



# A FEW GRAY HAIRS



Nat'l.  
Candy Corn  
Day  
Oct. 30

A Newsletter of the Georgetown Council on Aging

Vol. 18/Iss. 4

October 2016

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## Director's Notes...

As these late summer days shorten and cooler nights arrive, we know that soon we will have the pleasure of fall in New England. The day may start with a clear crisp morning but the afternoon's sun is still warm. It may be time to put away the swimming gear and beach towels, but it will soon be time for fairs, football games and apple picking. Doorways and gardens suddenly bloom with colorful displays of pumpkins, chrysanthemums and scare crows. Garden spades may be hung up for the season but not the leaf rake! Although the poor garden was not very bountiful with this dry summer, the number of trees on our property ensures that we will have an extensive harvest of leaves to gather. Growing up in Ontario, we had willow trees in the back yard and pine trees in the front yard. There were not many leaves to rake – if any!

In the early years of home ownership, there was some fun to be found in the annual fall clean up. Piles of leaves were gathered and our young daughters would invariably jump in and out of the piles squealing with delight. There were plenty of hands available to help stuff bags full of the brightly colored leaves – and some special leaves always found their way into the kitchen for later projects. Now, the annual project seems to be bit more of an endurance test for the knees and back! As we rake and fill what seems like endless bags, I will often quote Robert Frost's poem "Gathering Leaves", cheerfully saying "But a crop is a crop, and who's to say where the harvest will stop?" I don't always get smiles in response from the other people filling bags! In fact, there is some grumbling! But I don't let that deter me. I just go ahead and quote Frost and duck from the handful of leaves headed my way! We have our own plans to celebrate the Harvest season this year. Join us on Tuesday Oct. 11 for music with Russ McQueen and a special Autumn Lunch. The day promises to bring a crop of smiles and a harvest of fun – no rakes necessary!



## Medicare Open Enrollment Oct. 15-Dec. 7

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2017: *it is important to review, understand and save this information!*

During Medicare Open Enrollment, from October 15<sup>th</sup> to December 7<sup>th</sup>, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make your appointment or learn more about how SHINE can help, call the Georgetown COA at 978-352-5726!

## Medicare Enrollment Forum Scheduled

Monday Oct. 17

SHINE Counselor Jerry Goldberg and COA Director Colleen Ranshaw-Fiorello will present a forum on open enrollment and changes in Medicare on Monday Oct. 17, 10 a.m. at Town Hall, 3<sup>rd</sup> floor.



## Annual Flu Clinic

Wed. Nov. 2 9:30 - 11 a.m.  
First Congregational Church

- Pre-registration **IS NOT** required for the clinic.
- **Priority is given** to individuals 65 years & older & those with medical conditions that may put them at risk for complications of the flu.
- Individuals over 19 years may come to the clinic at 10:30 a.m.
- **Please bring Medicare and/or Senior HMO cards to the clinic.** Please bring a **photocopy of the cards** in order to ease the process. The COA can photocopy Medicare/HMO cards **in advance** of the clinic.
- **Please wear a sleeveless or loose fitting short-sleeved shirt.**
- The flu vaccine is provided by the Massachusetts Immunization Program.
- The Flu Clinic is sponsored by the COA & the Georgetown Board of Health.
- For further information, please call the COA at (978) 352-5726.

**The COA and all activities will be closed on Monday, October 10 for Columbus Day.**

**No lunches will be served & no activities** scheduled at the First Congregational Church Oct. 17-19  
due to Church Fair preparations.

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

# October Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



## OCTOBER VAN SCHEDULE 2016

Shopping Date	Location	Recreation Date	Location
Oct. 4	NO VAN – Brown Bag Only	Oct. 6 9:30	Super Walmart/Salem, NH
Oct. 11 9:30	Newburyport	Oct. 13 10:30	Mann's Orchard/Methuen
Oct. 18 9:30	Plaistow, NH	Oct. 20 10:30	Seabrook, NH
Oct. 25 9:30	Riverside	Oct. 27 10:30	Haverhill
12 – 1 p.m.	Special Van to Town Clerk/Early Voting		

**JOIN US MONDAY – WEDNESDAY MORNINGS** from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

**SHINE OFFICE HOURS:** Mon. Oct. 3, 9-11 a.m.  
Town Hall, 2<sup>nd</sup> Floor

**SHINE Counselor Jerry Goldberg** will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

**VISITING NURSE:** Wed. Oct. 5, 9:30-10:30 a.m.  
First Congregational Church

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. Oct. 6, 9:30 a.m.  
Trestle Way

Join us in welcoming **Rev. Bill Boylan**, local historian as our guest speaker. With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. **To make reservations, call 978-352-5726. Next breakfast: Nov. 3** with Karen Tyler, Veterans' Services

### Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall 2nd Floor Conference Room** to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

**Rep. Lenny Mirra:** Sen. Bruce Tarr:  
**For Date/Time** Tues. Oct. 11  
**Call: (617) 722-2130** 10:30-11:30 a.m.  
**Leonard.Mirra@MAhouse.gov** **Bruce.Tarr@masenate.gov**

**RUSS MCQUEEN CONCERT:** Tues. Oct. 11, 10 a.m.  
First Congregational Church Details pg. 3

**AUTUMN LUNCH SPECIAL:** Tues. Oct. 11, 11:30 a.m.  
First Congregational Church Details pg. 3

**SHINE MEDICARE FORUM:** Mon. Oct. 17, 10:00 a.m.  
Town Hall, 3<sup>rd</sup> Floor

**BYFIELD PARISH SENIOR LUNCHEONS RESUME:**  
Tues., Oct. 18, 11:45 a.m.  
Call the church if you plan to attend. 978-352-2022.

 **OCT. BIRTHDAY CELEBRATION:**  
Tues. Oct. 25, 11:30 a.m. First Congregational Church  
Help us send best wishes to our friends who were born in October. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 10/19/16 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

**FRIENDS OF THE GEORGETOWN COA meetings...**  
Meetings have been changed to the second Tuesday of each month at 2 p.m. The following dates are confirmed for the fall: **Tues. 10/11**, and the November meeting (**11/15**) is the third Tuesday because of the election. There is no December meeting due to winter hiatus. The Friends meet at the Georgetown Peabody Library. The public is welcome.

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

Tues. Oct. 25, 10 a.m. at First Congregational Church

Assistance available for: \*Health Care Proxies, \*Durable Power of Attorney, \*Elder Law Issues  
\*15 min. appts. available by calling COA at 978-352-5726



## Health & Wellness Classes

Yoga classes are held at First Congregational Church.  
Strength Training Classes are held at Trestle Way.  
Newcomers & beginners welcome.  
There is a **SUGGESTED DONATION** of \$3.00 per class.

*Promoting  
Healthy  
Living*

Class	Meets on	Time
Yoga (Bring a mat or towel)	<b>Mondays</b>	<b>10:30 a.m.</b>
	<b>Wednesdays</b>	<b>9:30 a.m.</b>
Strength Training	<b>Tuesdays</b>	<b>12:30 p.m.</b>
	<b>Thursday</b>	<b>10:45 a.m.</b>

## Walking Club

is on hiatus until after  
our move to the new  
building.  
Watch for details.

B	I	N	G	O
12	21	38	49	63
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72

**Please note:** When attending any class or program scheduled at Trestle Way, please be mindful to park in non-resident parking only.



### YOGA CLASS TIME CHANGE

**Wednesday Yoga class**  
will now meet at **9:30 a.m.**

Yoga Classes will meet at Perley School Library  
**Mon. Oct. 17 and Wed. Oct. 19 (only)**  
Due to the FCC Fair Preparations.

## Russ McQueen In Concert

**Tuesday Oct. 11, 10 a.m.**

First Congregational Church

An annual favorite

A concert of Timeless Favorites

For more information or to sign-up,  
contact COA at (978) 352-5726.



This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

**But, wait! There's more!**

**Make a morning of it and join us for lunch! ➔**

## Autumn Lunch Special

Sponsored by ESMV

**Tuesday Oct. 11, 11:30 a.m.**

First Congregational Church

### Autumn Luncheon Menu

Roast Pork Loin w/Apple Glaze Sauce  
Mash Sweet Potato & Apples  
Parsley Buttered Carrots  
Whole Wheat Roll  
Pumpkin Chocolate Chip Bread Pudding



Cost: \$2 Lunch reservations are required **before 10/5/16**. To make reservations, please call the COA office at (978) 352-5726.

## Fall Special Town Meeting:

Date to be announced.

7 p.m. ~ Georgetown Middle High School

★ **Don't Forget To Vote!** ★

Tuesday, November 8, 2014 ~ 7 a.m. to 8 p.m.  
Penn Brook School

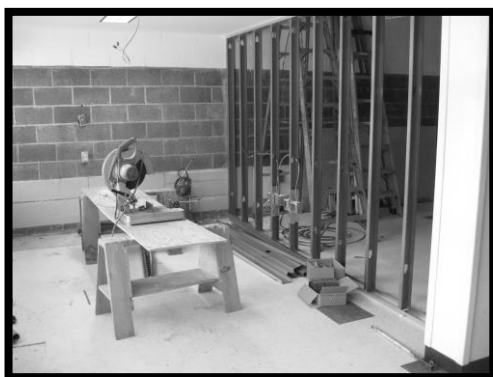
## Special Van Service for Voting

Available 12– 1 p.m. on:

Tues. Oct. 25 Early Voting/Town Clerk's Office  
Tues. Nov. 1 Early Voting/Town Clerk's Office  
Tues. Nov. 8 Election Day/Ride to the Polls

To make reservations, call (978) 352-5726

## Georgetown Senior Community Center Update



Construction on the new Georgetown Senior Community Center continues. Carpentry students from the Whittier

Regional Vocational Technical High School have returned to the project, resuming studding work that will soon lead to completed walls in the two classrooms that will be used as administrative offices, reception area and confidential meeting space. Under the direction of general contractor, Ambient Temperature Corp., a new entranceway will also soon be in place at the front of the center. The Georgetown School Department continues to provide support, cleaning and painting areas that will soon house COA programs and activities. The new facility will quickly begin to take shape this fall!



### Home Improvement Applicants Sought

**Rebuilding Together** is now accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on Saturday,

April 27, 2017. The application **deadline is Saturday, Dec. 31.**

#### Applicant eligibility:

- Own and occupy your home for at least 2 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH)
- Meet Federal HUD low-income guidelines (Call for info)
- Are elderly, disabled, veteran or a family with young children
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

If you or someone you know needs help with home repairs, modifications (such as grab bars or a wheelchair ramp), energy efficiency, please ask for an application by calling: 978-469-0800 or email [RTogether@verizon.net](mailto:RTogether@verizon.net)

## Heating Assistance Program

**Application Packets are now available at the COA.**

Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971 or the COA office at (978) 352-5726. Maximum gross income is **\$34,001** for one-person or **\$44,463** for a two-person household. This year applications are available, and can be completed, at the COA office. For more information, call the COA at (978) 352-5726.

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### **VOLUNTEERS NEEDED!**

The Friends of the Georgetown COA will need volunteers to help sell raffle tickets for a gift basket fundraiser at the November 2016 election on Tues. November 8. Please email Beverly Knapp at [bevknapp@verizon.net](mailto:bevknapp@verizon.net) or call 978-352-8526.

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### **Attention Seasonal Travelers!**

With winter travel plans in place, please notify the COA of the dates you plan to be away. We will temporarily remove you from the mailing list and put you back on the mailing list when **you notify us** of your return.



### **Looking Ahead to...**

<b>Tues. Nov. 8 10 a.m.</b>	Simon & Goodwin Concert First Congregational Church
<b>Sat. Nov. 19 2 p.m.</b>	Kiwanis Thanksgiving Dinner Penn Brook School
<b>Tues. Dec. 13 10 a.m.</b>	Holiday Safety Georgetown Electric Dept. First Congregational Church



*Annual BBQ with music by the Over-the-Hill Band*

# **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 11:30 a.m. Please make reservations by the previous Wed. by calling the COA or in person at the COA Meal Site.

## **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 COA Meal Site to perform Blood Pressure checks, etc. Trestle Way residents July also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

## **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 at Town Hall 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 2/8/16

Georgetown Council on Aging  
Memorial Town Hall  
1 Library Street  
Georgetown, MA 01833

**Return Service Requested**

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

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U. S. Postage

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PERMIT #39  
Haverhill, MA

**Georgetown Council on Aging**  
**1 Library Street**  
**Georgetown, MA 01833**  
**(978) 352-5726**

**Office Hours:**

**Monday – Thurs. 8 am – 4 pm**

**Georgetown COA Meal Site**  
**@ 1<sup>st</sup> Congregational Church**  
**Andover St. ~ Georgetown, MA**

**Open:**

**Monday – Wed. 9 am – noon**

**PUBLIC NOTICE**

C.O.A. board meetings are open to the public. They are held at noon on the 4<sup>th</sup> Tuesday of each month at the **First Congregational Church**  
**Andover Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday October 18, 2016**  
**At Town Hall, 2<sup>nd</sup> floor**  
**(October Only)**

**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 Magner,

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 First Congregational Church.

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

**Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.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.

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>
<b>3</b> Lasagna/Meat Sauce, Sautéed Spinach, Italian Bread, Jell-O	<b>4</b> Roast Turkey/Gravy, Stuffing, Carrots/Turnips Dinner Roll, Diced Peaches	<b>5</b> Mushroom/Onion/Cheese Frittata, Tomato Soup, Peppers/Onions, Oatmeal Bread, Cookie
<b>10</b> <b>CLOSED: Columbus Day</b>	<b>11 <u>Autumn Lunch Special</u></b> Roast Pork Loin/Apple Glaze, Mash Sweet Pot w/ Apples, Parsley Buttered Carrots, Wh Wh Roll, Pumpkin Choc Chip Bread Pudding	<b>12</b> Cream of Broccoli Soup, Breaded Chix, Mashed Pot, Corn, Natural Grain Bread, Sliced Pears
<b>17</b> BBQ Chix Drumstick, Mash Sweet Pot, Chef's Choice Veg, Dinner Roll, Yogurt	<b>18</b> <b><u>Byfield Parish Luncheon</u></b>	<b>19</b> Vegetable Soup, Salmon/Dill Sauce, Brown Rice Pilaf, Brussel Sprouts, Natural Grain Bread, Pudding
<b>24</b> Pasta Primavera/Chix, Zucchini, Scala Bread, Diced Peaches	<b>25</b> Sweet/Sour Pork Meatballs, Rice, Asian Veg, Multigrain Bread, Pudding, Birthday Cake/Ice Cream	<b>26</b> Corn Chowder, LS Hot Dog/Roll, Pork Baked Beans, Red Peppers/Green Beans Mix, Fresh Fruit
<b>31</b> Turkey Broccoli Casserole, Egg Noodles, Beets, Roll, Pumpkin Surprise		

An adult version of a Halloween classic: **Candied Corn**

**Ingredients:** 6 ears of corn ~ 1 T butter ~ 3 T diced shallots ~ 1 tsp salt ~ ½ tsp black pepper ~ 1 T brown sugar ~ 1 T honey ~ ¼ tsp cayenne pepper

**Directions:** Cut the corn off the cob. Put 1 T butter in the sauté pan on med-high heat & cook the shallots with salt/pepper until translucent; about 2-3 minutes. Add the corn & cook until tender. In a bowl, add brown sugar, honey, & cayenne pepper. Mix well to combine. Stir into corn mixture & cook for a few minutes, stirring constantly. (makes 3-5 servings) (Recipe is from FoodNetwork.com/The Neeleys)

## **OCTOBER VAN & ACTIVITIES CALENDAR**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>3 9:00 SHINE (Appts. Only)</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>4 No Shopping Van– Brown Bag</b> 11:30 Lunch 12:30 Strength Training	<b>5</b> 9:30 Yoga 9:30 Visiting Nurse 11:30 Lunch	<b>6</b> <b>9:30 Mens' Breakfast</b> 9:30 <b>VAN:</b> Walmart/SalemNH 10:45 Strength Training
<b>10</b> <b>CLOSED for Columbus Day</b>	<b>11 9:30 Van: Newburyport</b> 10:00 Russ McQueen Concert 10:30-11:30 Sen. Tarr Off. Hr. 11:30 Special Autumn Lunch 12:30 Strength Training 2:00 COA Friends/Library	<b>12</b> 9:30 Yoga 11:30 Lunch	<b>13</b> 10:30 <b>VAN:</b> Mann's Orchard/ Methuen 10:45 Strength Training
<b>17</b> 10:00 SHINE Forum @ Town Hall, 3 <sup>rd</sup> fl. 10:30 Yoga @ <u>Perley Library</u>	<b>18 9:30 Van: Plaistow, NH</b> 11:45 Byfield Parish Lunch 12:00 COA Board Meeting @ Town Hall (Oct. Only) 12:30 Strength Training	<b>19</b> 9:30 Yoga @ <u>Perley Library</u>	<b>20</b> 10:30 <b>VAN:</b> Seabrook, NH, 10:45 Strength Training <hr/> <b>Fri. 10/21 &amp; Sat. 10/22</b> <b>Congregational Church Fair</b>
<b>--No lunches/no activities at the First Congregational Church due to Fair preparations.--</b>			
<b>24</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>25 9:30 Van: Riverside</b> 10:00 Free Legal Assistance 11:30 Birthday Lunch 12-1:00 Special Van to Town Clerk/Early Voting 12:30 Strength Training	<b>26</b> 9:30 Yoga 11:30 Lunch	<b>27</b> 10:30 <b>VAN:</b> Haverhill 10:45 Strength Training
<b>31</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>11/1 No Shopping Van– Brown Bag</b> 11:30 Lunch 12:30 Strength Training	<b>11/2</b> <b>9:30 Annual Flu Shot Clinic</b> 9:30 Yoga 11:30 Lunch	<b>11/3</b> <b>9:30 Mens' Breakfast</b> 9:30 <b>VAN:</b> Walmart/SalemNH 10:45 Strength Training

**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.