



# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 19/Iss. 7

January 2018

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

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

**Director's Notes...** Marking the end of the old year & the arrival of a brand new year, New Year's Eve provides us with an opportunity to celebrate that important moment in time – & to connect with our family & friends as we begin the New Year together. We look forward to New Year's Eve – although our celebrations seem to evolve each year! When our girls were young, we planned activities that we could do as a family. We spent several years traveling into Boston with our friends to see some of the First Night activities. They loved the People's Procession with the costumed stilt walkers, the ice sculptures on the Common & the Family Fireworks but riding the roller coaster-like Green Line might actually have been their favorite part of the evening! Other years, we made dinner with our friends attempting to stay awake & watch the ball drop at midnight. On more than one occasion, only the children remained awake while certain parents rested their eyes much to the kids' delight! One year, we'd enjoyed our trek into Boston for New Year's Eve & then spent a leisurely morning munching stacks of apple pancakes. Morning stretched into afternoon & we decided to take the girls for some sledding down a favorite hill. The old wooden toboggan from my childhood was quickly strapped to the top of the station wagon & flying saucers filled the back along with blankets & a thermos of hot chocolate. The kids took run after run down the hill, swirling round & round on their saucers. They piled onto the toboggan together, squealing as their attempts to steer took them into piles of snow. Finally, they clambered back up to the top of the hill for some rest & hot chocolate. The afternoon sun was setting & evening stars were visible as the crescent of an early moon began to shine. The stellar alignment was the perfect back drop for one last crazy run down the hill. Both my husband & I hopped onto the toboggan with the girls. We flew down the now icy track at top notch speed, shrieking hysterically as we spilled across the snowbank but saving the hot chocolate! Talk about a head-over-heels start to the New Year! We are looking forward to heading into the New Year with all of you this year! So much to celebrate & enjoy at our new Senior Center – but no toboggan or flying saucers will be needed for the fun that we have planned! Happy New Year all the way through the year!

## Holiday Thanks

*Although they seemed to have arrived and departed "like the down of a thistle", the spirit generated by the holidays continues to warm us still! The Georgetown COA is grateful to all who helped to brighten the holiday season. We send our thanks to the Georgetown Middle/High School Music Department & Food Service for nurturing our bodies and lifting our spirits with their annual breakfast & holiday concert. We thank the Friends of the Council on Aging for funding & helping with the Annual Holiday Party. The holiday goodies baked by Monica Thompson were just a delight. We thank the Council on Aging board members & volunteers who brought desserts & so many helping hands!*



## 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 1.5 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.

**The COA and all activities will be closed on Monday, January 1, 2018 for New Year's Day  
and Monday, January 15, 2018 for MLK Day.**

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

# January Activities

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



CALL US AT 978-352-5726.



## JANUARY VAN SCHEDULE 2018

Shopping Date	Location	Recreation Date	Location
Jan. 2	NO VAN – Brown Bag Only	Jan. 4 9:30	Super Walmart/Salem, NH
Jan. 9 9:30	Riverside/Haverhill	Jan. 11 10:30	North Shore Mall/Peabody
Jan. 16 9:30	Newburyport	Jan. 18 10:30	Seabrook, NH
Jan. 23 9:30	Plaistow, NH	Jan. 25 10:30	Westgate/Haverhill
Jan. 30 9:30	Rowley		

**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!

**PUBLIC HEALTH NURSE:** **Wed. Jan. 3, 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. Jan. 4, 9:30 a.m.**  
Join **John Cashell/Town Planner** for an informative discussion of town issues. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726. Next breakfast: Feb. 1 Speaker: To be announced.**

**SHINE OFFICE HOURS:** There will be **NO SHINE** office hours in **January, 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. January 16  
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.

### ESMV SR. MEDICARE PATROL PROGRAM:

**Tues. Jan. 9, 10 a.m.** (See page 3.)

### ARMCHAIR TRAVEL ~ CHINA WITH LINDA & JOE CORCORAN:

**Tues. Jan. 23, 10 a.m.** (See page 3.)



### JANUARY BIRTHDAY:

**Jan. 31, 12:00 p.m.**

Join us as we send best wishes to our friends who were born in January. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 1/24/18 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. Jan. 23, 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



**Book Club resumes: Tues. January 23**

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



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

### **Senior Medicare Patrol Program Protect Yourself From Medicare Fraud!**

Sponsored by the Georgetown Council on Aging, the  
Massachusetts Senior Medicare Patrol Program  
with Elder Services of Merrimack Valley

**Tues. Jan. 9, 10 a.m.**

(Rescheduled from Nov. 2017)

Georgetown Senior Center

Presented by

**Patricia McMillen, a representative of the  
Massachusetts Senior Medicare Patrol Program  
(MA SMP)**

**Tips and strategies to keep health, finances and medical identity safe and avoid Medicare fraud.**

- \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year
- Participate in a discussion on how to prevent, detect, report healthcare errors, fraud and abuse.
- We all can have an active role in protecting Medicare for ourselves and future generations.
- This **free** information workshop will provide you with the tools to become a more informed and engaged health care consumer.

**For more information and to reserve your seat please contact the COA at 978-352-5726.**

If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890.

The Massachusetts Senior Medicare Patrol Program is funded in part by grant number 90-MP 0226-03-01 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC 20201.

## Armchair Travel: China

Presented by  
Joe & Linda Corcoran

Joe & Linda spent two weeks in November touring China.

Join us for a glimpse into Chinese life & the beauty of their country.



**Tues. January 23 at 10 a.m.**

Georgetown Senior Community

For more information or to let us know that you will attend, call the COA at 978-352-5726.



## 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.



## SPECIAL VALENTINE LUNCH

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.**



## 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.

## 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.

## Friends of the COA News...

Cummings Property of Woburn, MA presented The Friends of the Georgetown Council on Aging with a \$1,000 donation to be used for the area of greatest need. Through their Employee Directed Giving Program, Cummings Property has donated more than \$1.74 million in five years to local non-profits that are making a meaningful difference in their communities. Congratulations FGCOA!



## Home Improvement Applicants Sought

**Rebuilding Together** is now accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on Saturday, April 28, 2018.

The application **deadline has been extended to Wed. January 31, 2018.**

### 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)
- Are elderly, disabled, veteran or a family with young children
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

For an application, please call: 978-469-0800 or email [RTHaverhill@outlook.com](mailto:RTHaverhill@outlook.com)



## 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.



A successful December holiday party was enjoyed by over 60 seniors: a filling lunch followed by a variety of decadent desserts. Raffles of donated cookie trees and candle centerpieces went to several lucky recipients.

# **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.

## **Visiting 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. The nurse is also available for Trestle Way residents in the Community Building on the first Wednesday of each month @ 12:30 p.m. for blood pressure, weight & diabetic checks.

## **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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Haverhill, MA

**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 January 23, 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, Ann

Stewart **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.

## **January 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><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>
<b>1</b> <b>CLOSED: New Year's Day</b>	<b>2</b> Hamburger/Gravy, Mashed Pot, Chef's Veg, Pears, Dinner Roll	<b>3</b> Potato Bacon Soup, Oven Baked Chix, Cranberry Sauce, Rice Pilaf, Carrots, Fresh fruit, Oat Bread
<b>8</b> American Chop Suey, Spinach, Mixed Fruit, Dinner Roll	<b>9</b> Crust less Chicken Pot pie (carrots, corn, peas), Mashed Pot, Green Beans, Peaches, Biscuit	<b>10</b> Veggie Soup, Breaded Fish, Roasted Pot, Brussels Sprouts, Yogurt, WW Bread
<b>15</b> <b>CLOSED: MLK Day</b>	<b>16</b> LS Hot Dog/ Roll, Pork Baked Beans, Potato Chips, Mandarin Oranges	<b>17</b> Beef, Tomato & Black Bean Soup, Rice, Chix Fajitas/Tortilla, Sour Cream, Summer Squash, Fresh Fruit
<b>22</b> <b>Nancy's Chicken</b> (drumsticks, gravy, onions and peas), Rice, Butternut Squash, Pineapple, WW Bread	<b>23</b> Meatloaf/Gravy, Mashed Pot, Beets, Oat Bread, Fruit Loaf	<b>24</b> Broccoli Soup, Vegetable Frittata, Roasted Pot, Baked Apples, Yogurt, Juice, WW Roll
<b>29</b> Turkey Casserole, Rice Pilaf, Carrots, Pudding, Multigrain Bread	<b>30</b> Lasagna/Meat Sauce, Cauliflower, Brownie/Lorna Doones, Dinner Roll	<b>31</b> Tomato Soup, Breaded Chix Patty/Bun, Roasted Pot, Mixed Veg, Fresh Fruit

**January 19 is National Popcorn Day.** Celebrate with a big bowl of fresh popped corn dressed up with one (or more!) of the following toppings:

Any powdered dressing mix (Ranch, Italian) ~ Powdered Cheeses (White Cheddar, Parmesan) ~ Parmesan Cheese & Garlic Salt Mixture ~ Prepared Cinnamon Sugar ~ Seasoned Salts (Garlic, Lemon Pepper, Cajun, Fajita, Taco) ~ Powdered Chile or Jalapeño Pepper. You can also purchase prepared popcorn topping powders in many flavors. Enjoy!

## **JANUARY VAN & ACTIVITIES CALENDAR**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>1</b> <b>CLOSED: New Year</b>	<b>2 No Shopping Van– Brown Bag</b> 9:00 Strength Training 12:00 Lunch	<b>3</b> 9:30 BOH Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>4 9:30 Mens' Breakfast</b> <b>9:30 Van:</b> Walmart/Salem, NH 12:30 Tai Chi
<b>8</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>9 9:30 Van:</b> Riverside/Haverhill 9:00 Strength Training 10:00 <b>Sr. Medicare Patrol Prog.</b> 12:00 Lunch 12:00 EMS Quilts for Comfort 2:00-3:00 Beginners' Quilting	<b>10</b> 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>11 10:30 Van:</b> N. Shore Mall 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
<b>15</b> <b>CLOSED: MLK Day</b>	<b>16 9:30 Van: Newburyport</b> 9:00 Strength Training 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Lunch	<b>17</b> 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>18 10:30 Van:</b> Seabrook, NH 12:30 Tai Chi
<b>22</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>23 9:30 Van: Plaistow, NH</b> 9:00 Strength Training 10:00 Legal Assistance 10:00 Armchair Travel: China 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>24</b> 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>25</b> <b>10:30 Van:</b> Westgate/Haverhill 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
<b>29</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>30 9:30 Van: Rowley</b> 9:00 Strength Training 12:00 Lunch	<b>31</b> 9:30 Yoga 12:00 Birthday Lunch 12:30 Mah Jong	<b>Feb. 1</b> <b>9:30 Mens' Breakfast</b> <b>9:30 Van:</b> Walmart/Salem, NH 12:30 Tai Chi

**Van Trips:** The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.