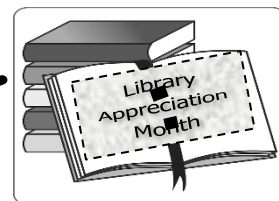




Living Well Together



A Newsletter of the Georgetown Council on Aging

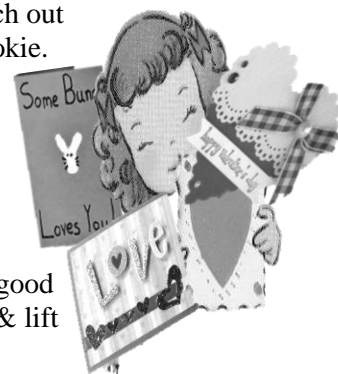
Volume 21/Issue 8

Email: cfiorello@georgetownma.gov

February 2020

Website: www.georgetownma.gov

Director's Notes: With its focus on care & warm wishes for those around us, I look forward to Valentine's Day. Taking place between the holidays & spring, Valentine's Day seems to arrive just in time to lift our moods & provide us with some distraction from the routines of winter. Although the intent may be to encourage shopping, it's fun to see store windows filled with pink hearts & the tempting displays of heart-shaped chocolates that line the isles of local grocery stores. When our girls were young, the days leading up to Valentine's Day were spent making elaborate cards that involved lots of glitter & glue. Opening a construction paper card laden with glittery hearts, little mountains of colorful glitter would drift across our kitchen table. Putting away Christmas decorations this year, I found a stack of the girls' Valentine cards carefully filed away in one of our drawers. Lots of pink & purple hearts (favorite colors at the time) & plenty of glitter was still intact as I unfolded each card. Sweet wishes for each of us to have the best Valentine's Day ever, along with hugs & kisses were carefully written below each name. As the handwriting changed & the drawings became more elaborate on the cards, I could picture the girls at different ages working on their projects. The kitchen table would be filled with markers, rubber stamps & jars of glitter. Plenty of giggling & whispering between sisters would be going on while I made a special Valentine's Day dinner. Even our dog & cats would stretch out under the kitchen table, hoping that somebody would drop a piece of a heart-shaped sugar cookie. I have gathered a wonderful collection of special cards created by my grandchildren that also include a good bit of glitter but I'm still going to keep the stack of the girls' cards in my drawer. Although they were written many years ago, those sweet wishes & hugs & kisses are guaranteed to warm my heart & lift my mood just as they did when they were first created. During this month of caring when we all enjoy a lift to our hearts & spirits, make a quick Valentine for someone or just yourself. Send it in the mail, deliver it in person or leave it by someone's coffee mug. Valentine's Day is a good opportunity to smile & wish each other a good day. Sprinkled with sweet thoughts, the warmth of those wishes will surely warm our hearts & lift our spirits as high as a glittery mountain top!



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. 13 - April 9

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 2018 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 2019 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.

COA Marketplace

As an outgoing outreach program, the COA Marketplace is available to serve local elders and other individuals living with disabilities and need. The Marketplace offers non-perishable food items, some household items such as paper products, laundry and dish detergent along with some toiletries such as shampoo, toothpaste and toothbrushes. Funded by local donations, there are no income restrictions with the program. Appointments to use the Marketplace are required by calling the COA at 978-352-5726.



The COA and all activities will be closed on Mon. Feb. 17 for President's Day

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 2 0



Shopping Date	Location	Recreation Date	Location
Feb. 4	NO SHOPPING VAN – Brown Bag	Feb. 6 9:30	Super Walmart/Salem, NH
Feb. 11 9:30	Riverside/Haverhill	Feb. 13 10:30	Plaistow, NH
Feb. 18 9:30	Seabrook, NH	Feb. 20 10:30	Rowley
Feb. 25 9:30	Newburyport	Feb. 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!**

PUBLIC HEALTH NURSE: Wed. Feb. 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. Feb. 6 9:30 a.m.
Members of the Georgetown Fish & Game will be our guest speakers. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To reserve a seat, call 978-352-5726.**

Next breakfast: March 5 Speaker: Paul Zambella, Forensic Science

KAREN TYLER, DIR. VET. SERVICES OFF. HOURS:
Thurs. Feb. 6 10:30 a.m. – 11:30 a.m.

SHINE OFFICE HOURS: Mon. Feb. 10 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. February 18, 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.

WHITTIER TECH SPECIAL VALENTINE LUNCH

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

DEPT. OF REVENUE/CIRCUIT BREAKER PROGRAM:

Thurs. Feb. 13, 1 p.m. (See page 3.)

TOE-TAPPIN' DANCE CLASS

Wed. Feb. 19, 10 a.m. (See page 3.)

WHAT FOOD LABELS TELL YOU:

Tues. Feb. 25, 10:30 a.m. (See page 3.)

Friends of the GCOA Spring Schedule

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

BOOK CLUB: Tues. Feb. 25, 2 p.m.

"Natalie Tan's Book of Luck & Fortune"/Roselle Lim

FEBRUARY BIRTHDAY LUNCH: Wed. February 26, 12 p.m.

Help 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 2/19/2020.** To make reservations, call the COA office at (978) 352-5726.

Free Legal Help offered by Atty. Elaine Dalton

Tues. Feb. 25, 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.

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.



SPECIAL VALENTINE LUNCH

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

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

Georgetown Senior Community Center

- **Special Valentine's Day Menu**
Chicken Cordon Bleu Casserole, Roasted Potato, Glazed Carrots, Rolls, Dessert
- **\$6 donation is suggested** to support the Culinary Arts Program at Whittier Regional Vocational Technical High School.
- **Reservations are required by Wed. February 5**
- **Please call the COA office at 978-352-5726.**



Senior Circuit Breaker Income Tax Credit

Thursday Feb. 13, 1 p.m.

Georgetown Senior Community Center.

Presented by Brian Lynch, Department of Revenue
Sponsored by Senator Bruce Tarr

The Senior Circuit Breaker Tax Credit is available to certain Massachusetts residents who are 65 years and older. The program will include eligibility and qualifying criteria, how to calculate one's CB credit amount, how to file and receive the credit as well as an opportunity for questions and answers. To register, please call the Georgetown COA at 978-352-5726.

Toe-Tapping, Knee Slapping Dance Class

Instructor: Joyce Sartorelli

Wednesday Feb. 19, 10 a.m.

Join us for 45 minutes
of fun & instruction:

- **Gentle Warm-up Exercises**
- **Learn the Polka Line Dance**
- **Review: Hand Jive, the Stroll & Charleston**
- **Swing, Twist, Country Western Line Dance**
- **New Dances**



No charge. ~ All skill levels welcome.
Contact the COA to sign-up as soon as possible.

978-352-5726



Reading Food Labels: What Does It All Mean?

A Nutrition Discussion

Tues. Feb. 25 10:30 a.m.

Presented by Leigh Hartwell, Dietician
Elder Services of the Merrimack Valley

- **Interactive lecture**
- **How to decipher food labels & identify certified food labels**
- **What to watch out for**
- **Why it is important to know origins of food**
- **Samples provided**

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

Presidential Primary will be held on Tues. March 3, 8 a.m. to 8 p.m. at Penn Brook School.

The last day to register to vote in the Presidential Primary is Wed. Feb. 12, 8 a.m. to 8 p.m. at Town Hall

Early voting for Presidential Primary at Town Hall: Mon. Feb. 24 – Thurs. Feb. 27 8 a.m. – 4 p.m.

Medicare Savings Programs (MassHealth Buy-In programs)

On January 1, the income & asset limits for the Medicare Savings Programs (also known as “MassHealth Buy-in” programs) increased. Under the new limits, some Massachusetts residents with Medicare may be newly eligible for these programs, & existing members may be eligible for other Buy-In benefits.

Medicare Savings Programs (MSP) are federally funded programs administered by each state. These programs are for people with limited income & resources & help pay some or all of their Medicare premiums, deductibles, copayments & coinsurance. In Massachusetts, the program is also known as the “MassHealth Buy-In” Programs. New Income & Asset/Resource Amounts for the MassHealth Senior Buy-In for Qualified Medicare Beneficiary (QMB) are:

Income below or equal to 130% of the Federal Poverty Level (FPL)

- \$1374/month per individual
- \$1852/month for married couples who live together

Assets/resource Limits

- \$15,460 per individual
- \$23,200 for married couples who live together

New MassHealth Buy-In applications can be found at: <https://www.mass.gov/lists/applications-to-become-a-masshealth-member>. Applications are also available at the Georgetown Senior Community Center. For information & application assistance, please call the Georgetown COA at 978-352-5726.

♥ happy ♥
Valentine's
♥ day ♥

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.

Quilting 101: 2nd & 4th Tues., 2 – 3 p.m.
Free. Fabric/batting provided. Drop-ins/beginners welcome.

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

Book Club: 4th Tuesday of each month, 2 p.m.

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: \$60,000 single; \$75,000 head of household; \$90,000 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 2019 is \$1,130. Individuals who meet certain requirements may be eligible to file retroactively for the last three years. Information regarding tax preparation & the criteria for the state's Circuit Breaker Tax Credit is available at the COA office.



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 & alumni, 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.



Coming this Spring...

Tues. March 10	Understanding Various Forms of Dementia
Tues. March 10	Bereavement Group Resumes
Thur. March 12	Women's Breakfast
Thur. March 19	St. Pat's Lunch
Thur. April 30	Spring Lunch
Sat. April 25	Friends of COA Fundraiser Dinner

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.

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 25, 2020

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.

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 Meals on Wheels or lunches served 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>
3 Egg n'cheese, Pork Sausage Patty, Baked Pears, Croissant, Yogurt, Juice	4 Chicken Piccata/Capers/Sauce/Pasta, Garden Salad/Dressing, WW Bread, Baked Good	5 Tomato Tortellini Soup, Cheeseburger/Bun, Potato Chips, Chef's Veg, Fresh Fruit
10 Hot Dog/Bun, Baked Beans, Chef's Veg, Mandarins	11 Vegetable Lasagna/Marinara Sauce, Capri Blend Veg, Oat Bread, Baked Good	12 Clam Chowder, Fish Sandwich/Bun, Roast Pot, Peas & Onions, Fresh Fruit
17 CLOSED: MLK Day	18 Cheese Ravioli/Vodka Sauce, Broccoli & Cauliflower, Garlic Roll, Mixed Fruit	19 Lentil Soup, Chix Bites/Honey Mustard, Roast Pot, Chef's Veg, Fresh Fruit, Biscuit
24 Steak/Peppers/Onions/Sub Roll, Farm Fries, Green Beans, Chef's Dessert	25 Crustless Chix Pot Pie, Mashed Pot, Garden Salad/Dressing, Biscuit, Baked Good	26 Creamy Broccoli Soup, Tomato/Mushroom Frittata, Baked Beans, Zucchini, Yogurt, Muffin, Juice *Birthday Cake & Ice Cream*

Public Service Announcement: Do Not Use "20" to Abbreviate the Year "2020"**Mass. Councils on Aging reminds us about the dangers of abbreviating the year 2020. The premise of the concern is that a date of 2/1/20 can be changed into another year by adding two digits to the year, possibly causing issues with documents.****Valentine's Day Chocolate Pretzel Treats****Ingredients: Mini pretzels, Nestlé chocolate morsels, Heart sprinkles (available at craft stores) or Valentine M&Ms, Piping bag (or sandwich bag), Wax/parchment paper****Directions: Lay out your wax paper. Spread out your pretzels (pretty side up!). Pour chocolate morsels in microwave-safe bowl. Microwave on high for 1 minute. Stir. Continue to microwave in 20 second intervals until smooth. Chocolate will continue to melt as you stir. DO NOT microwave until completely melted or you risk burning the chocolate. Spoon melted chocolate into plastic bag; cut off a small corner so that you can squeeze it out onto pretzel. On the center of the pretzel, squeeze a small dab of chocolate. Carefully place a heart or M&M in the center of the chocolate, and gently tap down. Let the chocolate cool/harden (putting them in the fridge obviously speeds up this process), and try not to eat them all!****FEBRUARY VAN & ACTIVITIES CALENDAR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 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 Clinic 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	6 9:30 Men's Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 10:30 Veterans' Agent Hours 10:30 Hybrid Exercise Class 12:30 Tai Chi
10 Shine Appointments 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	11 9:30 Van: Riverside/Hav'Il 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 1:00 Friends of GCOA 2:00-4:00 Quilting 101	12 11:00 Yoga 12:00 Whittier Valentine Lunch 12:30 Mah Jong	13 *Tax Assistance by Appt.* 10:30 Van: Plaistow, NH 8:30 Walking Club 9:30 Knitting Group 10:30 Hybrid Exercise Class 12:30 Tai Chi 1:00 Stamp Club 1:00 DOR/Circuit Breaker
17 CLOSED: President's Day	18 9:30 Van: Seabrook, NH 8:30 Walking Club 9:30 Strength Training 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch	19 10:00 Toe-Tappin' Dance Class 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	20 *Tax Assistance by Appt.* 10:30 Van: Rowley 8:30 Walking Club 10:30 Hybrid Exercise Class 12:30 Tai Chi
24 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	25 9:30 Van: Newburyport 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 10:30 Food Labels Program 12:00 Lunch 12:45 COA Board Mtg. 2:00 Book Club 2:00-4:00 Quilting 101	26 11:00 Yoga 12:00 Birthday Lunch 12:30 Mah Jong	27 *Tax Assistance by Appt.* 9:30 Van: Westgate/Hav'Il 8:30 Walking Club 9:30 Knitting Group 10:30 Hybrid Exercise Class 12:30 Tai Chi 1:00 Stamp Club

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.