



A FEW GRAY HAIRS



Nat'l
Ice Cream
Day-July 15

A Newsletter of the Georgetown Council on Aging

Vol. 20/Iss. 1

July 2018

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes... With its band concerts, picnics & fireworks, the Fourth of July is a summer favorite. Perhaps this could be a local bias, but it does seem that small towns in New England lead the way in celebrating the Fourth. Band concerts played in waterfront parks or in bunting-draped band stand, flags mixed with baskets of summer flowers lining lamp posts & roadways, & town-wide pancake breakfasts or barbeque dinners all make the day special for individuals & families. But, the evening firework displays have to be the ultimate in celebration! When our girls were young, we would pack a picnic, leave the dog at home (who truly hated fireworks) & head to the fireworks events planned in neighboring communities. The girls would squeal with delight as firework displays filled evening skies from waterfront parks in Newburyport, on Woodsom's Hill in Amesbury & at the Haverhill Stadium. Since we've been able to plan our family vacation to include the Fourth of July, our favorite place to be on the Fourth of July is Peaks Island in Maine. The day starts with a community wide pancake breakfast & includes a wonderful parade of decorated golf carts, bicycles & antique cars. Following a fabulous concert by the Portland Symphony Orchestra, fireworks take place across the water in Portland. As the sky fills with more & more firework bursts, boats in the harbor honk & set off bright flares. One year, we had had a terrific morning of pancakes & parade festivities. Hot dogs, hamburgers & veggie burgers were all on the grill. Suddenly, we could see a thick fog bank rolling down the channel from the open water. In no time, thick fog blanketed the island. We waited, hoping that the fog would lift in time for the concert & fireworks. It did not but that did not stop our neighbors from celebrating. As the time for the fireworks drew near, families brought wheelbarrows of wood down to the beach. In no time, several small bonfires were lit & glowed though the fog. Older children waved sparklers, appearing as pin points of light up & down the beach. Fog horns mixed with the laughter from families heard but not seen & only the top light of the ferry was visible as it glided silently up & down the island passage. It was a perfect way to spend the Fourth of July! Wishing all of you a wonderful holiday filled with plenty of fun, fireworks & perhaps a little fog if we're lucky!



Welcome to Carol Westhaver



The Georgetown Council on Aging is glad to welcome Carol Westhaver as the COA's Meal Site Assistant. A resident of Georgetown, Carol comes to the COA after a long career in business. Carol enjoys reading and walking and has wonderful experience in serving meals to large

groups through her church in Topsfield. We are very fortunate that Carol will be part of our COA team and look forward to lots of good meals together! Welcome, Carol!

NEET Drivers Needed

The Georgetown Council on Aging (COA) is seeking additional volunteer drivers to provide medical transportation to local elders through Northern Essex Elder Transport, Inc. (N.E.E.T.). The COA provides local elders with rides to medical appointments. For more information on the N.E.E.T. program or becoming a volunteer driver, please call the COA office at (978) 352-5726.



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

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

July Activities

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



CALL US AT 978-352-5726.



JULY VAN SCHEDULE 2018

Shopping Date	Location	Recreation Date	Location
July 3	NO VAN – Brown Bag Only	July 5 9:30	Super Walmart/Salem, NH
July 10 9:30	Newburyport	July 12 10:30	Seabrook, NH
July 17 9:30	Plaistow, NH	July 19 10:30	Riverside/Haverhill & Carter's Ice Cream
July 24 9:30	Rowley	July 26 10:30	Westgate/Haverhill
July 31 9:30	Riverside/Haverhill	Aug. 2 9:30	Super Walmart/Salem, NH

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. July 10, 9:30 a.m.
(Note: Date change for July only.) Public Health Nurse Pam Lara provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have.

MEN'S BREAKFAST: NO Men's Breakfast in July.
With great appreciation, the COA thanks Crosby's Markets for their sponsorship. To make reservations, call 978-352-5726.

Next breakfast: August 2 Speaker: Rev. Bill Boylan

SHINE OFFICE HOURS: Mon. July 16, 9 a.m.-12 p.m.
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 24 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.

SEATED MEDITATION CLASS:

Mon. July 9, 16, 23, 30 1:30 p.m. (See page 3.)

SUMMER CLASSIC MOVIE: "ROMAN HOLIDAY"

Thurs. July 19, 10:00 a.m. (See page 3.)

SUMMER BBQ & OTH BAND:

Wed. July 25 Music: 11 a.m.; Lunch: 12:00 p.m. (See page 3.)

BOCCE & ICE CREAM:

Thurs. July 26, Bocce: 10:30 a.m. Ice Cream: 11:30 (See page 3.)

NO Yoga on Wed. July 11

NO Strength Training on Tues. July 31.



JULY BIRTHDAY: Tues. July 31, 12:00 p.m.

Join us as we send best wishes to our friends who were born in July. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 7/25/18 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

Free Legal Help offered by Atty. Elaine Dalton

*No office hours
July or August*



**Walking Club NOW meets
Tues. & Thurs. at 8:30 a.m.**

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	9:15 a.m.
Tai Chi	Thursday	12:30 p.m.
Fitness Room	Mon. – Thurs.	Call for equip. Availability

New Walking Program

Meets Rain or Shine

Tues. & Thurs. 8:30 a.m.

(NOTE new time.)

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.

Seated Meditation Classes Continue

Mondays: July 10, 17, 24 & 31, 1:30 – 2:30 p.m.

Georgetown Senior Community Center

Facilitated by Petra Horgan

The classes will feature seated meditation with:

- focus on breathing,
- guided meditation & visualization,
- learning the benefits of meditation.
- Suggested donation of \$3.00



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

Summer Classic Movie Series Premieres

Thursday July 19, 10 a.m.

Georgetown Senior Community Center

Enjoy coffee, refreshments! & a presentation of

“Roman Holiday”

Starring Audrey Hepburn; Gregory Peck

Join us on Thursday Aug. 30, 10 a.m. for *“Casablanca”* (Bogart/Bergman) followed by special pizza lunch at noon!

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



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

Bocce and Ice Cream

Thurs. July 26

10:30-11:30 = Bocce 11:30-12 = Ice Cream

Come on down for some fun exercise and cool off with a sweet treat.

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

Annual Summer BBQ & Concert

Food provided by Elder Services of Merrimack Valley

Thursday July 25, 12 p.m.

Georgetown Senior Community Center

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 & Hamburgers
- Corn on the Cob
- Potato Salad
- Coleslaw
- Watermelon
- Lemonade



✓ COST: \$2.00 RSVP REQUIRED by July 18
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.



Local men enjoy conversation, good food & a speaker at the COA's June Men's Breakfast.

Massachusetts Senior Legal Helpline

The Massachusetts Senior Legal Helpline has a new phone number! A project through the Volunteer Lawyers Project of Boston, the Helpline's new phone number is 1-800-342-5297. The project provides free legal information and referral services to Massachusetts residents who are 60 years and older. The project also provides referrals to reduced fee attorney referral programs where attorneys will charge individuals on a sliding scale based on income.



Greenleaf Supportive Social Day Program

Located in the Amesbury Senior Center, the Greenleaf Social Day program is a non-medical social day care program for individuals living with mild mental health disorders, Alzheimer's Disease and other forms of dementia, as well as cognitive limitations. The program is available 9 a.m. - 3 p.m., and contracts with Elder Services of the Merrimack Valley. Private pay cost is \$37 a day, and includes a free trial day. For more information, please call Vanessa Kahrman, MA, LSW at 978-388-8138.



Free Summer Concerts @ The Library

The Georgetown Public Library is hosting a variety of free concerts on Wednesdays this summer at the Library, 2 Maple Street, Georgetown.

July 11: 6:30 p.m. Quentin Callewaert

Music includes a combination of classical, traditional, contemporary, popular and original compositions performed by an exceptionally talented guitarist.

July 18: 6:30 p.m. Gamelan

Gamelan is a type of orchestra with lots of gongs and other metallophones. Ian Coss & Jody Diamond will play gender wayang – something akin to Balinese chamber music outside on the library lawn (weather permitting).

July 25: 6:45 p.m. The Chromaticats

The Chromaticats are a group of award-winning musicians coming together to perform jazz music.

Aug. 1: 6:30 p.m. Lyle Brewer

Lyle Brewer is a guitarist. He plays original instrumental music influenced by folk, jazz, & classical music.

Aug. 8: 6:30 p.m. Plum Island Pans

Engaging multiple steel drum ensembles, this group covers a number of styles and genres of music including traditional steel drum, reggae, jazz & billboard hits.

For more information, contact the GPL@ 978-352-5728 or Georgetownpl.org.

Georgetown Summer Concert Series

Ice House Pavilion ~ American Legion Park

Sunday evenings 5-7 p.m.

Bring your own seating. Food vendors will be on the premises.

July 1: Sara Sturdivant/Patriotic Tribute

July 22: UC5/Classic Rock & Country

July 8: Rust Never Sleeps/Neil Young Tribute

July 29: 4 Ever Fab/Beatles Cover Band

July 15: Windham Community Swing Band



Free Fun Fridays 2018

Sponsored by the Highland Street Foundation,
Boston Globe & WCVB5-(abc)

Totally free admissions every Friday, all summer-through August 31. Below is a sampling of activities. For a full schedule contact HighlandStreet.org, call 617-969-8900 or check the bulletin board at GSCC.

July 6: Boston Children's Museum
Peabody Essex Museum
New England Quilt Museum (Lowell)

July 13: Edward M. Kennedy Institute
The Telephone Museum
Larz Anderson Auto Museum

July 20: Museum of Fine Arts, Boston
The Gardens at Elm Park (Mass. Hort. - Wellesley)
Gloucester Stage Company

July 27: Isabella Stewart Gardner Museum
Boston Athenæum (Beacon Hill)
BSO-Tanglewood

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## 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.

# **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 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**

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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**

***No Meeting  
In July***

**NEXT BOARD MEETING:  
Tuesday August 28, 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, Diane Prescott, Nancy

Thompson, **Alternates:** Darcy Norton,

Diane Klibansky

**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.

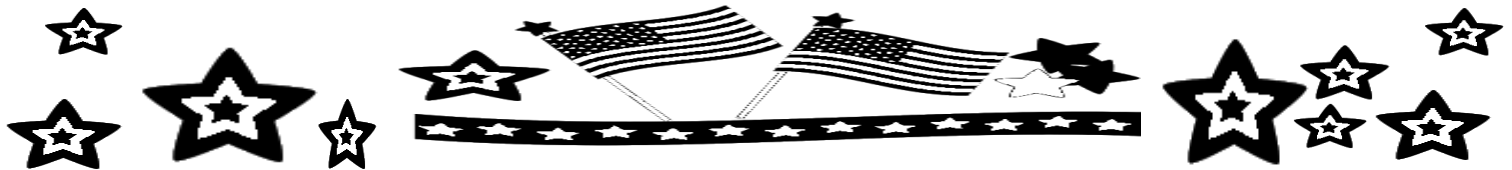
**Inclement Weather Policy:** The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be 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.

## **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><b>Monday</b></u>                                                              | <u><b>Tuesday</b></u>                                                            | <u><b>Wednesday</b></u>                                                                                                             |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b> Baked Chix/Gravy, Butternut Squash, Steamed Pot, WW Dinner Roll, Pudding | <b>3</b> Baked Egg/Sausage, Sautéed spinach, Roasted Pot., Fresh Fruit, MG Bread | <b>4</b> <b>CLOSED: INDEPENDENCE DAY</b>                                                                                            |
| <b>9</b> Lentil Stew/Pot, Rice, Veg Blend, Dinner Roll, Pears                     | <b>10</b> Cheeseburger/Bun, Ratatouille, Roasted Pot, Fruit Loaf/Grahams         | <b>11</b> Hawaiian Pork, Rice, Brussel's Sprouts, Mixed Fruit, Oat Bread                                                            |
| <b>16</b> Ravioli/Meat Sauce, Cauliflower, WW Bread, Peaches                      | <b>17</b> Chicken Marsala, Pasta/Sauce, Capri Blend, Italian Bread, Fresh Fruit  | <b>18</b> Southwestern Salad: Lettuce, Ground Beef, Shredded Cheese, cherry tomato, Black bean & Corn Salad, Tortilla, Diet Gelatin |
| <b>23</b> Rib-e-que/ Bun, Butternut Squash, Roasted Pot, Mandarin(?) Oranges      | <b>24</b> Hot Dog/Roll, Baked Beans, Coleslaw, Fruit Crisp (warm)/Fruit          | <b>25</b> Beef Broccoli Stir Fry, White Rice, Carrots, Brownie/Lorna Doones, MG Bread                                               |
| <b>30</b> Chicken/Broccoli/Pasta, Summer Squash, Italian Bread, Chef's Dessert    | <b>31</b> Egg Salad/Roll, Three Bean Salad, Pot Salad, Yogurt, Juice (no milk)   |                                                                                                                                     |



## **JULY VAN & ACTIVITIES CALENDAR**

| <b>MONDAY</b>                                                                                                               | <b>TUESDAY</b>                                                                                                                                                                                                                  | <b>WEDNESDAY</b>                                                              | <b>THURSDAY</b>                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b> 9:30 Dolls<br>10:30 Yoga<br>12:00 Lunch<br>12:30 Bingo<br>1:30 Seated Meditation                                   | <b>3</b> <b>No Shopping Van– Brown Bag</b><br>8:30 Walking Club<br>9:15 Strength Training<br>12:00 Lunch                                                                                                                        | <b>4</b> <b>CLOSED: Independence Day</b><br><br>(NOTE: BOH RN = July 10)      | <b>5</b> <b>9:30 Mens' Breakfast</b><br><b>9:30 Van: Super Walmart</b><br>8:30 Walking Club<br>12:30 Tai Chi                     |
| <b>9</b> 9:30 Dolls<br>10:30 Yoga<br>12:00 Lunch<br>12:30 Bingo<br>1:30 Seated Meditation                                   | <b>10</b> <b>9:30 Van: Newburyport</b><br>8:30 Walking Club<br>9:15 Strength Training<br><b>9:30 BOH Nurse</b><br>12:00 Lunch<br>12:00 EMS Quilts for Comfort<br>1:30-3 Grief Support Group<br>2:00-3:00 Beginners' Quilting    | <b>11</b><br><b>NO</b> Yoga today<br>12:00 Lunch<br>12:30 Mah Jong            | <b>12</b> <b>10:30 Van: Seabrook, NH</b><br>9:30 Knitting Group<br>8:30 Walking Club<br>12:30 Tai Chi<br>1:00 Stamp Club         |
| <b>16</b> <b>SHINE Appts. available</b><br>9:30 Dolls<br>10:30 Yoga<br>12:00 Lunch<br>12:30 Bingo<br>1:30 Seated Meditation | <b>17</b> <b>9:30 Van: Plaistow, NH</b><br>8:30 Walking Club<br>9:15 Strength Training<br>12:00 Lunch                                                                                                                           | <b>18</b><br>9:30 Yoga<br>12:00 Lunch<br>12:30 Mah Jong                       | <b>19</b><br><b>10:30 Van: Riverside/Haverhill &amp; Carter's Ice Cream</b><br>8:30 Walking Club<br>12:30 Tai Chi                |
| <b>23</b> 9:30 Dolls<br>10:30 Yoga<br>12:00 Lunch<br>12:30 Bingo<br>1:30 Seated Meditation                                  | <b>24</b> <b>9:30 Van: Rowley</b><br>8:30 Walking Club<br>9:15 Strength Training<br>11-12 Sen. Tarr Office Hrs.<br>11-12 Rep. Mirra Office Hrs.<br>12:00 Lunch<br>12:00 EMS Quilts for Comfort<br>2:00-3:00 Beginners' Quilting | <b>25</b><br>9:30 Yoga<br>12:00 Annual BBQ Lunch<br>12:30 Mah Jong            | <b>26</b><br><b>10:30 Van: Westgate/Haver'll</b><br>9:30 Knitting Group<br>8:30 Walking Club<br>12:30 Tai Chi<br>1:00 Stamp Club |
| <b>30</b> 9:30 Dolls<br>10:30 Yoga<br>12:00 Lunch<br>12:30 Bingo<br>1:30 Seated Meditation                                  | <b>31</b> <b>9:30 Van: Riverside/Hav'll</b><br><b>NO</b> Strength Training today<br>8:30 Walking Club<br>12:00 Birthday Lunch<br>12:00 EMS Quilts for Comfort<br>2:00-3:00 Beginners' Quilting                                  | <b>Aug. 1</b><br>9:30 BOH Nurse<br>9:30 Yoga<br>12:00 Lunch<br>12:30 Mah Jong | <b>Aug. 2</b><br><b>9:30 Mens' Breakfast</b><br><b>9:30 Van: Super Walmart</b><br>8:30 Walking Club<br>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.