annual favorite enjoying a variety of styles and genres!

- Mothers will be honored with a special gift.
- Refreshments will be served.
- Reservations are not required, but **to help with planning, please call (978) 352-5726.**

The program is supported by a grant from the Georgetown Cultural Council, a local agency supported by the Massachusetts Cultural Council.

## Ongoing & Monthly Activities

**Quilts for Local Veterans: Monday May 8** 10 a.m. - 3 p.m. Facilitated by Betty Hastings, Bev Knapp, and Terry Palardy. Newcomers & drop in visitors welcome.

**WINTHROP STAMP CLUB: 1-4 p.m. Thur. Date to be announced** Call the COA at 978-352-5726. The general meeting is followed by stamp auction (open to public). For membership or other information, contact Roger Pelletier 978-352-2225.

### COA Food Pantry Available



As a new outreach program, the COA has established a food pantry at the Georgetown Senior Community Center. The program is designed to serve local elders. No income restrictions apply. Appointments are required by calling 978-352-5726.

### Looking Ahead...

**June 22** Fall Prevention Program  
**10-noon** Thursdays thru August 10th

**Sept. 19** Healthy Living for Brain & Body  
**10:30 a.m.** Alzheimer's Association Presentation

## Around the Community:

### Caring for Houseplants Program

**Presented by Georgetown Peabody Library**



Georgetown resident Patti Prior will present a program on caring for house plants **Wed. May 3, 6:30-8 p.m. at the Georgetown Peabody**

**Library.** To register for the program, please call the library at 978-352-5728 or visit [georgetownpl.org](http://georgetownpl.org)

### Veterans Services Director seeking Korean War Veteran information



Director of Veterans' Services Karen Tyler is seeking to connect with local Korean War Veterans who served in Korea boots-on-the ground, air, and sea regarding an Ambassador of Peace Medal that will be awarded at a ceremony to be scheduled at a later date. At this time, she is gathering names, discharge papers, and completing a short questionnaire for each veteran. For further information, please call Director of Veterans' Services Karen Tyler at 978-356-3915.

## Medicare Buy-In Programs Help Save Money

Medicare Buy-In Programs (also called Medicare Savings Programs) can help low income Medicare beneficiaries pay the \$134 monthly cost of their Medicare Part B premium. Beneficiaries may be eligible for one of three Buy-In programs based on income & assets. To qualify for the programs, monthly income must be less than \$1,377 for an individual or less than \$1,847 for a couple. Assets must be less than \$7,390 for an individual & less than \$11,090 for a couple. Individuals meeting those income guidelines automatically qualify for "Extra Help" to pay your Medicare Part D (prescription drug) plan. This program will pay your monthly premiums, lower your co-payments & assist with covering drugs during the Part D deductible & coverage gap. For a Medicare Savings Program application call MassHealth at 1-800-841-2900 & request the "Medicare Buy In" application. You may also complete MassHealth application to check on additional benefits. You can apply separately for "Extra Help" at the Social Security web site [www.ssa.gov](http://www.ssa.gov) or call 1-800-772-1213. For assistance reviewing any applications call SHINE at 1-800-243-4636, press 3 or the Georgetown Council on Aging at 978-352-5726. The SHINE program (Serving Health Insurance Needs of Everyone...on Medicare) provides free, confidential & unbiased health insurance counseling for Medicare beneficiaries. To reach a trained, certified counselor, contact the state number at 1-800-243-4636, press 3 or call the Georgetown Council on Aging.



### Publisher's Clearinghouse Scam

The Georgetown Police Dept. recently warned residents about a scam regarding a "check & award letter" received from Publisher's Clearinghouse with instructions regarding what to do with the check. The resident called the telephone number & was told to deposit the check & call the Publisher's Clearinghouse. The resident went to the bank & was told that the check is real but the routing number is invalid. If the resident had not checked with the bank, the check would have been deposited & then later rejected. The instructions were to call Publisher's Clearinghouse back after the check was deposited. Unfortunately, once the check is deposited, the scammers state they will send the rest of the money but there are some small fees attached. They ask the resident to send those fees back to them to receive the remaining award. This is where the resident loses the money as the check does not clear & any money sent is not covered. An officer with the Georgetown Police Department called the award people on the resident's behalf & the first question asked was if the check had cleared. After a few minutes of conversation, they hung up on the officer. Please remember that if it sounds too good to be true, it probably is not true! Remember to never provide personal information over the telephone or by email or to any source that you did not solicit yourself!

# **Council on Aging Services**

For information on any of the following services, contact the COA at (978) 352-5726.

## **TRANSPORTATION/SHOPPING:**

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Monthly Van Schedules are printed in the Newsletter. A small donation is suggested to help with program expenses.

## **TRANSPORTATION/MEDICAL:**

### **Northern Essex Elder Transport, Inc.**

This program provides rides for elders to medical appointments. Arrangements should be made at least **ONE WEEK** in advance by calling the COA office at (978) 352-5726. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

### **RING & RIDE: Medical, Shopping & General Purpose**

#### **Transportation & Medi-Ride**

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, contact the COA.

## **HANDICAP PLACARDS**

The COA has applications for **HANDICAP placards** available from the Registry of Motor Vehicles.

## **Meals on Wheels**

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

## **Congregate Meals**

The COA Meal Site offers nutritious lunches Monday-Wednesday at 12:00 p.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

## **FOOD AND HEAT RESOURCES**

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

## **Visiting Nurse**

On the first Wednesday of each month, from 9:30 - 10:30 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc. The nurse is also available for Trestle Way residents in the Community Building on the first Wednesday of each month @ 12:30 p.m. for blood pressure, weight & diabetic checks.

## **S.H.I.N.E.**

**S**erving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg @ Georgetown Sr. Community Center on the first Monday of each month.

## **EQUIPMENT LENDING PROGRAM**

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

## **FILE OF LIFE & YELLOW DOT PROGRAMS**

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

## **HEALTH CARE PROXIES**

COA has fact sheets and Health Care Proxy forms available upon request.

**THE FILE** A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 12/6/16



Georgetown Council on Aging  
51 North Street  
Georgetown, MA 01833

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**Georgetown Council on Aging**  
**51 North Street**  
**Georgetown, MA 01833**  
**(978) 352-5726**

**Open:**  
**Monday – Thursday 8 am – 4 p.m.**

**Georgetown**  
**Senior Community Center**  
**51 North Street**  
**Georgetown, MA 01833**

**Open:**  
**Monday – Thursday 8:30 am – 4 p.m.**

**PUBLIC NOTICE**

C.O.A. board meetings are open to the public. They are held at **12:30 p.m.** on the 4<sup>th</sup> Tuesday of each month at **Georgetown Sr. Community Center**  
**51 North Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday May 23, 2017**

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

**Meal Site Coordinator:** Mickie Locke

**Board Members:**

Jeannine DesJardins, Chair

Caroline Sheehan, Treasurer

Jean Perley, Secretary/Clerk

Sue Clay, Corona Magnier,

Esther Palardy, Diane Prescott,

Nancy Thompson, Ann Stewart

**Alternates:** Janice Downey, Jill Benas

**Town of Georgetown:**

Michael Farrell, Town Administrator

David Surface, Board of Selectmen, Chair

Douglas Dawes, Board of Selectmen

Gary Fowler, Board of Selectmen

Steven Sadler, Board of Selectmen

Joe Bonavita, Board of Selectmen

**Georgetown COA Webpage** is located on the town's official website [www.georgetownma.gov](http://www.georgetownma.gov).

**Council on Aging Mission Statement:** The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

**Inclement Weather Policy:** The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the COA Meal Site located at the Georgetown Senior Community Center.

## **May Menu - Lunch reservations must be made by the previous Wednesday. Call (978) 352-5726.**

**Lunch is served Monday through Wednesday at the Georgetown Sr. Community Center at 12 p.m. Cost is \$2.00.**

Congregate meals are made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley  
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<b>1</b> Macaroni/Cheese/Crumb Topping, Peas, Roll, Raisins	<b>2</b> Greek Chix, Rice, Zucchini/Tomatoes, Italian Bread, Cookie/Lorna Doones	<b>3</b> Breaded Pollock/Cheese, Tomato Tortellini Soup, Mashed Pot, Mixed Veg, MG Bread, Fruit
<b>8</b> LS Hot Dog/Roll, Pork baked Beans, Pot Chips, Pineapple	<b>9</b> Sweet & Sour Chix Meatballs, Rice, Broccoli, Mandarin Oranges, Wheat Bread	<b>10</b> Sliced Roast Beef, Mash Sweet Pot, Green Beans, Fruit, Natural Grain Bread
<b>15</b> Stuffed Shells/Meat Sauce, Zucchini, Roll, Mixed Fruit	<b>16</b> Pulled Turkey/BBQ Sauce/Roll, Corn/Red Peppers, Mashed Pot, Jello	<b>17</b> Roast Pork/Gravy, Veg Rice, Brussels Sprouts, WW Roll, Applesauce
<b>22</b> Chix Supreme, Chef's Choice Veg, Rice, Fresh Orange, Oat Bread	<b>23</b> Baked Chix Breast/Stuffing/Gravy, Cranberry Sauce, Glazed Carrots, Mashed Pot, Apple Crisp	<b>24</b> Turkey Dinner/Gravy, Mashed Pot, Carrots, Peaches, NG Bread
<b>29</b> <b>CLOSED: Memorial Day</b>	<b>30</b> Hamburger/Cheese (side)/Roll, Pot Wedges, Corn/Peas, Raisins	<b>31</b> Chix Scampi/Pasta, Broccoli, Multigrain Bread, Chef's Choice Dessert, Birthday Cake, Ice Cream

## **Celebrate National Chocolate Chip Day ~ May 15, 2017**

### ***Healthy Dark Chocolate Trail Mix***

Simply mix 3 Tbsp. of dark chocolate chips with a ½ cup each of unsalted walnuts & almonds and ¼ cup each of macadamia nuts, pecans, and dried cranberries. Package separately into ¼ cup portions.

## **MAY VAN & ACTIVITIES CALENDAR**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>1 NO SHINE this month</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 7:00 p.m. Town Meeting	<b>2 No Shopping Van– Brown Bag</b> 9:30 Visiting Nurse <b>(Note day change for May only)</b> 12:00 Lunch 12:30 Strength Training 2:00-3:00 Walking Club	<b>3</b> 9:30 Yoga No Visiting Nurse (Changed to May 2) 12:00 Lunch	<b>4 9:30 Mens' Breakfast</b> 9:30 VAN: Walmart/SalemNH 12:30 Tai Chi 2:00-3:00 Walking Club
<b>8 8 a.m.-8 p.m. Town Elections</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 10 a.m.-3 p.m. Quilting Group	<b>9 9:30 Van: Newburyport</b> 12:00 Lunch 12:30 Strength Training 2:00 Friends Meeting/GSCC 2:00-3:00 Walking Club 3:00-6:00 GSCC Open House	<b>10</b> 9:30 Yoga 12:00 Lunch	<b>11 10:00 Knitting Club</b> 10:30 VAN: Poets' Inn 12:30 Tai Chi 2:00-3:00 Walking Club
<b>15</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 1:00 Music Masters' Concert No Bingo Today	<b>16 9:30 Van: Plaistow, NH</b> 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Lunch 12:30 Strength Training 2:00 Book Club 2:00-3:00 Walking Club	<b>17</b> 9:30 Yoga 12:00 Lunch	<b>18</b> 10:30 VAN: Mann's Orchard & Target/Methuen 11:00 TRIAD Info Meeting 12:30 Tai Chi 2:00-3:00 Walking Club
<b>22</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>23 9:30 Van: Seabrook, NH</b> 10:00 Free Legal Help by appt 12:00 Lunch 12:30 COA Board Meeting 12:30 Strength Training 2:00-3:00 Walking Club	<b>24</b> 9:30 Yoga 12:00 Lunch	<b>25</b> 10:30 VAN: Westgate/Haverhill 12:30 Tai Chi 1:00-4:00 Stamp Club <b>(Call COA to verify date)</b> 2:00-3:00 Walking Club
<b>29</b> <b>Closed: Memorial Day</b>	<b>30 9:30 Van: Riverside/Hav.</b> 10:00 Homstead Act Program 12:00 Lunch 12:30 Strength Training 2:00-3:00 Walking Club	<b>31</b> 9:30 Yoga 12:00 Birthday Lunch	<b>June 1</b> <b>9:30 Mens' Breakfast</b> 9:30 VAN: Walmart/SalemNH 12:30 Tai Chi 2:00-3:00 Walking Club

**Van Trips:** The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.