



# A FEW GRAY HAIRS



National  
Popcorn  
Day  
Jan. 19

A Newsletter of the Georgetown Council on Aging

Vol. 20/Iss. 7

January 2019

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

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

**Director's Notes:** As the old year comes to an end and the new year is set to begin, New Year's Eve and New Year's Day often seems to mark the end of the holiday season. But, it also provides us with an opportunity to reflect, to look forward and to celebrate that moment which almost seems to be suspended in time. As a child, I remember celebrating New Year's Eve with dinner at my grandparents' home. The house was still decorated for the holidays with fresh pine boughs tucked around the gilt mirror in the dining room as well as the mirror in the hall way. The table was set with a damask linen table cloth and my grandmother's china (which now graces our holiday dinners). Much to the delight of small children, crackers were included with each place setting and all family members soon sported paper crowns and shared small trinkets. Dinner was lovely with home-made soup, roast beef, vegetables, pies and short-bread cookies. We lived in the same village so we were home in plenty of time for bed which gave our parents time to watch Guy Lombardo and the Royal Canadians, with late night snacks and a fire blazing in the fireplace. We had a cottage further north along the Ottawa River which made for a perfect New Years' Day outing. We could only drive part of the way down the farm lane in the winter but could then pull a toboggan filled with food and supplies across the snow to the cottage. My father warmed up the cottage with a fire in the fieldstone fireplace and the old wood stove stoked for the day's use. Mom was content to sit by the fireplace reading while my Dad took us out skating across the frozen bay. With blue skies overhead and snow covered trees lining the river, the day made for great skating. Just as New Year's Day itself, the absolute quiet and shadows of the hills outside of either point of the bay made the moment a little mysterious and exciting as I wondered what might be beyond our bay as well as what might be in the shadows behind those trees! Skating back to the cottage, I knew the new year would unfold in whatever way it would unfold but for now there would be hot chocolate and the warmth of the fire and our family.

I wish you all a year of joy and peace and many warm moments to share with us at the Georgetown Senior Community Center.



## AARP Tax Prep Assistance Available

**Open to:** Elders and other moderate-income individuals

**Where:** Georgetown Sr. Community Center  
51 North Street ~ Georgetown

**When:** Thursdays mornings Feb. 7 - April 11

**Appointments are required.**

**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 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.



## A Holiday Thank You

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. Appetizers for the Annual Holiday Party were generously donated by the Friends of the COA while desserts were baked by Monica Chouinard. Table centerpieces/decorations came from the Georgetown Preschool students. A special surprise came in the form of Thanksgiving & holiday cards created by the 3<sup>rd</sup> & 6<sup>th</sup> grade classes at Penn Brook School. GHS student Mia Winslow regaled us with table-side magic during the luncheon. We're thankful for all of the efforts that brightened the day for so many.

**The COA and all activities will be closed on Tuesday, January 1, 2019 for New Year's Day and Monday, January 21, 2018 for Martin Luther King 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.



J A N 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
Jan. 1	NO VAN – New Year's Day	Jan. 3 9:30	Super Walmart/Salem, NH
Jan. 8	NO SHOPPING VAN – Brown Bag	Jan. 10 10:30	Plaistow, NH
Jan. 15 9:30	Riverside/Haverhill	Jan. 17 10:30	North Shore Mall/Peabody
Jan. 22 9:30	Rowley	Jan. 24 10:30	Seabrook, NH
Jan. 29 9:30	Newburyport	Jan. 31 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. Jan. 2, 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. 3, 9:30 a.m.  
**Karen Tyler, Director of Veterans' Services** has been rescheduled from November to share Veteran updates and answer questions. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726. Next breakfast: Feb. 7**  
**Speaker: Chief Don Cudmore, GPD**

**SHINE OFFICE HOURS:** Mon. January 14, 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. Jan. 22, 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.

**GRIEF SUPPORT FOR LIVING WITH LOSS:**  
**On hiatus until April 9, 2019**

**BAY STATE PHYS. THER./FALL PREVENTION PROGRAM:**  
**Wed. Jan. 9, 10:30 a.m.** See pg. 3.

**HOT DOG LUNCH:**  
**Thurs. Jan. 17, 12 p.m.** See pg. 3.

**COLORING, COFFEE & COOKIES (GOODIES):**  
**Thurs. Jan. 31, 10 a.m.** See pg. 3.

**JANUARY BOOK CLUB:** Tues., Jan. 22, 2 p.m.  
**"Before We Were Yours" by Lisa Wingate**

**No COA Friends meeting in January. Next meeting will be Tues. Feb. 12 at 2 p.m.**

**JANUARY BIRTHDAY:**  
**Wed. Jan. 30, 12 p.m.** Join us as we ring in the New Year with 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 1/23/19 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. Jan. 22, 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.

## **"Fall Prevention & Balance Training"**

**Wed. Jan. 9, 10:30 a.m.**

PRESENTED BY

**Heather Waters, PT, DPT, CSCS**, managing partner  
**BAY STATE PHYSICAL THERAPY/ Ipswich** and  
**Mary Kate Grace, PT, DPT.**

The program will include an informational talk on:

- causes of impaired balance,
- balance strategies and
- the importance of increasing strength in order to reduce the risk of falls and fall related injuries.
- Learn about the small changes that can be made at home to increase safety!
- A question and answer session will be included.

Refreshments will be served.

For more information, please call the CoA at 978-352-5726.

*Looking ahead...*



## 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
- **\$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 After January 7.**

## Hot Dogs & Beans Luncheon

**Thursday Jan. 17, 12 p.m.**

Georgetown Senior Community Center

**Warm and filling. Join us for lunch on a cold winter's day:**

- |            |               |
|------------|---------------|
| * Hot Dogs | * Baked Beans |
| * Sides    | * Dessert     |

**RSVP REQUIRED by Wed. Jan. 9 Call 978-352-5726.**



## Coloring, Coffee, & Cookies

**Thurs. January 31 10 a.m.**

Facilitated by Sharon Lindstrom

- **Enjoy the fun & relaxation** of creative expression through coloring.
- **All materials** are provided or feel free to bring your own pencils, crayons, markers, etc.

For more info or to sign-up, please call the COA @ (978) 352-5726.



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

*Ladies, join us for a  
Royal Baby Shower Tea*

*Sponsored by the Friends of the COA  
Wed. March 13, 2019 at 1 p.m.*

*Details to follow in February.*



More to come...

- |          |                                     |
|----------|-------------------------------------|
| March 6  | ESMV Probiotics Nutrition Program   |
| March 19 | Digital Hearing Program             |
| March 27 | Special Spring Luncheon             |
| April 25 | Women's Breakfast by Friends of COA |

Watch for more details in upcoming newsletters.  
(We are not taking sign-ups at this time.)

## **Circuit Breaker Tax Credit**

The Massachusetts Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. Based on local property taxes, the tax credit is funded by the state government. The credit is designed for senior homeowners and renters who meet income limits and other criteria. Homeowners are eligible for the credit if they paid more than 10 percent of their total income for real estate taxes, including water charges. Renters can count 25 percent 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
- You must rent or own a home in Massachusetts that is your principal residence
- If you are a homeowner, your property's assessed value cannot exceed \$778,000
- If you rent, you cannot also receive a federal or state rent subsidy and your landlord must pay property taxes
- Income limits are: \$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 Circuit Breaker Tax Credit, 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. **Information regarding tax preparation and 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:** 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.

**Grief Support for Living with Loss:** 2<sup>nd</sup> Tues., 1:30-3 p.m.

**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 **\$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.



## **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.



## **Good Neighbor Energy Fund**

Organized by the Salvation Army, the Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who is unable to meet a month's energy expense due to temporary financial difficult and who is not eligible for either state or federal energy assistance. To qualify for the Good Neighbor Energy Fund, household income must fall between 60 – 80 percent of the state's median income levels.

### **Income eligibility guidelines for 2018 – 2019**

<u>Household size</u>	<u>Income</u>
1	\$35,510 - \$47,347
2	\$46,437 - \$61,916

To apply for assistance, contact the local Salvation Army Service Center: Haverhill Corps. 978-374-7571. Newburyport Corps: 978-465-0883.



Seniors enjoyed a roast beef dinner at the Annual Holiday Party in December. Photo courtesy of Doug Dawes (Facebook).

# **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 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 12/5/18

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.

Presort Standard  
U. S. Postage

**PAID**

PERMIT #39  
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 22, 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](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>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
	<b>1</b> <b>Closed: New Year's Day</b>	<b>2</b> Tomato Soup, Breaded Fish/Bun, O'Brien Pot, Capri Blend Veg, Fresh Fruit
<b>7</b> Shepard's pie (corn/beef/potatoes), Green Beans, Pears, Dinner Roll	<b>8</b> Lasagna (no meat), Peas, Salad/Dressing, Italian Bread, Berry Cup	<b>9</b> Southwestern Soup, Chicken Fajitas/Sour Cream, Corn, Beans, Tortilla, Orange
<b>14</b> Sweet/Sour Meatballs, Rice, Broccoli, Mixed Fruit, WW Bread	<b>15</b> Turkey a la king, Pasta, Carrots, Gelatin, Biscuit	<b>16</b> Beef & Veg Soup, Cheeseburger/Bun, Roasted Pot, Brussel Sprouts, Fresh Fruit
<b>21</b> <b>Closed: MLK Day</b>	<b>22</b> Hot Dog/Roll, Baked Beans, Mixed Veg, Fig Bars/Lorna Doones	<b>23</b> Lentil Soup, Breaded Chix, Beets, Veg Rice, Orange
<b>28</b> Stuffed Shells/Meat Sauce, Cauliflower, Italian Bread, Pudding	<b>29</b> Chix/Mushroom Sauce, Cheesy Grits, Salad/Dressing, Oat Bread, Fresh Fruit	<b>30</b> Butternut Soup, Frittata, Roasted Pot, Zucchini & Tomatoes, Muffin, Yogurt, Juice (no milk), Birthday Cake & Ice Cream

**January is National Soup Month** There's nothing better than a steaming bowl of soup & a hearty chunk of bread for dinner. To help you navigate those recipes, here is a glossary of soup bases\*:

**STOCK:** Bones, veggies, seasonings, water simmered for up to six hours. An ideal base for soups or sauces.

**BONE BROTH:** Stock ingredients, but cooked for up to 24 hours. A more gelatinous, bolder base (or eat as is; it's deliciously healthy!)

**BROTH:** Meat/bones optional, veggies, seasonings cooked for two hrs; add salt; adjust seasonings. Serve as is or filter to make a consommé.

**BOUILLON:** Rehydrate stock granules or cubes with hot water. A quick snack; sore throat soother; flavoring for soups/other dishes.

(\*AARP The Magazine/Real Possibilities, Dec. 2018/Jan. 2019, p.10)



## JANUARY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Reminder for Dec. 31, 2018</b>  <b>NO Dolls Group</b> <b>NO Yoga</b> <b>NO Bingo</b>	<b>1</b> <b>CLOSED: New Year's Day</b>	<b>2</b> 9:30 BOH Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>3 9:30 Mens' Breakfast</b> <b>9:30 Van: Super Walmart</b> 8:30 Walking Club 12:30 Tai Chi
<b>7</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>8 No Shopping Van—Brown Bag</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 12:00 EMS Quilts 2:00-3:00 Beginners' Quilting	<b>9</b> 9:30 Yoga <b>10:30 Fall Prev. Program</b> 12:00 Lunch 12:30 Mah Jong	<b>10</b> <b>10:30 Van: Plaistow, NH</b> 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
<b>14 SHINE Appts. available</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>15 9:30 Van: Riverside/Hav'l</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	<b>16</b> 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>17</b> <b>10:30 N. Shore Mall/Peabody</b> 8:30 Walking Club <b>12:00 Hot Dog/Beans Lunch</b> 12:30 Tai Chi
<b>21</b> <b>CLOSED: MLK Day</b>	<b>22 9:30 Van: Rowley</b> 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch 12:45 COA Board Meeting 2:00 Book Club	<b>23</b> 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>24</b> <b>10:30 Van: Seabrook, NH</b> 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
<b>28</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>29 9:30 Van: Newburyport</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 12:00 EMS Quilts 2:00-3:00 Beginners' Quilting	<b>30</b> 9:30 Yoga 12:00 Birthday Lunch 12:30 Mah Jong	<b>31</b> <b>10:30 Van: Westgate/Hav'hill</b> 8:30 Walking Club <b>10:00 Coloring/Coffee/Cookies</b> 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.