



A FEW GRAY HAIRS



Gladiolus
Official
Flower of
August

A Newsletter of the Georgetown Council on Aging

Vol. 19/Iss. 2

August 2017

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes...

Growing up in Canada, the arrival of summer also meant time for summer camp. Connected to our church, many of my friends and I attended overnight camps located in "the wilds" of Quebec. The camps were located on lovely lakes and were very rustic. Traveling by bus with our suitcases, pillows and sleeping bags all tied together, we were certain that our parents were sending us off never to return home again! Once we arrived at camp, we wanted to stay log cabins right on the lake. As older sites on a not-so high mountain day despite the weather, hiked wildflowers, learned first aid and how mysteries in our bunks, sang around shine across the sky. It was a pretty were divided into teams and took turns duty and cleaning the bathrooms. Girls who had never washed a dish before, were suddenly up to their elbows in soap suds washing endless plates, bowls and silverware used at every meal. When my team was scheduled to clean the bathroom, we managed to put the chore off until evening. Off we went to the bathroom armed with buckets, mops and flashlights. It was dark in the woods by 5 p.m. and the wind blew up from the lake, causing the pine trees to scrape their branches across the bathroom roof. "Do you ever feel like you're not alone?" one of my friends asked as she scrubbed a sink. At that moment, the wind blew the bathroom door open and we heard a disembodied voice in the dark say "But you're not alone!" Shrieking loudly enough to be heard back in Ottawa, all six little girls threw mops and buckets aside as we literally ran for the hills. Someone lost her flashlight down a latrine where it managed to remain lit for several days, casting an eerie glow in the bathroom –which none of us dared to enter alone for the remainder of the camp! It was the best of times! Whether you have planned time away or will enjoy the summer closer to home, I wish you many wonderful experiences this summer! Keep a flashlight handy!



Senior Farmer's Market Coupon Distribution

Summer is here, and that means there's plenty of fresh produce available at Farmer's Markets across the Merrimack Valley! Good nutrition is important throughout our lives, and helps to promote healthy living and healthy aging. The **Senior Farmer's Market Nutrition Program** will offer a **limited supply of \$25 coupons to adults aged 60 and older who meet certain income guidelines**, to buy produce at their nearby Farmer's Market. The coupons will be available through Elder Services of the Merrimack Valley's Nutrition Program and distributed by **Senior Centers in Newburyport, Haverhill, Lawrence, Methuen, Lowell, Dracut & Billerica**. The coupons will be available on first come, first served basis on **Wednesday, August 9**. You will need to bring proof of where you live such as a phone bill or electric bill that includes your name and address. You will also need to sign a statement that says you are 60 years of age or older, live in the Merrimack Valley and that you meet the income criteria. For more information on the program, please call the Georgetown Council on Aging at 978-352-5726.

IT'S THE DOG DAYS OF SUMMER.

COME CHECK US OUT.

The Georgetown Senior Community Center has air conditioning and is open as a cooling center.

If you don't have a/c when it gets hot, come on down! Even if you don't want to participate in a specific activity, we have other things to do: a library area with comfortable seats is a great place to chat or relax, puzzles, all kinds of games, pool table & exercise equipment (call for availability). We have a group that meets for coffee and cards/games in the lunch room each morning. The Center hours are 8:30 - 4:00 Mon. - Thurs. We serve lunch at 12 p.m. Monday through Wednesday which require reservations by Wednesday of the previous week.

The heat can be very dangerous, especially to elders, so stay safe...and cool! Come in and see us!

August Activities

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



CALL US AT 978-352-5726.



AUGUST VAN SCHEDULE 2017

Shopping Date	Location	Recreation Date	Location
Aug. 1	NO VAN – Brown Bag Only	Aug. 3 9:30	Super Walmart/Salem, NH
Aug. 8 9:30	Riverside/Haverhill	Aug. 10 10:30	North Shore Mall, Peabody
Aug. 15 9:30	Newburyport	Aug. 17 10:30	Plaistow, NH
Aug. 22 9:30	Seabrook, NH	Aug. 24 10:30	Mann's Orchard/Target, Methuen
Aug. 29 9:30	Rowley	Aug. 31 10:30	Westgate/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: **Wed. Aug. 16, 9 a.m.**
(Note: Date change for August only.) 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. Aug. 3, 9:30 a.m.**
Chief Donald Cudmore, GPD will join us. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726.**
Next breakfast: Sept. 7. Speaker: Rep. Lenny Mirra

SHINE OFFICE HOURS: **Tues. Aug. 1, 9-11 a.m.**
SHINE Counselor Jerry Goldberg will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

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. Aug. 15
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.

Ongoing & Monthly Activities

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



COA Food Pantry: Located at GSCC.
No income restrictions apply. Appointments are required by calling 978-352-5726.

Quilts for Local Veterans: **Mon. Aug. 14, 9:30 a.m. - 3 p.m.**
Newcomers & drop in visitors welcome.

WINTHROP STAMP CLUB: **Thurs. Aug. 10, 1-4 p.m.**
General meeting followed by stamp auction (open to public).

Knitting Group: **Thurs. Aug. 10 & 24, 9:30-11:30**
2nd & 4th Thursdays each month Drop-ins welcome.


Beginner's Quilting Class: **Aug. 8 & 22, 2 - 3 p.m.**
2nd & 4th Tuesdays each month Free. Fabric/batting provided.

Mah Jong Groups: **Mon. at 12:30 p.m. & Wed. at 1 p.m.**

Book Club: will resume in the fall. Watch for details.

BOCCE & ICE CREAM: **Tues. Aug. 8, 1 p.m.**

NEXT MURAL MEETING: **Mon. August 21, 2 p.m.**

 **AUGUST BIRTHDAY CELEBRATION: Wed. Aug. 30, 12 p.m.**
Help us send best wishes to our friends who were born in August. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 8/23/17 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

Free Legal Help offered by Atty. Elaine Dalton

No appointments
until Sept.



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
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	9:30 a.m.
Strength Training	**See Menu Page	For Details**
Tai Chi	Thursday	12:30 p.m.
Fitness Room	Mon. – Thurs.	Call for equip. Availability

*Promoting
Healthy
Living*

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	1st & 3rd 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



Come one! Come all! Novice to Expert...

Bocce and Ice Cream

Tues. Aug. 8, 1 p.m.

Come on down for some fun exercise and cool off with a sweet treat.

Join us for lunch at noon to make a day of it! (Lunch reservations required by 8/1/17.)

Please sign-up by calling the COA at 978-352-5726.

Georgetown TRIAD and the Friends of GCOA

To sponsor

Fall Kick-Off BBQ

Thursday Sept. 21, 11:30 a.m.

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.

As part of the lunch, the TRIAD group and public safety officials will **discuss elder safety and meet with residents.**

For reservations, please call the COA at 978-352-5726.

Alzheimer's Association to present

Healthy Living for your Brain & Body

Wed. Sept. 13, 10:30 a.m.

Join us to learn important information & tips from the latest research to enhance healthy living and aging.

Topics include:

- ☆ Diet/nutrition
- ☆ Exercise
- ☆ Cognitive activity
- ☆ Social engagement
- ☆ Lifestyle choices impacting the aging process
- ☆ hands on tools to develop a plan for healthy aging

To assist with planning, please call the COA at (978) 352-5726

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Rescheduled from June

“Matter of Balance”

A Fall Prevention Program

Presented by

Susan Poludniak

Healthy Living Program Mngr.

Healthy Living Center of Excellence



Thursdays, Sept. 14 thru Nov. 2

10 a.m. to 12 noon

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.

To assist with planning, please call the COA at (978) 352-5726.

Looking Ahead...

(FYI Only. Do not call for reservations at this time. Thank you.)

- Oct. 10** Delvena Theater/Tea
1:00 p.m. "Shirley Valentine"
- Nov. 7** Simons & Goodwin
10 a.m. Folk Concert
- Nov. 18** Kiwanis Dinner
- Dec. 12** COA Annual Holiday Party



Free Fun Fridays Return for 2017

Space constraints permit only a partial listing. For more information contact HighlandStreet.org or call (617) 969-8900.

- August 4: Commonwealth Shakespeare Company
The Greenway Carousel
The Old State House
- August 11: Franklin Park Zoo
Fuller Craft Museum
Smith College Museum of Art
- August 18: Old Sturbridge Village
Freedom Trail® Foundation
Emily Dickenson Museum
- August 25: Boston Harbor Islands Nat'l & State Park
Plimoth Plantation
Heritage Museums & Gardens



What To Do During A Heat Wave

Advice from the American Red Cross

- Listen to NOAA Weather Radio for critical updates from the Nat'l Weather Service (NWS)
- Never leave children or pets alone in enclosed vehicles
- Stay hydrated by drinking plenty of fluids even if you aren't thirsty. Avoid caffeine and alcohol.
- Eat small meals and eat more often
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothes.
- Slow down, stay indoors & avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor activities.
- Check on your animals frequently to ensure that they are not suffering from the heat.
- Check on family, friends & neighbors who do not have air conditioning, are alone or more likely to be affected by the heat.
- Learn the symptoms and basic treatments for three heat related conditions: Heat Cramps, Heat Exhaustion, and Heat Stroke. If in doubt, call 9-1-1!

Protection Against Ticks

A notice from Mass. Health and Human Services

Tick-borne diseases have raised great concern across the state this year. The Mass. Executive Office of Health & Human Services provides very good information regarding ticks, tick-borne diseases & prevention. Ticks are bugs that feed on the blood of mammals, birds, & reptiles. Deer ticks & dog ticks are found throughout Massachusetts & may spread different disease-causing germs when they bite you. Common tick-borne diseases in Massachusetts include Lyme Disease, Babesiosis, & Anaplasmosis. Lyme Disease, often characterized by a rash (that may look like a bull's-eye) and/or flu-like symptoms, is common throughout Massachusetts. Treatment is available for tick-borne diseases. To prevent disease, the state Office of Health & Human Services suggests the following steps. Starting with a daily tick check, check places that ticks like to go on your body including areas between the toes, back of the knees, groin, armpits, & neck, along the hairline, & behind the ears. Remember to check your children & pets, too. Remove any attached ticks as soon as possible. If you find a tick attached to your skin, use a pair of fine point tweezers to grip the tick as close to the skin as possible & pull straight out with steady pressure. Note the calendar date & where on the body the tick was removed. Ticks can be saved for identification. Notify your health care provider if you have been bitten by a deer tick or if you develop a rash or other signs of illness following a tick bite. Talk to your health care provider if you develop a rash where you were bitten or experience symptoms such as fever, headache, fatigue, or sore & aching muscles. To avoid ticks, stay on pathways & the center of trails when hiking. Wear a light-colored, long-sleeved shirt with long pants & tuck your pants into your socks. Use bug repellents. Repellents that contain DEET can be used on your exposed skin. Permethrin is a product that can be used on your clothes. Always follow the product instructions & use repellents with no more than 30-35% DEET on adults & 10-15% DEET on children. Never use insect repellents on infants. Talk with your veterinarian about the best ways to protect your pets & livestock from ticks.



Elder Abuse: What is it? & How can you help?

Elder abuse includes: physical, sexual, and emotional abuse, caretaker neglect, financial exploitation and self-neglect. Those 60-years and older living in the Massachusetts community are protected by law against abuse. If you suspect someone is being mistreated, the **Executive Office of Elder Affairs has set up a reporting hotline that you can call and speak to a live operator 24 hours a day/7 days a week.**

**To Report Elder Abuse:
Call 1-800-922-2275**

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/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.

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 Tuesday 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 5/23/17

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 **12:30 p.m.** on the 4th Tuesday of each month at **Georgetown Sr. Community Center**
51 North Street, Georgetown

NEXT BOARD MEETING:
Tuesday August 22, 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:

Esther Palardy, Chair

Sue Clay, Vice Chair

Caroline Sheehan, Treasurer

Jean Perley, Secretary/Clerk

Jill Benas, Corona Magner, Diane

Prescott, Nancy Thompson, Ann

Stewart **Alternates:** Janice Downey,

Darcy Norton

Town of Georgetown:

Michael Farrell, Town Administrator

Joe Bonavita, Board of Selectmen, Chair

Steven Sadler, Board of Selectmen, Clerk

Douglas Dawes, Board of Selectmen

Gary Fowler, Board of Selectmen

David Surface, 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.

August 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 Chix/Ziti/Alfredo Sauce, Broccoli, Dinner Roll, Mixed Fruit	2 BBQ Pulled Pork/Sandwich Roll, Butternut Squash, Coleslaw, Warm Bread Pudding
7 Hot Dog/Roll, Pork Baked Beans, Pot. Chips, Fresh Orange	8 Teriyaki Chix, Asian Blend Veg, Rice, Pineapple, WW Roll	9 Taco-style Ground Beef/Peppers/Onions, Flour Tortilla, Corn/Diced Tomato, Shredded Lettuce, Sour Cream, Raisins
14 Meatloaf/Gravy, Mashed Pot, Green Beans, Apple Sauce, WW Bread	15 Juice (no milk), Turkey Sausage/Cheese Frittata, Pot, Sliced Apples, Yogurt, Muffin	16 BBQ Chix, Mashed Sweet Pot, Cole Slaw, Warm Apple Crisp, Roll
21 Beef/Broccoli, Rice, Carrots, Multigrain Bread, Pineapple	22 Chix Parm/Pasta/Sauce, Zucchini/Summer Squash, Mandarin Oranges	23 Sausage/Peppers/Onions/Roll, Roast Pot, Green Beans, Fresh Fruit
28 Cheeseburger/Bun, Mixed Veg, Roast Pot, Pudding	29 Hawaiian Roast Pork, Rice, Peas, Applesauce, WW Bread	30 Lasagna/Meat Sauce, Cauliflower, WW Roll, Fresh Fruit, Birthday Cake, Ice Cream

Strength Training Note: At the time of publication, the Strength Training schedule is in transition. Day and/or time may be changed. Please call the office for details at the end of July.

AUGUST VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 No Shopping Van– Brown Bag SHINE Appts. available 12:00 Lunch 2:00-3:00 Walking Club	2 NO RN (Date change Aug. only. See Aug. 16) 9:30 Yoga 12:00 Lunch 1:00 Mah Jong	3 9:30 Mens' Breakfast 9:30 Van: Walmart/SalemNH 12:30 Tai Chi 2:00-3:00 Walking Club
7 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 12:30 Mah Jong	8 9:30 Van: Riverside/Hav 12:00 Lunch 1:00 Bocce & Ice Cream 2:00-3:00 Beginners' Quilting 2:00-3:00 Walking Club	9 9:30 Yoga 12:00 Lunch 1:00 Mah Jong	10 9:30 Knitting Club 10:30 Van: North Shore Mall 12:30 Tai Chi 1:00-4:00 Stamp Club 2:00-3:00 Walking Club
14 9:30 Dolls 9:30-3 Quilting for Veterans 10:30 Yoga 12:00 Lunch 12:30 Bingo 12:30 Mah Jong	15 9:30 Van: Newburyport 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Lunch 2:00-3:00 Walking Club	16 9:00 Visiting Nurse 9:30 Yoga 12:00 Lunch 1:00 Mah Jong	17 10:30 Van: Plaistow, NH 12:30 Tai Chi 2:00-3:00 Walking Club
21 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 12:30 Mah Jong 2:00 Mural Meeting	22 9:30 Van: Seabrook, NH No Legal Help in August 12:00 Lunch 12:30 COA Board Meeting 2:00-3:00 Beginners' Quilting 2:00-3:00 Walking Club	23 9:30 Yoga 12:00 Lunch 1:00 Mah Jong	24 9:30 Knitting Club 10:30 Van: Mann's Orchard & Target 12:30 Tai Chi 2:00-3:00 Walking Club
28 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 12:30 Mah Jong	29 9:30 Van: Rowley 12:00 Lunch 2:00-3:00 Walking Club	30 9:30 Yoga 12:00 Birthday Lunch 1:00 Mah Jong	31 10:30 Van: Westgate/Haverhill 12:30 Tai Chi 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.