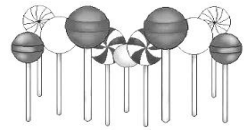




# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

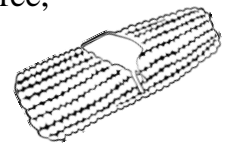
Vol. 19/Iss. 1

July 2017

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

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

**Director's Notes...** One of the joys of summer has to be the food of the season! As we planned our annual summer barbecue, I found myself thinking about the barbeques of my childhood in Ontario. The little stone church in the country that my great-grandfather helped to build would host the most wonderful summer barbecues. In the churchyard, crocks of beans were buried in a large fire-pit that crackled with coals while rows of chickens roasted on the grill that covered the fire-pit. Red and white checkered tablecloths covered rows of picnic tables that would quickly fill with families of all ages, sitting and visiting over plates heaped with chicken, beans, buttery corn on the cob and glossy potato salad. If you still had room, dessert featured slabs of home-made apple pies served with thick slices of aged cheddar cheese and steaming mugs of coffee, milky with the sort of cream that is only possible in an area filled with dairy farms. Far off in the evening sky, the Milky Way would begin to appear as people called their goodbyes and headed home. In that part of Ontario if you were lucky, the night sky would sometimes dance with the colors of the Northern Lights, providing a magical backdrop for sleepy children looking out from their parents' car windows. What could be a better end to any meal? So this summer, enjoy that hot dog or lobster roll. Taste that tomato straight from the garden and don't forget the ice cream! After all it's a short season with so much delightful food!



## *Crosby's Marketplace Sponsors Men's Breakfast*

Reflecting true community partnership, Crosby's Marketplace will sponsor the COA's monthly Men's Breakfast program again this year. Now in its 10th year of sponsorship, Crosby's Marketplace has allowed us to increase our monthly program with additional participation. On an average we serve 20 men per month! Breakfasts include a variety of speakers and a home-cooked meal. The COA thanks Crosby's Marketplace for their sponsorship and encourages all men to join us for good food and fun each month. For more information, please call the COA office at (978) 352-5726.

## **Older Americans Month**



May's celebration of Older Americans Month gave the Georgetown Council on Aging an opportunity to acknowledge the significant contributions that elders make to our communities. We could not do the work that we do without their willing assistance, care & compassion.

We would like to thank the Music Masters for kicking-off our celebration with an enjoyable performance. We are grateful to Ashland Farm at North Andover, Nunan's Plants and Greenhouses of Georgetown, & MA Executive Office of Elder Affairs for their sponsorship of the Volunteer Appreciation Breakfast.

**The COA and all activities will be closed on Tuesday, July 4 for Independence Day.**

# July Activities

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



CALL US AT 978-352-5726.



## JULY VAN SCHEDULE 2017

| Shopping Date | Location                  | Recreation Date | Location                |
|---------------|---------------------------|-----------------|-------------------------|
| July 4        | NO VAN – Independence Day | July 6 9:30     | Super Walmart/Salem, NH |
| July 11       | NO VAN – Brown Bag Only   | July 13 10:30   | Plaistow, NH            |
| July 18 9:30  | Riverside/Haverhill       | July 20 9:30    | Peabody Essex Museum    |
| July 25 9:30  | Newburyport               | July 27 10:30   | Westgate/Haverhill      |

**JOIN US MONDAY – THURSDAY MORNINGS** from 8:30-11 a.m. for cards and cribbage games! Puzzles and coloring materials are also available for drop-in use. Hot coffee and snacks are a great way to meet-up with friends!

### **BOARD OF HEALTH NURSE: Wed. July 5, 10 a.m.**

Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12 - 2 p.m.

**MEN'S BREAKFAST:** There will be no Men's Breakfast in July. Next meeting: August 3.

**SHINE OFFICE HOURS:** **Thurs. July 6, 9-11 a.m.** (Note: Date change for July ONLY.) SHINE Counselor **Jerry Goldberg** 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. July 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.

**NEW MAH JONG CLUB:** Two new groups!  
Mondays at 12:30 p.m. Wednesdays at 1 p.m.

**PHYSICAL THERAPY PROGRAM:** Wed. July 12, 11 a.m.

**NEW KNITTING CLUB:** Thurs. July 13 & 27, 9:30-11:30

**BOCCE & ICE CREAM:** Tues. July 18, 1:30 p.m.

**ESMV BBQ/BIRTHDAY LUNCH:** Wed. July 26, 12 p.m.

**NEXT MURAL MEETING:** Mural planning is underway. Call the office for more information

The new **BOOK CLUB** will resume in the fall. Watch for details.

 **JULY BIRTHDAY CELEBRATION: Tues. 26, 12 p.m.**  
Help us send best wishes to our friends who were born in June. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 7/19/17 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726. **Join us for the Over the Hill Band at 11 a.m. The birthday lunch will be our annual BBQ. See page 3 for details.**

**Free Legal Help** offered by Atty. Elaine Dalton

**No appointments  
until Sept.**



## Health & Wellness Classes

All classes are held at Georgetown Senior Community Center  
unless otherwise noted.

Newcomers & beginners welcome.

There is a **SUGGESTED DONATION** of \$3.00 per class.

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

*Promoting  
Healthy  
Living*

## **Walking Club**

**Tuesdays & Thursdays**

**2-3 p.m.**

Participants must  
pre-register with the COA.  
**978-352-5726**

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



Come one! Come all! Novice to Expert...

## **Bocce and Ice Cream**

**Tues. July 18, 1:30 p.m.**

Help us break in our new **Bocce set** and enjoy a cool treat at the same time to celebrate National **Ice Cream** Month.

Join us for lunch at noon to make a day of it! (Lunch reservations required by 7/12/17)

Please sign-up by calling the COA at 978-352-5726.

## **VAN TRIP TO PEABODY ESSEX MUSEUM:**

**“Ocean Liners: Glamour, Speed, and Style”**

**Thursday, July 20**

Come and join us for a special van trip to the Peabody Essex Museum in Salem! From the mid-19<sup>th</sup> - the mid-20<sup>th</sup> centuries, ocean liners were floating showcases of technology, opulence & social sophistication. Ocean liners were intricately constructed pieces of culture—in the appearance of their design, the elegance of their engineering & the division of their social space—and each with its own distinct personality. The exhibition brings together nearly 200 works including paintings, sculpture, models, furniture, lighting, wall panels, textiles, fashion, photos, posters & film.

The van will leave at 9:30 a.m.

- Cost for seniors is \$2 for the van, \$18 senior admission to the PEM.
- Lunch is on your own.
- **Seats are limited.**

To make a reservation, please call the COA  
at (978) 352-5726.

## **The Importance of Physical Therapy**

Presented by

**Maryanne Grise, MPT**  
Partners in Rehab/Georgetown

**Wed. July 12, 11 a.m.**



The program will focus on

- The Benefits of Physical Therapy,
- Maintaining Balance,
- Strength and
- Fall Prevention

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



“America was not built on fear.  
America was built on courage, on  
imagination, & an unbeatable  
determination to do the job at hand.”

-Harry S. Truman

## “Matter of Balance” A Fall Prevention Program



Due to the cancellation of this program in June, it is being rescheduled for the fall. Watch for further details.

## Ongoing & Monthly Activities

For more info on any activities call the COA 978-352-5726



**COA Food Pantry:** Located at GSCC.  
No income restrictions apply. Appointments are required by calling 978-352-5726.

**Quilts for Local Veterans:** Monday July 10,  
9:30 a.m. - 3 p.m. Newcomers & drop in visitors welcome.

**WINTHROP STAMP CLUB:** Thurs. July 13, 1-4 p.m. General meeting followed by stamp auction (open to public).

**Knitting Group:** Thurs. July 13 & 27, 9:30-11:30  
2<sup>nd</sup> & 4<sup>th</sup> Thursdays each month Drop-ins welcome.

**Beginner's Quilting Class:** July 11 & 25, 2 - 3 p.m.  
2<sup>nd</sup> & 4<sup>th</sup> Tuesdays each month Free. Fabric/batting provided.

**Mah Jong Group:** Mon. at 12:30 p.m. & Wed. at 1 p.m.



### Looking Ahead...

**Sept. 19** Healthy Living for Brain & Body  
**10:30 a.m.** Alzheimer's Association Presentation

**Sept 21** TRIAD BBQ  
**11:30 a.m.**

**Oct. 10** Delvena Theater/Tea  
**1:00 p.m.** "Shirley Valentine"



COA Board members enjoy a quiet moment to visit in the Georgetown Senior Community Center library.

## Annual Summer BBQ & Concert

Food provided by Elder Services of Merrimack Valley

Tuesday July 26, 12 p.m.



### Timetable of Events:

✓ 11 a.m. The Over the Hill band will set toes to tappin' & hands to clappin'!

✓ 12 p.m. Enjoy a classic summer BBQ:

- Hot Dogs & Cheeseburgers
- Baked Beans
- Corn on the Cob
- Potato Salad
- Watermelon
- Lemonade
- Birthday Cake & Ice Cream



✓ **COST: \$2.00** **RSVP REQUIRED by July 19**  
Call 978-352-5726.



This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



## Georgetown Summer Concert Series:

The Georgetown Summer Concert series is back Sundays in July from 5-7 p.m. at American Legion Park. Various vendors will provide food on site. All concerts are FREE.

- |         |  |
|---------|--|
| July 2  | The American Music Spectacular/Sara Strudivant & Company |
| July 9  | Flying Roosters  |
| July 16 | Liz Bills & Friends                                      |
| July 23 | Vinyl Groove   |
| July 30 | 4EverFab (Beatles Cover Band)                            |



## Free Fun Fridays Return for 2017

Space constraints permit only a partial listing. For more information contact HighlandStreet.org or call (617) 969-8900.

- |          |   |
|----------|---|
| July 7:  | Isabella Stewart Gardner Museum<br>N. E. Historic Genealogical Society<br>The Hall at Patriot Place |
| July 14: | Edward M. Kennedy Institute<br>Cape Ann Museum<br>Harvard Museums of Science & Culture              |
| July 21: | Museum of Fine Arts/Boston<br>Tanglewood<br>Lynn Museum   |
| July 28: | JFK Presidential Library & Museum<br>Tower Hill Botanic Garden<br>Wenham Museum                     |

# **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.**

Serving **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.

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**

**No**  
**Meeting**  
**in July**

**NEXT BOARD MEETING:**  
**Tuesday August 22, 2017**

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

**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:** Janice Downey,

Darcy Norton

**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 Merrimack Valley Nutrition Project is closed, there will be no lunches served at the COA Meal Site located at the Georgetown Senior Community Center.

## **July 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>3</b> Stuffed Shells/Meat Sauce, Cauliflower, Mixed Fruit, Dinner Roll                                  | <b>4</b><br><b>Closed: Independence Day</b>   | <b>5</b> BBQ Chix, Sweet Pot, Coleslaw, Natural Grain Bread, Apple Crisp  |
| <b>10</b> Hot Dog/Bun, Pork Baked Beans, Potato Chips, Mandarin Oranges                                    | <b>11</b> OJ (no milk), Turkey Sausage/Cheese Frittata, French Toast or Muffin, Sliced Apples, Yogurt | <b>12</b> Bourbon Chix, Rice, Broccoli, Corn Bread, Fresh Fruit   |
| <b>17</b> Lasagna/Meat Sauce, Spinach, WW Roll, Fresh Fruit  | <b>18</b> Orange Chix, Rice, Asian Blend Veg, Pineapple, WW Bread                                     | <b>19</b> Smothered Pork Chop, Mashed Pot, Corn & Red Peppers, Applesauce, Dinner Roll  |
| <b>24</b> Ribeye/BBQ Sauce/Roll, Cauliflower/Cheese, Sweet Pot, Raisins                                    | <b>25</b> Sweet/Sour Meatballs, Rice, Carrots, Natural Grain Bread, Mandarin Oranges                  | <b>26</b> <b>ESMV BBQ &amp; Birthday Lunch</b><br>Lemonade, Cheeseburgers & Hot Dogs/Rolls, Baked Beans, Corn on the Cob, Potato Salad, Watermelon, Birthday Cake & Ice Cream |
| <b>31</b> Meat Loaf/Gravy, Mashed Pot, Green Beans, Natural Grain Bread, Fruit Crunch Bars or Lorna Doones |   |   |



## **JULY VAN & ACTIVITIES CALENDAR**

| <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>  |
|--|--|--|--|
| <b>3</b> 9:30 Dolls<br>10:30 Yoga<br>12:00 Lunch<br>12:30 Bingo<br>12:30 Mah Jong                                  | <b>4</b><br><b>CLOSED: Independence Day</b>  | <b>5</b><br>9:30 Visiting Nurse<br>9:30 Yoga<br>12:00 Lunch<br>1:00 Mah Jong                           | <b>6</b> <b>NO Mens' Breakfast SHINE Appts. (July only)</b><br>9:30 <b>Van:</b> Walmart/SalemNH<br>12:30 Tai Chi<br>2:00-3:00 Walking Club |
| <b>10</b> 9:30 Dolls<br>9:30-3 Quilting for Veterans<br>10:30 Yoga<br>12:00 Lunch<br>12:30 Bingo<br>12:30 Mah Jong | <b>11</b> <b>No Shopping Van- Brown Bag</b><br>12:00 Lunch<br>12:30 Strength Training<br>2:00-3:00 Beginners' Quilting<br>2:00-3:00 Walking Club   | <b>12</b><br>9:30 Yoga<br>11:00 Partners in Rehab<br>12:00 Lunch<br>1:00 Mah Jong                      | <b>13</b> 9:30 Knitting Club<br><b>10:30 Van: Plaistow, NH</b><br>12:30 Tai Chi<br>1:00-4:00 Stamp Club<br>2:00-3:00 Walking Club          |
| <b>17</b> 9:30 Dolls<br>10:30 Yoga<br>12:00 Lunch<br>12:30 Bingo<br>12:30 Mah Jong                                 | <b>18</b> 9:30 <b>Van:</b> Riverside/Hav.<br>11-12 Sen. Tarr Office Hrs.<br>11-12 Rep. Mirra Office Hrs.<br>12:00 Lunch<br>12:30 Strength Training<br>1:30 Bocci & Ice Cream<br>2:00-3:00 Walking Club | <b>19</b><br>9:30 Yoga<br>12:00 Lunch<br>1:00 Mah Jong   | <b>20</b> 9:30 <b>Van:</b> Peabody Essex Museum<br>12:30 Tai Chi<br>2:00-3:00 Walking Club   |
| <b>24</b> 9:30 Dolls<br>10:30 Yoga<br>12:00 Lunch<br>12:30 Bingo<br>12:30 Mah Jong                                 | <b>25</b> 9:30 Van: Riverside/Hav.<br>No Legal Help July/August<br>12:00 Lunch<br>12:30 Strength Training<br>2:00-3:00 Beginners' Quilting<br>2:00-3:00 Walking Club                                   | <b>26</b><br>9:30 Yoga<br>11:00 Over the Hill Band<br>12:00 ESMV BBQ & Birthday Lunch<br>1:00 Mah Jong | <b>27</b><br>9:30 Knitting Club<br><b>10:30 Van: West Gate/Hav.</b><br>12:30 Tai Chi<br>2:00-3:00 Walking Club                             |
| <b>31</b> 9:30 Dolls<br>10:30 Yoga<br>12:00 Lunch<br>12:30 Bingo<br>12:30 Mah Jong                                 | <b>8/1</b> <b>No Shopping Van- Brown Bag</b><br>SHINE Appts. available<br>12:00 Lunch<br>12:30 Strength Training<br>2:00-3:00 Walking Club   | <b>8/2</b><br>NO RN (Date change Aug. only.)<br>9:30 Yoga<br>12:00 Lunch<br>1:00 Mah Jong              | <b>8/3</b> <b>9:30 Mens' Breakfast</b><br>9:30 <b>Van:</b> Walmart/SalemNH<br>12:30 Tai Chi<br>2:00-3:00 Walking Club                      |

**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.