



A FEW GRAY HAIRS

Bake Cookies Day

December 18

A Newsletter of the Georgetown Council on Aging

Vol. 20/Iss. 6

December 2018

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes: As with many families, Christmas Eve plays an important role in our family's holiday traditions. Every Christmas Eve of my childhood, we hung our stockings by the fireplace in our living room. Sitting by the fire between my sister and I, my father read out loud from our mother's vintage felt-covered *'Twas the Night Before Christmas* along with the Nativity story from our family Bible. Of course, the stories were accompanied by milk and home-made shortbread! After we were tucked into bed, my aunt would stay with us while my parents and grandparents attended the late worship service at church. I can remember thinking how fun it must be to be grown up and able to whisper in the dark, giggling and trying to church. One Christmas Eve, I did get up asking if it was morning and if Santa had walked back to bed! After our daughters Christmas Eve traditions with me reading accompanied by home-made shortbread illustrated by Arthur Rackham with the Once our daughters became teenagers, service as a family, sometimes lighting together. As the service ends, our candle light in the sanctuary. We stand light our candles one by one. No matter the circle somehow manages to wrap around the church. As the congregation joins together to sing "Silent Night", the glow of the candles light the worship space and spills out into the night and welcomes Christmas morning. It is our favorite part of the service. During this holiday season, I wish you and yours joy and peace for now and always. Let your candles shine!



attend the late service! My sister and I would stay awake until our parents returned from out of bed as they came in from church, arrived. I was quickly turned around and were born, we continued the same the stories out loud to our family – still but reading from a child's storybook inscription "To Colleen, love Mother." we were able to attend the late worship the final candle in the advent wreath at church is to sing "Silent Night" by along the perimeter of the church, and the size of the congregation that night,

Many Thanks to Kiwanis Club

Reflecting the true meaning of Thanksgiving, the Georgetown Kiwanis provided Georgetown elders with a magnificent Thanksgiving dinner on November 17 at the Penn Brook School. Featuring a turkey dinner that included all of the traditional side dishes, the afternoon began with hearty appetizers and ended with a wide variety of pies. Members of the Kiwanis were up at dawn to cook more than 20 turkeys for the crowd. The annual event nourished bodies and souls! The Georgetown COA thanks the Kiwanis for all of their care and compassion and work with elders in the community.

Medicare Open Enrollment To End

Medicare beneficiaries have the option to adjust their insurance plans for the next year during Medicare Open Enrollment which is scheduled to end **December 7. BE AWARE!** You will not be able to change your plan for next year after the deadline.

Nancy Aberman will hold **SHINE appointments on December 3** at the Georgetown Senior Community Center. Call the Council on Aging office at 978-352-5726 to make an appointment.

The COA and all activities will be closed on Tuesday, December 25, 2018 for Christmas and Tuesday, January 1, 2019 for New Year's Day.

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

December Activities

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



CALL US AT 978-352-5726.



D E C E M B E R V A N S C H E D U L E 2 0 1 8

Shopping Date	Location	Recreation Date	Location
Dec. 4	NO SHOPPING VAN – Brown Bag	Dec. 6 9:30	Super Walmart/Salem, NH
Dec. 11 9:30	Plaistow, NH	Dec. 13 10:30	Peabody Essex Museum
Dec. 18 9:30	Riverside/Haverhill	Dec. 20 10:30	Seabrook, NH
Dec. 25	NO VAN - Christmas	Dec. 27 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!**

SHINE OFFICE HOURS: Mon. Dec. 3, 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.

PUBLIC HEALTH NURSE: Wed. Dec. 5, 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. Dec. 6, 9:30 a.m.

Rev. Bill Boylan will bring more local history to light. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726. Next breakfast: Jan. 3 Speaker: Karen Tyler, Director of Veterans' Service**

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. Dec. 11, 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.

SEATED MEDITATION CLASS: On hiatus until spring.

REP. MOULTON/SERVICE INFORMATION EVENT:

Wed. Dec. 5, 11 a.m. (See pg. 3.)

GMHS BREAKFAST/CONCERT:

Fri. Dec. 7, 8:15/9 a.m. GMHS (See pg. 3.)

GRIEF SUPPORT FOR LIVING WITH LOSS:

Tues. Dec. 11, 1:30 p.m. – 3 p.m.

COA ANNUAL HOLIDAY PARTY:

Tues. Dec. 11, 11:30 a.m. (See pg. 3.)

RUSS MCQUEEN CONCERT:

Tues. Dec. 18, 10:30 a.m. (See pg. 3.)

IT'S A WONDERFUL LIFE:

Thurs. Dec. 20, 10 a.m. (See pg. 4.)

DECEMBER BOOK CLUB: Tues. Dec. 18, 2 p.m.
"The City Baker's Guide to Country Living" by Louise Miller

DECEMBER BIRTHDAY & NEW YEAR'S TOAST:

Wed. Dec. 26, 12 p.m. Join us as we ring in the New Year with best wishes to our friends who were born in December. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 12/19/18 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. Dec. 18, 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



Activity Schedule Changes for December

Dolls Group: Off Mon. December 17, 24, & 31

Yoga: Off Mon. December 24 & 31, Wed. Dec. 26

Bingo: Mon. December 24 & 31

Mah Jong: Wed. December 26

EMS Quilt Group (only): Tues. December 11

→→→→→Attention Seasonal Travelers!

With winter travel plans in place, please notify the COA of the dates you plan to be away. We will temporarily remove you from the mailing list and put you back on the mailing list when **you notify us** of your return.

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.

Congressman Seth Moulton's Constituent Services Team

To host a service information event

Wed. December 5 at 11 a.m.

Georgetown Senior Community Center

- Help constituents with issues involving the federal gov't
- Issues include: Soc. Sec., Vet. Benefits, Immigration etc.
- Connect people with local resources for non-federal issues

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

GMHS Annual Holiday Concert/Breakfast

Fri. December 7

Georgetown Middle/High School
Breakfast @ 8:15 a.m., Concert @ 9:00 a.m.



Listen to the sounds of the season presented by the Concert Band, Chorale & Chorus.

The breakfast & concert are free of charge.

RSVP to COA by Nov. 29 to the COA at (978) 352-5726.

COA Annual Holiday Party

Tues. December 11, 11:30 a.m.

Georgetown Senior Community Center

(Cost: \$2)

Share the holiday spirit with friends!

Join us for lunch & good company.

Food provided by Elder Services of Merr. Valley.

Menu

Shrimp Cocktail & Other Appetizers

Carved Roast Beef

Au Gratin Potato

Sautéed Lemon/Garlic Green Beans

Snowflake Rolls

Mini Chocolate Eclairs & other baked goods



Entertainment

GMHS student Mia Winslow will be performing table-side card & magic tricks for your enjoyment.

RSVP to COA (978-352-5726) before Dec. 5.

VAN TRIP TO PEABODY ESSEX MUSEUM

Thursday, December 13

"Empresses of China's Forbidden City"

Join us as we venture into Salem to the **Peabody Essex Museum**. This exhibition is the first to explore the role of empresses in shaping China's last dynasty- the Qing dynasty - from 1644 to 1912. Nearly 200 spectacular objects from the Palace Museum tell the little-known stories of how imperial women – whose contributions had remained largely silent until now - influenced court politics, art and religion.



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

Cost for seniors is \$2 for the van & \$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.

Russ McQueen In Concert

Tues. December 18, 10:30 a.m.

- An annual favorite
- A concert of Timeless Favorites with
- A sprinkle of Holiday Tunes

For more information or to sign-up, contact COA at (978) 352-5726.



This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is 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. and 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 and referrals to the program, please call the COA at 978-352-5726.

COA Thanks COA Marketplace Contributors

Kim Reale & the children of Georgetown Kindergarten

They conducted a food drive to benefit local elders.

The Raymond Court Neighborhood This neighborhood group has collected and donated food and supplies on a regular basis.

The generosity of these friends has made a difference in the lives of many others.

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.



The **Property Tax Incentive Program** will be available to Georgetown residents 60 years and older again this year. **Application forms and guidelines will be available AFTER December 1 at the Council on Aging.** The program will run January 1, 2019-October 31, 2019. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for 45 hours of volunteer service to the town. **Applications must be returned to the COA office by Monday December 31, 2018.** For further information, please call the COA office at 978-352-5726.

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Winter Shoveling Available

As part of community service, some GMHS students may shovel stairs and sidewalks (only) this winter.



A list is being compiled to have people in place before the inclement weather arrives. **Seniors should call the COA** to be put on the list **now** as last minute requests are hard to accommodate. 978-352-5726

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REBUILDING TOGETHER HAVERHILL has applications for no-cost home repair assistance until Dec. 31. Work will be performed on Saturday, April 27, 2019. **Criteria:**

- Own and occupy your home for at least 2 years
- Live in the Greater Haverhill Area
- Meet Federal HUD low-income guidelines (Call for info)
- Elders, disabled, veteran or a family with young children
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

For applications contact: 978-469-0800 or
RTHaverhill@outlook.com

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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 **\$35,510** for one-person or **\$46,437** for a two-person household. This year applications are available, and can be completed, at the Georgetown Senior Community Center. For more information, call the COA at (978) 352-5726.



Thank you to Sen. Bruce Tarr & Rep. Lenny Mirra for the ice cream sundaes that gave a sweet ending to our Halloween/ Birthday Party.

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.

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 counselor Jerry Goldberg @ 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 6/23/18

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 December 18, 2018

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.

December 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 Hot Dog/Roll, Pork Baked Beans, Mixed Veg, Mixed Fruit	4 Teriyaki Chicken, Asian Blend Veg, Rice, WW Bread, Pineapple	5 Seafood Chowder, Breaded Fish/ Tartar Sauce,, Green Beans, Roast Pot, Fruit, Oat Bread
10 Pulled Pork/BBQ Sauce/Bun, Butternut Squash, Roast Pot, Chef's Dessert	11 <u>COA Annual Holiday Party</u> Shrimp Cocktail/Appetizers, Carved Roast Beef, Au Gratin Pot, Sautéed Lemon/Garlic Green Beans, Snowflake Roll, Mini Chocolate Eclairs/Goodies	12 Potato Bacon Soup, Egg/Cheese Omelet, French Toast, Muffin, Baked Apples, Yogurt, Juice
17 Curried Lentil Veggie Stew , Rice Pilaf, Garden Salad/ Dressing, WW Roll, Berry Cup	18 American Chop Suey, Cauliflower, MG Bread Diet Gelatin	19 Vegetable Soup, Chef's Veg, Roast Pot, Chicken Patty/ Honey Mustard sauce/Bun, Fresh Fruit
24 Macaroni & Cheese, Peas, WW Bread, Pears	25 Closed: Christmas Day	26 Corn Chowder, Cheeseburger/Bun, Potato Chips, Beets, Fresh Fruit
31 Greek Chicken, Lemon Rice Pilaf, Broccoli, Dinner Roll, Brownie	<i>Happy Holidays!</i>	

Take a break from the Holiday Hustle & Bustle! Join us for a viewing of the Frank Capra holiday favorite



It's A Wonderful Life

Starring Jimmy Stewart & Donna Reed

Thurs. December 20, 10 a.m.



Enjoy a cup of coffee and some holiday goodies. Contact the COA if you plan to attend: (978) 352-5726

DECEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 SHINE Apts. available 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	4 No Shopping Van—Brown Bag 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	5 9:30 BOH Nurse 9:30 Yoga 11:00 Rep. Moulton's Inf. Event 12:00 Lunch 12:30 Mah Jong	6 9:30 Mens' Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 12:30 Tai Chi Fri. Dec. 7 GMHS Holiday Breakfast/Concert 8:15/9:00 a.
10 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	11 9:30 Van: Plaistow, NH 8:30 Walking Club 9:30 Strength Training 11:00 Sen. Tarr/Rep. Mirra Off. Hrs. 11:30 Annual Holiday Party NO EMS Quilts Today 1:30-3 Grief Support Group 2:00-3:00 Beginners' Quilting	12 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	13 10:30 Van: Peabody Essex 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
17 NO Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	18 9:30 Van: Riverside/Hav'l 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 10:30 Russ McQueen Concert 12:00 Lunch 12:45 COA Board Meeting 2:00 Book Club	19 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	20 9:30 Van: Seabrook, NH 8:30 Walking Club 10:00 Movie 12:30 Tai Chi
24 NO Dolls NO Yoga NO Bingo 12:00 Lunch	25 CLOSED: Christmas Day	26 NO Yoga NO Mah Jong 12:00 Birthday Lunch/New Year's Toast	27 10:30 Van: Westgate/Hav'hill 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
31 NO Dolls NO Yoga NO Bingo 12:00 Lunch	Jan. 1 CLOSED: New Year's Day	Jan. 2 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	Jan. 3 9:30 Mens' Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 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.