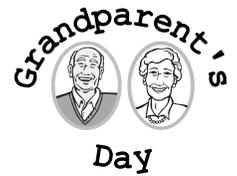




# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

Vol. 10/Iss. 3

September 2008

Website: [www.georgetownma.gov](http://www.georgetownma.gov)



## Georgetown Senior Center Celebrates 15 Years!



### *Director's Notes...*

Arriving just in time for National Senior Center Week, the Georgetown Council on Aging celebrates 15 years of providing elder programs and services at the Georgetown Congregational Church this month. Coinciding with the national week of awareness for elder programs, the anniversary allows us to honor and celebrate the work given by volunteers and COA staff during the past 15 years.

The Georgetown Council on Aging has been serving elders and their families since the 1970s but a 1984 agreement with the First Congregational Church allowed the COA to offer morning programs and activities as well as a hot lunch (still thanks to Ginny Ryder's invaluable leadership) Mondays to Wednesdays. Through the years, the COA's mission to provide a wide variety of craft, social, educational and health screening programs at the Andover Street church site, also known as the Georgetown Senior Center, has remained strong. Whether it's for a game of bingo, a hot lunch with good friends or to learn important information about wellbeing, the Georgetown Senior Center is the place to be. This year alone, Ginny and Phyllis served 960 hot lunches while 1,963 individuals enjoyed crafts, parties and discussion groups along with health and community education presentations. Multiplied by 15 years, it is staggering to consider how many people have enjoyed the warmth and caring of volunteers at the Georgetown Senior Center.

Join us as we celebrate our past, present and future on Tuesday Sept. 9. Thanks to a grant from the Georgetown Cultural Council, Rockin' Ron Toleos will be on hand to provide fun and music at 10 a.m. Following Ron's performance, appetizers and hors d'oeuvres will be served before lunch. Following lunch, a special cake will be served as dessert. Extra helpings of care and friendship will be served as usual.

## Good News For Seniors: Help is Available to Beat the High Cost of Food

Recent changes in the Food Stamp Program may now allow **low-income elders** (age 60 and over) to qualify for food assistance whether or not they own a home or a car or have savings. Due to the changes in the Food Stamp Program, bank accounts and other assets will not be considered for an elder living alone whose monthly **gross income is under \$1,734; \$2,334 if there are two people** in the home. Seniors whose incomes fall above the guidelines may still be eligible, but their assets will be counted.

Income alone cannot determine eligibility. Food Stamp benefits are primarily determined by a calculation that is based on income and certain expenses. Documented **medical expenses**, totaling more than \$35 per month, help to optimize your benefits. Medical expenses include health insurance premiums, co-payments, transportation to medical appointments and many other out-of-pocket medical expenses. **Shelter expenses** are also considered in benefit determination. By providing proof of your rent or mortgage and utilities, you are able to benefit from important deductions.

For more information, call **Project Bread's FoodSource Hotline at 1-800-645-8333**, Monday through Friday, from 8a.m.-5 p.m. Counselors will assist seniors to take full advantage of the medical expense deduction and complete application information over the phone. A copy is mailed to you for your review and signature, along with information about how to complete the application. The average food stamp benefit for a senior in Massachusetts is \$88 per month or \$1,056 per year. Once approved, you generally will not have to go through the application process again for two years.

For more information, call 1-800-645-8333 to speak to a counselor, ask questions, and learn about other free and low-cost food resources. All calls are confidential.

# September Activities

ACTIVITIES ARE HELD AT THE SENIOR CENTER UNLESS OTHERWISE NOTED. CALL US AT 978-352-5726

## SEPTEMBER VAN SCHEDULE 2008

Shopping Date	Location	Recreation Date	Location
Sept. 2	Brown Bag Only – NO VAN	Sept. 4	Super Walmart, Salem NH
Sept. 9	Rowley	Sept. 11	Hart House Restaurant/Ipswich
Sept. 16	Middleton	Sept. 18	LLL/Northern Essex: "Bodacious Babes" High energy, Musical Variety Show Lunch at Seafood Etc.
Sept. 23	Newburyport	Sept. 25	Kittery, ME/Lunch & Shopping
Sept. 30	Seabrook, NH	October 2	Super Walmart, Salem NH

**COA & Senior Center will be closed on Monday, Sept. 1<sup>st</sup> for Labor Day.**

**VISITING NURSE:** Wed., Sept. 3<sup>rd</sup>, 10:00 – 11:00 a.m. The visiting nurse will be available to take blood pressure, check blood glucose levels & discuss any medical concerns seniors may have. A visiting nurse is also available for Trestle Way residents in their Community Building from 1:00-3:00 p.m.

**NEW! LIFE TRANSITIONS DROP-IN GROUP:** Bereavement Field Coordinator **Lucille Bonanno** will lead a Life Transitions Drop-in Group the first Wednesday of each month beginning **Wednesday Sept. 3, 10 a.m.** On a drop-in basis, Lu will be available to discuss some of the transitions that arrive in life including retirement, grief and caregiving. For further information, call the COA office at (978) 352-5726.



**MEN'S BREAKFAST** Thurs. Sept. 4<sup>th</sup>, 9:30 a.m. at Trestle Way. Cheryl Gresek of U.S. Rep. Tierney's office will discuss legislative news in the district. To assist with planning for the event, please call the COA office at (978) 352-5726 to register for the event. With great appreciation, the Council on Aging thanks Crosby's Market for their sponsorship of & the Georgetown Housing Authority for their partnership in offering our monthly program.

**SHINE Office Hours:** Do you have health insurance questions? **SHINE Counselor Gerry Goldberg** will be available for **SHINE Counselor Marilyn Diehl Mon., Sept. 8<sup>th</sup> from 9:00 a.m. to 11:30 a.m.** If you cannot come to the Senior Center, contact the COA and we can arrange a phone or home visit for you. Call (978) 352-5726.

**ESMV CASE MANAGER:** **Jennifer Cook** will be on leave through the month of November, 2008. At this time, she plans to resume office hours on December 1<sup>st</sup>. Watch for more details. If you need assistance, please call the COA at (978) 352-5726.



**HAPPY ANNIVERSARY GEORGETOWN SR. CENTER!:** Join us on **Tuesday, Sept. 9<sup>th</sup>** for a morning of celebration and fun! We will start at **10:00 a.m.** with a program by **ROCKIN' RON**. A mixture of golden oldies & pop tunes with a bit of Elvis thrown in, Rockin' Ron promises fun and smiles for all. A **celebratory reception at 11:00 a.m.** segues into **lunch at 11:30 a.m. with cake to follow.** Reservations are required for lunch which costs \$2. To assist us with planning, RSVP before 9/3/08 by calling the COA at (978) 352-5726.

**SEPTEMBER BIRTHDAY PARTY:** Join us on **Tuesday, Sept. 16<sup>th</sup> at 11:30 a.m.** to celebrate! Birthday celebrants will receive a free lunch (everyone else is \$2) and there is cake and ice cream for all. Lunch reservations are required. **RSVP before 9/9/08 to assist with planning.**

**WRITING WORKSHOP:** Join us for a morning of fun with writing when Director Colleen Ranshaw-Fiorello leads the monthly writing group **Wednesday Sept. 23, 10 a.m.** With **apples as this month's theme**, enjoy writing about memories of picking apples, favorite apple recipes, apple-related games or any memory related to apples and the upcoming fall season. Please sign-up by calling the COA at (978) 352-5726.

**MEMORY FITNESS CLASS:** Tips and strategies designed to keep our brains agile and improve our memories will be on hand when **Mary Fraelick BSN RN**, Community Service Director for Home Instead Senior Care presents a Memory Fitness Class **Tuesday Sept. 30, 10 a.m.** Participants will learn about ways to exercise the brain and improve memory. They will also learn about the choices we make in our lives that can affect the aging of our brains. The interactive class includes mind exercises from the Aerobics of the Mind program by Marge Engleman PhD, memory strategies from Dr. Gary Small from the UCLA Center on Aging and enjoyable games to help us think outside the box.

<b>Health &amp; Wellness Classes</b> Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a SUGGESTED DONATION of \$3.00 per class for all classes.			<b>*WALKING CLUB*</b>
<b>Class</b>	<b>Meets on</b>	<b>Time</b>	With the end of summer and beginning of new fall schedules, the Walking Club will remain on hiatus until further notice. Watch the newsletter for further information.
<b>Yoga</b> (Bring a mat or towel)	<b>Mondays</b>	<b>10:30 a.m.</b>	
	<b>Wednesdays</b>	<b>9:00 a.m.</b>	
<b>Strength Training</b>	<b>Tuesdays</b>	<b>12:30 p.m.</b>	
	<b>Thursdays</b>	<b>11:00 a.m.</b>	

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
12	21	38	49	63
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
<b>Every Monday at noon</b>	<b>Cost: \$1.00/card covers up to 10 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: Bill Kittredge (978) 352-4968</b>	
2	29	45	50	72

**TRIAD program scheduled Sept. 17**

The Georgetown TRIAD will offer a Photo ID and File of Life program **Wednesday September 17 from 10:00 - 11:30 a.m. in the Trestle Way Community Building.** Information regarding the upcoming intergenerational reading program at the Perley Elementary School will also be available at the TRIAD program.

**Intergenerational Reading Program**

The Council on Aging and Georgetown School Department are at work on developing an intergenerational guest reader program that would link Georgetown elders with early elementary classrooms at the Perley School. Although in its early stages of planning, interested elders would be asked to donate approximately ½ hour each month to read. In the near future, the COA and Georgetown School Department hope to offer additional intergenerational activities that could include invitations to school-wide assemblies, participation in after school activities along with intergenerational opportunities at the middle/high school. As the COA and Georgetown School Department plan the guest reader program at the Perley School, interested volunteers are asked to call the COA at (978) 352-5726. More details are soon to follow!

**Anna Jaques Hospital offers Grief Support Group**

Facilitated by Hospice of the North Shore, Anna Jaques Hospital will offer a Grief Support Group **Wednesdays Sept. 10-Oct. 15, 7-8:30 p.m.** in the Higgins Resource Conference Room. To register, call (978) 774-5100.

**Senior Citizen's Day at Topsfield Fair 2008**

Topsfield Fair is America's Oldest Agricultural Fair (1818). There's something for everyone: animals, gardening, crafts...and food! Come & enjoy a day in the fresh autumn air. The van will be taking a group of seniors to the **Topsfield Fair on Monday, October 6<sup>th</sup>.** Senior admission to the fair is \$7. Space is limited so sign-up early! Call (978) 352-5726 for more details



**COMING IN OCTOBER: The Georgetown Country Gardeners** will begin their season of craft classes with **Floral Baskets** on **Tuesday, October 7<sup>th</sup> at 9:30 a.m.** Please sign-up **3** before Sept. 30<sup>th</sup> to assist with planning.

**GEORGETOWN COA NEEDS YOU!**

Seniors, Town Residents & Local Businesses... The COA plans to reorganize & revitalize their "Friends" group and we need YOU! A Friends group allows fundraising for the COA which can provide services that can enrich and expand the COA's regular budget and raise awareness for the COA's mission. **There will be an informational meeting held on Monday, Sept. 22<sup>nd</sup> at 6:30 p.m. at the Georgetown Peabody Library.** For more information, call (978) 352-5726.

## Is Your Free Annual Credit Report Really “Free”?

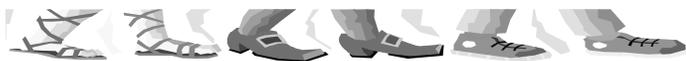
The Massachusetts Office of Consumer Affairs and Business Regulation reminds consumers that they are entitled to one free credit report every 12 months from each of the three national consumer reporting companies—Experian, Equifax, and TransUnion. It is important to check your credit report regularly for accuracy and signs of fraudulent activity—especially with the increase in identity theft. You can receive a free credit report by phone, mail, or by visiting <https://www.annualcreditreport.com>. **Beware of other web sites or unsolicited e-mails offering free credit reports.** These sites that are not affiliated with the government-mandated free credit report program may claim to offer "free" credit reports, however the reports are tied to the purchase of other products.

If you would like to order a free credit report, follow these important steps:

- **Steer clear** of sites that promise free credit reports and then ask for your credit card information.
- **Do not respond** to e-mails, pop-up ads, or phone calls that claim to come from [www.annualcreditreport.com](http://www.annualcreditreport.com) or one of the credit-reporting agencies. These may be scams seeking your personal information.
- **Remember**, there is only one official free credit report web site. Access it by visiting the Federal Trade Commission's site at [www.ftc.gov](http://www.ftc.gov) or directly at [www.annualcreditreport.com](http://www.annualcreditreport.com).
- **If you are uncomfortable** with Internet security you can order your credit reports by phone or mail.

For a copy of your credit report from the major credit bureaus, contact:

- ❖ **Equifax - 1-800-685-1111**
- ❖ **Experian - 1-888-EXPERIAN (397-3742)**
- ❖ **TransUnion - 1-800-888-4213**



## ESMV River Walk Run and Walk Scheduled Oct. 5

The 19<sup>th</sup> annual Five Mile RiverWalk/6K Run for Elder Services of the Merrimack Valley, Inc. (ESMV) is scheduled for Sunday Oct. 5. This year the route is along the historic and scenic banks of the Merrimack River. The event includes food, fun, raffles and games for all ages. The run/walk starts at 9:45 a.m. at Elder Services of the Merrimack Valley, Inc. located at 360 Merrimack Street, Building 5, Lawrence, MA 01843-1740. Proceeds from the event benefit ESMV's Elder Care Fund, an emergency financial resource established to help older adults, as well as ESMV walk partners from local Councils on Aging. For further information, call (800)-892-0890 or visit [www.esmv.org](http://www.esmv.org)

## Senior Care Options Program now available to local residents

Essex County residents can now enjoy the benefits of the **Senior Care Options (SCO) Program** which brings Medicare and MassHealth together and is designed especially for MassHealth members. Seniors who are 65 years of age or older, and meet the MassHealth financial eligibility criteria, may be eligible for SCO.

Why choose SCO?

- Because SCO will provide Medicare Part D Prescription Drug coverage without any co-payments
- Because SCO offers dental, vision and hearing-aid coverage
- Because SCO offers individualized care—each member's doctor and a team of professionals design each care plan - and each member has 24 hour access to a team of professionals
- Because SCO members keep all their MassHealth benefits

For more information, call 1-888-821-0484, TTY: 1-888-821-5225, or visit [www.mass.gov/masshealth](http://www.mass.gov/masshealth).

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## Georgetown Women's Club Seeks New Members

The Georgetown Women's Club will hold their first meeting of the year on Friday, Oct. 3<sup>rd</sup> at noon at the First Congregational Church. Women of all ages are invited to attend the monthly meetings. Participants bring a lunch and the club provides dessert and beverage. Monthly programs present a variety of different topics. For further information, call Norine Cronin (978-352- 2386).



## October is National Cookbook Month

We would like to publish a collection of our seniors' favorite recipes to distribute during October. Contributors should send their recipes – legibly written or typed – to Julie at the COA before September 24<sup>th</sup>. Recipes can also be emailed to [jpasquale@georgetownma.gov](mailto:jpasquale@georgetownma.gov). Please include your name & phone number in case we have questions.

# Council on Aging Services

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

## VISITING NURSE

On the first Wednesday of each month, from 10:00AM – 11:30 AM, Judy Anderson, RN is available at the Senior Center to perform Blood Pressure checks, shots, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, 1:00 PM-3:00PM.

## TRANSPORTATION: SHOPPING

The Van is available 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. Please check the Van Schedule for this month's days and destinations. A small donation is suggested to help with program expenses.

## TRANSPORTATION: NORTHERN ESSEX ELDER TRANSPORTATION PROGRAM

This program provides rides for senior citizens to medical appointments. Arrangements should be made at least THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are 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. However, no one would ever be turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

Meals on Wheels Available to eligible seniors.

Congregate Meals The Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

Ring & Ride Ring & Ride is a free bus service to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA. The bus can be used for any purpose to a limited service area (Georgetown, Haverhill, Groveland, area hospitals & trains). For a detailed brochure contact the COA.

S.H.I.N.E. Serving Health Information Needs of Elders will help you understand your health insurance concerns. Call COA to set up an appointment with their representative.

## 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.

## HANDICAP PLACARDS

Are you in need of a HANDICAP placard for your car? The Council on Aging has a number of applications available from the Registry of Motor Vehicles.

## HEALTH CARE PROXIES

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

## THE FILE

Handy folder which serves as a summary record of Financial Information, Investments and Insurance, Legal Documents and Estate Management information.

## FOOD PANTRY

For more information, contact Trestle Way at (978) 352-6331.

Updated 7/14/08

**Georgetown Council on  
Aging  
Memorial Town Hall  
1 Library Street**

Presort Standard  
U. S. Postage

**PAID**

PERMIT #39  
Haverhill, MA

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

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

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

**Office Hours:  
Monday – Thurs. 9 am – 1 pm**

**Georgetown Senior Center  
@ 1<sup>st</sup> Congregational Church  
Andover St. ~ Georgetown, MA  
(978) 352-8443**

**Open:  
Monday – Wed. 9 am – 1 pm**

**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 **Georgetown Senior Center Andover Street, Georgetown**

**NEXT BOARD MEETING:  
Tuesday Sept. 23, 2008**

**Town of Georgetown:**

Stephen Delaney, Town Administrator  
Matt Vincent, Board of Selectmen  
Philip Trapani, Board of Selectmen  
Evan O'Reilly, Board of Selectmen

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Alice Girrior, Senior Aide

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

**Mealsite Coordinator:** Ginny Ryder

**Board Members:**

Barbara Morehouse, Chairman

Corona Magner, Vice Chairman

Bertha Foster, Treasurer

Barbara Miller, Secretary/Clerk

Marian Jordan ~ Claire Maimone

Rosemary Morse ~ Diane Prescott

Ginny Ryder ~ Chandler Noyes (Alternate)

Joe Young (Alternate)

**Georgetown COA  
Webpage**

is located on the town's official website [www.georgetownma.gov](http://www.georgetownma.gov). the COA webpage now includes links to recent newsletters, along with information regarding volunteer opportunities, outreach, transportation, and health and wellness services. From the town's website, users can access the COA webpage by selecting the link to Town Departments and then the link to the COA webpage.

**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.

## September Lunch Menu

The MVNP is made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley

**Lunch is served Monday through Wednesday at the Senior Center at 11:30 a.m. Cost is \$2.00.**

**Make reservations 3 days in advance. Call (978) 352-5726.**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<b>1</b> <b>Closed</b> <b>Labor Day</b>	<b>2</b> Baked Chicken Qtr, Herb Whip Pot. Carrot Coins, Chilled Pineapple Wh Wh Bread	<b>3</b> Grape Juice, Baked Lasagna/Marinara Peas and Mushrooms, Fresh Apple, Bread Stick
<b>8</b> Baked Chicken Breast/Supreme Sauce Roasted Red Pot., Peas and Carrots Chilled Peaches, Wh Wh Dinner Roll	<b>9</b> Sweet Sausage/Peppers/Onions Green & Gold Beans, O'Brien Pot. Cherry Smoothie, Dark Rye	<b>10</b> Mild Chili, Corn, Tortilla Chips , Chilled Diced Pears, Bread Stick
<b>15</b> Stuffed Salmon/Dill Sauce, Herb Whip Pot., Calif. Blend Veggies, Chilled Fruit Cocktail, Oatmeal Bread	<b>16</b> Stuffed Peppers/Sauce, Mixed Veggies., Tossed Salad/Dressing, Chocolate Pudding, Buttermilk Biscuit	<b>17</b> Herb Baked Chicken Qtr., White Rice, California Blend Veggies, Watermelon, Lt. Rye Bread
<b>22</b> Stuffed Cabbage with Italian Sauce Cranberry Juice, Broccoli, Fruit Yogurt, Light Rye Bread	<b>23 Fall Festival</b> Baked Chicken, Confetti Rice Sweet Peas/Onions, Cherry Pie, Apple Muffin	<b>24</b> Apple Juice, Sloppy Joes/Roll Chuckwagon Corn, LS Pot. Chips Fruited Gelatin
<b>29</b> Fish Cakes, Rice Pilaf, Broccoli Chilled Applesauce, Dark Rye Bread	<b>30</b> LS Frank/ Hot Dog Roll, Baked Beans Cole Slaw, Frozen Yogurt Cup	<b>October 1</b> Baked Turkey Ham, Au Gratin Pot., Green and Gold Beans Fruited Gelatin, Wh Wh Bread

## September Van & Activities Calendar

Monday	Tuesday	Wednesday	Thursday
<b>1</b> <hr/> <b>CLOSED: LABOR DAY</b> <hr/>	<b>2 VAN: Brown Bag Only</b> <b>11:30 Lunch</b> <b>12:30 Strength Training</b>	<b>3 9:00 Yoga</b> <b>10:00 Visiting Nurse</b> <b>10:00 Life Transition Dropin</b> <b>11:30 Lunch</b>	<b>4 VAN: WalMart/Salem</b> <b>9:30 Men's Breakfast</b> <b>11:00 Strength Training</b>
<b>8 9:00 SHINE</b> <b>9:30 Dolls</b> <b>10:30 Yoga</b> <b>11:30 Lunch</b> <b>12:00 Bingo</b>	<b>9 VAN: Rowley</b> <b>15<sup>th</sup> Anniversary Celebraton</b> <b>10:00 Rockin Ron</b> <b>11:00 Reception</b> <b>11:30 Anniversary Lunch</b> <b>12:30 Strength Training</b>	<b>10</b> <b>9:00 Yoga</b> <b>11:30 Lunch</b>	<b>11 VAN: Hart House</b> <b>11:00 Strength Training</b>
<b>15</b> <b>9:30 Dolls</b> <b>10:30 Yoga</b> <b>11:30 Lunch</b> <b>12:00 Bingo</b>	<b>16 VAN: Middleton</b> <b>11:30 Birthday Lunch</b> <b>12:30 Strength Training</b>	<b>17</b> <b>9:00 Yoga</b> <b>10:00 TRIAD/Photos/Tr Wy</b> <b>11:30 Lunch</b>	<b>18 VAN: LLL/NECC</b> <b>"Bodacious Babes"</b> <b>Lunch @ Seafood Etc.</b> <b>11:00 Strength Training</b>
<b>22 9:30 Dolls</b> <b>10:30 Yoga</b> <b>11:30 Lunch</b> <b>12:00 Bingo</b> <hr/> <b>6:30pm Friends Grp/Library</b>	<b>23 VAN: Newburyport</b> <b>10:00 Writing Workshop</b> <b>11:30 Lunch</b> <b>12:00 Board Meeting</b> <b>12:30 Strength Training</b>	<b>24</b> <b>9:00 Yoga</b> <b>11:30 Lunch</b>	<b>25 VAN: Kittery, ME</b> <b>11:00 Strength Training</b>
<b>29 9:30 Dolls</b> <b>10:30 Yoga</b> <b>11:30 Lunch</b> <b>12:00 Bingo</b>	<b>30 VAN: Seabrook, NH</b> <b>10:00 "Memory Program"</b> <b>11:30 Lunch</b> <b>12:30 Strength Training</b>	<b>Oct. 1 9:00 Yoga</b> <b>10:00 Visiting Nurse</b> <b>10:00 Life Transition Dropin</b> <b>11:30 Lunch</b>	<b>Oct. 2 VAN: Walmart</b> <b>11:00 Strength Training</b>

**Van Trips:** The cost is \$2.00 roundtrip. The Shopping Van will start picking up at 9:30 a.m. Recreation trips will vary; confirm pick-up time when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.