



# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 19/Iss. 8

February 2018

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**Director's Notes...** It seems fitting that during the month in which we focus on open hearts and warm wishes, that we celebrate the first anniversary of the Georgetown Senior Community Center. It hardly seems possible that a year has passed since we moved into our new home! Although the move took place during a February blizzard, it took very little time for the dust to settle and the boxes to be unpacked! With on-going help from the Selectmen, School Committee, School Department, town departments, Council on Aging board members and many volunteers, the plan to establish a Senior Center facility at the Perley School has been a true success. Our connection to the preschool classes at the school has brought wonderful intergenerational opportunities. By moving our offices, programs, activities and services into one space, we have gained efficiency and effectiveness in providing programs and services. Our hope was to create a home-away-from-home for people as well as a "one-stop" service for elders and their families in Georgetown, where they can find health, recreational, cultural, social and informational needs in one location, and where our service providers such as the AARP Income Tax Preparation Program, the town's public health nurse and Serving Health Insurance Needs for Elders (SHINE) can provide elders with services in a confidential setting. We have been able to establish new programs and services such as a food pantry, additional fitness programs, book club, knitting, quilting and stamp groups. Since we moved into the Senior Center, we have had 6,992 visits from people. We have seen 864 people 9,701 times for wellness, meals, social, recreation, cultural, transportation and service programs, which is a 50 percent increase from previous years.

I was thrilled when someone told me that they had spent the full day at the Senior Center. That comment illustrated the hopes, dreams and plans that we had for this wonderful new space. With so much to celebrate, we are grateful for all of the care and support that we continue to receive from this community. What a fabulous year this has been but we know that the best is yet to come!



*Senior  
Community  
Center*

*Celebrates First Anniversary*

## **Property Tax Incentive Program OPENINGS STILL AVAILABLE**

**The Property Tax Incentive Program** still has seven openings available to Georgetown residents 60 years and older. **Application forms and guidelines are available at the Council on Aging.** The program will run through October 31, 2018. 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. For further information, please call the COA office at 978-352-5726.

## **Trustees of the Perley School To Offer Limited Fuel Assistance**

Recognizing the difficulties of home heating costs, the Trustees of the Perley Free School offer a **limited** fuel assistance program to local residents who are experiencing financial hardships with energy costs. In addition to the money that is used to fund scholarships for Georgetown graduates & alumnae, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Individuals who may need assistance with heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information & referral.

**The COA and all activities will be closed on Monday, February 19, 2018 for Presidents' Day.**

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

# February Activities

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



CALL US AT 978-352-5726.



## FEBRUARY VAN SCHEDULE 2018

Shopping Date	Location	Recreation Date	Location
Feb. 6	NO VAN – Brown Bag Only	Feb. 1 9:30	Super Walmart/Salem, NH
Feb. 13 9:30	Riverside/Haverhill	Feb. 8 10:30	Seabrook, NH
Feb. 20 9:30	Newburyport	Feb. 15 10:30	Plaistow, NH
Feb. 27 9:30	Plaistow, NH	Feb. 22 10:30	Westgate/Haverhill
		Mar. 1 9:30	Super Walmart/Salem, NH

**JOIN US MONDAY – THURSDAY MORNINGS** from 8:30-11 a.m. for cards and cribbage 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!

### MEN'S BREAKFAST: **Thurs. Feb. 1, 9:30 a.m.**

Georgetown Light Department General Manager David Schofield will discuss his work in town as well as emergency work in St. Thomas. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726.**  
**Next breakfast: March 1 Speaker: TBA**

### PUBLIC HEALTH NURSE: **Wed. Feb. 7, 9:30 a.m.**

Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have.

**SHINE OFFICE HOURS:** There will be **NO SHINE** office hours in **February, March or April.** Call the COA office for assistance or further information. (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. February 13  
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.

### PROPERTY FRAUD WATCH ALERT:

**Tues. Feb. 13, 10 a.m.** (See page 3.)

### WHITTIER VALENTINE LUNCH:

**Wed. Feb. 14, 12 p.m.** (See page 3.)

### CLEAR CAPTION PHONE PRESENTATION:

**Wed. Feb. 28, 11 a.m.** (See page 3.)



### **FEBRUARY BIRTHDAY: Wed. Feb. 28, 12:00 p.m.**

Join us as we send best wishes to our friends who were born in February. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 2/21/18 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. Feb. 27, 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



### *Coming in March....*

**St. Pats Dinner Thurs. March 15 @ 12 p.m.**

## 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
<b>Yoga</b> (Bring a mat or towel)	<b>Mondays</b>	<b>10:30 a.m.</b>
	<b>Wednesdays</b>	<b>9:30 a.m.</b>
<b>Strength Training</b>	<b>Tuesdays</b>	<b>9:00 a.m.</b>
<b>Tai Chi</b>	<b>Thursday</b>	<b>12:30 p.m.</b>
<b>Fitness Room</b>	<b>Mon. – Thurs.</b>	<b>Call for equip. Availability</b>



B	I	N	G	O
12	21	38	49	63
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
<b>Every Monday at 12:30 p.m.</b>	<b>Cost: \$1.00/card covers up to 9 Games</b>	Free Space	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesdays each month at 1:00 p.m.</b>	<b>Cost: 50¢ &amp; 75¢ per game.</b>
<b>For more info, call (978) 352-5726</b>		33	<b>Contact: GHA (978) 352-6331</b>	
2	29	45	50	72



## SPECIAL VALENTINE LUNCH

/ activity at the Senior Center in 2017 - So

Presented by Culinary Arts Students

Whittier Regional Voc. Tech. H. S.

**Wed. Feb. 14, 12:00 p.m.**

Georgetown Senior Community Center

• Special Valentine's Day Menu

• **\$5 donation is suggested** to support the Culinary Arts Program at Whittier Regional Vocational Technical High School.

• **Reservations are required by Wed. February 7**

• **Please call the COA office at 978-352-5726.**

Becky Bushey of ClearCaptions presents

## Caption Phones

**Wed. Feb. 28, 11:00 a.m.**



- **Never any cost for those with hearing loss**
- **Phone conversations are captioned on the screen (like tv)**
- **Service made possible by the Americans with Disabilities Act**

For more information or to sign-up, call the COA at 978-352-5726.

**Make a day of it! Stay for the Birthday Lunch.**  
(Reservations required.)



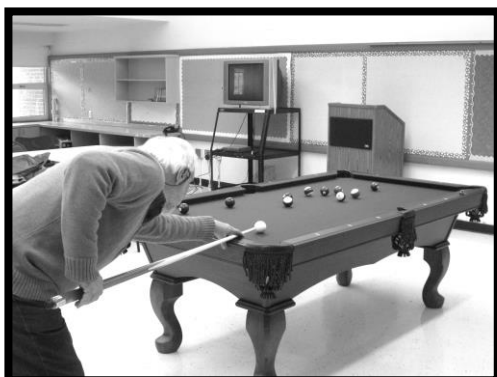
## **Property Fraud Watch Alert** **Tuesday Feb. 13, 10 a.m.**

Presented by

**The Registry of Deeds**

The new program protects against real estate fraud and allows property owners to sign up either on-line or by telephone for the free service.

For more information or to sign-up, call the COA at 978-352-5726.



**Pool** became a new activity at the Senior Center in 2017. So...

**COME ON DOWN!**

(Please call for Room availability.)



## 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.

### Light Department warns of Scam Calls

The Georgetown Municipal Light Department (GMLD) recently warns that several residents have received scam calls from callers stating to be National Grid & threatening to disconnect electric service if they do not provide payment. The GMLD reminds residents that they are the Town's only provider for electricity. The GMLD will never contact residents by phone for payment. If you receive a call, inform the caller that the GMLD is the Town's only provider & the Georgetown Police Department is looking into the issue. Never provide your credit card or financial information to anyone who calls asking for them.

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### 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 Feb. 8 - April 12

**Appointments are required.**

Eight 1-hr. sessions offered each Thursday starting @ 9 a.m.

**To schedule an appointment, call the COA office at (978) 352-5726 after January 4.**

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

- ★ Copies of 2016 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 2017 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.

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### 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.

**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.

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

**Beginner's Quilting Class:** 2<sup>nd</sup> & 4<sup>th</sup> Tues., 2-3 p.m.  
Free. Fabric/batting provided.

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

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

### 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 **\$34,380** for one-person or **\$44,958** 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.



### Salvation Army Heating Assistance Program

The Salvation Army provides a Heating Assistance Program, the **Massachusetts Good Neighbor Energy Fund**, to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. As criteria for the program, the household income must fall between 60 and 80 percent of the state's median income levels. Maximum gross income is \$34,380-\$45,840 for one-person and \$44,958-\$59,944 for a two-person household. For more information, please call 978-374-7571, 978-465-0883 or 1-800-334-3047.



### High School Students Offer Snow Removal Assistance

Recognizing that it is often difficult for older adults to shovel snow from stairs and walkways, students at the Georgetown High School have offered to provide a limited snow removal assistance to local elders. In partnership with the school's Community Service program and other student service groups, elders in need of assistance may be connected with a student volunteer. To register for the program, please call the COA at 978-352-5726.



### Elder Abuse: What is it & how can you help?

Elder abuse includes: physical, sexual and emotional abuse, caretaker neglect, financial exploitation and self-neglect. Individuals who are 60 years and older living in Massachusetts are protected by law against abuse. If you suspect someone is being mistreated, the state Executive Office of Elder Affairs has a reporting hotline that you can call and speak to a live operator 24 hours per day/seven days per week. To report Elder Abuse, please 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.

## **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.**

**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 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 **12:45 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 February 27, 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

**Board Members:**

Esther Palardy, Chair

Sue Clay, Vice Chair

Caroline Sheehan, Treasurer

Jean Perley, Secretary/Clerk

Jill Benas, Corona Magner, Diane

Prescott, Nancy Thompson,

**Alternates:** Darcy Norton, Diane

Klibansky

**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](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.

## **February 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>5</b> Macaroni & Cheese/Crumb Topping, Peas, Pineapple, Oat Bread	<b>6</b> Diced Pork/Apples, Sweet Pot, Brussels Sprouts, Peaches, WW Bread	<b>7</b> Chicken Noodle Soup, Cheeseburger/Roll, Roasted Pot, Capri Blend Veg, Lorna Doones
<b>12</b> Chicken Fricassee, White Rice, Butternut Squash, Mixed Fruit, Multigrain Bread	<b>13</b> Vegetable Soup, Roasted Pot, Corn, Sausage/Peppers/onions, Roast Pot, WW Roll, Fresh Fruit	<b>14</b> <b>Special Whittier Valentine Lunch</b> (Cost: \$5 ~ Reservations Required.)
<b>19</b> <b>CLOSED: Presidents' Day</b>	<b>20</b> Meatballs/Pasta/Marinara, Creamed Spinach, Dinner Roll, Peaches	<b>21</b> Corn chowder, Potato Breaded Fish, Mixed Veg, Lemon Rice, Yogurt, Oat Bread
<b>26</b> LS Hot Dog/Roll, Pork Baked Beans, Potato Chips, Mandarin Oranges	<b>27</b> Beef Burgundy, Mashed Pot, Broccoli, Italian Bread, Chef's Dessert	<b>28</b> Tortellini soup, Herb Roast Chix, Roast Pot, Beets, WW Dinner Roll, Fruit Loaf/Lorna Doones

## **Celebrate National Cherry Month & National Chocolate Lovers Month with one easy dessert! Chocolate Cherry Dump Cake**

**Ingredients:** 2 (20 oz.) cans Cherry Pie Filling ~ 1 (18 ½ oz.) box Chocolate or Devil's Food Cake Mix, unprepared ~ ¾ cup butter, melted ~ Spray Oil (to grease the pan.)

**Directions:** Preheat oven to 350°. Spray bottom of a 13 x 9 cake pan. Dump pie filling into pan & spread out evenly. Sprinkle cake mix evenly over filling then. Drizzle butter over top of pan tilting to cover as much of top with butter as possible. Bake for 45 mins. to 1 hour. Cake should be mostly dry on top and bubbly around the edges. For those who don't/can't eat chocolate try substituting a yellow or white cake mix or a flavor of your choice.

## **FEBRUARY VAN & ACTIVITIES CALENDAR**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
			<b>1 9:30 Mens' Breakfast</b> <b>9:30 Van:</b> Walmart/Salem, NH 12:30 Tai Chi
<b>5</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>6 No Shopping Van-- Brown Bag</b> 9:00 Strength Training 12:00 Lunch	<b>7</b> 9:30 BOH Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>8 10:30 Van:</b> Seabrook, NH 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club <b>*Tax Prep By Appointment*</b>
<b>12</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>13 9:30 Van: Riverside/Hav.</b> 9:00 Strength Training 10:00 Property Fraud 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Lunch 12:00 EMS Quilts for Comfort 2:00-3:00 Beginners' Quilting	<b>14</b> 9:30 Yoga 12:00 Valentine Lunch 12:30 Mah Jong	<b>15 10:30 Van:</b> Plaistow, NH 12:30 Tai Chi  <b>*Tax Prep By Appointment*</b>
<b>19</b> <b>CLOSED: Presidents' Day</b>	<b>20 9:30 Van: Newburyport</b> 9:00 Strength Training 12:00 Lunch	<b>21</b> 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>22</b> <b>10:30 Van:</b> Westgate/Haverhill 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club <b>*Tax Prep By Appointment*</b>
<b>26</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>27 9:30 Van: Plaistow, NH</b> 9:00 Strength Training 10:00 Legal Assistance 12:00 Lunch 12:00 EMS Quilts for Comfort 12:45 COA Board Meeting 2:00 Book Club 2:00-3:00 Beginners' Quilting	<b>28</b> 9:30 Yoga 11:00 Caption Phone Program 12:00 Birthday Lunch 12:30 Mah Jong	<b>March 1</b> <b>9:30 Mens' Breakfast</b> <b>9:30 Van:</b> Walmart/Salem, NH 12:30 Tai Chi  <b>*Tax Prep By Appointment*</b>

**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.