



A FEW GRAY HAIRS

APRIL
FOOL'S
DAY

A Newsletter of the Georgetown Council on Aging

Vol. 18/Iss. 10

April 2017

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes... The year that our first daughter was born, winter seemed to be a long time in ending. I was anxious to be able to take our baby out for walks and get back into our garden. Without a dryer, I was looking forward to good weather so that I could hang the never-ending diaper wash outside on our clothesline! One April morning, my mother called and offered a lunch date. I gladly accepted, dressed the baby and ran outside to hang a line full of diapers. When she arrived, she said that I should bring the diapers back into the house in case it might rain. Without a cloud in the sky, I asked her why she thought the weather would change. "You can't trust April," my mother replied. Sure enough, shortly before we arrived home it started to rain! She was right and I was grateful that the diapers were safely inside on my drying rack. Although it is hard to trust the weather in the month of April, it is very easy to trust the valuable friendship that volunteers bring to our community. April's National Volunteer Week is an opportunity to recognize the extraordinary work accomplished by millions of Americans through service to their communities and the nation. With volunteers involved in all aspects of the community, the completion of the Georgetown Senior Community Center exemplifies the impact and power of volunteerism in civic engagement and community building. The positive impact that volunteers have on the lives of others is evident to the Georgetown Council on Aging (COA). During the past year, 150 volunteers provided the COA with almost 3,000 hours of volunteer service, an estimated value of \$62,550. More than 50 volunteers lent their talents to help with seasonal parties and monthly events. Six volunteer drivers drove a total of 1,959 miles transporting elders to out-of-town medical appointments. Our volunteer SHINE Counselor assisted a record 79 people with health insurance issues while our AARP Tax Aides prepared income tax returns for 103 people. Always with a smile, our 12-member newsletter committee spent a total of 576 hours collating, folding and labeling 10,000 newsletters. Volunteers also served as board members, assisted with programs and activities, and provided office support. The COA is profoundly grateful for the care and support offered by so many volunteers and places deep trust in the partnership that you all bring to this community.



Newest offerings at the Georgetown Senior Community Center

Food Pantry: As a new outreach program at the Georgetown Senior Community Center, the COA has established a food pantry. The program is designed to serve local elders. No income restrictions apply. Appointments are required.

Fitness Room: In addition to our regular exercise classes, we now offer 2 treadmills, 2 exercise bikes, free weights and resistance bands. The equipment is available for use when exercise classes (yoga, strength training, Tai Chi) are not underway. For scheduling information, please call the COA at 978-352-5726.

Tai Chi Class: Thursdays at 12:30 p.m.
Instructor: Petra Horgan
Increases flexibility & balance; Gentle movement; Decreases stress. For more information or questions, please call the COA at 978-352-5726.

Georgetown Police Dept. to Install New 24-hr. Drug Collection Box

Police Chief Donald C. Cudmore is pleased to announce the Georgetown Police Department received a grant from *CVS Health's Medication Disposal for Safer Communities Program* to install a new drug collection kiosk in the police station lobby.

The drop-off box will provide 24-hour, no questions asked access for residents to dispose of unwanted, unused or expired medication, including controlled substances.

The drug disposal unit will help to reduce the amount of unneeded medicine in residents' homes and decrease the potential for prescription drug abuse. Proper drug disposal also helps to prevent the contamination of local landfills and water supplies from unused medication.

Georgetown's program accepts prescription drugs, pills, ointments, patches, over-the-counter drugs, vitamins, samples & pet meds. They **DO NOT** accept syringes, lancets, liquid meds, thermometers, aerosol cans, inhalers, meds from business/clinics, or illegal drugs/substances.

The COA and all activities will be closed on Monday April 17 for Patriots' Day.

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

April Activities

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



CALL US AT 978-352-5726.



APRIL VAN SCHEDULE 2017

Shopping Date	Location	Recreation Date	Location
Apr. 4	NO VAN – Brown Bag Only	Apr. 6 9:30	Super Walmart/Salem, NH
Apr. 11 9:30	Riverside/Haverhill	Apr. 13 10:30	Plaistow, NH
Apr. 18 9:30	Newburyport	Apr. 20 10:30	North Shore Mall/Peabody
Apr. 25 9:30	Seabrook, NH	Apr. 27 10:30	Haverhill

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. Due to scheduling conflicts, Pam will be here on **Wed. March 29, 9:30 a.m.** for the April clinic. 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. Apr. 6, 9:30 a.m.**

Dr. Dan Tollman will join us for a discussion of men's health issues. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726. Next breakfast: June 4.**

CHANGE IN SHINE OFFICE HOURS: There will be **NO SHINE** office hours in **Apr. or April**. Call the COA office for assistance or further information. (978) 352-5726.

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. April 18
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.

DIGITAL HEARING SEMINAR:

Tues. Apr. 18, 9:30 a.m.

See pg. 3 for details

BYFIELD PARISH LUNCHEON: For those interested, the lunch schedule will now be posted on the bulletin board at the Georgetown Senior Community Center or call the church at 978-352-2022.



APR. BIRTHDAY CELEBRATION: Wed. Apr. 26, 12 p.m.

Help us send best wishes to our friends who were born in Apr. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 4/19/17 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. (April 11, 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. April 25, 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



New Tai Chi Class a Success!

Seniors turned out in record numbers to the new Tai Chi class offered Thurs. at 12:30 p.m.

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.

*Promoting
Healthy
Living*

Class	Meets on	Time
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	9:30 a.m.
Strength Training	Tuesdays	12:30 p.m.
Tai Chi	Thursday	12:30 p.m.

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
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at 12:30 p.m.	Cost: \$1.00/card covers up to 9 Games	Free Space	1 st & 3 rd 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

**Georgetown Senior Community Center
Bingo now meets at 12:30 p.m.**

New Activities Coming to GSCC

Quilts for Local Veterans: second Monday of each month, 10 a.m. - 3 p.m. Facilitated by Betty Hastings, Bev Knapp, and Terry Palardy. Newcomers & drop in visitors welcome. This month's meeting is Monday April 10.

Winthrop Stamp Club – will meet one Thursday afternoon per month **1-4 p.m.** Their first meeting **Thursday April 27 @ GSCC**, 51 North St. The general meeting is followed by stamp auction (open to public). For membership or other information, contact Roger Pelletier 978-352-2225

Knitting/Crocheting Group: COA is seeking a facilitator for a knitting/crocheting group please notify the COA. Anyone interested in a drop-in group is also encouraged to contact the COA.

We have received a sizable **donation of yarn**. Yarn is available for anyone wishing to do knitting/crocheting at the center or to take home.

MURAL Update: The planning meeting for the Georgetown Sr. Community Center mural scheduled 3/14/17 was postponed due to snow. The new date for the planning meeting is Thursday, April 13 at 1:30 p.m. at the Georgetown Senior Community Center. Those interested in attending please call the COA at 978-352-5726.

Questions about Tinnitus or Hearing? **Join our EDUCATIONAL HEARING SEMINAR**

Tuesday, April 18, 2017
Refreshments at 9:30 a.m.
Seminar at 10:00 a.m.

Presented by **Digital Hearing Healthcare**
Newburyport, Georgetown, Bradford
One of only 3 **Audiology Certified** practices in Mass.

Topics include:

- Causes of tinnitus, hearing loss and the common psychological effects of both.
- Treatment options for tinnitus and hearing loss.
- The importance of early detection and treatment.
- Correlation between tinnitus, dementia & hearing loss.
- True cost and maintenance of technology.
- What to look for in a hearing care professional
- Question/Answer period
- **All attendees will be entered to win TV EARS**

To assist with planning, please call the office to sign-up.
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

Safety Benefits of the TRIAD Program Presentation

Thursday May 18, 11 a.m.

Georgetown Senior Community Center

The TRIAD group is seeking volunteers to serve as the group's chair and secretary. 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. Refreshments will be served. For further information, please call the COA at 978-352-5726.

-■-

AARP Tax Prep Assistance Available

Open to: Elders & other moderate-income individuals

**Where: Georgetown Sr. Community Center
51 North Street ~ Georgetown**

When: Thursday mornings April 6 & 13

Appointments are currently filled.

**To inquire about the wait list or other resources,
call the COA office at (978) 352-5726.**

Things to bring with you to your appointment:

- ☆ Copies of 2015 Federal & State tax returns
- ☆ Anything received in the mail marked "Important Tax Return Document Enclosed" including W-2 forms, SSA-1099 (Social Security), 1099-R (pension/IRA), 1099-INT (interest), 1099-B/1099-DIV (stocks & mutual funds), 1099-HC (proof of healthcare).
- ☆ Costs of Medigap/Medicare Advantage Premiums
- ☆ Some form of Personal Identification
- ☆ To determine Circuit Breaker Tax Credit, bring 2016 Property Tax bills & Water Bills.

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.

-■-

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.

Circuit Breaker Tax Credit

The Massachusetts Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. Based on local property taxes, the tax credit is funded by the state government. The credit is designed for senior homeowners and renters who meet income limits and other criteria. Homeowners are eligible for the credit if they paid more than 10 percent of their total income for real estate taxes, including water charges. Renters can count 25 percent of their rent as real estate tax payments. To qualify for the credit:

- You or your spouse must be 65 years or older by the end of the tax year
- If married, you must file a joint state tax return
- You cannot be the dependent of another taxpayer
- You must rent or own a home in Massachusetts that is your principal residence
- If you are a homeowner, your property's assessed value cannot exceed \$720,000
- If you rent, you cannot also receive a federal or state rent subsidy and your landlord must pay property taxes
- Income limits are: \$57,000 single; \$71,000 head of household; \$86,000 married filing jointly
- The amount you paid for real estate taxes must be greater than 10 percent of your total income

To claim the Circuit Breaker Tax Credit, you must file a state income tax return. If your credit is greater than the amount of income taxes owed, the state will issue a refund for the difference. The maximum credit for tax year 2016 is \$1,070. Individuals who meet certain requirements may be eligible to file retroactively for the last three years. **Information regarding tax preparation and the criteria for the state's Circuit Breaker Tax Credit is available at the COA office.**



Attention Seasonal Travelers!

Please contact us upon your return so that we can put you back on the mailing list.

Looking Ahead...

- | | |
|-----------------|----------------------------|
| May 9 | Official GSCC Open House |
| 3-6 p.m. | Light Refreshments & Tours |
| May 15 | Music Masters |
| 1 p.m. | Mother's Day Celebration |
| May 30 | Homestead Act Seminar |
| 10 a.m. | |
| June 22 | Fall Prevention Program |
| 10-noon | Thursdays thru August 10th |

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 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.

Serving **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

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.

Presort Standard
U. S. Postage

PAID

PERMIT #39
Haverhill, MA



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 4th Tuesday of each month at **Georgetown Sr. Community Center**
51 North Street, Georgetown

NEXT BOARD MEETING:
Tuesday April 25, 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.

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.

April 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>
3 LS Hot Dog/Bun, Pork Baked Beans, Pot chips, Pineapple	4 Beef Burgundy/Onions/Mushrooms/Sauce, Egg Noodles, Carrots, Italian Bread, Fruit Snack Loaf/Grahams	5 Egg Drop Soup, Sweet/Sour Chix Drumstix, Rice, Asian Blend Veggies, Natural Grain Bread, Raisins
10 Chix Marsala, Rice, Green Beans, Natural Grain Bread, Mandarin Oranges	11 Stuffed Shells/Meat Sauce, Zucchini, Dinner Roll, Raisins	12 Corn Chowder, Frittata, Butternut Squash, Roast Pot, Oat Bread, Yogurt
17 CLOSED: Patriot's Day	18 Creamed Ground Beef, Pasta, Peas/Carrots, Oat Bread, Peaches	19 Veg/Bean Soup, Pollock & Cheese Patty/Roll, Corn, Sweet Pot, Fruit
24 Cheese Lasagna/Meat Sauce, Italian Green Beans, Dinner Roll, Mandarin Oranges	25 Southwest Chix (Corn/Tomato/Onions), Rice, Black Beans, Applesauce, Tortilla, Shred Lettuce	26 Chix Noodle Soup, Hamburger/Roll, Cheese (side), Mashed Pot, Beets, Raisins, B'day Cake

National Cheeseball Day: Apr. 17**Vegetable Cheeseball**
Celebrate & Enjoy!**April is National Garden Month**

Ingredients: 1 (8 oz.) package cream cheese ~ Chopped Pieces of Green pepper, Celery, Carrots, Cucumbers, Chives ~ Season to taste with Garlic salt, Seasoning salt, Minced onion, Parmesan cheese, Basil, Parsley, Oregano, Italian Seasoning, Dill weed ~ Shaved Almonds

Directions:

Beat cream cheese. Add in remaining ingredients. Sprinkle shaved almonds on a piece of plastic wrap. Drop mixture on almonds. Form into ball. Chill. Serve with crackers.

APRIL VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 NO SHINE this month 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	4 No Shopping Van– Brown Bag 12:00 Lunch 12:30 Strength Training 2:00-3:00 Walking Club	5 9:30 Yoga No Visiting Nurse (Changed to March 29) 12:00 Lunch	6 9:30 Mens' Breakfast 9:30 VAN: Walmart/SalemNH 12:30 Tai Chi 2:00-3:00 Walking Club *Tax Prep By Appointment*
10 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 10 a.m.-3 p.m. Quilting Group	11 9:30 Van: Riverside/Hav. 12:00 Lunch 12:30 Strength Training 2:00 Friends Meeting/GSCC 2:00-3:00 Walking Club	12 9:30 Yoga 12:00 Lunch	13 10:30 VAN: Plaistow, NH 12:30 Tai Chi 1:30 Mural Planning Meeting 2:00-3:00 Walking Club *Tax Prep By Appointment*
17 Closed: Patriots' Day	18 9:30 Van: Newburyport 9:30 Digital Hearing Seminar 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Lunch 12:30 Strength Training 2:00-3:00 Walking Club	19 9:30 Yoga 12:00 Lunch	20 10:30 VAN: No. Shore Mall 12:30 Tai Chi 2:00-3:00 Walking Club
24 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	25 9:30 Van: Seabrook, NH 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	26 9:30 Yoga 12:00 Birthday Lunch	27 9:30 VAN: Haverhill 12:30 Tai Chi 1:00-4:00 Stamp Club 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.