



A FEW GRAY HAIRS

Happy
MOTHER'S
Day!

A Newsletter of the Georgetown Council on Aging

Vol. 20/Iss. 11

May 2019

Email: cfiorello@georgetownma.gov

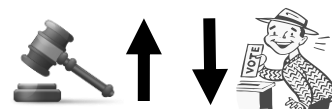
Website: www.georgetownma.gov

Director's Notes: My parents moved from Ottawa to Bells Corners, a small village outside of the city, during an early wave of 1960s suburban build-out. Five-room bungalows (ranch-style homes) sprang up around the village center creating a community of young families. Beyond the basic services of police, fire & a school that quickly needed expansion, there were very few other services. However, the energy & vision of people living in the new homes quickly came together & the new community soon reflected their shared goals. Recognizing that there was a gap in early education in the village, my mother established a nursery school in our home that served pre-school children & their families for many years. My father lent his engineering & arts background to the design & construction of the new church that still serves the community. One year, there were some very late nights as Dad painted & installed a series of murals for the Christmas season. Both my parents knew that it was important to connect with others & that their creative gifts would allow them to contribute to the health of the new community. The theme of this year's Older Americans Month – "Connect, Create, Contribute" reflects the experiences many of us have enjoyed as a result of living in communities, made stronger by the diverse populations working together to build healthy networks of social support. A commitment to connect with others & to contribute in any way that we are called to share is a model for the next generation & helps us all to remain healthy & active. Research shows that remaining socially connected has significant health benefits for older adults. Supporting a healthy community, studies also show that the benefit gained by social & physical engagement provides an important connection for all age groups in the community. For the past 56 years, the federal Administration for Community Living recognizes the contributions that older Americans offer the lives of others through community & volunteer work. In Georgetown, it is clear that older adults are well-connected, offer creativity & contribute to this vital community which will continue to benefit the many generations to come. The contributions by older adults to life in Georgetown is evident in all aspects of town life as individuals serve on town boards & committees, in church & community groups, & maintain town properties. At the Senior Center, the contributions by many are seen as people volunteer as medical drivers, fold newsletters, bake for special events, volunteer in the office & help to organize programs & activities. Through that model, you have graciously showed us all the importance of social connection & contribution to community. Join us on Monday May 13, as we honor the contributions that you provide others when we celebrate Older Americans Month with a 1 p.m. performance by the Music Masters at the Georgetown Senior Community Center. Refreshments & plenty of connection will all be on hand!

Welcome to Medicare

Join us for an evening "Intro to Medicare" with a SHINE presentation on **Thursday May 16, 6 p.m.** at the Georgetown Senior Community Center. SHINE representatives from Elder Services of Merrimack Valley will be on hand to provide people who are new to Medicare with information about their options. SHINE is a federally funded program, supported by the Administration for Community Living (ACL), Centers for Medicare and Medicaid Services (CMS) and the Executive Office of Elder Affairs (EOEA). SHINE counselors are trained extensively, attend monthly meetings, and are required to recertify each year, ensuring they have the most up-to-date accurate information to share with the community. Refreshments will be served! For further information and to register for the event, please call the COA at 978-352-5726.

Annual Town Meeting
Monday, May 6, 2019
7 p.m. at GMHS



Annual Town Election
Monday, May 13, 2019
8 a.m. - 8 p.m.
Penn Brook School

The COA and all activities will be closed on Monday, May 27 for Memorial Day.

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

May Activities

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



CALL US AT 978-352-5726.



M A Y V A N S C H E D U L E 2 0 1 9

| Shopping Date | Location | Recreation Date | Location |
|---------------|-----------------------------|-----------------|--------------------------|
| | | May 2 9:30 | Super Walmart/Salem, NH |
| May 7 | NO SHOPPING VAN – Brown Bag | May 9 10:30 | Plaistow, NH |
| May 14 9:30 | Riverside/Haverhill | May 16 10:30 | Poets' Inn/Haverhill |
| May 21 9:30 | Seabrook, NH | May 23 10:30 | North Shore Mall/Peabody |
| May 28 9:30 | Riverside/Haverhill | May 30 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: **Tues. May 7, 9:30 a.m.**
(NOTE: Day change this month only.)

Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have.

MEN'S BREAKFAST: **Thurs. May 2, 9:30 a.m.**
Members of the Georgetown Board of Selectmen will speak town issues prior to Annual Town Meeting & Voting. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **For reservations, call 978-352-5726.**
Next breakfast: June 6 Speaker: Rev. Bill Boylan

KAREN TYLER, DIR. VET. SERVICES OFF. HOURS:
Thurs. May 2, 10:30 a.m. – 11:30 a.m.

SHINE OFFICE HOURS: **Mon. May 20, 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. May 14, 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.

CINCO DE MAYO LUNCHEON

Wed. May 1, 12 p.m. See pg. 3.

HOW TO GET STRONGER

Wed. May 8, 10:30 a.m. See pg. 3.

MUSIC MASTERS' & MOTHERS' DAY RECOGNITION:

Mon. May 13, 1 p.m. See pg. 3.

GRIEF SUPPORT GROUP

Tues. May 14, 1:30 p.m. See pg. 3.

INTRO TO MEDICARE

Thurs. May 16, 6 p.m. (note evening hours) See pg. 1

WILDFLOWER PROGRAM:

Tues. May 21, 10:30 a.m. See pg. 3

APRIL BOOK CLUB: **Tues. May 28, 2 p.m.**
"Summer Hours at the Robbers Library" by Sue Halpern

COA Friends will meet Tues. May 14 at 1 p.m.

MAY BIRTHDAY:

Wed. May 29, 12 p.m. Join us as we honor our friends who were born in May. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 5/22/19 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. May 28, 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



Special Van Trip to Poet's Inn

Thursday May 16

Join us for a van trip to enjoy lunch at the **Whittier RTHS's well-known Poets' Inn Restaurant.** **The van will begin to pick people up at 10:30 a.m.** For van reservations, please call the COA at 978-352-5726.
Seating is limited.

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* |
| 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.



This program has been provided by a grant awarded to the MCOA by Blue Cross Blue Shield of Massachusetts.

CINCO DE MAYO LUNCHEON

Sponsored by ESMV

Wednesday, May 1 ~ 12:00 p.m.

Georgetown Senior Community Center

Menu:

Pulled Pork Tacos ~ Spanish Rice & Beans

Black Bean & Corn Salad ~ Margarita Lime Pudding

\$2 suggested donation

Lunch reservations are required before 4/24/19.

Contact the COA at 978-352-5726.



Music Masters Concert

Join us for a Dual Celebration

Monday, May 13 ~ 1:00 p.m.

In honor of **Older Americans Month** & our annual **Mothers' Day Recognition**, please join us for an hour of song and humor: an annual favorite enjoying a variety of styles and genres!

- Mothers will be honored with a special gift.
- Refreshments will be served.
- Reservations are not required, but **to help with planning, please call (978) 352-5726.**

The program is supported by a grant from the Georgetown Cultural Council, a local agency supported by the Massachusetts Cultural Council.



How to Get Stronger

Wed. May 8 ~ 10:30 a.m.

Presented by:



Heather Waters, PT, DPT, CSCS

Managing partner

BAY STATE PHYSICAL THERAPY

- ✓ **Strengthening & Condition Maintenance**
- ✓ **Importance of strength training**
- ✓ **General Principles & Safety Guidelines**
- ✓ **Introduction to beginning chair & counter exercises**

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

Wildflower Program

Tuesday May 21, 10:30 a.m.

Presented by Ann Lacey

Garden Friends of Georgetown

- 🌸 Learn about local wildflowers
- 🌸 Question and answer period.
- 🌸 Refreshments will be served.



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



Grief Support for Living with Loss

Our group offers support for seniors living with loss on the **second Tuesday of each month, 1:30-3 p.m.** at the Georgetown Senior Community Center. Facilitated by Lois Marra, a Merrimack Valley Hospice licensed counselor trained specifically in grief and bereavement. Participants have the opportunity to engage at their own pace in learning about grief, sharing their stories, and accessing support. For further information, please call the COA at 978-352-5726.

For a true friend...

It is with great sadness, that we share the news of our friend Cathy Fairchild's recent passing. For 35 years, Cathy served as the Administrator of Northern Essex Elder Transport (N.E.E.T.), Inc. Through the NEET program, the Georgetown COA and the other 14 local communities included in the Amesbury non-profit program, are able to coordinate volunteer drivers needed to provide local elders with transportation to medical appointments. An important link in maintaining independence and wellbeing for elders, the N.E.E.T. program fills the transportation void that often exists in rural communities. The program is a real and tangible way of making a difference in other people's lives. Without Cathy's guidance and unfailing support, the N.E.E.T. program would not be the vital program it is today. The lives of many people have been changed as a result of Cathy's vision. She will be missed and we send our sympathy to her family and friends.

BOOKS in Bloom

Sat. May 4 ~ 6:30 – 9:30 p.m.
Georgetown Peabody Library

Sponsored by the Friends of the Georgetown Peabody Library

Spectacular display of floral arrangements –many available for raffle- by local floral designers inspired by favorite literary works.

Proceeds benefit library programming.

Tickets are \$20. Includes complimentary refreshments.

To purchase tickets, contact Betty Hastings at bettyhastings74@gmail.com. Tickets are also available at the door.

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.

Agent Orange & Gulf War Burn Pits Program

The Northshore Veterans Collaborative will present a program on Agent Orange and the Gulf War Burn Pits Thursday May 16, 6:30 p.m. at the Byfield Community Art Center located at 7 Central Street in Byfield. The program will feature a variety of experts discussing both topics. A question and answer period will be included. **For further information, please contact Karen F. Tyler, Director of Veterans' Services at 978-356-3915**



Federal Trade Commission Scam Warning

The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number & even your money.

In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked – but he might ask you for a fee to reactivate it, or to get a new number. He will ask you to confirm your Social Security number. In other variations, he says that somebody used your Social Security number to apply for credit cards, & you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, & that he'll tell you how to keep it safe.

All of these are scams. Here's what you need to know:

- The SSA will never call & ask for your Social Security number. It will not ask you to pay anything. It won't call to threaten your benefits.
- Your caller ID might show the SSA's real phone number (1-800-772-1213), **but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.**
- **Never** give your Social Security number to anyone who contacts you in this way. **Do not confirm the last 4 digits.** Do not give a bank account or credit card number – ever – to anybody who contacts you by phone asking for it.
- Remember that anyone who tells you to wire money, pay with a gift card, or send cash is always a scammer no matter who they say they are.

If you're worried about a call from someone who claims to be from the Social Security Administration, hang up the phone & call the real SSA at 1-800-772-1213. If you have spotted a scam, tell the FTC at ftc.gov/complaint. To learn more, you can go to **Fake Calls about your SSN.**

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

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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

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 May 28, 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, Jeanne Robertson

Alternates: Carol Westhaver

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.

May 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> |
|--|---|---|
| | | 1 Special Cinco de Mayo Lunch Pulled Pork Tacos, Spanish Rice/Beans, Black Bean/Corn Salad, Margarita Lime Pudding |
| 6 Meatballs/Gravy, Mashed Pot, Chef's Veg, Oat Bread, Berry Cup | 7 BBQ Pork Patty/Sauce/Sub Roll, Sweet Pot, Corn, Pears | 8 Chix Alfredo/Broccoli/Pasta, Garden Salad Fresh Fruit, Italian Bread |
| 13 Hot Dog/ Roll, Baked Beans, Coleslaw, Fresh Fruit | 14 Chix, Pasta Primavera, MG Bread, Peaches | 15 Meatloaf/Gravy, Creamed Spinach, Mash Pot, Oat Bread, Chef's Dessert |
| 20 Chix/Lemon Pepper Sauce, Rice Pilaf/Veggies Broccoli, WW Bread, Mixed Fruit | 21 Beef Steak/Peppers/Sub Roll, Potato Chips, Cheesy Cauliflower, Gelatin | 22 Turkey/Gravy, Mash Pot, Green Beans, Oat Bread, Fresh Fruit, Cranberry Sauce |
| 27 Closed: Memorial Day | 28 Hamburger/Bun, Roast Pot, Mixed Veg, Baked Good | 29 Chicken Marsala/Pasta, Green Beans, Mandarin Oranges, WW Roll, Birthday Cake & Ice Cream |

National Hamburger Day is May 28! Celebrate with a new topping or two or invite some friends to enjoy a toppings bar. Here is a short list (but not all) of suggestions:

***Condiments:** Mustard (Dijon, Brown)~BBQ Sauce~Salsa~Pico de Gallo~Guacomole~A1~Hot Sauce~Chili~Ranch Dressing~Pesto

***Cheese:** Cheddar~Muenster~Swiss~Monterey~Pepper Jack~Blue Cheese~Gouda~Fresh Parmesan

***Fruit/Veg:** Lettuce~Tomato~Onions (fresh, grilled, strings, rings)~Pickles/Cucumber~Jalapenos~Pineapple~Mushrooms~Avacado

***Miscellaneous:** Bacon~Fried Egg

MAY VAN & ACTIVITIES CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|--|--|
| | | 1 NO BOH Nurse Today (Rescheduled to Tues. May 7) 9:30 Yoga 12:00 Cinco De Mayo Lunch 12:30 Mah Jong | 2 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 |
| 6 Town Meeting 7 p.m. 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo | 7 No Shopping Van-- Brown Bag 8:30 Walking Club 9:30 BOH Nurse (Day change this month only.) 9:30 Strength Training 12:00 Lunch | 8 9:30 Yoga 10:30 How to Get Stronger 12:00 Lunch 12:30 Mah Jong | 9 10:30 Van: Plaistow, NH 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club |
| 13 Elections 8 a.m.-8 p.m. 9:30 Dolls 10:30 Yoga 12:00 Lunch 1:00 Music Masters Concert & Mothers Day Recognition (NO Bingo Today) | 14 9:30 Van: Riverside/Hav'Il 8:30 Walking Club 9:30 Strength Training 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch 12:00 EMS Quilts 1:00 Friends of COA Meeting 1:30 Bereavement Group 2:00-3:00 Beginners' Quilting | 15 9:30 Yoga 12:00 Lunch 12:30 Mah Jong | 16 10:30 Van: Poets' Inn 8:30 Walking Club 12:30 Tai Chi 6 p.m. "Welcome to Medicare Program" |
| 20 SHINE Appts. Available 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo | 21 9:30 Van: Seabrook, NH 8:30 Walking Club 9:30 Strength Training 10:30 Wildflower Program 12:00 Lunch | 22 9:30 Yoga 12:00 Lunch 12:30 Mah Jong | 23 10:30 Van: North Shore Mall 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club |
| 27 CLOSED: Memorial DAY | 28 9:30 Van: Riverside/Hav'Il 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 | 29 9:30 Yoga 12:00 Birthday Lunch 12:30 Mah Jong | 30 10:30 Van: Westgate/Haverh'Il 8:30 Walking Club 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.