



Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 21/Issue 5

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Website: www.georgetownma.gov

Director's Notes: I truly enjoy Thanksgiving! The aroma of roasting turkey joins with the tantalizing scent of stuffing and mingles with the warm smells of freshly baked pies. Suddenly, the house is filled with the sound of happy voices again as family members arrive home. Everyone seems to end up in the kitchen, lifting lids, testing dishes and asking what they can eat now! I love to have everyone home together. The fuller the table, the better! Definitely a trait inherited from my mother. After we moved from Canada, we frequently returned to my grandparents in Ontario for holidays but sometimes the trip wasn't possible. A holiday with just the four of us was rather quiet. Mom started to connect with other people who were also home alone. Holiday meals soon became livelier as friends and interesting people that she knew through school or from her antique business joined us for the day. One of my recent favorite Thanksgivings was the year that one of our nephews called while I was shopping for Thanksgiving dinner the weekend before the holiday. "What are you doing for Thanksgiving?" he asked as I was eyeing butterball turkeys. "We'll be home," I replied. "Do you want to join us?" "Yes," he said. "We'll be there!" I quickly put back the 12-pound turkey and picked up the 22-pound turkey. Then I realized that I needed more dinner plates! A stop at the Christmas Tree shop netted white dinner plates and dessert plates. Perfect! Two more pies were planned and the stuffing recipe was doubled. We borrowed an 8-foot folding table to place at the end of our dining room table and there was room for all. My favorite part of the meal came as we sat down at what was now a banquet-style table. Our nephew suggested that we hold hands, turn to look at the person next to us and say what we were grateful for to that person. The round table grace brought a few tears but lots of laughs as we shared those connections that are deeper than words can easily express. Truly a Thanksgiving in itself! No matter how you plan to spend Thanksgiving, I hope that it will be a day filled with happiness, good food and lots of good company!



My Life, My Health

Chronic Disease Self-Management

Free 6-week program developed by Stanford University

Wednesdays Nov. 6 – Dec. 11 9:30 – 12 p.m.

- ❖ Chronic health conditions such as: hypertension, arthritis, heart disease, stroke, lung disease & diabetes.
- ❖ Family members, friends & caregivers are also invited to participate.
- ❖ Program provides information & teaches practical skills on managing chronic health problems.

**Presented in partnership with Elder Services M.V.
Please plan to attend all 6 meetings for continuity.**

To register, call the COA at 978-352-5726.

Annual Flu Shot Clinic

**Wed. Nov. 6 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 Mon., Nov. 11 for Veterans' Day &
Thurs. Nov. 28 for Thanksgiving**

November Activities

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

CALL US AT 978-352-5726.



N O V E M B E R V A N S C H E D U L E 2 0 1 9



Shopping Date	Location	Recreation Date	Location
Nov. 5	NO SHOPPING VAN – Brown Bag	Nov. 7 9:30	Super Walmart/Salem, NH
Nov. 12 9:30	Riverside/Haverhill	Nov. 14 9:30	Peabody Essex Museum/Salem
Nov. 19 9:30	Seabrook, NH	Nov. 21 10:30	Westgate/Haverhill
Nov. 26 9:30	Plaistow, NH	Nov. 28	NO VAN: THANKSGIVING

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: Due to the scheduled Nov. 6 Flu Shot Clinic, Public Health Nurse Pam Lara will **NOT** be available this month to provide regular monthly health check-ups.

MEN'S BREAKFAST: Thurs. Nov. 7, 9:30 a.m. Veteran's Agent Karen Tyler will address veterans' issues and answer questions. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. To reserve a seat, call 978-352-5726.

Next breakfast: Dec. 5 Pastor Bill Boylan

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

SHINE OFFICE HOURS: Mon. Nov. 18 9 a.m.-12 p.m.
Mon. Dec. 2 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. November 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.

SIMONS & GOODWIN CONCERT

Tues. Nov. 5 10:30 a.m. See pg. 3.

MY LIFE/MY HEALTH (6 WK. PROGRAM)

Weds. Nov 6-Dec. 11, 9:30 a.m. - 12 p.m. See pg. 1.

ANNUAL FLU SHOT CLINIC

Wed. Nov. 6, 9:30 a.m. – 11 a.m. See pg. 1.

HOLIDAY LIGHT SAFETY PROGRAM

Tues. Nov. 12, 10:30 a.m. See pg. 3.

MEDICARE PLAN REVIEW

Tues. Nov. 12 9 a.m. – 2 p.m. See pg. 3.

TOE-TAPPIN' DANCE CLASS

Wed. Nov. 27 10 a.m.

COA Friends will meet Tuesday, Nov. 12, 1 p.m.

BOOK CLUB: Tues., Nov. 26, 2 p.m.

"Evvie Drake Starts Over" by Linda Holmes

NOVEMBER BIRTHDAY: Wed. Nov. 27, 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 11/20/19.** To make reservations, call the COA office at (978) 352-5726.

Free Legal Help offered by Atty. Elaine Dalton

Tues. Nov. 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



➡➡➡➡➡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.

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
Yoga (Bring a mat or towel) Welcome Layla, Emotional Support Dog	Monday	10:30 a.m.
	Wednesday	11:00 a.m.
Strength Training	Tuesday	9:30 a.m.
Hybrid Exercise Class	Thursday	10:30 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 & will embark on one of several pre-determined routes.

Walking Club is free of charge.

Bob Simons & Renee Goodwin

Seasonal Concert

Tues. Nov. 5, 10:30 a.m.

Georgetown Sr. Community Ctr.

- ☆ 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.

Tues. Nov. 12, 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. Prizes & more!

Refreshments will be served.

Please call the COA, if you plan to attend. (978) 352-5726

SPECIAL VAN TRIP TO PEABODY ESSEX MUSEUM NEW EXPANSION WING

Thursday, November 14



Newly renovated, the Peabody Essex Museum recently opened a 40,000-square-foot wing featuring new installations, an atrium, entry and 5000-square-foot garden with water features. An extensive list of installations and exhibits is available including: Maritime Art Gallery, Asian Export Art Gallery, Fashion & Design Gallery, The Creative Legacy of Nathaniel Hawthorne: Selections from the Phillips Library Collection & more.

The van will leave at 9:30 a.m. Cost for seniors is \$2 for the van & \$18 senior (65+) admission to PEM.

Lunch is on your own. **Seats are limited.**

To make a reservation, please call the COA at (978) 352-5726.

Medicare Plan Review Nov. 12

If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), it is time to review your options for 2020 during **Medicare Annual Open Enrollment now through December 7**. SHINE (Serving the Health Insurance Needs of Everyone) counselors will be available Tues. Nov. 12, 9 a.m. - noon at the Georgetown Senior Center for **30-minute sessions to help review your 2020 Medicare Plans. Registration required.** Call 978-352-5726 to make an appointment. It is important to review all of your options because premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly year to year. For more information, call **1-800-243-4636** (press 3 for SHINE) or visit **www.medicare.gov**.

Coming in December...

Dec. 17 Russ McQueen

Dec. 18 Dance Class

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

Sat. November 23, 2 p.m.

Penn Brook School



For information or requests for home-delivered meals, call the COA before Nov. 18th. (978) 352-5726

Welcome aboard! *The COA exercise program has had several changes this fall. Instructors Petra Horgan & Grace Ng have moved on to other endeavors. They will be missed. We welcome Chris Himmel as our new Tai Chi instructor on Thursdays. Donna Bonin, our Strength Training instructor, continues to teach Strength Training & has picked up both Yoga classes with the Wednesday class changing hours to 11 a.m. Leah Miller continues to teach Exercise on Thursdays.*

Coping w/Holidays & Special Days

After A Loss

Tuesday, Dec. 3 ~ 11 a.m.

**Facilitated by Lois Marra, Mer. Valley Hospice,
a licensed counselor trained specifically in
grief & bereavement**

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

COA Annual Holiday Party

Wed. December 4, 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 Nov. 27.



GMHS Annual Holiday Concert/Breakfast

Fri. December 6

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.



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.

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.

Assistance with Buying Healthy Food

The Supplemental Nutrition Assistance Program (SNAP) is a federally-funded state-administered program that can help many people stretch their food budget. SNAP benefits can be used to purchase food at grocery stores, convenience stores and some farmer's markets. SNAP benefits are applied electronically each month to the individual's EBT (electronic benefits transfer) card, which works like a debit card. There is no asset test. Maximum gross monthly income is \$2,082 for one-person or \$2,818 for a two-person household. Shelter, utility & medical expenses can increase monthly benefits. For more information or application assistance, please call the COA at 978-352-5726.



REBUILDING TOGETHER HAVERHILL is

accepting applications for no-cost home repair assistance until December 31. Work will take place Sat. April 26, 2020.

Applicant eligibility:

- Own and occupy your home for at least 2 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH)
- Meet Federal HUD low-income guidelines (Call for info)
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

The program provides help with home repairs, modifications (such as grab bars or a wheelchair ramp) & energy efficiency. For an application please call: **978-469-0800**/email 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 **\$37,360** for one-person or **\$48,855** 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 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 - 11 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.

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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 November 26, 2019

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Meal Site Coordinator: Carol Westhaver

Assistant: Esther Palardy

Board Members:

Sue Clay, Chair

Darcy Norton, Vice-Chair

Jill Benas, Secretary/Clerk

Diane Klibansky, Esther Palardy,

Jean Perley, Diane Prescott, Jeanne

Robertson

Alternates: Carol Westhaver, Martha

Lucius

Town of Georgetown:

Michael Farrell, Town Administrator

Joe Bonavita, Board of Selectmen, Chair

Douglas Dawes, Board of Selectmen, Clerk

Charles Durney, Board of Selectmen

Gary Fowler, Board of Selectmen

David Twiss, 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.

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>
4 Meatball Stroganoff/Sauce, Pasta, Green Beans, Italian Bread, Mixed Fruit	5 Baked Ham, Applesauce, Roast Potato, Turnip/Cabbage/Carrots, WW roll, Cranberry sauce	6 Chicken Noodle Soup , Cheeseburger/Roll, Crinkle Fries, Mixed Veggies, Fresh Fruit
11 CLOSED: VETERANS' DAY	12 Turkey/White Bean Chili, Mashed Pot, Brussels Sprouts, Oat bread, Fresh Fruit	13 Potato Bacon Soup , Egg Patty/Cheese, Baked Beans, Cinnamon Apples, English Muffin, Yogurt, Juice (no milk)
18 Chicken Cordon Bleu, Rice Pilaf, Honey Carrots, Mandarins, MG bread	19 BBQ Pork Patty/ BBQ sauce/Bun, Sweet Pot, Cheesy Cauliflower, Chocolate Pudding	20 Corn Chowder , Potato Fish, Lemon rice, Peas, Oat Bread, Fresh Fruit
25 Hot Dog/Bun, Pork Baked Beans, Chef's veg, Pineapple	26 Sliced Beef/Orange Sauce, White Rice, Asian Veg, Fruit Loaf, Dinner Roll	27 Minestrone Soup , Breaded Chix, Roast Pot, Broccoli, WW bread, Fresh Fruit

Something new for your Thanksgiving Feast**Garlic Creamed Spinach****Ingredients: 1 T olive oil ~ 1 sm. onion, chopped ~ 2 (10 oz.) pkgs. frozen chopped spinach, thawed & squeezed dry ~ 2 garlic cloves, minced ~ 8 oz. cream cheese, softened ~ 1/4 c 2% milk ~ 1/2 tsp. salt ~ 1/2 tsp. pepper****Directions: In a large skillet, heat oil over medium-high heat. Add onion; cook & stir until tender, 5-7 minutes. Add spinach & garlic; cook 2 minutes longer. Stir in remaining ingredients; cook until cream cheese is melted.****NOVEMBER VAN & ACTIVITIES CALENDAR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	5 No Shopping Van-- Brown Bag 8:30 Walking Club 9:30 Strength Training 10:30 Simons & Goodwin 12:00 Lunch	6 9:30 My Life/My Health 9:30 Annual Flu Shot Clinic 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	7 9:30 Men's Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 10:30 Veterans' Agent Office Hrs. 10:30 Hybrid Exercise Class 12:30 Tai Chi
11 CLOSED: Veterans' Day	12 9:30 Van: Riverside/Hav'll 8:30 Walking Club 9-2 Medicare Plan Review 9:30 Strength Training 10:30 Holiday Light Safety 12:00 Lunch 12:00 EMS Quilts 1:00 Friends of COA 2:00-3:00 Beginners' Quilting	13 9:30 My Life/My Health 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	14 9:30 Van: Peabody Essex Museum/Salem 8:30 Walking Club 9:30 Knitting Group 10:30 Hybrid Exercise Class 12:30 Tai Chi 1:00 Stamp Club
18 Shine Appointments 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 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch	20 9:30 My Life/My Health 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	21 10:30 Van: Westgate/Hav'll 8:30 Walking Club 10:30 Hybrid Exercise Class 12:30 Tai Chi
25 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	26 9:30 Van: Plaistow, NH 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 12:00 Lunch 12:00 EMS Quilts 12:45 COA Board Mtg. 2:00 Book Club 2:00-3:00 Beginners' Quilting	27 9:30 My Life/My Health 10:00 Toe-Tappin' Dance Class 11:00 Yoga 12:00 Birthday Lunch 12:30 Mah Jong	Sat. 11/23 Kiwanis Dinner 2 p.m. 28 CLOSED: 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.