



# A FEW GRAY HAIRS

A Newsletter of the Georgetown Council on Aging

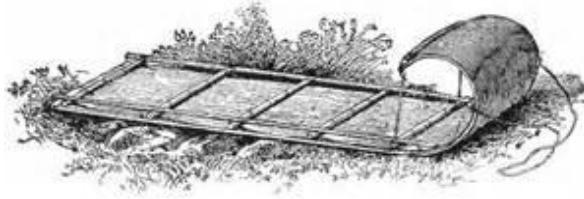
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January 2016

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

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

**Director's Notes...** As the old year comes to an end and the new year is set to begin, we often find ourselves looking back to past years. Reflecting on memories of times spent with family and friends and recalling hopes and dreams of earlier times. I recently saw a lovely wooden toboggan listed in a holiday catalog. Growing up in Ontario, we always had a toboggan ready for after-school sledding adventures. My husband grew up in New York City and did not have the same opportunity. During our first New Year's holiday together, I suggested that we head to a nearby hill for some late afternoon tobogganing. My young husband gamely agreed, lashing my childhood toboggan to the top of his 1968 Saab and listening intently while I provided directions to avoid unnecessary spills. There perfect for sledding and runs down the hill with me for dear life, laughing and shrieking as the afternoon sun faded and we still one more glorious run. One more as the sun set and early stars began to appear. Under a crescent moon, Orion's belt hung in perfect stellar alignment. As we made one last run, someone could not see where she was steering the toboggan and we smacked into a mound of frozen manure from the nearby farm! Dumped into the snow, my husband questioned the fragrant aroma that wafted upwards into the evening air. Fortunately, neither of us were hurt and the toboggan was intact. It was a perfect way to prepare for the new year, careening down a dark hill into a future that might include some bumps but was also certain to include plenty of laughter! Although it might be wiser to watch the sledding action of younger folks from the warmth of a kitchen window, I wish you all a year with plenty of fun and light-hearted moments to share with your friends at the COA!



on how best to steer a toboggan and was plenty of snow on the hill, just tobogganing. We made several fast steering and my husband holding on as snow flew up into our faces. The continued to trudge up the hill for run turned into several more runs,



## 2016 Medicare Part B Premium

You may have heard that Medicare Part B premiums are increasing this year. This is **not** true for everyone! Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month. There was **no** cost of living increase in Social Security benefits for 2016 and the law prevents benefit checks from being reduced. Those newly enrolled in Part B this year will likely pay \$121.80 per month. People with limited income and assets may qualify for a program that will pay their premium. Those with incomes greater than \$85,000 per year (\$170,000 for a couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B. Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you through free, confidential counseling on all aspects of health insurance. To schedule a SHINE appointment, call the Georgetown Council on Aging at 978-352-5726. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636) then *press* or *say* "3". Once you get the SHINE answering machine, leave your name and telephone number and a volunteer will call you back as soon as possible.

## A Holiday Thank You

Although they seemed to have arrived and departed "like the down of a thistle", the spirit generated by the holidays continues to warm us still! The Georgetown COA is grateful to all who helped to brighten the holiday season. We send our thanks to the Georgetown Middle/High School Music Department & Food Service for nurturing our bodies and lifting our spirits with their annual breakfast & holiday concert. We thank the Friends of the Council on Aging for funding & helping with the Annual Holiday Party; the Georgetown Housing Authority for providing the space, raffle gift certificates & support for the annual event. The holiday goodies baked by Monica Thompson were just a delight as were the lovely centerpieces provided by the Georgetown Country Gardeners. Local Girl Scouts surprised us with trays of delicious home-baked cookies. We thank the Council on Aging board members & volunteers who brought desserts & so many helping hands!

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**The COA and all activities will be closed on Mon. Jan. 19/MLK Day.**

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

# January Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



## JANUARY VAN SCHEDULE 2015

Shopping Date	Location	Recreation Date	Location
Jan. 5	NO VAN – Brown Bag Only	Jan. 7 9:30	Super Walmart/Salem, NH
Jan. 12 9:30	Rowley	Jan. 14 10:30	North Shore Mall/Peabody
Jan. 19 9:30	Newburyport	Jan. 21 10:30	Seabrook, NH
Jan. 26 9:30	Plaistow, NH	Jan. 28 10:30	Haverhill

**JOIN US MONDAY – WEDNESDAY MORNINGS** from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

**CHANGE IN SHINE OFFICE HOURS:** There will be **NO SHINE** office hours in **January, February, March or April**. Call the COA office for assistance or further information. (978) 352-5726.

**VISITING NURSE:** **Tues. Jan. 19, 10 – 11 a.m.**  
(NOTE: Date change for January only.)

### First Congregational Church

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:** **Thurs. Jan. 7, 2016 9:30 a.m.**  
**Trestle Way**

Join us in welcoming speaker **Chris Comiskey**, Georgetown Historical Society. With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. **To make reservations, call 978-352-5726.**

Next breakfast: Thurs. Feb. 4 Speaker: Dr. Dan Tollman

### Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

**Rep. Lenny Mirra:**  
**For Date/Time**  
**Call: (617) 722-2130**  
**Leonard.Mirra@MAhouse.gov**

**Sen. Bruce Tarr:**  
**Tues. Jan. 19**  
**10:30-11:30 a.m.**  
**&**  
**Tues. Feb. 16**  
**10:30-11:30 a.m.**  
**Bruce.Tarr@masenate.gov**

**NEW YEAR'S TOAST LUNCH:** **Wed. Jan. 6, 11:30 a.m.**  
**First Congregational Church** See pg. 3 for details.

**DOODLES TO CHILL BY CRAFT:** **Tues. Jan. 12, 9:30 a.m.**  
**First Congregational Church** See pg. 3 for details.

**COMING IN FEBRUARY:** **Whittier Voc. Valentine Lunch**  
**Wed. Feb. 10, 11:30 a.m.**  
**First Congregational Church** See pg. 3 for details.



### JANUARY BIRTHDAY CELEBRATION:

**Tues. Jan. 19, 11:30 a.m. First Congregational Church**  
Help us send best wishes to our friends who were born in January. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 01/12/15 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

**FRIENDS OF THE GEORGETOWN COA:** There will be **no meeting in January**. Next meeting: Tues. Feb. 16, 2016 at 2 p.m. at Georgetown Peabody Library.

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

**Tues. Jan. 26, 10 a.m. at First Congregational Church**

Assistance available for: \*Health Care Proxies,  
\*Durable Power of Attorney, \*elder law issues

\*15 min. appts. available by calling COA at 978-352-5726



## Health & Wellness Classes

Yoga classes are held at First Congregational Church.  
Strength Training Classes are held at Trestle Way.  
Newcomers & beginners welcome.  
There is a **SUGGESTED DONATION** of \$3.00 per class.

Class	Meets on	Time
Yoga (Bring a mat or towel)	<b>Mondays</b>	<b>10:30 a.m.</b>
	<b>Wednesdays</b>	<b>9:00 a.m.</b>
Strength Training	<b>Tuesdays</b>	<b>12:30 p.m.</b>
	<b>Thursday</b>	<b>10:45 a.m.</b>

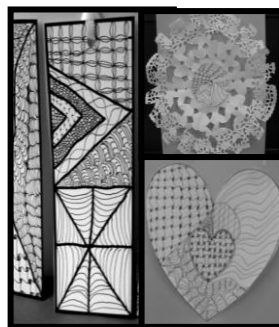
*Promoting  
Healthy  
Living*

## Walking Club

Meets Mondays & Wednesdays  
3:30-5:00 p.m.  
At Penn Brook School.  
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>	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72

**Please note:** When attending any class or program scheduled at Trestle Way, please be mindful to park in non-resident parking only.



**Winter Craft:**  
*Doodles to Chill By*  
(Formerly referred to as Zentangle®)

**Tues. Jan. 12**  
**9:30 a.m.**

First Congregational Church

**Doodle Art** lets you create beautiful images by drawing structured patterns. It is:

- ☆ easy-to-learn,
- ☆ relaxing & fun
- ☆ simple, portable & inexpensive

### **Benefits of Doodle Art:**

- ζ increase your focus,
- ζ help you relax,
- ζ inspire your creativity
- ζ **And anyone can do it!**

***This class is open to beginners as well as those who took the class in August. Participants will have a choice of crafts to showcase their work.***

**RSVP before Wed. Jan. 7. Space is limited.**  
**Call the COA at 978-352-5726.**

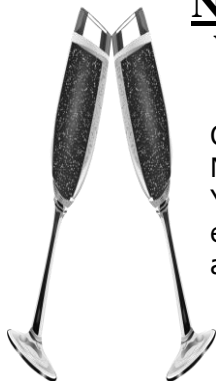
## NEW YEAR'S TOAST LUNCH

**Wed. Jan. 6, 11:30 a.m.**

First Congregational Church

Can't stay up to watch the ball drop on New Year's Eve? Join us for a belated New Year's celebration lunch complete with eggnog cake and a mock champagne toast at noon!

Call the COA at (978) 352-5726 to  
make lunch reservations (cost = \$2)  
before Wednesday, Dec. 30.



## SPECIAL VALENTINE LUNCH

Presented by Culinary Arts Students  
Whittier Regional Voc. Tech. H. S.

**Wed. Feb. 10, 11:30 a.m.**

First Congregational Church



- Special Valentine's Day Menu
- \$5 donation is suggested to support the Culinary Arts Program at Whittier Regional Vocational Technical High School.
- Reservations are required by Wed. February 3
- Please call the COA office at 978-352-5726.

*Write it on your heart that every day is  
the best day in the year.*

*~Ralph Waldo Emerson*

## AARP Tax Prep Assistance Available

**Open to:** Elders & other moderate-income individuals  
**Where:** COA Office (Town Hall)-1 Library St.  
**When:** Thursday mornings Feb. 4 - April 14

### Appointments are required.

8 one-hour sessions available each Thurs. starting at 9 a.m.

**To schedule an appointment, call the COA office at (978) 352-5726 after January 2.**

### Things to bring with you to your appointment:

- ★ Copies of 2014 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 2015 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.

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## 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 **\$33,126** for one-person or **\$43,319** for a two-person household. This year applications are available, and can be completed, at the COA office. For more information, call the COA at (978) 352-5726.



## Attention Seasonal Travelers!

With winter travel plans in place, please notify the COA of the dates you plan to be away. We will temporarily remove you from the mailing list and put you back on the mailing list when **you notify us** of your return.



Approximately 70 seniors turned-out to enjoy the annual Holiday Party in December.

# Scam Alerts

## GEORGETOWN POLICE DEPARTMENT

The Georgetown Police Department recently warned residents about a scam regarding a man who has made telephone calls to residents attempting to collect money for the Babe Ruth Baseball League. Claiming to be a grandfather trying to help out, he has asked people to leave a blank check outside their door. He. If you have given him money, please call the Georgetown Police Department at 978-352-5700. If you receive a call please do not give him money as the police department can not verify his identity. Remember to never give out personal information over the telephone or to any source that you did not solicit yourself!



## GEORGETOWN LIGHT DEPARTMENT

Recently the Georgetown Light Department has received telephone calls from customers who report that they have received telephone calls allegedly from the Light Department threatening that their power will be shut off unless they provide immediate payment. The Georgetown Light Department is not making these telephone calls and has not authorized the calls, General Manager David Schofield said. The calls are a scam. The Georgetown Light Department operates under strict guidelines established by the Department of Public Utilities, which requires several written notifications before power is shut off. Some scams will leave a telephone number that when called, gives the name of the Light Department. If you receive a scam call, hang up and call the Light Department at 978-352-5730. Other scam calls will make a "special offer" including reduced rates or products to elders if the elder provides confidential information such as social security numbers. The Georgetown Light Department does not have special rates or products for elders and would never ask customers to provide confidential information. If you receive one of these calls, please just hang up the phone and never give credit card information or social security numbers to the caller!

Seniors sport festive head gear while listening to tips about holiday light safety.



# **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. Please check the Van Schedule for this month's days and destinations. 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 THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are 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. However, no one is turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

### **RING & RIDE: Medical, Shopping & General Purpose Transportation**

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice for 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, North Andover, West Newbury, Rowley Train Station & Market Basket. For a brochure, contact the COA.

## **HANDICAP PLACARDS**

Are you in need of a HANDICAP placard for your car? The Council on Aging has applications 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 Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

## **FOOD AND HEAT RESOURCES**

For more information, contact the COA office at (978) 352-5726.

## **VISITING NURSE**

On the first Wednesday of each month, from 10:00 - 11:30 AM, Pam Lara, RN is available at the Senior Center to perform Blood Pressure checks, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

## **S.H.I.N.E.**

Serving Health Information Needs of Elders will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at the Senior Center on the first Monday 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 4/24/12

Georgetown Council on Aging  
Memorial Town Hall  
1 Library 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.

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PERMIT #39  
Haverhill, MA

**Georgetown Council on Aging**  
**1 Library Street**  
**Georgetown, MA 01833**  
**(978) 352-5726**

**Office Hours:**

**Monday – Thurs. 8 am – 4 pm**

**Georgetown COA Meal Site**  
**@ 1<sup>st</sup> Congregational Church**  
**Andover St. ~ Georgetown, MA**  
**(978) 352-8443**

**Open:**

**Monday – Wed. 9 am – noon**

**PUBLIC NOTICE**

C.O.A. board meetings are open to the public. They are held at noon on the 4<sup>th</sup> Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday January 26, 2015**

**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:**

Jeannine DesJardins, Chair

Claire Maimone, Vice Chair

Susan Gardiner, Treasurer

Jean Perley, Secretary/Clerk

Corona Magner, Esther Palardy, Diane

Prescott, Nancy Thompson, Caroline

Sheehan, Ann Stewart & Susan Clay,

Alternates.

**Town of Georgetown:**

Michael Farrell, Town Administrator

Philip Trapani, Chair, Board of Selectmen

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 First Congregational Church.

## **January Menu** - Make reservations 3 days in advance. Call (978) 352-5726.

**Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.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>4</b> Chix Parmesan/Marinara/Pasta, Mixed Veg, Fresh Fruit, WW Roll	<b>5</b> Hamburger/Cheese on side/Bun, Pot Wedges, Carrots, Apple Crisp	<b>6</b> Baked Pollock/Lemon Sauce, Veg Brown Rice, Broccoli, Roll, Rice Pudding
<b>11</b> Swedish Meatballs, Egg Noodles, Chef Choice Veg, WW Roll, Fresh Fruit	<b>12</b> Tomato/Onion Frittata, Corn, Herbed Peas, WW Bread, Chocolate Pudding	<b>13</b> Chix Breast/Eggplant Caponata, Candied Fresh Butternut Squash, Parsley Carrots, Herbed Garlic Roll, Sugar Cookie
<b>18</b> <b>Closed for MLK Day</b>	<b>19</b> Peach Glazed Chix, Scalloped Pot, Broccoli & Cauliflower, WW Roll, Fresh Fruit, Birthday Cake	<b>20</b> Beef Stew, Peas/Parsnips, Biscuit, Sliced Peaches
<b>25</b> Chix A La King, Brown Rice, Cauliflower, Whole Grain Bread, Mixed Fruit	<b>26</b> Spaghetti/Meatballs/Sauce, Peas, Brownie, WW Bread	<b>27</b> Meatloaf/Gravy, Mashed Pot, Mixed Veg, Natural Grain Bread, Sliced Pears

### **January is National Oatmeal Month:**

**Add some variety to your morning with some of these healthy suggestions**

**Fruit:** Mandarin Oranges, Pomegranate Seeds, Figs - Dried Cranberries, Raisins, Apricots, & Cherries

**Nuts:** Almonds, Walnuts, Pistachios - Pumpkin, Sunflower & Sesame Seeds

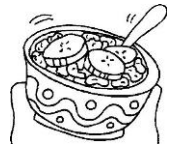
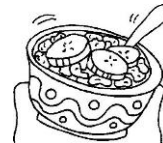
**Sweeteners:** Molasses, Honey, Maple Syrup, Jam – **Savory:** Bacon Bits, Cheese, NF Greek Yogurt

**Others:** Dk. Chocolate or Cocoa Powder – Grated Carrots or Zucchini – Mint – Candied Ginger

**Try these combos:** (1) Carrots, Raisins, Pecans – (2) Zucchini, Maple Syrup, Sunflower Seeds

(3) Dried Cherries, Shaved Dk. Chocolate – (4) Candied Ginger, Plums, Cashews – (5) My Favorite:

Brown Sugar, Walnuts, Raisins



## **JANUARY VAN & ACTIVITIES CALENDAR**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>4 NO SHINE THIS MONTH</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club	<b>5 No Shopping Van– Brown Bag</b> 11:30 Lunch 12:30 Strength Training	<b>6</b> 9:00 Yoga 11:30 New Years Toast Lunch 3:30-5 Walking Club	<b>7</b> 9:30 Mens' Breakfast/TW 9:30 <b>VAN:</b> Walmart/Salem NH 10:45 Strength Training
<b>11</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club	<b>12</b> 9:30 <b>Van: Rowley</b> 10:00 Doodle Craft 11:30 Lunch 12:30 Strength Training	<b>13</b> 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	<b>14</b> 10:30 <b>VAN:</b> No. Shore Mall 10:45 Strength Training
<b>18</b> <b>Closed: MLK Day</b>	<b>19</b> 9:30 <b>Van: Newburyport</b> 10:00 Visiting Nurse (Date change Jan. only) 11:30 Birthday Lunch 12:30 Strength Training	<b>20</b> 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	<b>21</b> 10:30 <b>VAN:</b> Seabrook, NH 10:45 Strength Training
<b>25</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club	<b>26</b> 9:30 <b>Van: Plaistow, NH</b> 10:00 Free Legal Help by appt 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	<b>27</b> 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	<b>28</b> 10:30 <b>VAN:</b> Haverhill 10:45 Strength Training

**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.