



A FEW GRAY HAIRS

A Newsletter of the Georgetown Council on Aging

Vol. 20/Iss. 10

April 2019

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Director's Notes: When we first moved to our home forty years ago, I was a young mother & new to the area. During her first visit to our new home, my grandmother advised me to find a way to become involved in the community. Working on committees at church & in her town were some of the best times, she said. It was a good way to meet people & make some connections to others, she said, adding that it is those connections that stay with us & support us. At that time my grandmother was in her 80s. She thoroughly enjoyed working on her church's Christmas Bizarre but also assisted her niece with the annual fruitcake fundraiser for Multiple Sclerosis, & community dinners for people who were hungry not only for food but for socialization. Her favorite volunteer role was to play piano & lead sing-a-longs for the "seniors" at a nursing care facility in town! My grandmother was certainly role model for me but I have found so many similar role models in our community. Their volunteer service to others exemplify the significance of April's National Volunteer Week. As we finish a week that has included several large events, our volunteer program has more than ever stood out as the backbone of the work done by the Council on Aging. Filling a variety of roles, volunteers with the COA connect with elders & others in so many ways across the community. Their work enriches lives & deepens the healthy connections within the community. Each April, the national designation gives us an opportunity to recognize the extraordinary work accomplished by millions of Americans through service to their communities & the nation. We are grateful each day for the tremendous support that volunteers provide the Georgetown Senior Community Center. During the past year, 103 volunteers provided the COA with almost 4,000 hours of volunteer service, an estimated value of \$63,000. More than 20 volunteers lent their talents to help with seasonal parties & monthly events. Five volunteer drivers drove a total of 966 miles transporting elders to out-of-town medical appointments. Our volunteer SHINE Counselor assisted 58 people with health insurance issues while our three AARP Tax Aides prepared income tax returns for 124 people. Ever cheerful, our 10-member newsletter committee spent a total of 360 hours collating, folding & labeling 10,000 newsletters. Volunteers also served as board members, assisted with programs & activities, & provided many needed hours of office support. The COA is profoundly grateful for the care & support offered by so many volunteers & thankful that so many people are willing to connect with us!



He will be missed...

It is with great sadness that we share the news of our dear friend Al Miller's passing in March. We feel so fortunate for the many years of friendship & service that Al provided the Council on Aging & Georgetown Senior Community Center. Working beside his longtime friend, Mickie Locke, Al served as the Meal Site Assistant for the Council on Aging for many years. Not only did he wash more pans than one can count, he always did so with a smile & often a song. A veteran member of the Over the Hill Band which entertained at the Senior Center, Trestle Way & other local venues, Al always had his harmonica ready for a quick tune & accompaniment for our monthly birthday party. Al was an avid birdwatcher & an equally avid cribbage player. He was always ready to liven up a cribbage game at the Senior Center with a joke or quick harmonica rip. When the Georgetown COA meal site was still located at the First Congregational Church, he would mischievously call out "Bingo!" in the middle of very serious bingo games. We will miss that mischievous sense of humor & harmonica music. Al will be deeply missed & we send our sympathy to his family & his very dear friends Margie & the Lockes.



Annual Town Meeting
Monday, May 6, 2019
7 p.m. at GMHS



Annual Town Election
Monday, May 13, 2019
8 a.m. - 8 p.m.
Penn Brook School

The COA and all activities will be closed on Monday, April 15 for Patriot's 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.



A P R I L V A N S C H E D U L E 2 0 1 9

| Shopping Date | Location | Recreation Date | Location |
|---------------|------------------------------|-----------------|------------------------------------|
| Apr. 2 | NO SHOPPING VAN – Brown Bag | Apr. 4 9:30 | Super Walmart/Salem, NH |
| Apr. 9 9:30 | Plaistow, NH | Apr. 11 10:30 | Poets' Inn/Whittier Tech/Haverhill |
| Apr. 16 9:30 | Riverside/Haverhill | Apr. 18 10:30 | Seabrook, NH |
| Apr. 23 9:30 | Special trip to P.E.M./Salem | Apr. 25 10:30 | Westgate/Haverhill |
| Apr. 30 9:30 | Riverside/Haverhill | May 2 9:30 | Super Walmart/Salem, NH |

JOIN US MONDAY – THURSDAY MORNINGS from 8:30 - 11 a.m. for cribbage and card games! Puzzles, coloring materials & a pool table (call for availability) are also available for drop-in use. Hot coffee and snacks are a great way to meet-up with friends! **Tuesday (9:30-11 a.m.) is Homemade Muffin Day!**

PUBLIC HEALTH NURSE: Wed. Apr. 3, 9:30 a.m.
Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have.

MEN'S BREAKFAST: Thurs. Apr. 4, 9:30 a.m.
Dr. Dan Tollman will speak on 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: May 2 Speaker: Selectmen**

KAREN TYLER, DIR. VET. SERVICES OFF. HOURS:
Thurs. April 4 10:30 a.m. – 11:30 a.m.

SHINE OFFICE HOURS: Mon. Apr. 8, 9 a.m.-12 p.m.
SHINE Counselor Nancy Aberman 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.

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 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.

ARMCHAIR TRAVEL: GREECE & BAHAMAS

Tues. April 9, 10:30 a.m. See pg. 3.

LIGHT & WATER DEPARTMENT DISCUSSION

Tues. April 23, 10:30 a.m. See pg. 3.

STROKE EDUCATION:

Wed. April 24, 10:30 a.m. See pg. 3.

WOMEN'S BREAKFAST:

Thurs. April 25, 9:30 a.m. See pg. 6.

TOE-TAPPIN' DANCE CLASS:

Rescheduled Tues. April 30, 11 – 11:45 a.m. See pg. 6.

APRIL BOOK CLUB:

Tues. April 23, 2 p.m.

"Dear Mrs. Bird" by AJ Pearce

COA Friends will meet Tues. April 9 at 1 p.m.

APRIL BIRTHDAY:

Wed. April 24, 12 p.m. Join us as we honor our friends who were born in April. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 4/17/19 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

Free Legal Help offered by Atty. Elaine Dalton

Tues. April 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 April 11

Join us for a van trip to enjoy lunch at the **Whittier RTHS's well-known Poets' Inn Restaurant.** **The van will begin to pick people up at 10:30 a.m.** For van reservations, please call the COA at 978-352-5726.
Seating is limited.

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 |
|-----------------------------|------------------|---------------------------------|
| Seated Meditation Class | *On hiatus until | Spring* |
| Yoga (Bring a mat or towel) | Monday | 10:30 a.m. |
| | Wednesday | 9:30 a.m. |
| Strength Training | Tuesday | 9:30 a.m. |
| Tai Chi | Thursday | 12:30 p.m. |
| Fitness Room | Mon. – Thurs. | Call for equip. Availability |

Walking Program

Meets Rain or Shine

Tues. & Thurs. 8:30 a.m.

Participants will meet at the GSCC and will embark on one of several pre-determined routes.

Walking Club is free of charge.



Massachusetts
Councils on Aging

This program has been provided by a grant awarded to the MCOA by Blue Cross Blue Shield of Massachusetts.

Bereavement group resumes April 9 1:30 p.m.
and 2nd Tuesday of the months to follow.

Armchair Travel: Greece & The Bahamas

Presented by
Joe & Linda Corcoran

Joe & Linda are back to share
more of their world travels.

This month we split the globe
with two presentations.



Tues. April 9 at 10:30 a.m.
Georgetown Senior Community



For more information or to let us know that you will
attend, call the COA at 978-352-5726.



Stroke Education Program

Wed. April 24, 10:30 a.m.

Presented by
Tara Cunningham, RN, BSN/Lahey Health

Topics to include:

- Signs & symptoms of stroke
- Knowing risk factors for stroke
- Learning ways to remain strong and resilient if/when stroke occurs
- Interactive and fun activities

Contact the COA to sign-up. 978-352-5726

VAN TRIP TO PEABODY ESSEX MUSEUM



Tuesday, April 23

*“Nature’s Nation:
American Art
& Environment”*

Join us as we venture into Salem to the **Peabody Essex Museum**. This is the first exhibition to trace environmental awareness in American art over the last three centuries. More than 100 works, including iconic masterpieces as well as rare works by such artists as John James Audubon, Albert Bierstadt, & Thomas Cole, compel us to reconsider the relationships between art, the environment and ourselves.

The van will leave at 9:30 a.m.

Cost for seniors is \$2 for the van and
\$18 senior admission to PEM.

Lunch is on your own. **Seats are limited.**

To make a reservation, please call the COA at
(978) 352-5726.



**Will the Light & Water Depts. merge?
Do you have questions?**

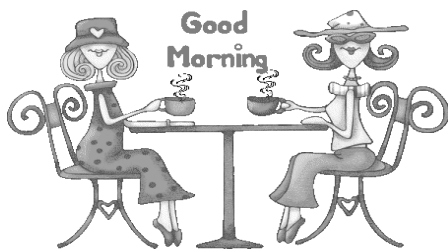
Join **Dave Schofield, Manager GMLD**

For an informational discussion
on the Town Meeting Article.

Tues. April 23, 10:30 a.m.

Georgetown Senior Community Center
Contact the COA at 978-352-5726





Please join us for a

Women's Breakfast

Sponsored by the Friends of the COA

Thurs. April 25, 2019 at 9:30 a.m.

To reserve your seat, please call the COA before 4/18/19. 978-352-5726



Rescheduled from March:

Toe-Tapping, Knee Slapping Dance Class

Instructor: Joyce Sartorelli

Tuesday April 30, 11:00 a.m.

Join us for 45 minutes of fun & instruction:

- **Gentle Warm-up Exercises**
- **Polka & Charleston line dances**
- **Hand Jive & the Stroll**



No charge. ~ All skill levels welcome.

**Contact the COA to sign-up as soon as possible.
978-352-5726**

Ongoing & Monthly Activities

**For more info on any activities call the COA
978-352-5726**



COA Marketplace: Nonperishable items are located at GSCC. No income restrictions apply. Appointments are required by calling 978-352-5726.

BINGO: Mon. at 12:30 p.m. \$1 per card covers all games.

WINTHROP STAMP CLUB: 2nd & 4th Thurs., 1-4 p.m.
General meeting followed by stamp auction (open to public).

Knitting Group: 2nd & 4th Thurs., 9:30-11:30
Drop-ins welcome.

Grief Support for Living with Loss: 2nd Tues., 1:30-3 p.m.

Emergency Quilts for Comfort: 2nd & 4th Tues., 12- 2 p.m.
Free. Fabric/batting provided. Drop-ins/beginners welcome.

Beginner's Quilting Class: 2nd & 4th Tues., 2 – 3 p.m.
Free. Fabric/batting provided.

Mah Jong Group: Wed. at 12:30 p.m.

Book Club: 4th Tuesday of each month, 2 p.m.

Introduction to Medicare scheduled May 16

Join us for an evening "Intro to Medicare" with a SHINE presentation on Thursday May 22, 6:30 p.m. at the Georgetown Senior Community Center. SHINE representatives from Elder Services of Merrimack Valley will be on hand to provide people who are new to Medicare with information about their options. SHINE is a federally funded program, supported by the Administration for Community Living (ACL), Centers for Medicare & Medicaid Services (CMS) & the Executive Office of Elder Affairs (EOEA). SHINE counselors are trained extensively, attend monthly meetings, & are required to recertify each year, ensuring they have the most up-to-date accurate information to share with the community. Refreshments will be served! For further information & to register for the event, please call the COA at 978-352-5736.



Federal Trade Commission Scam Warning

The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number & even your money.

In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked – but he might ask you for a fee to reactivate it, or to get a new number. He will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, & you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe.

All of these are scams. Here's what you need to know:

- The SSA will never call & ask for your Social Security number. It will not ask you to pay anything. It won't call to threaten your benefits.
- Your caller ID might show the SSA's real phone number (1-800-772-1213), **but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.**
- **Never** give your Social Security number to anyone who contacts you in this way. **Do not confirm the last 4 digits.** Do not give a bank account or credit card number – ever – to anybody who contacts you by phone asking for it.
- Remember that anyone who tells you to wire money, pay with a gift card, or send cash is always a scammer no matter who they say they are.

If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the real SSA at 1-800-772-1213.

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 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/Byfield, 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.

Board of Health 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.

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 counselors Jerry Goldberg & Nancy Aberman @ Georgetown Sr. Community Center. See newsletter for specific dates.

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 1/15/19

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.

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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 **12:45 p.m.** on the 4th Tuesday of each month at **Georgetown Sr. Community Center**
51 North Street, Georgetown

NEXT BOARD MEETING:
Tuesday April 23, 2019

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter
Kirsten Klueber, Outreach
Dave Hall, Van Driver

Meal Site Coordinator: Mickie Locke

Assistant: Carol Westhaver

Board Members:

Esther Palardy, Chair
Sue Clay, Vice Chair
Jill Benas, Co-Secretary/Clerk
Darcy Norton, Co-Secretary/Clerk
Diane Klibansky, Jean Perley, Diane Prescott, Nancy Thompson

Alternates: Carol Westhaver, Jeanne Robertson

Town of Georgetown:

Michael Farrell, Town Administrator
Joe Bonavita, Board of Selectmen, Chair
Douglas Dawes, Board of Selectmen, Clerk
Gary Fowler, Board of Selectmen
Steven Sadler, Board of Selectmen
Charles Durney, 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 Elder Services of Merrimack Valley Lunch Program 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> |
|--|--|--|
| 1 Salisbury Steak/Gravy, Mashed Pot., Carrots, WW Bread, Fruit Loaf/Lorna Doones | 2 Orange Chicken, Asian Blend Veg, Rice, Dinner Roll, Pineapple | 3 Cream of Broccoli, Omelet, Sausage Patty, Pot O'Brien, Yogurt, Juice (no milk), Oat Bread |
| 8 Chicken Scaloppini/Sauce, Pasta/sauce, Carrots WW Bread, Berry Cup/Fresh Fruit | 9 Hot Dog/Bun, Baked Beans, Coleslaw Hot dog Warm Peach Crisp/peaches | 10 Clam Chowder, Breaded Fish/Bun, Herbed Rice, Broccoli, Fresh Fruit |
| 15 Closed: Patriots' Day | 16 Meatballs/Sub Roll, Pasta/Marinara sauce, Zucchini, Mandarin Oranges | 17 Chicken Noodle, Breaded Chix, Veg. Rice, Beets, WW Bread, Fresh Fruit |
| 22 Vegetable Frittata, Roasted Pot, Baked Apples, Muffin, Yogurt, Juice (no milk) | 23 Pork Ragout, Pasta, Broccoli, WW Roll, Brownie/Diet Cookie | 24 Tomato Tortellini, Hamburger Bun, Potato Chips, Green Beans, Berry Cup/Fresh Fruit |
| 29 BBQ Chicken, Butternut, Spinach, Applesauce Oat Bread | 30 Beef Stew, Mashed Pot, Garden Salad/Dressing Dinner Roll, Diet Gelatin | |

Where Did THAT Come From?

WHY is someone who is feeling great 'on cloud nine'? **BECAUSE:** Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

APRIL VAN & ACTIVITIES CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|--|--|--|
| 1 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo | 2 No Shopping Van– Brown Bag 8:30 Walking Club 9:30 Strength Training 12:00 Lunch | 3 9:30 Yoga 9:30 BOH Nurse 12:00 Lunch 12:30 Mah Jong | 4 9:30 Mens' Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 10:30-11:30 Karen Tyler, Veterans' Serv. Office Hrs. 12:30 Tai Chi *Tax Prep By Appointment* |
| 8 SHINE Appts. Available 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo | 9 9:30 Van: Plaistow, NH 8:30 Walking Club 9:30 Strength Training 10:30 Armchair Travel 12:00 Lunch 12:00 EMS Quilts 1:00 Friends of COA Meeting 1:30 Bereavement Group 2:00-3:00 Beginners' Quilting | 10 9:30 Yoga 12:00 Lunch 12:30 Mah Jong | 11 10:30 Van: Poets' Inn/Hav'Il 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club *Tax Prep By Appointment* |
| 15 CLOSED: PATRIOTS' DAY | 16 9:30 Van: Riverside/Hav'Il 8:30 Walking Club 9:30 Strength Training 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch | 17 9:30 Yoga 12:00 Lunch 12:30 Mah Jong | 18 10:30 Van: Seabrook, NH 8:30 Walking Club 12:30 Tai Chi |
| 22 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo | 23 9:30 Van: PEM/Salem 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 10:30 Water/Light Depts. Program 12:00 Lunch 12:00 EMS Quilts 12:45 COA Board Meeting 2:00 Book Club 2:00-3:00 Beginners' Quilting | 24 9:30 Yoga 10:30 Stroke Education 12:00 Birthday Lunch 12:30 Mah Jong | 25 10:30 Van: Westgate/Hav'Il 8:30 Walking Club 9:30 Women's Breakfast 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club |
| 29 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo | 30 9:30 Van: Riverside/Hav'Il 8:30 Walking Club 9:30 Strength Training 11:00 Dance Class 12:00 Lunch | May 1 9:30 Yoga 9:30 BOH Nurse 12:00 Cinco De Mayo Lunch 12:30 Mah Jong | May 2 9:30 Mens' Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 10:30-11:30 Karen Tyler, Veterans' Serv. Office Hrs. 12:30 Tai Chi |

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.