



A FEW GRAY HAIRS



Nat'l.
Candy Corn
Day
Oct. 30

A Newsletter of the Georgetown Council on Aging

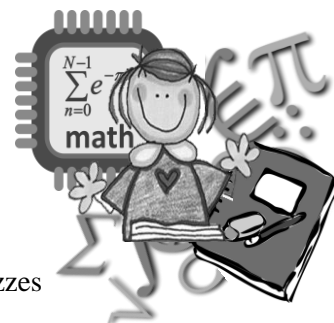
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October 2018

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes: There is something about the end of the summer and the start of fall that often turns our thoughts back to school days. As earlier sunsets and cooler nights coincided with back to school shopping, we knew it would soon be time to park our bikes, put away the swim suits and flip flops and plan the return to classroom routines. Some things were fun to look forward such as new book bags and packages of colored pencils, the excitement of different classes and the fun of being with school friends. Some things we did not look forward to such as homework and weekly quizzes or tests! I enjoyed English Language Arts classes and Social Studies, loved music and art, tolerated science but dreaded math classes. In high school, I can remember just getting through Algebra I and II with lots of help from supportive teachers. I had a slightly easier time with geometry, and enjoyed an early computer programming class, taught by the wonderful Mr. Perley! I was thrilled not to have to take Calculus or Trigonometry classes and thought I had it made until I went to college and found out that at least two math classes were a graduation requirement! My parents were supportive and understood that math was a challenge for me. My mother was a teacher and we spent many an afternoon at the kitchen table with worksheets and flashcards. My father was an engineer and actually enjoyed math – who knew! My mother's father was an accountant, an auditor for the government. He enjoyed math, too! Apparently, there were some math genes in the family that I could have inherited along with my curly hair! I can clearly remember one afternoon when I really struggled with math homework. I had zipped through a spelling assignment, a science lab report and reading for Social Studies and English classes but I was bogged down with long division. My grandfather had arrived home early from work ahead of my grandmother and had come for a visit. Wisely, my mother sent him in to help me with my math homework. He sat with me and talked me through each of the math problems. When we were done, he said to me "Always tackle the harder work first." I've never forgotten that comment. Not only was it true for homework in school but I have found it to be true for most situations in life. Getting that difficult task out of the way always makes everything else seem so much easier! As fall arrives, join us for this month's special **Health Education Week**, one of our daily exercise classes, or special Autumn Lunch or just for a cup of coffee and a visit. There will be no quizzes and homework is not required!



NEW

Health Education Week Oct. 15-18

Mon. Oct. 15 11:30 a.m. – 12 p.m.

Information & Resource Table (Giveaways too!)

Hosted by Bonnie Sisson, Elder Services Merr. Valley.

Tues. Oct. 16 10:30 a.m.

-Medicine Managem't Program Central St. Pharmacy

-11:30 a.m. Nutrition Program Leigh Hartwell, ESMV

Wed. Oct. 17 11 a.m.

Fall Prevention and Wellbeing Program

Partners in Rehab

Thurs. Oct. 18 2 - 4 p.m.

Alzheimer's Disease Program

"Pathways to Prevention: Maximizing Brain-Healthy Behavior to Protect from Cognitive Decline"

Dr. Seth Gale, keynote speaker of the week

See page 3 for more details.



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, October 8 for Columbus Day.

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

October Activities

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



CALL US AT 978-352-5726.



OCTOBER VAN SCHEDULE 2018

| Shopping Date | Location | Recreation Date | Location |
|---------------|-------------------------|-----------------|----------------------------------|
| Oct. 2 | NO VAN – Brown Bag Only | Oct. 4 9:30 | Super Walmart/Salem, NH |
| Oct. 9 9:30 | Seabrook, NH | Oct. 11 9:30 | Plum Island/Parker River Reserve |
| Oct. 16 9:30 | Riverside/Haverhill | Oct. 18 10:30 | Plaistow, NH |
| Oct. 23 9:30 | Newburyport | Oct. 25 10:30 | Westgate/Haverhill |
| Oct. 30 9:30 | Rowley | Nov. 1 9:30 | Super Walmart/Salem, NH |

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!

PUBLIC HEALTH NURSE: **Wed. Oct. 3, 9:30 a.m.**
Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have.

MEN'S BREAKFAST: **Thurs. Oct. 4, 9:30 a.m.**
Fire Chief Fred Mitchell will discuss fire safety awareness. With great appreciation, the COA thanks Crosby's Markets for their sponsorship.
To make reservations, call 978-352-5726.
Next breakfast: Nov. 1 Speaker: Karen Tyler, Vet. Agent

SHINE OFFICE HOURS: **Mon. Oct. 15, 9 a.m.-12 p.m.**
SHINE Counselor Jerry Goldberg 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. Oct. 16, 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. Oct. 1, 15, 22, 29 1:30 p.m.

GRIEF SUPPORT FOR LIVING WITH LOSS:

Tues. Oct. 9, 1:30 p.m. – 3 p.m.

SPECIAL VAN TRIP TO PARKER RIVER RESERVE:

Thurs. Oct. 11 (Details Page 6.)

>>NEW<< HEALTH EDUCATION WEEK:

Oct. 15-18, Times vary (See Page 3.)

SPECIAL AUTUMN LUNCHEON:

Thurs. Oct. 25, 12:00 p.m. (See Page 3.)

OCTOBER BOOK CLUB:

Tues. Oct. 23, 2 p.m.
"The Stars are Fire" by Anita Shreve

FRIENDS OF THE GEORGETOWN COA Oct. 9 12:30 p.m.
Friends meet at Georgetown Senior Community Center. The public is welcome.



OCTOBER BIRTHDAY & HALLOWEEN PARTY:
Georgetown Sr. Community Ctr. Wed. Oct. 31, 11:30 a.m.

Dress up (not required) and join us as we scare up some harvest time fun! Help us as we send best wishes to our friends who were born in October. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 10/24/18.** To make reservations, call the COA office at (978) 352-5726.

Free Legal Help offered by Atty. Elaine Dalton

Tues. Oct. 23, 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



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.

Special Van Trip to Parker River Nat'l Wildlife Refuge

Tour Guide: Alix McArdle
Thursday October 11



Get a glimpse of Plum Island that few people get to see.

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.

↪ Oct. 15-18 NEW! Health Education Week ↩

Mon. Oct. 15 11:30 a.m. – 12 p.m.

ESMV Information & Resource Table (Giveaways too!)

Hosted by Bonnie Sisson, Elder Services Merrimack Valley.

Tues. Oct. 16 10:30 a.m.

***Medicine Management Program** Central St. Pharmacy
Tips & strategies to safely manage medications

***Nutrition Information, 11:30 a.m.**

Leigh Hartwell, Nutritionist, Elder Services Merrimack Valley

Wed. Oct. 17 11 a.m.

Fall Prevention and Wellbeing program Partners in Rehab
Focus on balance, wellbeing & maintaining condition

Thurs. Oct. 18 2 – 4 p.m.

Alzheimer's Disease program

**"Pathways to Prevention: Maximizing Brain-Healthy
Behavior to Protect from Cognitive Decline"**

Presented by



Seth Gale, MD

Behavioral Neurologist at Brigham/Women's Hosp.
Study Physician & Investigator, Center for
Alzheimer Research & Treatment (CART)



Hope Schwartz

Program Coordinator,
Center for Brain/Mind Medicine,
Brigham/Women's Hospital

Healthy behaviors can decrease the chance of developing new or worsening cognitive problems.

Topics include:

- Overview of cognitive aging & Alzheimer's Disease
- Modifiable risk factors
- Current research in diet, mindfulness, sleep, exercise & social & cognitive activities.
- Lifestyle changes to maximize brain health

For more information or to register, please call the COA at 978-352-5726.

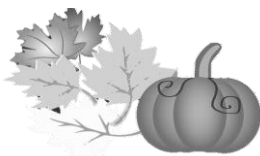
Autumn Lunch Special

Sponsored by ESMV

Thursday Oct. 25, 12 p.m.
Georgetown Senior Community Center

Autumn Luncheon Menu

Roast Pork Loin w/Apple Glaze Sauce
Mash Sweet Potato & Apples
Parsley Buttered Carrots
Whole Wheat Roll
Pumpkin Chocolate Chip Bread Pudding



Cost: \$2

Lunch reservations are required **before 10/17/18**.
To make reservations, please call the COA office at
(978) 352-5726.

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 Reviews 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.

New Medicare Cards Being Distributed

Everyone on Medicare will receive new Medicare cards with new randomly generated numbers by April 2019. Social Security numbers have been removed to help protect against fraud. Destroy your old card as soon as you receive it. Original Medicare numbers will still be active until December 31, 2019. The Centers for Medicare & Medicaid Services (CMS) began mailing cards across the country in April, a process which will be completed by April 2019.

You do not need to do anything to receive a new Medicare card except to make sure the Social Security Administration has your correct address. To change or update your address go to www.SSA.gov or call 800-772-1213.

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.

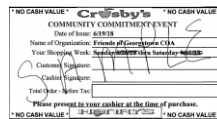
Book Club: 4th Tuesday of each month, 2 p.m.

Memory Café to Open in Merrimac

The Merrimac Senior Center will host a monthly **"Memory Café"** beginning **Friday Oct. 12, 9:30 – 11 a.m.** The Memory Café will provide a safe & welcoming space for those in need & their caregivers. The café will provide an opportunity for socialization as well as the sharing of ideas & resources. The Memory Café will provide a small, failure-free setting where food & entertainment are geared specifically for participants' comfort. Partners in the community will offer education around Memory Cafes & Alzheimer-related illnesses. For further information, please contact Barbara Daly Farquhar, LSW, at 978-346-9549, x104. To register in advance, caregivers can call Barbara at 978-346-9549, x 104 no later than noon, October 5th.

SOCC

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



Thanks to Crosby's Marketplace, the FGCOA will hold their second fundraiser during the week of **Oct. 29-Nov. 3**. By **presenting** a special FGCOA Crosby's coupon 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. Coupons will be available at the display in the COA reception area. Another coupon fundraiser will be held Nov. 11-17.

SOCC

REBUILDING TOGETHER HAVERHILL is accepting applications for no-cost home repair assistance until the deadline on December 31. Work will be performed on Saturday, April 27, 2019.

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)
- Are elderly, disabled, veteran or a family with young children
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

If you or someone you know needs help with home repairs, modifications (such as grab bars or a wheelchair ramp), energy efficiency, please ask for an application by calling: 978-469-0800 or email RTHaverhill@outlook.com

Looking Ahead:

Nov. 15 Delvena Theater
Nov. 20 Simons & Goodwin
Nov. 28 Light Dept. Holiday 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. 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 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

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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Haverhill, MA

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833
(978) 352-5726

Open:
Monday – Thursday 8 am – 4 p.m.

Georgetown
Senior Community Center
51 North Street
Georgetown, MA 01833

Open:
Monday – Thursday 8:30 am – 4 p.m.

PUBLIC NOTICE

C.O.A. board meetings are open to the public. They are held at **12:45 p.m.** on the 4th Tuesday of each month at **Georgetown Sr. Community Center**
51 North Street, Georgetown

NEXT BOARD MEETING:
Tuesday October 23, 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.

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.

October 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 Mac 'n' cheese/Crumb topping, Peas, Cookie/Grahams, WW Bread | 2 Teriyaki Chix, Asian Blend Veg, Rice, Pineapple, Multigrain Bread | 3 Vegetable Soup, Cheeseburger/Bun, Green Beans, Chips, Fresh Fruit (orange) |
| 8 CLOSED: Columbus Day | 9 Chicken Piccata, Lemon Rice, Broccoli, Fresh Fruit, Oatmeal Bread | 10 Clam Chowder, Tuna Salad/Bun, 4 Bean Salad, Carrot Slaw, Berry Cup |
| 15 Hot Dog/Roll, Pork Baked Beans, Mixed Veg, Mandarin Oranges | 16 Pasta/meatballs/Marinara Sauce, Cauliflower, WW Dinner Roll, Pears | 17 Chix Noodle Soup, Chix Strips, Honey Must'rd, Roast Pot, Carrots, Fresh Fruit, Multigrain Bread |
| 22 BBQ Pork Patty/Bun, Warm Corn Salad, Chef's Veg, Applesauce | 23 Meatloaf/Gravy, Mashed Pot, Creamed Spinach, WW Dinner Roll, Diet Gelatin | 24 Broccoli Cheddar Soup, Veg Frittata, Roast Pot, Zucchini, Dinner Roll, Juice, Fresh Fruit |
| 29 Cider Chicken w/apples, Mashed Pot, Brussels Sprouts, Peaches, MG Bread, Dinner Roll | 30 Ground Beef Taco/ Tortilla, Onions/Peppers, Spanish Rice, Corn, Sour Cream, Rice Pudding | 31 Halloween Birthday Party Harvest Soup, Hors D'Oeuvres, Turkey/Cranberry Salad/Roll, Pasta Salad, Pickled Beets, Chocolates, Birthday Cake, Ice Cream |

After all of the little ghosts, goblins, princesses & superheroes have run home with their booty, what do you do with the leftovers?

It's time for a grown-up treat (no tricks!) of your own: Trick or Treat Pie

Ingredients: 1 quart vanilla ice cream, softened ~ 2 cups coarsely chopped candy, divided (see Options) ~ 1 (9-inch) prepared graham cracker crust ~ 1 (8-ounce) container frozen whipped topping, thawed

Directions: In a medium bowl, combine ice cream and 1-1/2 cups candy; mix well. Spoon into pie crust then spread whipped topping evenly over top. Sprinkle with remaining 1/2 cup candy. Cover loosely and freeze at least 2 hours before serving.

Options: Chocolate-covered candy bars are best, candy corn, M&M's, gumdrops & other soft candies are super in this pie, too.

OCTOBER VAN & ACTIVITIES CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|--|---|
| 1 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation | 2 No Shopping Van—Brown Bag 8:30 Walking Club 9:30 Strength Training 12:00 Lunch | 3 9:30 BOH Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong | 4 9:30 Mens' Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 12:30 Tai Chi |
| 8 CLOSED: Columbus Day | 9 Van: Seabrook, NH 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 12:00 EMS Quilts for Comfort 12:30 Friends of GCoA 2:00-3:00 Beginners' Quilting 1:30-3 Grief Support Group | 10 9:30 Yoga 12:00 Lunch 12:30 Mah Jong | 11 9:30 Van: Parker River 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club |

→ Health Education Week ←

| | | | |
|---|--|--|---|
| 15 SHINE Appts. available 9:30 Dolls 10:30 Yoga 11:30 ESMV Home Care Services 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation | 16 9:30 Van: Riverside/Hav'Il 8:30 Walking Club 9:30 Strength Training 10:30 Med Mgmt Program 11-12 Sn.Tarr/Rp.Mirra Office Hrs. 11:30 Nutrition Info Table/Snacks 12:00 Lunch | 17 9:30 Yoga 11:00 Fall Prev/Wellness Program 12:00 Lunch 12:30 Mah Jong | 18 10:30 Van: Plaistow, NH 8:30 Walking Club 12:30 Tai Chi 2:00 Aging & Brain Health |
| 22 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation | 23 9:30 Van: Newburyport 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 2:00 Book Club | 24 9:30 Yoga 12:00 Lunch 12:30 Mah Jong | 25 10:30 Van: Westgate/Hav'Il 8:30 Walking Club 9:30 Knitting Group 12:00 Special Autumn Lunch 12:30 Tai Chi 1:00 Stamp Club |
| 29 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation | 30 9:30 Van: Rowley 8:30 Walking Club 9:30 Strength Training 12:00 Lunch | 31 9:30 Yoga 12:00 Halloween Party & BirthdayLunch 12:30 Mah Jong | Nov. 1 9:30 Mens' Breakfast 9:30 Van: Super Walmart 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.