



# Living Well Together

A Newsletter of the Georgetown Council on Aging



Volume 21/Issue 10

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April 2020

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

**Director's Notes:** Launched as a national initiative in the 1970s, *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. The national observance highlights the impact and power of volunteerism in civic engagement and community building. With this year's theme of "Volunteers Lend their Hearts and their Hands", the Points of Light Global Network notes that National Volunteer Week celebrates "the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world." With volunteers involved in all aspects of the community, the spirit of volunteerism that exists in Georgetown could serve as a model for other towns and cities across the country. On a daily basis, the positive impact that volunteers have on the lives of others makes a tangible difference at the Georgetown Council on Aging (COA). During the past year, 130 volunteers provided the COA with almost 3,000 hours of volunteer service, an estimated value of \$62,550. Volunteers lend their talents to help with parties, activities and special events. Seven volunteer drivers drove a total of 694 miles transporting elders to 40 out-of-town medical appointments. Our volunteer SHINE Counselor assisted a record 72 people with health insurance issues while our AARP Tax Aides prepared income tax returns for 128 people. Never missing a month, our five-member newsletter committee spent a total of 220 hours collating, folding and labeling 10,000 newsletters. Warming the hearts of all they serve, our five-member doll-making group sewed 212 hand-made dolls for children living with need.

At the same time, our six-member knitting group knitted 271 hats for adults and children living with need. Volunteers also serve as board members, assist with programs and activities, and provide office support. They are a true reflection of the values of this community and our hearts are lifted by all of the acts of kindness they provide us with their willing hands & spirits.



## Thanks to Trustees of the George H. Carleton Fund

With deep appreciation, the Georgetown Council on Aging thanks the Trustees of the George H. Carleton Fund for their generous donation to the Georgetown Senior Community Center. Continuing Mr. Carleton's work and commitment to elders in the community, the gift is very meaningful to the Council on Aging and will be used to provide outdoor seating for the upcoming bocce and shuffleboard courts along with additional fitness equipment and furnishings planned for the new Fitness Center. Previously, the COA used the gift money from the Trustees to purchase the furniture for the reception area, the outdoor furniture, pool table and accessories along with plants, planters and food pantry items. We are very thankful for this wonderful gift.

## Steps to Prevent the spread of the Coronavirus

While reminding us that the risk associated with the Coronavirus or COVID-19 remains low in Mass., Gov. Charlie Baker suggests several simple precautions that people can take to prevent the spread of the flu & other respiratory illnesses:

- Cover your mouth when you cough or sneeze, using a tissue or the inside of your elbow.
- Wash your hands for 20 seconds with soap & warm water frequently & use hand sanitizer.
- If you have a fever or feel sick, stay home & call your healthcare provider.
- Clean surfaces that are frequently touched such as doorknobs & countertops with cleaning spray or wipes.
- Think ahead about how to take care of yourself & your loved ones if the virus starts to spread.
- Get the flu vaccine – it is not too late!

The latest information about COVID-19 in Mass. is available at the Department of Public Health's website here:

<https://www.mass.gov/guides/information-on-the-outbreak-of-2019-novel-coronavirus-covid-19>

**The COA and all activities will be closed on Monday, April 20 for Patriots' Day.**

# 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 2 0



Shopping Date	Location	Recreation Date	Location
Apr. 7 9:30	NO SHOPPING VAN – Brown Bag	Apr. 2 9:30	Super Walmart/Salem, NH
Apr. 14 9:30	Riverside/Haverhill	Apr. 9 10:30	Plaistow, NH
Apr. 21 9:30	Seabrook, NH	Apr. 16 10:30	Newburyport
Apr. 28 9:30	Riverside/Haverhill	Apr. 23 10:30	Mann's Orchard & Target/Methuen
		Apr. 30 10:30	Westgate/Haverhill

**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. April 1 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. April 2 9:30 a.m.  
**Rep. Lenny Mirra is our guest speaker.** With great appreciation, the COA thanks Crosby's Markets for their sponsorship. To reserve a seat, call 978-352-5726.

Next breakfast: April 2 Speaker: Rep. Lenny Mirra

**KAREN TYLER, DIR. VET. SERVICES OFF. HOURS:**  
Thurs. April 2 10:30 a.m. – 11:30 a.m.

**SHINE OFFICE HOURS:** Mon. April 13 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 14, 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](mailto:Leonard.Mirra@MAhouse.gov)

Sen. Bruce Tarr: [Bruce.Tarr@masenate.gov](mailto:Bruce.Tarr@masenate.gov)

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

## GRIEF SUPPORT FOR LIVING WITH LOSS

**MV Hospice has cancelled group until further notice.**

## COLORING FOR RELAXATION

Wed. April 8, 10 a.m. (See page 3.)

## MATTER OF BALANCE WORKSHOP

Tues. April 14, 21, 28 12:30 p.m. (See page 3.)

## TOE-TAPPIN' DANCE CLASS

Wed. April 15, 10 a.m. (See page 3.)

## LUNCH & LEISURE: Thurs. Apr. 30

12 p.m. Special Spring Luncheon  
12:15 p.m. Irish Music w/Roger Tinknell (See page 3.)

## Friends of the GCOA Spring Schedule

Next Meeting: Tue. April 14, 1 p.m.

## BOOK CLUB: Tues. April 28, 2 p.m.

*"Meet Me in Monaco"* by Hazel Gaynor

## APRIL BIRTHDAY LUNCH: Wed. April 29, 12 p.m.

Help us as we send best wishes to our friends who were born in April. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 4/22/2020.** To make reservations, call the COA office at (978) 352-5726.

## Free Legal Help offered by Atty. Elaine Dalton

Tues. April 28 at 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



## Health & Wellness Classes

All classes are held at Georgetown Senior Community Center.

Newcomers & beginners welcome.

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

Class	Meets on	Time
Yoga (Bring a mat or towel)	Monday	9:30 a.m.
NOTE: New Time on Monday	Wednesday	11:00 a.m.
Strength Training Welcome Layla, Emotional Support Dog	Tuesday	9:30 a.m.
Hybrid Exercise Class	Thursday	10:30 a.m.
Tai Chi	Thursday	12:30 p.m.
Fitness Room	Mon. – Thurs.	8:30 a. - 4 p.

## Walking Program

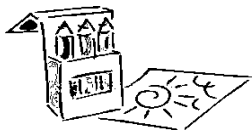
Meets Rain or Shine

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

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

Walking Club is free of charge.

No Hybrid Exercise on Thursday, April 16  
No Tai Chi on Thursday, April 23



## Coloring for Fun & Relaxation

Wed. April 8 10 a.m.

Georgetown Senior Community Center

- Join us for a cup of coffee and a morning of creative expression through coloring.
- All materials are provided.
- Benefits: Relax the brain. Reduce anxiety/stress. Develop focus. Increase creativity. Boost motor skills.

To help with planning, please call the COA @ (978) 352-5726.

## “Matter of Balance”

### A Fall Prevention Program

Presented by

Elder Services of Merrimack Valley

Healthy Living Center of Excellence Instructors

Tues. April 14 thru June 2

12:30 p.m.

**Matter of Balance** acknowledges the risk of falling & emphasizes practical coping strategies to reduce fear of falling.

Strategies include

- promoting a view of falls & fear of falling as controllable
- setting realistic goals for increasing activity
- changing the environment to reduce fall risk factors & promoting exercise to increase strength and balance.

Please plan to attend all 8 meetings for continuity.

To register, please call the COA at (978) 352-5726.

## Toe-Tapping, Knee Slapping Dance Class

Instructor: Joyce Sartorelli

Wed. April 15, 10:00 a.m.



Join us for 45 minutes of fun & instruction

No charge. ~ All skill levels welcome.

To sign-up, call the COA at 978-352-5726

## Lunch & Leisure

Thurs. April 30

12 p.m. Spring Luncheon Cost: \$2

Pork Loin/Apple Glaze, Green Beans,  
Baked Potato, Roll, Pie

Lunch reservations required by Wed. April 22

↑ Come for Lunch. Stay for the Program. ↓



12:15 p.m. Ireland to America

Irish Music with Roger Tincknell

Sing-alongs, ballads, instrumentals,  
step dancing and spoon playing.

To sign-up please contact the COA at 978-352-5726.



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

### Lock Box & Smoke Detector Programs Available

Funded with a state Senior Safe grant, **the Georgetown Fire Dept. & COA** have partnered to offer two important safety programs to elders in the community. Designed to avoid damage when entering a household during an emergency, the Fire Department has a limited supply of Lock Boxes that are available without cost to local elders. Fire Department staff will provide free installation. Elders living alone or without local support systems will be given priority for the program. The Lock Boxes are small boxes that can be hung over a main door or surface mounted. The box provides a secure place for an elder's house key. The Fire Department will maintain a universal key to lock boxes in the community. When seconds count, the Lock Boxes ease access for first responders during an emergency. Also funded with the Senior Safe Grant, the Fire Department has several battery-operated smoke detectors available without charge to elders in the community. Elders living in homes built before 1975 will be given priority for the program. Fire Department staff will provide free installation. For information & referrals to the program, please call the COA at 978-352-5726.

### Coming in May...

**May 7 Cinco de Mayo Luncheon** / Sponsored by ESMV  
**12 p.m.** Menu: Pulled Pork Tacos ~ Spanish Rice & Beans  
Black Bean & Corn Salad ~ Pudding Cost \$2  
RSVP by 4/30/2020.

**May 14 Introduction to Medicare**  
**6:30 p.m.** Join us for an evening "Intro to Medicare". 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. Refreshments.

**May 21 Downton Abbey Tea & Movie**  
**1:30 p.m.** Enjoy the (2019) Downton Abbey movie as you partake in a tea. Who knew that a royal visit to Downton could cause such commotion both upstairs & Down. A heartwarming reminder of the beloved series.

For information & to register for any of these events, please call the COA at 978-352-5736.

### 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:** 2<sup>nd</sup> & 4<sup>th</sup> Thurs., 1-4 p.m.  
General meeting followed by stamp auction (open to public).

**Knitting Group:** 2<sup>nd</sup> & 4<sup>th</sup> Thurs., 9:30-11:30  
Drop-ins welcome.

**Quilting 101:** 2<sup>nd</sup> & 4<sup>th</sup> Tues., 2 - 3 p.m.  
Free. Fabric/batting provided. Drop-ins/beginners welcome.

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

**Book Club:** 4<sup>th</sup> Tuesday of each month, 2 p.m.

### GSCC New Fitness Center

The Georgetown Council on Aging thanks the Georgetown School Facilities Department and the Georgetown Fire Department for their assistance and support in planning and facilitating the Senior Center's new Fitness Center. Along with participants at the Georgetown Senior Community Center, the new Fitness Center will be used by Georgetown Fire and Police staff members, along with School Facilities Department members. Previously used as a storage area, the Georgetown School Facilities Department cleaned and painted the new Fitness Center. The School Facilities Department also moved the COA treadmills and exercise bikes into the new space. The Fire Department has added an elliptical machine along with a stair master. Additional exercise equipment is planned this spring! We are very grateful for this exciting new Fitness Center!



### AARP Tax Prep Assistance Available

**Open to:** Elders and other moderate-income individuals  
**Where:** Georgetown Sr. Community Center  
51 North Street ~ Georgetown  
**When:** Thursday mornings April 2 - April 9

Appointments are required.

To schedule an appointment, call the COA office at  
(978) 352-5726

### Things to bring with you to your appointment:

- ★ Copies of 2018 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).
- ★ Some form of Personal Identification
- ★ To determine Circuit Breaker Tax Credit, bring 2019 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.



### Circuit Breaker Tax Credit

The Mass. Circuit Breaker Tax Credit (CB) is a state income tax credit for certain Mass. residents age 65 years or older who paid rent or real estate taxes during the tax year & who meet income limits & other criteria. Based on local property taxes, the tax credit is funded by the state government. Homeowners are eligible for the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renters can count 25% of their rent as real estate tax payments. For eligibility information, contact the COA at 978 -352-5726.

# **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 - 11 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc.

## **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 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**

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

**NEXT BOARD MEETING:**  
**Tuesday April 28, 2020**

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

**Meal Site Coordinator:** Carol Westhaver

**Assistant:** Esther Palardy

**Board Members:**

Sue Clay, Chair

Darcy Norton, Vice-Chair

Jill Benas, Secretary/Clerk

Diane Klibansky, Esther Palardy,

Jean Perley, Diane Prescott, Jeanne

Robertson

**Alternates:** Carol Westhaver, Martha

Lucius

**Town of Georgetown:**

Michael Farrell, Town Administrator

Joe Bonavita, Board of Selectmen, Chair

Douglas Dawes, Board of Selectmen, Clerk

Charles Durney, Board of Selectmen

Gary Fowler, Board of Selectmen

David Twiss, 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 Elder Services of Merrimack Valley Lunch Program is closed, there will be no Meals on Wheels or lunches served 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>
		<b>1</b> Tuscan Bean Soup, Cheeseburger/Bun, Roast Pot, Green Beans, Fresh Fruit
<b>6</b> Meatball/Marinara/Sub Roll, Pasta, Brussels Sprouts, Yogurt	<b>7</b> Beef Burgundy, Pasta, Chef's Veg, Biscuit, Mixed Fruit	<b>8</b> Tomato Soup, Breaded Chix/Bun/Honey Must., Roast Pot, Green Beans, Fresh Fruit
<b>13</b> Hot Dog/Bun, Baked Beans, Cinnamon Pears, Potato Chips	<b>14</b> Haddock/lemon/thyme, Sweet Pot, Capri Veg, Biscuit, Chef's Dessert	<b>15</b> Creamy Chix/Rice Soup, Egg n' Cheese, Rst Pot, Zucchini, Muffin/Oat Bread, Yogurt, Juice
<b>20</b> <b>CLOSED: PATRIOTS' DAY</b>	<b>21</b> Pasta/Meat Marinara, Broccoli & Cauliflower, Applesauce	<b>22</b> Tortellini/Veg Soup, Herbed Chix, Veg Rice, Carrots, WW Bread, Fresh Fruit
<b>27</b> Chicken Carbonara, Pasta, Summer Squash, Oat Bread, Mixed Fruit	<b>28</b> Liver & Onions, Mash Pot, Peas & Onions, Dinner Roll, Cookie	<b>29</b> Lentil Soup, Breaded Fish/Bun, O'Brien Pot, Corn, Fresh Fruit <b>*Birthday Cake &amp; Ice Cream*</b>

"April hath put a spirit of youth in everything."

🌸🌸🌸🌸🌸🌸🌸🌸🌸🌸🌸🌸🌸🌸 – William Shakespeare, (Sonnet XCVIII), Shakespeare's Sonnets

## **APRIL VAN & ACTIVITIES CALENDAR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<b>1</b> <b>9:30 BOH Clinic</b> 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	<b>2 *Tax Assistance by Appt.*</b> 8:30 Walking Club <b>9:30 Van: Super Walmart</b> <b>9:30 Men's Breakfast</b> <b>10:30 Veterans' Agent Hours</b> 10:30 Hybrid Exercise Class 12:30 Tai Chi
<b>6</b> 9:30 Dolls 9:30 Yoga 12:00 Lunch 12:30 Bingo	<b>7 No Shopping Van— Brown Bag</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	<b>8</b> <b>10:00 Relax with Coloring</b> 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	<b>9 *Tax Assistance by Appt.*</b> <b>10:30 Van: Plaistow, NH</b> 8:30 Walking Club 9:30 Knitting Group 10:30 Hybrid Exercise Class 12:30 Tai Chi 1:00 Stamp Club
<b>13 Shine Appointments</b> 9:30 Dolls 9:30 Yoga 12:00 Lunch 12:30 Bingo	<b>14 9:30 Van: Riverside/Hav'Il</b> 8:30 Walking Club 9:30 Strength Training 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch <b>12:30 Matter of Balance</b> 1:00 Friends of GCOA 2:00-4:00 Quilting 101	<b>15</b> <b>10:00 Toe-Tappin' Dance Class</b> 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	<b>16</b> <b>10:30 Van: Newburyport</b> 8:30 Walking Club 12:30 Tai Chi  <b><u>NO Hybrid Exercise Class Today</u></b>
<b>20</b> <b>CLOSED: PATRIOTS' DAY</b>	<b>21 9:30 Van: Seabrook, NH</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch <b>12:30 Matter of Balance</b>	<b>22</b> 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	<b>23</b> <b>10:30 Van: Mann's &amp; Target</b> 8:30 Walking Club 9:30 Knitting Group 10:30 Hybrid Exercise Class 1:00 Stamp Club  <b><u>NO Tai Chi Today</u></b>
<b>27</b> 9:30 Dolls 9:30 Yoga 12:00 Lunch 12:30 Bingo	<b>28 9:30 Van: Riverside/Hav'Il</b> 8:30 Walking Club 9:30 Strength Training <b>10:00 Legal Assistance</b> 12:00 Lunch <b>12:30 Matter of Balance</b> 12:45 COA Board Mtg <b>2:00 Book Club</b> 2:00-4:00 Quilting 101	<b>29</b> 11:00 Yoga <b>12:00 Birthday Lunch</b> 12:30 Mah Jong	<b>30</b> 8:30 Walking Club <b>10:30 Van: Westgate/Hav'Il</b> 10:30 Hybrid Exercise Class <b>12:00 Lunch &amp; Leisure</b> 12:30 Tai Chi

**Van Trips: The cost is \$2.00 roundtrip which includes door-to-door service from your home. 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 reservations by calling the COA at (978) 352-5726.**