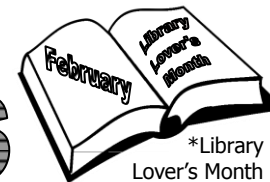




A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging
Email: cfiorello@georgetownma.gov

Vol. 20/Iss. 8

February 2019

Website: www.georgetownma.gov

Director's Notes: The last child in a family of six, my grandmother was born on February 14. Five years younger than her next sibling, it must have been quite a special Valentine's Day that year on the family farm. A hard-working and fairly reserved family, my grandmother enjoyed her position in the family. Early photos show her wearing lovely bows in her hair while playing on the porch of the brick farm house, or swinging on a swing hung from the maple tree in the front yard. I'm sure that the hair bows and swing were both a luxury at that time. She always enjoyed dressing well but much of her clothing was remade from her older sisters' clothing. My great-grandmother and grandmother were marvelous seamstresses – a skill that clearly escaped their granddaughter! My grandparents married just as the Great Depression began. What had always been a hard life became even more difficult for them and their young family. Eventually, my grandfather was offered a job at a bank in Ottawa and they left the farm to live in the city. With their family background and experiences during the Depression, my grandparents were never extravagant in their lifestyle. But, one February my grandfather decided he wanted to buy my grandmother a dresser set for her combined birthday and Valentine's Day gift. At that point, my grandfather was working in Parliament. He arranged to have my grandmother's closest friend, Isabelle, meet him downtown for lunch so that they could shop for the gift together. Isabelle was thrilled to be part of the plan and knew just what my grandmother would like. Down the street from Parliament Hill and along the Rideau Canal, wonderful old department stores still lined Sparks Street in those days. They found a lovely sterling silver backed dresser set that included a brush, comb and hand mirror at Birk's, the iconic Canadian jewelry store. He had the mirror and brush engraved with her initials. It was very elegant, just like my grandmother. I can still hear her say "Oh, Harold, you shouldn't have!" as she opened the gift, delight written all over her face. Although she never wore anything more than lipstick and always kept her hair short, she used that dresser set every day for the rest of her life.



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. 7 - April 11

Appointments are required.

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

Things to bring with you to your appointment:

- ★ Copies of 2017 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 2018 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.

Property Tax Incentive Program

OPENINGS STILL AVAILABLE

The Property Tax Incentive Program has two 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, 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. For further information, please call the COA office at 978-352-5726.



!Attention Veterans!

Karen Tyler, Director of Veterans' Services will hold office hours at the Georgetown Senior Community Center on **Thurs. Feb 7** and **Thurs. March 7, 10:30 a.m. – 11:30 a.m.**

The COA and all activities will be closed on Monday, February 18, 2019 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.



F E B R U A R Y V A N S C H E D U L E 2 0 1 9

Shopping Date	Location	Recreation Date	Location
Feb. 5	NO SHOPPING VAN – Brown Bag	Feb. 7 9:30	Super Walmart/Salem, NH
Feb. 12 9:30	Riverside	Feb. 14 10:30	Plaistow, NH
Feb. 19 9:30	Rowley	Feb. 21 10:30	Seabrook, NH
Feb. 26 9:30	Newburyport	Feb. 28 10:30	Westgate/Haverhill

JOIN US MONDAY – THURSDAY MORNINGS from 8:30 - 11 a.m. for cribbage and card games! Puzzles, coloring materials & a pool table (call for availability) are also available for drop-in use. Hot coffee and snacks are a great way to meet-up with friends! **Tuesday (9:30-11 a.m.) is Homemade Muffin Day!**

PUBLIC HEALTH NURSE: Wed. Feb. 6, 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. Feb. 7, 9:30 a.m.
Guest speaker **Chief Donald Cudmore, GPD** will discuss safety issues & GPD programs. With great appreciation, the COA thanks Crosby's Markets for their sponsorship.
To make reservations, call 978-352-5726.
Next breakfast: March 7

SHINE OFFICE HOURS: Mon. Feb. 25, 9 a.m.-12 p.m.
SHINE Counselor Nancy Aberman will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

Local Legislators' Office Hours

State Rep. Lenny Mirra & Senator Bruce Tarr, or their representatives, will be on hand at the **Georgetown Senior Community Center** to meet with constituents to answer questions, hear comments or provide assistance. The next scheduled office hours for both will be:

Tues. Feb. 19, 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.

VETERANS' SERVICES OFFICE HOURS:

Thurs. Feb. 7, 10:30 a.m. - 11:30 a.m. See pg. 1.

SPECIAL VALENTINE LUNCH:

Wed. Feb. 13, 12:00 p.m. See pg. 3.

CIRCUIT BREAKER TAX CREDIT PRESENTATION:

Thurs. Feb. 21, 1:00 p.m. See pg. 3.

FEBRUARY BOOK CLUB: Tues. Feb. 26, 2 p.m.
"My Italian Bulldozer" by Alexander McCall Smith

COA Friends will meet Tues. Feb. 12 at 1 p.m.

FEBRUARY BIRTHDAY:

Wed. Feb. 27, 12 p.m. Join us as we honor our friends who were born in February. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 2/20/19 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. 26, 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



→→→→→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	Monday	1:30 p.m.
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.

SPECIAL VALENTINE LUNCH

Presented by Culinary Arts Students
Whittier Regional Voc. Tech. H. S.

Wed. Feb. 13, 12:00 p.m.

Georgetown Senior Community Center



- Special Valentine's Day Menu
- **\$6 donation is suggested** to support the Culinary Arts Program at Whittier Regional Vocational Technical High School. (Please note price change.)
- Reservations are required by Wed. February 6
- Please call the COA office at 978-352-5726.

Circuit Breaker Presentation

Thurs. February 21 at 1 p.m.

Sponsored by Sen. Bruce Tarr's Office

Presented by

Brian Lynch, Dept. of Revenue

The Senior Circuit Breaker (CB) Tax Credit is available to qualifying Massachusetts residents who are age 65 & over.

Discussion will include:

- eligibility and qualifying criteria,
- how to calculate one's CB Credit amount, and
- how to file and receive your credit.
- Q & A period
- A one-page handout will be distributed.

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



*HRH Prince Henry of Wales and
Meghan, Duchess of Sussex
Announce with great anticipation
The birth of their first child.*

Please join us for a

Royal Baby Shower Tea

Sponsored by the Friends of the COA

Wed. March 13, 2019 at 1 p.m.



*Gifts (optional) of disposable diapers & wipes
will be donated to Emmaus, Inc.*

Looking ahead...

- March 6 ESMV Probiotics Nutrition Program
- March 19 Digital Hearing Program
- March 27 Special Spring Luncheon
- March TBA Greece & Bahamas Travel w/Corcorans
- April 25 Women's Breakfast by Friends of COA
- May 8 Bay State PT Program: Strengthening & Maintaining Condition



Funded by a grant from the GCC, Russ McQueen provided a holiday program in December. Educational, social & wellness programs are all part of COA ongoing activities at the Georgetown Community Senior Center. Join us this month in celebrating our 2nd anniversary in our wonderful senior center.

Happy Birthday to us!

Circuit Breaker Tax Credit

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

- You or your spouse must be 65 years or older by the end of the tax year
- If married, you must file a joint state tax return
- You cannot be the dependent of another taxpayer
- Your principal residence, rent or own, must be in Mass.
- If you are a homeowner, your property's assessed value cannot exceed \$778,000
- If you rent, you can't also receive a federal or state rent subsidy & your landlord must pay property taxes
- Income limits: \$58,000 single; \$73,000 head of household; \$88,000 married filing jointly
- The amount you paid for real estate taxes must be greater than 10 percent of your total income

To claim the CB, you must file a state income tax return. If your credit is greater than the amount of income taxes owed, the state will issue a refund for the difference. The maximum credit for tax year 2018 is \$1,100. Individuals who meet certain requirements may be eligible to file retro-actively for the last three years.

Join us Thurs. Feb. 21 at 1 p.m. for a one hour, CB informational presentation by Brian Lynch, DOR.

Information regarding tax preparation & the criteria for the state's Circuit Breaker Tax Credit is available at the COA office.

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.

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.

Other Heating Assistance Programs Available: Trustees of the Perley School

Call the COA at (978) 352-5726 for info & referral.

Good Neighbor Energy Fund

Contact the local Salvation Army Service Center:
Haverhill: 978-374-7571; Newburyport: 978-465-0883.



Recycle Your Old Cell Phones

No. Essex Elder Transport, Inc. (NEET) Fund-Raiser

- Cell phone materials are recycled into new products.
- Bring your unwanted cell phones to the senior center.
- A donation will be made to NEET.

NEET is a non-profit organization working with your local COA to recruit volunteer drivers to provide curb to curb transportation for our local seniors.

For more info, contact the COA at 978-352-5726



New Medicare Cards Update

In April of 2018, Medicare started mailing new Medicare cards to all subscribers. The replacement program should conclude in April of 2019. The new card, which replaces your Social Security number with a unique identification number, will help to keep your information more secure/identity safer. This is a change in number only. Benefits, etc. won't change.

What you can do to prepare:

(1) Make sure your mailing address is up to date. To make changes, contact Social Security at ssa.gov/myaccount or 1-800-772-1213.

(2) Be aware of anyone who contacts you about your new Medicare card. Social Security will never ask for personal/private information over the phone.



The GSCC Knitting Group had a surprise visitor. Carlene White and her service dog-in-training, a Great Dane named Charisma, needed some crowd interaction practice.

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 - 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 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

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 February 26, 2019

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.

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>
4 Meatball Sub/Roll, Broccoli, Pasta/sauce; Berry Cup	5 Chicken w/Asian Blend Vegetables, Rice, MG Bread, Fortune Cookie, Pineapple	6 Chicken Noodle Soup, Cheeseburger/Roll, Roasted Pot, Beets, Fresh Fruit
11 Mediterranean Chicken Stew, Polenta, Zucchini, Biscuit, Peaches	12 Ravioli/meat sauce, Mixed Veg, Garden Salad/Dressing, Oat Bread, Pudding	13 Clam Chowder, Fish Sandwich/Bun, Rice Pilaf, Brussels Sprouts, Fresh Fruit
18 Closed: President's Day	19 Hot Dog/Roll, Baked Beans, Pot Chips, Mandarin Oranges	20 Cheddar Cheese Soup, Unstuffed Peppers (Ground Beef/Peppers and Onions), Rice, Corn Dinner Roll, Fresh Fruit
25 Chicken Scaloppini/Sauce, Pasta/Sauce), Capri Blend Veggies, WW Bread, Mandarin Oranges	26 Pulled Pork/BBQ Sauce/Bun, Sweet Pot, Green Beans, Chef's Dessert	27 Birthday Lunch: Veg Barley Soup, Cheese Omelet, Roast Pot, Creamed Spinach, Snack Loaf, Juice (NO Milk), Yogurt, Birthday Cake/Ice Cream

February is National Cherry Month ~ Celebrate with this Easy Peasy Bisquick Cherry Cobbler

Ingredients: 1 (21 oz.) can cherry pie filling ~ 1 cup milk ~ 1 cup sugar ~ 1 cup Bisquick Mix ~ ½ cup butter, melted ~ 1 tsp. vanilla

Directions: Preheat oven to 400°. Stir together milk, sugar Bisquick, vanilla and butter. Pour batter in 9x9 inch glass dish. Pour cherry pie filling in and press down gently with spoon so that most of the filling is covered with your batter. Bake for 45 minutes to 1 hour. IMPORTANT: As soon as the cobbler is done cooking place on a towel inside refrigerator and cool for at least 4 hours. This step is very important for your crust to turn out buttery. **Serves 8**

February is also Canned Foods Month

A good way to celebrate and make a difference at the same time: donate a few cans to your local food pantry or soup kitchen. The COA Marketplace welcomes donations. Please call to see what items are needed.

FEBRUARY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	5 No Shopping Van— Brown Bag 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	6 9:30 BOH Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	7 9:30 Mens' Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 10:30-11:30 Karen Tyler, Veterans' Serv. Office Hrs. 12:30 Tai Chi *Tax Prep By Appointment*
11 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	12 9:30 Van: Riverside/Hav'Il 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 12:00 EMS Quilts 1:00 Friends of COA Meeting 2:00-3:00 Beginners' Quilting	13 9:30 Yoga 12:00 Special Valentine Lunch 12:30 Mah Jong	14 10:30 Van: Plaistow, NH 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club *Tax Prep By Appointment*
18 CLOSED: Presidents' Day	19 9:30 Van: Rowley 8:30 Walking Club 9:30 Strength Training 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch	20 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	21 10:30 Van: Seabrook, NH 8:30 Walking Club 12:30 Tai Chi 1:00 Circuit Breaker Program *Tax Prep By Appointment*
25 SHINE Appts. Available 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	26 9:30 Van: Newburyport 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 12:00 Lunch 12:00 EMS Quilts 12:45 COA Board Meeting 2:00 Book Club 2:00-3:00 Beginners' Quilting	27 9:30 Yoga 12:00 Birthday Lunch 12:30 Mah Jong	28 10:30 Van: Westgate/Hav'hill 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club *Tax Prep By Appointment*

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.