



Happy Holidays!

# Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 21/Issue 6

December 2019

Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

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

**Director's Notes:** During New England's winter months, it often seems that sunlight is in short order. We get up in the dark and drive home in the dark. We know that spring will eventually bring longer days but the wait for the sunlight and warmth to return often seems endless when the cold north east wind swirls around our homes. Arriving at the darkest time of our year, the holidays bring their own light to our days. Doorways are brightened with festive garlands and wreaths. Front yards are decorated with glittering reindeer and snowmen who tip their top hats. Strings of lights outline a home or twinkle over front yard shrubbery. Growing up in Canada, we wound colored lights around the Scotch pines in our front yard. White lights were not part of our tradition. After moving to the United States, I really enjoyed the simple but elegant white candles that often filled our neighbors' windows as well as the shop windows in the downtown area. At that time, many of our local towns strung lights, or other glittering decorations across the streets in downtown areas. The festive decorations encouraged shoppers but also encouraged warm greetings and lightened moods. One year while I was in college, we were home at my grandparents before Christmas. My grandparents had scaled back their decorating but we still filled their Scotch pine Christmas tree with beautiful antique glass ornaments and glistening tinsel garland. The family creche was unpacked and we hung a wreath at the front door. Finally, I unwrapped a small evergreen wreath with a battery-lit candle in the center. "We'll hang that wreath on the back door," my grandmother said. Since Canadians typically use their front doors, I was surprised by the plan. "But nobody comes in the back door," I said. "Mrs. Baker will see the wreath from her kitchen window," my grandmother replied. "She hangs a wreath on her back door for me to see from my kitchen window, too. It's nice to see the light across the snow in our backyard."

At that moment, I smiled thinking about the two friends washing dishes in their respective kitchen warmed by the single candle light coming from each other's homes. The simple act of friendship was exactly what we hope people will find at the holidays. We never know where we will find those moments that will bring light to an otherwise dark day but I do know that a warm smile and friendly greeting shared with others will bring plenty of light and warmth to our lives. During this holiday season, I wish you and yours joy, peace, and days that are filled with the light of love and friendship.



## Many Thanks to Kiwanis Club



Reflecting the true meaning of Thanksgiving, the Georgetown Kiwanis provided Georgetown elders with a magnificent Thanksgiving dinner on November 23 at the Penn Brook

School. Featuring a turkey dinner that included all of the traditional side dishes, elders enjoyed a feast beginning with appetizers and ending 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



## Time is Running Out for Medicare Open Enrollment

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 2** 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 Wed., Dec. 25 for Christmas & Wed. Jan. 1 for New Year's Day

# 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 9



Shopping Date	Location	Recreation Date	Location
Dec. 3	NO SHOPPING VAN – Brown Bag	Dec. 5 9:30	Super Walmart/Salem, NH
Dec. 10 9:30	Riverside/Haverhill	Dec. 12 10:30	North Shore Mall/Peabody
Dec. 17 9:30	Seabrook, NH	Dec. 19 10:30	Westgate/Haverhill
Dec. 24 9:30	Plaistow, NH	Dec. 26 10:30	Newburyport
Dec. 31 9:30	Riverside/Haverhill	Jan. 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!**

**SHINE OFFICE HOURS: Mon. Dec. 2 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. 4 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. 5 9:30 a.m.**  
**Local Historian, Rev. Bill Boylan** will be 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: Jan. 9 (Note date change.)**

**KAREN TYLER, DIR. VET. SERVICES OFF. HOURS:**  
**Thurs. Dec. 5 10:30 a.m. – 11:30 a.m.**

## 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. December 17, 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.

## COPING W/HOLIDAYS & SPECIAL DAYS AFTER A LOSS

**Tues. Dec. 3, 11 a.m.** See pg. 3.

## MY LIFE/MY HEALTH

**Weds. Dec. 4-Dec. 11, 9:30 a.m. - 12 p.m.**

## ANNUAL HOLIDAY PARTY

**Wed. Dec. 4, 11:30 a.m.** See pg. 3.

## GMHS CONCERT & BREAKFAST

**Fri. Dec. 6 Breakfast 8:15 a.m. Concert 9 a.m.** See pg. 3.

## RUSS MCQUEEN CONCERT

**Tues. Dec. 17, 10:30 a.m.** See pg. 3.

## TOE-TAPPIN' DANCE CLASS

**Wed. Dec. 18, 10 a.m.**

## COA Friends are on winter hiatus.

**Next Meeting: Tue. Feb. 11, 1 p.m.**

## BOOK CLUB: Tues., Dec. 23, 2 p.m.

**"One Day in December" by Josie Silver**

## DECEMBER BIRTHDAY & NEW YEAR'S TOAST:

**Tues. December 31, 12 p.m.**

Help us as we send best wishes to our friends who were born in December & **raise a glass to toast in the New year.** Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 12/24/19.** To make reservations, call the COA office at (978) 352-5726.

## Free Legal Help offered by Atty. Elaine Dalton

**No Appointments  
this month.**



## ➡➡➡➡➡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.  
Newcomers & beginners welcome.  
There is a **SUGGESTED DONATION** of \$3.00 per class.

Class	Meets on	Time
Yoga (Bring a mat or towel)	Monday	10:30 a.m.
	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.	Call for equip. Availability

## 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.

### Coping w/Holidays & Special Days After A Loss

Tuesday, Dec. 3 ~ 11 a.m.

Facilitated by Lois Marra, Mer. Valley Hospice,  
a licensed counselor trained specifically in  
grief & bereavement

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

### GMHS Annual Holiday Concert/Breakfast

Fri. December 6

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

Wed. December 4, 11:30 a.m.

Georgetown Senior Community Center



Share the holiday spirit with friends!

Join us for lunch & good company.

(Cost: \$2)

Food provided by Elder Services of Merr. Valley.



#### Menu

Shrimp Cocktail & Other Appetizers

Roast Pork w/Applesauce

Au Gratin Potato

Green Beans

Snowflake Rolls

Dessert Parfait & other baked goods

#### Entertainment

This year we welcome the

"Spare Parts" Musical Ensemble.

Be prepared to sing-along with seasonal favorites!

{ *Due to parking constraints,  
please consider car-pooling.* }

RSVP to COA (978-352-5726) before Nov. 27.

### 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.



massculturalcouncil.org

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.

Thank you to Ray Gouley, R.F. Gouley Company &  
Dave Schofield, Manager, Georgetown Light Dept.  
for their annual talk on Holiday Safety Issues.



## **Attention Quilters!**

There has been a change in the Quilting Group schedule. It has been necessary to reduce classes to one class from 2 p.m. to 4 p.m. on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month. The class will be listed on the monthly calendar as "Quilting 101." Any questions can be directed to Terry Palardy through the COA office. 978-352-5726



## **Volunteer Opportunity**

As the Town's new Youth Center opens this winter, there are some opportunities to lead afterschool activities such as arts & crafts, exercise, sewing & needlecrafts. For information, call the COA office at 978-352-5726.



## **Senior Winter Coat Program**

The Thrift Shop at Ruth's House in Haverhill is offering free winter coats to qualifying seniors. Seniors must be 50 years of age (ID required) and have proof of enrollment in one of the following programs: MA Health, SSI, Food Stamps, SS Disability, Nutrition Program, Veteran's Aid, or Fuel Assistance. No appointment is necessary. Bring the required proof to Ruth's House, 111 Lafayette Square, Haverhill. Hours are Tuesday-Friday, 9-5 and Saturday, 9-3. For more information, call Ruth's House at 978-521-5575.



## **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.



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, 2020-October 31, 2020. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for 42 hours of volunteer service to the town. **Applications must be returned to the COA office by Monday December 30, 2019.** For further information, please call the COA office at 978-352-5726.



## **REBUILDING TOGETHER HAVERHILL** is

accepting applications for no-cost home repair assistance until December 31. Work will take place Sat. April 26, 2020.

### Applicant eligibility:

- Own and occupy your home for at least 2 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH)
- Meet Federal HUD low-income guidelines (Call for info)
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

The program provides help with home repairs, modifications (such as grab bars or a wheelchair ramp) & energy efficiency. For an application please call: **978-469-0800**/email [RTHaverhill@outlook.com](mailto:RTHaverhill@outlook.com)



## **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 **\$37,360** for one-person or **\$48,855** 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.



## **Coming in January** ~ Watch for more details

### **Date changes due to the holidays:**

<b>Visiting Nurse</b>	<b>Tues. Jan. 7, 9:30 a.m.</b>
<b>Men's Breakfast</b>	<b>Thurs. Jan. 9, 9:30 a.m.</b>
<b>Karen Tyler/VA</b>	<b>Thurs. Jan. 9, 10:30 a.m.</b>
<b>Lunch &amp; Learn</b>	<b>Thurs. Jan. 16</b>
<b>Lunch</b>	<b>12 p.m.</b>
<b>"Dementia &amp; Memory Disorder"</b>	<b>12:15 p.m.</b>
<b>Presented by Alison Kolozsvary, Avita/Nbpt.</b>	

# **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 December 17, 2019**  
**(Note day change-Dec. only)**

**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 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>
<b>2</b> Egg & Cheese, Baked Beans, Warm Peaches Yogurt, Muffin, Juice (no milk)	<b>3</b> Chicken Marsala/Pasta, Zucchini, MG Bread, Mixed Fruit	<b>4</b> <b>Annual Holiday Party</b> <b>11:30 a.m. – 1:30 p.m.</b>
<b>9</b> Greek Chicken, Lemon Rice Pilaf, Creamed Spinach, Dinner Roll, Pudding	<b>10</b> Smothered Pork, Butternut Squash, Chef's Veg Corn Muffin, Applesauce	<b>11</b> Cream of Broccoli Soup, Breaded Pollock, Pot Wedges, Green Beans, Oat Bread, Fresh Fruit
<b>16</b> Butternut Squash Ravioli/sage brown butter, Peas & Onions, WW Dinner Roll, Baked Good	<b>17</b> Hot Dog/Bun, Mac'n'Cheese, Mixed Veg, Mixed Fruit	<b>18</b> Lentil Soup w/ham, Veg Frittata, Roasted Pot, Zucchini & Tomato, Fresh Fruit, Muffin
<b>23</b> American Chop Suey, Cauliflower, Garlic Roll, Diet Gelatin	<b>24</b> Mediterranean Fish/Tomato Topping, Rice Pilaf, Capri Blend Veg, WW Bread, Peaches	<b>25</b> <b>CLOSED: CHRISTMAS DAY</b>
<b>30</b> Chili Con Carne, Rice, Mixed Veg, Biscuit, Applesauce	<b>31</b> Chix Parm/Marinara, Pasta, Brussels Sprouts, Italian Bread, Brownie, Birthday Cake/Ice Cream	<b>Jan. 1</b> <b>CLOSED: NEW YEAR'S DAY</b>

## **Candy Canes around this time of year: gifts, a yummy treat or the ultimate, After-Christmas bargain buy.**

**Here are a few suggestions for using up any left overs or for gift giving if you are a DIY gift-giver.**

**1. Stirring Sticks for hot cocoa/coffee. Dip them in chocolate for an extra-special treat. And more decadent to roll the chocolate in crushed peppermint! 2. Minty Whipped Cream: crush candy canes & add to homemade whipped cream. Top-off hot cocoa or a favorite dessert. 3. Peppermint Bark: Chop candy canes. Melt chocolate (white is really nice!), spread on cookie sheet; sprinkle with candy. When cool, break into pieces. 4. Save some for Valentine's Day! Place 2 candy canes to shape a heart. Melt white chocolate & pour into the heart's center and cool.**

## **DECEMBER VAN & ACTIVITIES CALENDAR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>2 Shine Appointments</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>3 No Shopping Van-- Brown Bag</b> 8:30 Walking Club 9:30 Strength Training <b>11:00 Coping w/Holidays...</b> 12:00 Lunch	<b>4</b> <b>9:30 My Life/My Health</b> 11:00 Yoga <b>11:30 Annual Holiday Party</b> 12:30 Mah Jong	<b>5 9:30 Men's Breakfast</b> <b>9:30 Van: Super Walmart</b> 8:30 Walking Club 10:30 Veterans' Agent Office Hrs. 10:30 Hybrid Exercise Class 12:30 Tai Chi <b>1:00 Stamp Club</b> <b>Note Date Change Dec. only</b> <b>Fri. 12/6 GMHS Conc'rt/Brkfst</b> <b>8:15 Breakfast 9:00 Concert</b>
<b>9</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>10 9:30 Van: Riverside/Hav'll</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 2:00-4:00 Quilting 101	<b>11</b> <b>9:30 My Life/My Health</b> 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	<b>12 10:30 Van: No.Shore Mall</b> 8:30 Walking Club 9:30 Knitting Group 10:30 Hybrid Exercise Class 12:30 Tai Chi
<b>16</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>17 9:30 Van: Seabrook, NH</b> 8:30 Walking Club 9:30 Strength Training <b>10:30 Russ McQueen Concert</b> 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch 12:45 COA Board Mtg.	<b>18</b> <b>10:00 Toe-Tappin' Dance Class</b> 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	<b>19 10:30 Van: Westgate/Hav'll</b> 8:30 Walking Club 10:30 Hybrid Exercise Class 12:30 Tai Chi
<b>23</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo <b>2:00 Book Club</b> (Note Day Change. Dec. only)	<b>24 9:30 Van: Plaistow, NH</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 2:00-4:00 Quilting 101 <b>NO Legal Assistance in Dec.</b>	<b>25</b> <b>CLOSED: CHRISTMAS DAY</b>	<b>26 10:30 Van: Newburyport</b> 8:30 Walking Club 9:30 Knitting Group 10:30 Hybrid Exercise Class 12:30 Tai Chi <b>No Stamp Club</b>
<b>30</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>31 9:30 Van: Riverside, Hav'll</b> 8:30 Walking Club 9:30 Strength Training <b>12:00 Birthday Lunch &amp; New Year Toast</b>	<b>Jan. 1</b> <b>CLOSED: NEW YEAR'S DAY</b>	<b>Jan. 2 [Mens' Br. Changed 1/9]</b> <b>9:30 Van: Super Walmart</b> 8:30 Walking Club 10:30 Hybrid Exercise Class 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.**