



# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

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November 2018  
Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes:** Featuring a day filled with good food, family gatherings, the Macy's Thanksgiving Day Parade, high school football games, what can be better than a Thanksgiving Day in New England? With cornstalks, pumpkins and fall-colored chrysanthemums on the door step and the wonderful scent of oven roasted turkey wafting in the air, Thanksgiving is a day that nourishes the body and the soul. As I plan our dinner, everyone's favorite food must be included. Typical menus must include my father's famous stuffing (the secret being lots of butter), mashed potatoes, butternut squash, roasted vegetables, tofurkey, watermelon pickle, snowflake rolls and lots of pies. As our family expanded, more favorite pies have been added to the mix. Apple, pumpkin, banana cream, squmpkin, lemon meringue, mince-meat and bumbleberry pies have all made appearances at our dining room table, sometimes all at the same dinner. When our children were young, we had wonderful multi-generational gatherings for Thanksgiving at my father and step-mother's home. We often had more than 20 family members gathered around a variety of tables laden with food. Lots of food, lots of kids and lots of laughter. Very good times! During one of our Thanksgiving dinners, we had served and cleaned up from the main event. A wide variety of favorite pies covered the kitchen counters. After finishing several took a piece of pie back into the dining room. antique wooden side chair. Just as I sat down, Spindles and chair rails flew in all directions floor, still holding my piece of pie. My hysterics, that neither of us could speak. down both of our faces. Gales of laughter dining room and found the two of us collapsed on the floor amidst the wreckage but with the pie held high in the air. Eventually, I was able to eat that piece of pie and enjoyed every minute of it but not as much as I enjoyed those few minutes of complete chaos. Wishing you all a wonderful Thanksgiving filled with family and good friends and lots of pie to enjoy – just check your chair before sitting!



## Medicare Open Enrollment

With Medicare Open Enrollment scheduled from **October 15-December 7**, Medicare beneficiaries have the option to adjust their insurance plans for the next year. The SHINE Program of Elder Services of the Merrimack Valley will host a **2019 Medicare Plan Review with SHINE** for Medicare beneficiaries who want to compare plan options for 2019 on **Tues. Nov. 13, 9 a.m.-2 p.m. at the Georgetown Senior Community Center**. During each appointment, SHINE counselors will assist beneficiaries with a review of their Medicare plan options for 2019. At the end of the 30 minute appointment, beneficiaries will have a report showing the top three estimated most cost-effective Medicare plan options for next year. To schedule an appointment, please call the COA at 978-352-5726.



## **Annual Flu Shot Clinic** **Wed. Nov. 7 9:30 - 11 a.m.** **Georgetown Senior Community Ctr.**

- Pre-registration **IS NOT** required for the clinic.
- **Priority is given** to individuals 50 years & older & those with medical conditions that may put them at risk for complications of the flu.
- Individuals over 19 years may come to the clinic at 10:30 a.m.
- **Please bring your health insurance cards to the clinic.** The COA can photocopy health insurance cards **in advance** of the clinic.
- **Please wear a sleeveless or loose fitting short-sleeved shirt.**
- The Quadrivalent (4 strain) flu vaccine is provided by the Georgetown Board of Health.
- The Flu Clinic is sponsored by the COA & the Georgetown Board of Health.
- For further information, please call the COA at (978) 352-5726.

**The COA and all activities will be closed on Monday, November 12 for Veteran's Day  
& Thursday, November 22 for Thanksgiving.**

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

# November Activities

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



CALL US AT 978-352-5726.



NOVEMBER VAN SCHEDULE 2018

Shopping Date	Location	Recreation Date	Location
Nov. 6 1:00	NO SHOPPING VAN – Brown Bag Ride to Polls—Call for reservations	Nov. 1 9:30	Super Walmart/Salem, NH
Nov. 13 9:30	Riverside/Haverhill	Nov. 8 10:30	North Shore Mall/Peabody
Nov. 20 9:30	Plaistow, NH	Nov. 15 9:30	Plum Island/Parker River Reserve
Nov. 27 9:30	Seabrook, NH	Nov. 22	THANKSGIVING – NO VAN
		Nov. 29 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. **Tuesday is Homemade Muffin Day!** Hot coffee and snacks are a great way to meet-up with friends!

**MEN'S BREAKFAST:** Thurs. Nov. 1, 9:30 a.m.  
**Veteran's Agent Karen Tyler** will discuss veteran's updates and answer questions. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. To make reservations, call 978-352-5726.  
**Next breakfast:** Dec. 6 with Historian, Rev. Bill Boylan

**PUBLIC HEALTH NURSE:** Due to the scheduled Nov. 7 Flu Shot Clinic, Public Health Nurse Pam Lara will **NOT** be available this month to provide regular monthly health check-ups.

## **SHINE OFFICE HOURS:**

**Mon. Nov. 19 & Mon. Dec. 3, 9 a.m.-12 p.m.**

**Welcome to our second SHINE Counselor: Nancy Aberman** who 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. Nov. 13, 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. Nov. 5, 19, 26 1:30 p.m.**

## **HOT DOGS & BEANS LUNCHEON:**

**Thurs. Nov. 8, 12 p.m.**

(See pg. 3)

## **GRIEF SUPPORT FOR LIVING WITH LOSS:**

**Tues. Nov. 13, 1:30 p.m. – 3 p.m.**

## **DELVENA THEATRE/"ISABELLA" & TEA:**

**Thurs. Nov. 15, 1 p.m.**

(See pg. 3)

## **KIWANIS DINNER:**

**Sat. Nov. 17, 2 p.m. Penn Brook School**

(See pg. 3)

## **SIMONS & GOODWIN CONCERT:**

**Tues. Nov. 20, 10 a.m.**

(See pg. 3)

## **HOLIDAY LIGHT SAFETY PROGRAM:**

**Wed. Nov. 28, 10:30 a.m.**

(See pg. 3)

## **NOVEMBER BOOK CLUB:**

**Tues. Nov. 20, 2 p.m.**

**"Before We Were Yours" by Lisa Wingate**

## **FRIENDS OF THE GEORGETOWN COA Tues. Nov. 13 12:30**

Friends meet at GSCC. The public is welcome. This is the last meeting for 2018. Meetings resume April 9, 2019.

## **NOVEMBER BIRTHDAY: Wed. Nov. 28, 12 p.m.**

Help us as we send best wishes to our friends who were born in November. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 11/21/18.** To make reservations, call the COA office at (978) 352-5726.

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

**Tues. Nov. 27, 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



## **★ Don't Forget To Vote! ★**

**Tues. November 6, 2018 ~ 7 a.m. to 8 p.m.**

**Penn Brook School**

## **Special Van Service: 1 p.m. Ride to the Polls**

To make reservations, call (978) 352-5726

## 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	9:30 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.



Delvena Theater presents

## "Isabella"

A Performance and Tea

**Thurs. Nov. 15, 1 p.m.**

Georgetown Senior Community Center

Join us for a spot of tea and an informative, yet entertaining presentation. Step back in time and meet **Isabella Stewart Gardner**, famed founder of the Isabella Stewart Gardner Museum in Boston.

Learn about her

- ✓ life, travels, friends & acquaintances,
- ✓ charm, stylish taste
- ✓ and unconventional behavior.

The Delvena Theatre Company has been entertaining audiences for over twenty five years and has become an annual favorite in the Georgetown senior community.

**For reservations**, please call the Georgetown Council on Aging at (978) 352-5726 **BEFORE 11/8/18.**

This program is partially funded with a gift from the Friends of the Georgetown COA.



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



## Hot Dogs & Beans Luncheon

**Thursday Nov. 8, 12 p.m.**

Georgetown Senior Community Center



**Enjoy the staples of an old New England Guild or Church Supper:**

- \* Hot Dogs
- \* Baked Beans
- \* Potato Salad
- \* Coleslaw
- \* Dessert

**RSVP REQUIRED by Mon. Nov 5 Call 978-352-5726.**

## It's that time of year again! Come and enjoy the Annual Kiwanis Thanksgiving Dinner

**Sat. November 17, 2 p.m.**

Penn Brook School



For information or requests for home-delivered meals, call the COA before Nov. 8<sup>th</sup>. (978) 352-5726

## Bob Simons & Renee Goodwin

Seasonal Concert

**Tues. Nov. 20, 10 a.m.**

Georgetown Senior Community Center

- ☆ Folk Duo
- ☆ Harmonies
- ☆ Finger-style Guitar
- ☆ Featuring Seasonal Music
- ☆ Light refreshments will be served



**To assist with planning, please call the COA at  
(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.

## Holiday Light Safety Program

Sponsored by Georgetown Light Dept.

**Wed. Nov. 28, 10:30 a.m.**

The holidays can be a fun and exciting time of year. They can also be a dangerous time of year. Georgetown Light Dept. will share tips & information on staying safe. Refreshments will be served.

Please call the COA, if you plan to attend.

(978) 352-5726



## Intergenerational Reading Program

The COA & Georgetown School Department plan to continue the **Intergenerational Reading Program** this year linking Georgetown elders with students at the Perley and Penn Brook Schools. Interested elders donate approximately 1/2 hour each month to read.

**Interested volunteers are asked to call the COA at 978-352-5726.**



## Coat Drive Underway



A community collection of new & gently-used coats is underway. Coats are collected at Georgetown Insurance Company, CrossFit 133, Crosby's Marketplace & Georgetown Peabody Library.

Anyone who is in need of a winter coat is asked to contact the Council on Aging office at (978) 352-5726.

## Winter Shoveling Available

As part of their community service, GMHS students will shovel stairs and sidewalks (only) this winter.

A list is being compiled to have people in place before the inclement weather arrives. **Seniors should call the COA** to be put on the list **now** as last minute requests are hard to accommodate. 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.

## 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.

## GMHS Annual Holiday Concert/Breakfast



**Fri. December 7**

**Georgetown Middle/High School  
Breakfast @ 8:15 a.m., Concert @ 9:00 a.m.**



**Listen to the sounds of the season presented by the Concert Band, Chorale & Chorus.**

**The breakfast & concert are free of charge.**

**RSVP to COA by Nov. 29 to the COA at (978) 352-5726.**

## COA Annual Holiday Party

**Tues. December 11, 12:00 p.m.**

**Georgetown Senior Community Center**

**Share the holiday spirit with friends!**

**Join us for lunch & good company.**

**(Cost: \$2)**

**Food provided by Elder Services of Merr. Valley.**

**RSVP to COA (978-352-5726) before Dec. 5.**



Form for Crosby's Marketplace Fundraiser, including fields for Name, Address, Phone, and Signature.

**Crosby's Marketplace Fundraiser  
to benefit  
the Friends of the Georgetown COA:**

Thanks to Crosby's Marketplace, the FGCOA will hold their third fundraiser during the week of **Nov. 11-17**. By **presenting** a special FGCOA Crosby's coupon - available at the display in the COA reception area - to the cashier at any Crosby's or Henry's location on those dates, the FGCOA will receive 5% back on the total sales for that week. Money raised by the Friends enables them to support programs & activities at the Georgetown Sr. Community Center.



**REBUILDING TOGETHER HAVERHILL** has applications for no-cost home repair assistance until Dec. 31. Work will be performed on Saturday, April 27, 2019. **Criteria:**

- Own and occupy your home for at least 2 years
- Live in the Greater Haverhill Area
- Meet Federal HUD low-income guidelines (Call for info)
- Elders, disabled, veteran or a family with young children
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

**For applications contact: 978-469-0800 or  
RTHaverhill@outlook.com**



## 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.

# **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. 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 6/23/18



Georgetown Council on Aging  
51 North Street  
Georgetown, MA 01833

**Return Service Requested**

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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 4<sup>th</sup> Tuesday of each month at **Georgetown Sr. Community Center**  
**51 North Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday November 27, 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

**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](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.

## **November Menu - Lunch reservations must be made by the previous Wednesday. Call (978) 352-5726.**

**Lunch is served Monday through Wednesday at the Georgetown Sr. Community Center at 12 p.m. Cost is \$2.00.**

Congregate meals are made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley  
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<b>5</b> Meatball Sub/Roll, Chef's Veggies, Pasta/Sauce, Pears	<b>6</b> Hot Dog/Roll, Pork Baked Beans, Coleslaw, Pineapple	<b>7</b> Tomato Soup, Herb Roast Chix, Cran. Sauce, Rice Pilaf, Brussel's Sprouts, WW Bread, Fruit
<b>12</b> <b>Closed: Veteran's Day</b>	<b>13</b> Lentil Stew/Chick Peas/Pumpkin, Rice, Cauliflower, Oat Bread, Pudding	<b>14</b> Chicken Noodle Soup, Cheeseburger/Bun, Roast Pot, Mixed Veg, Fresh Fruit
<b>19</b> Frittata/Vegetables, Beets, Roast Pot, Fruit Loaf/Grahams, Juice (no milk), Oat Bread	<b>20</b> Shepard's Pie (Corn/Beef/Pot), Garden Salad, WW Roll, Pears	<b>21</b> Tortellini Soup, Chix Bites/Dipping Sauce, Veggie Rice, Peas, Fresh Fruit, MG Bread
<b>26</b> Chicken Broccoli Alfredo/Pasta, Summer Squash, MG Bread, Peaches	<b>27</b> Seafood Casserole, Butternut Squash, Rice Pilaf, Cookie/Lorna Doones, WW Bread	<b>28</b> Minestrone Soup, BBQ Pork Patty/Sauce/Bun, Roast Pot, Green Beans, Yogurt (no milk)

*Rescheduled  
from October*

## **Special Van Trip to Parker River Nat'l Wildlife Refuge**

**Tour Guide: Alix McArdle Thursday November 15**

**The van will begin to pick people up at 9:30 a.m. Seating is limited.**

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



## **NOVEMBER VAN & ACTIVITIES CALENDAR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			<b>1 9:30 Mens' Breakfast</b> <b>9:30 Van: Super Walmart</b> 8:30 Walking Club 12:30 Tai Chi
<b>5</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	<u>Election Day. Don't forget to vote!</u> <b>6 No Shopping Van—Brown Bag</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 1:00 Ride to Polls (Reservations)	<b>7</b> <b>9:30 Flu Shot Clinic</b> 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>8 10:30 Van: North Shore Mall</b> 8:30 Walking Club 9:30 Knitting Group 12:00 Beans/Hot Dogs Luncheon 12:30 Tai Chi 1:00 Stamp Club
<b>12</b> <b>CLOSED: Veteran's Day</b>	<b>13 9:30 Van: Riverside/Hav'Il</b> 8:30 Walking Club <b>9-2 SHINE Open Enrollment</b> 9:30 Strength Training 11:00 Sen. Tarr/Rep. Mirra Off. Hrs. 12:00 Lunch 12:00 EMS Quilts for Comfort 12:30 Friends of GCoA 1:30-3 Grief Support Group 2:00-3:00 Beginners' Quilting	<b>14</b> 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>15</b> <b>9:30 Van: Plum Island</b> 8:30 Walking Club 12:30 Tai Chi <b>1:00 Tea &amp; Delvena Theater "Isabella"</b>
<b>19 SHINE Appts. available</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	<b>20 9:30 Van: Plaistow, NH</b> 8:30 Walking Club 9:30 Strength Training <b>10:00 Simons &amp; Goodwin</b> 12:00 Lunch 2:00 Book Club	<b>21</b> 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>22</b> <b>CLOSED: Thanksgiving</b>
<b>26</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	<b>27 9:30 Van: Seabrook, NH</b> 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 12:00 Lunch 12:00 EMS Quilts for Comfort 12:45 COA Board 2:00-3:00 Beginners' Quilting	<b>28</b> 9:30 Yoga <b>10:30 Electric Dept. Holiday Safety</b> 12:00 Birthday Lunch 12:30 Mah Jong	<b>29</b> <b>10:30 Van: Westgate/Hav'Il</b> 8:30 Walking Club <b>9:30 Knitting Group</b> (Note day change due to Thanksgiving) 12:30 Tai Chi <b>1:00 Stamp Club</b> (Note day change due to Thanksgiving)

**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.