



A FEW GRAY HAIRS



Nat'l Soft Pretzel
Month

A Newsletter of the Georgetown Council on Aging

Vol. 20/Iss. 9

March 2019

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes: Although this winter has been kinder than some in recent history, we are always glad to see signs of spring as March arrives! We have gained an hour of sunlight leading to some beautiful sunsets over Pentucket Pond. As a happy sign of spring for me, taps are already in place in backyard maple sugar bushes. Cardinals and juncos have been visiting the birdfeeders and skunks have enjoyed some late night snacks at the compost heap. For my husband and the other baseball fans in our lives, can spring be far away if the Red Sox's equipment truck has already arrived in Fort Myers for spring training? We may have a few inches of white stuff on the ground, but spring will soon find us! This is the time of year that I start to think about the gardens and wonder about the return of perennial friends and when they will start to poke their tender shoots through the thawing earth. Wherever they lived, my grandparents were wonderful gardeners and filled their yards with perennial beds and vegetable gardens that produced a wide variety of harvests. What couldn't be eaten immediately was canned for future use. My parents also planted gardens in each of our homes. My first little garden patch was planted at our first home in Ottawa. I can still remember the excitement of spotting radish tops pushing up through the ground. When my parents moved to Newburyport, my mother quickly planted tomato plants in a side border that was already thickly planted with lilies and standing phlox. I added cucumber plants, their runners creeping between the plants. Her project worked and we enjoyed tomatoes and cucumbers all summer. The first year that we were married, my husband and I enthusiastically planned a large garden beside our house in Rowley. Little did we know, the spot that we chose for our first garden was over the septic tank and leach field! It produced a fabulous harvest including a mystery squash that we never could identify! We have enjoyed some fun gardening at the Georgetown Senior Community Center and I'm looking forward to seeing the border of daffodils that we planted with the preschoolers in front of the Senior Center last fall and we will soon start tomato and herb seeds with the children that can be planted in our garden boxes as soon as we can get rid of all of this white stuff. Ah, spring, spring! Wherefore art thou, spring?



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 through April 11

Appointments are required.

To schedule an appointment, call the COA office at
(978) 352-5726.

Things to bring with you to your appointment:

- ★ Copies of 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 Special Valentine Thankyou



Penn Brook School 2nd, 3rd & 6th grade classes creatively "gave their hearts" to local seniors in the form of handmade Valentine cards. Perley preschoolers provided artistic centerpieces for the COA annual Valentine Party.

March Activities

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



CALL US AT 978-352-5726.



MARCH VAN SCHEDULE 2019

Shopping Date	Location	Recreation Date	Location
Mar. 5	NO SHOPPING VAN – Brown Bag	Mar. 7 9:30	Super Walmart/Salem, NH
Mar. 12 9:30	Riverside/Haverhill	Mar. 14 10:30	Plaistow, NH
Mar. 19 9:30	Seabrook, NH	Mar. 21 10:30	Mann's Orchard/Target, Methuen
Mar. 26 9:30	Riverside/Haverhill	Mar. 28 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. Mar. 6, 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. Mar. 7, 9:30 a.m.
Rich Zapf, VP Flying Aces Club Nat'l Org. will speak on free-flight model airplanes with an emphasis on WW1. An assortment of models will be on display. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726.**
Next breakfast: April 4/Dr. Dan Tollman

KAREN TYLER, DIR. VET. SERVICES OFF. HOURS:
Thurs. March 7 10:30 a.m. – 11:30 a.m.

SHINE OFFICE HOURS: Mon. Mar. 18, 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. March 19, 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.

TOE-TAPPING, KNEE SLAPPING DANCE CLASS

Mon. March 4, 10 a.m. See pg. 3.

ESMV PROBIOTICS NUTRITION PROGRAM

Wed. March 6, 11 a.m. See pg. 3.

ROYAL BABY SHOWER TEA:

Wed. Mar. 13, 1:00 p.m. See pg. 3.

ST. PATRICK'S DAY BRUNCH:

Thurs. Mar. 14, 12:00 p.m. See pg. 3.

JUDICIARY OUTREACH PROGRAM:

Thurs. March 14, 1 p.m. See pg. 3.

DIGITAL HEARING PROGRAM

Wed. March 19, 10:30 a.m. See pg. 6.

SPECIAL SPRING LUNCHEON:

Wed. Mar. 27, 12:00 p.m. See pg. 6.

MARCH BOOK CLUB:

Tues. Mar. 26, 2 p.m.
"The Curious Charms of Arthur Pepper" by Phaedra Patrick

COA Friends will meet Tues. Mar. 12 at 1 p.m.

MARCH BIRTHDAY:

Wed. Mar. 27, 12 p.m. Join us as we honor our friends who were born in March. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 3/20/19 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. March 26, 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



NO YOGA ON MON. 3/4 & WED. 3/6

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	*On hiatus until	Spring*
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.

Toe-Tapping, Knee Slapping Dance Class

Instructor: Joyce Sartorelli

Monday March 4, 10:00 a.m.

Join us for 45 minutes of fun & instruction:

- Gentle Warm-up Exercises
- Polka & Charleston line dances
- Hand Jive & the Stroll



No charge. ~ All skill levels welcome.

Contact the COA to sign-up as soon as possible.

978-352-5726



Nutrition Discussion: Probiotics & Prebiotics

What Are They & How Can They Help You

Presented by

Leigh Hartwell, RDN

Sponsored by Elder Services of Merr. Valley, Inc.

Wed. March 6, 11 a.m.

Topics include:

- ☆ The Gut Microbiome
- ☆ Probiotic, prebiotics & their effect on health
- ☆ Sources & samples of beneficial foods

Please sign-up at the COA: 978-352-5726.



→ Attention Veterans ←

Karen Tyler, Director of Veterans' Services will hold office hours at the Georgetown Senior Community Center on

Thurs. March 7 and April 4

10:30 a.m. – 11:30 a.m.



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

Please join us for a

Royal Baby Shower Tea

Sponsored by the Friends of the COA

Wed. March 13, 2019 at 1 p.m.



*Gifts (optional) of disposable diapers & wipes
will be donated to Emmaus, Inc.*

St. Patrick's Day Brunch

Thurs. March 14, 12 p.m.

Sponsored by the Friends of the Council on Aging

Top of the Mornin' Eggs

Bangers and Mash (Sausage & Potatoes)

Pot O' Gold Dessert



No charge. Call the COA for reservations by March 7.

↑ **Come for Brunch. Stay for the Program.** ↓



In honor of Nat'l Judicial Outreach Month
Georgetown COA is pleased to present:

Salim Rodriguez Tabit

Assoc. Justice, Superior Court/Boston

Thurs. March 14; 1 p.m.

This is a unique opportunity to learn about the work of the courts on a daily basis.

To sign-up please contact the COA at 978-352-5726.



EDUCATIONAL HEARING AID SEMINAR

**Tuesday, March 19, 2019
10:30 a.m.**

Presented by **Digital Hearing Healthcare**

Topics include:

- **Reasons you might need help hearing**
- **The importance of diagnosis and service**
- **Which hearing aid is best and why**
- **Signs you might need help hearing**
- **How hearing influences your total body health**

Please call the COA office to sign-up. 978-352-5726



Special Spring Luncheon

Sponsored by ESMV



Wed. March 27, 12 p.m.
Georgetown Senior Community Center

Spring Luncheon Menu

- | | |
|------------------------------------|-------------|
| *Salmon with Pineapple/Mango Salsa | |
| *Quinoa Salad | *Brown Rice |
| *Whole Wheat Roll | *Dessert |



Cost: \$2

This is also the March Birthday Lunch. Birthday celebrants receive a free lunch. Reservations are required **before 3/20/19**. To make reservations, please call the COA office 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.

BINGO: Mon. at 12:30 p.m. \$1 per card covers all games.

WINTHROP STAMP CLUB: 2nd & 4th Thurs., 1-4 p.m.
General meeting followed by stamp auction (open to public).

Knitting Group: 2nd & 4th Thurs., 9:30-11:30
Drop-ins welcome.

Grief Support for Living with Loss: 2nd Tues., 1:30-3 p.m.

Emergency Quilts for Comfort: 2nd & 4th Tues., 12- 2 p.m.
Free. Fabric/batting provided. Drop-ins/beginners welcome.

Beginner's Quilting Class: 2nd & 4th Tues., 2 – 3 p.m.
Free. Fabric/batting provided.

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

Book Club: 4th 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.

Other Heating Assistance Programs Available:

Trustees of the Perley School

Call the COA at (978) 352-5726 for info & referral.

Good Neighbor Energy Fund

Contact the local Salvation Army Service Center:
Haverhill: 978-374-7571; Newburyport: 978-465-0883.



Circuit Breaker Tax Credit

The Mass. Circuit Breaker Tax Credit (CB) is a state income tax credit for certain Mass. residents age 65 years or older who paid rent or real estate taxes during the tax year & who meet income limits & other criteria. Based on local property taxes, the tax credit is funded by the state government. Homeowners are eligible for the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renters can count 25% of their rent as real estate tax payments. For eligibility information, contact the COA at 978 -352-5726.



Friends of the Georgetown Peabody Library 2019 Spring Book Sale

Friday, March 22 ~ 10 AM to 5 PM (Opening Day!)

Saturday, March 23 ~ 9 AM to 1 PM

Sunday, March 24 ~ 1 PM to 4 PM (Bag Sale*)

Monday, March 25 ~ 2 PM to 5 PM (Bag Sale*)

*Fill a bag for \$5. Bring your own bag and earn a cookie!

Hardcovers; \$2 ~ Paperbacks; \$1 ~ DVDs/CDs; \$2

Kids' hardcovers; \$1 ~ Kid's paperbacks; 50¢

You can help: donate books, help set-up, work at the sale &, of course, **shop at the sale!** For more information, send an email to georgetownfol@gmail.com



Coloring has proven health benefits. Our first group of the year spent time relaxing, laughing and just visiting.

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Monthly Van Schedules are printed in the Newsletter. A small donation is suggested to help with program expenses.

TRANSPORTATION/MEDICAL:

Northern Essex Elder Transport, Inc.

This program provides rides for elders to medical appointments. Arrangements should be made at least **ONE WEEK** in advance by calling the COA office at (978) 352-5726. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

RING & RIDE: Medical, Shopping & General Purpose

Transportation & Medi-Ride

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, contact the COA.

HANDICAP PLACARDS

The COA has applications for **HANDICAP placards** available from the Registry of Motor Vehicles.

Meals on Wheels

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

Congregate Meals

The COA Meal Site offers nutritious lunches Monday-Wednesday at 12:00 p.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

FOOD AND HEAT RESOURCES

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

Board of Health Nurse

On the first Wednesday of each month, from 9:30 - 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.

Serving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselors Jerry Goldberg & Nancy Aberman @ Georgetown Sr. Community Center. See newsletter for specific dates.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 1/15/19

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833

Return Service Requested

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

Presort Standard
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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 4th Tuesday of each month at **Georgetown Sr. Community Center**
51 North Street, Georgetown

NEXT BOARD MEETING:
Tuesday March 26, 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.

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.

March 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>
4 Lasagna/Meat sauce. Cauliflower/Carrots, Italian Bread, Pears	5 Chicken Broccoli Alfredo/Pasta, Summer Squash, WW Dinner Roll, Diet Gelatin	6 Vegetable/Chick Pea Soup, Breaded Fish/Bun, Lemony Rice, Green Beans, Fresh Fruit
11 Chicken/Mushrooms, Pasta, Spinach, Italian Bread, Chef's Dessert	12 Meatballs/Lemon Cream Sauce, Broccoli Rice, MG Bread, Berry Cup	13 Tomato Soup, Vegetable Frittata, Roast Pot, Beets, Juice (NO Milk), WW Bread, Fresh Fruit
18 Hot Dog/Roll, Baked Beans, Carrots, Mandarin Oranges	19 Chicken Parmesan/Pasta, Garden Salad, Multigrain Bread, Pears	20 Corn Chowder, Spanish Rice, Chef's Veg, Seasoned Beef/Peppers/Onions/Tortilla, Fruit
25 American Chop Suey, Zucchini/Summer Squash, Berry Cup, WW Dinner Roll	26 Turkey/White Bean/Potato Stew, Carrots, WW Bread, Mixed Fruit	27 Beef & Noodle soup, Cheeseburger/Bun, Potato Chips, Mixed Veg, Fresh Fruit

Monday, March 11 is Johnny Appleseed Day

"John Chapman (September 26, 1774 – March 18, 1845), better known as **Johnny Appleseed**, was an American pioneer nurseryman who introduced apple trees to large parts of Pennsylvania, Ontario, Ohio, Indiana, and Illinois, as well as the northern counties of present-day West Virginia. He became an American legend while still alive, due to his kind, generous ways, his leadership in conservation, and the symbolic importance he attributed to apples." (Wikipedia)

Quick & Easy Stewed Apples (Serves: 4)

Ingredients: 1/3 c. butter ~ ¼ c packed brown sugar ~ ¼ c granulated sugar ~ 2 T corn starch ~ 1½ c water ~ ½ tsp. cinnamon ~ 5-6 medium size apples, peeled & chopped or sliced

Directions: In a large 5 qt. pot, mix together sugars & cornstarch. Gradually stir in water. Add butter & cinnamon. Mix together well & bring to a light boil. Add apples & stir, coating apples sugar mixture. Cover & simmer on low 20 minutes. Let cool slightly & serve warm. Store in an air tight container in the refrigerator.

MARCH VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 No Yoga Today 9:30 Dolls 10:00 Dance Class 12:00 Lunch 12:30 Bingo	5 No Shopping Van— Brown Bag 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	6 No Yoga Today 9:30 BOH Nurse 11:00 Probiotics Nutrition Prog 12:00 Lunch 12:30 Mah Jong	7 9:30 Mens' Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 10:30-11:30 Karen Tyler, Veterans' Serv. Office Hrs. 12:30 Tai Chi *Tax Prep By Appointment*
11 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	12 9:30 Van: Riverside/Hav'll 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 12:00 EMS Quilts 1:00 Friends of COA Meeting 2:00-3:00 Beginners' Quilting	13 9:30 Yoga 12:00 Lunch 12:30 Mah Jong 1:00 Royal Baby Shower Tea	14 10:30 Van: Plaistow, NH 8:30 Walking Club 9:30 Knitting Group 12:00 St. Pat's Brunch 12:30 Tai Chi 1:00 Judiciary Outreach Prog. 1:00 Stamp Club *Tax Prep By Appointment*
18 SHINE Appts. Available 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	19 9:30 Van: Seabrook, NH 8:30 Walking Club 9:30 Strength Training 10:30 Digital Hearing Progr'm 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch	20 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	21 10:30 Van: Mann's Orchard & Target/Methuen 8:30 Walking Club 12:30 Tai Chi *Tax Prep By Appointment*
25 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	26 9:30 Van: Riverside/Hav'll 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 12:00 Lunch 12:00 EMS Quilts 12:45 COA Board Meeting 2:00 Book Club 2:00-3:00 Beginners' Quilting	27 9:30 Yoga 12:00 Special Spring Luncheon (Birthday Lunch) 12:30 Mah Jong	28 10:30 Van: Westgate/Hav'll 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club *Tax Prep By Appointment*

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.