



# Living Well Together

A Newsletter of the Georgetown Council on Aging

Volume 21/Issue 4

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

October 2019

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

**Director's Notes:** The arrival of fall and visits to local fairs always brings memories of my grandmother and her canning abilities to mind. Although they moved into Ottawa from the family farm while my mother was still in school, my grandparents continued to garden wherever they lived. When I was a young child, we lived in Ottawa just a few blocks from the house that my grandparents rented. My grandfather worked on Parliament Hill and my grandmother was at Carleton University. At that time, they did not have a car and commuted to work by street car. Still she found the time and energy to transform the backyard of the modest two-story home, which was used for my parents' wedding reception. As a little girl, I can remember sitting in the backyard while my grandmother tended her garden. She grew the most beautiful roses! One day, much to our delight, she uncovered a child's sterling cup with the name *Aubrey* engraved on front. The cup was dented from years spent under the soil but my sister and I enjoyed sharing it during special family dinners. When my grandparents bought their first home in Bells Corners, and their first car, they landscaped and gardened every inch of their new property. Shrubs and a crabapple tree were planted in the front yard, borders were dug and filled with roses. Raspberry canes and a vegetable garden that were planted in the back yard produced enough vegetables for both family and neighbors. My grandfather built a large closet in the basement that housed row after row of gleaming jars filled with relishes, pickles, vegetables, jams and jellies. Nothing was ever wasted in that house. What vegetable might not have been served fresh, was either pickled or went into the stock pot. I can remember being happily perched on the back steps of the kitchen, shelling peas, snapping beans or washing carrots while my grandmother worked in the kitchen. Steam filled the kitchen as the canning jars were filled with cooked vegetables or relishes and placed in the large kettle. Cooling glass jars quickly lined the counter and kitchen table. We enjoyed those canned goods all through the year. Every day breakfasts featured homemade strawberry or special peach jam. Who knew jam could be bought at the grocery store? Chili sauce and pickles of every sort accompanied special family meals. "If I had a nickel for every pickle," my grandmother would say with a smile. It would have been a heap of nickels for sure, but the heap of love and care was even greater and enriched our family beyond the measure of any currency. As fall arrives in our community, I hope that you will enjoy some of the treasures of the season – including a pickle or two!



## **Living Well Together Health Fair** **Tues. Oct. 29 ~ 9:30 a.m. - 12 p.m.**

Join us for our first community provider health care fair Tuesday October 29, 9:30 a.m. – 12 p.m. at the Georgetown Senior Community Center. Showcasing the wide resources available in our community, the Living Well Together Health Fair will provide participants & consumers with an opportunity to meet & share information. The health fair will include representatives from Georgetown Family Dentistry, Counseling Services of Greater Boston, Partners in Rehab, Central Street Pharmacy, New England Hearing Care, Nutritionist Leigh Hartwell of ESMV, Director of Veterans' Services Karen Tyler & SHINE Counselor Nancy Aberman. Local primary care providers & community hospital services have also been invited to participate. Healthy refreshments will be served during the event & before lunch. For further information, please call the Georgetown 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 Monday, Oct. 14 for Columbus Day.**

"Living Well Together" 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.



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



Shopping Date	Location	Recreation Date	Location
Oct. 1	NO SHOPPING VAN – Brown Bag	Oct. 3 9:30	Super Walmart/Salem, NH
Oct. 8 9:30	Riverside/Haverhill	Oct. 10 10:30	Plaistow, NH
Oct. 15 9:30	Newburyport	Oct. 17 10:30	Seabrook, NH
Oct. 22 9:30	Riverside/Haverhill	Oct. 24 10:30	Mann's Orchard-Target/Methuen
Oct. 29 9:30	Rowley	Oct. 31 10:30	Westgate/Haverhill

**JOIN US MONDAY – THURSDAY MORNINGS** from 8:30 - 11 a.m. for cribbage and card games! Puzzles, coloring materials & a pool table (call for availability) are also available for drop-in use. Hot coffee and snacks are a great way to meet-up with friends! **Tuesday (9:30-11 a.m.) is Homemade Muffin Day!**

**PUBLIC HEALTH NURSE:** Wed. Oct. 2, 9:30-11 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. 3, 9:30 a.m.  
**Chief Fred Mitchell, GFD will address Fire Safety Topics.**  
With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To reserve a seat, call 978-352-5726.**  
Next breakfast: Nov. 7 Veteran's Agent Karen Tyler.

**KAREN TYLER, DIR. VET. SERVICES OFF. HOURS:**  
Thurs. Oct. 3 10:30 a.m. – 11:30 a.m.

**SHINE OFFICE HOURS:** Mon. Oct. 21 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. October 15, 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.

## SAVVY CAREGIVER 6 WEEK PROGRAM

**Weds. Oct. 2-16, 1-3 p.m.**

## TOE-TAPPIN' DANCE CLASS

**Wed. Oct. 9, 10:30 a.m.**

## LUNCH & LEARN THURSDAY:

**Thurs. Oct. 17**

**Special Autumn Lunch 12 p.m.**

**U.S. Census Program 12:30 p.m.**

## WOMEN'S BREAKFAST Sponsored by Friends of GCOA

**Wed. Oct. 24, 9:30 a.m.**

See pg. 3.

## LIVING WELL TOGETHER HEALTH FAIR

**Tues. Oct. 29, 9:30 a.m. – 12 p.m.**

See pg. 1.

**COA Friends will meet Tuesday, Oct. 8, 1 p.m.**

**BOOK CLUB: Tues., Oct. 29, 2 p.m.**

**"The Only Woman in the Room" by Marie Benedict**



## OCTOBER BIRTHDAY & HALLOWEEN PARTY:

**Georgetown Sr. Community Ctr. Wed. Oct. 30, 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 10/23/19.** To make reservations, call the COA office at (978) 352-5726.

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

**Tues. Oct. 22, 10 a.m.**

Assistance available for: \*Health Care Proxies,

\*Durable Power of Attorney, \*Elder Law Issues

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



**Special Town Meeting**

**October 28 ~ 7 p.m.**

**Georgetown Middle High School**

## 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)	Monday	10:30 a.m.
(NOTE TIME CHANGE)	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.

## Lunch & Learn Thursday

**Thursday, October 17**

Georgetown Senior Community Center

12 p.m.

**Special Autumn Luncheon**

Sponsored by ESMV

### Menu:

**Roast Pork w/Applesauce ~ Au Gratin Potato ~  
Green Beans ~ Snowflake Roll ~ Parfait**

**\$2 suggested donation**

**Lunch reservations are required before  
10/9/19.**

12:30 p.m.

**The Ins & Outs of U.S. Census 2020**

Presented by

**Drew Menter, Partnership Specialist**

New York Regional Census Center

- ❖ The 2020 Census at a glance
- ❖ An important way to support your community
- ❖ What you need to know
- ❖ Frequently asked questions

**For more information or to sign-up for  
either/both activities, contact the COA  
at 978-352-5726.**



*Please join us for a*

## *Women's Breakfast*

*Sponsored by the Friends of the COA*

*Thurs. Oct. 24, 2019 at 9:30 a.m.*

*To reserve your seat, please call the COA at  
978-352-5726 by Thursday October 17.*

Coming in November...

### 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.**

## Time for 2020 Medicare Plan Review with SHINE

SHINE: a federally funded program: Serving the Health Insurance Needs of Everyone.

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: October 15 through December 7**. Even though you may have the best plan this year, SHINE encourages you to be an empowered, educated consumer. 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.

Trained, certified SHINE volunteers offer confidential counseling on all aspects of Medicare and related health insurance programs at no cost and may help find cost savings for you.

SHINE counselors will be on site at the Georgetown Senior Center, **Tuesday, November 12**, 51 North Street, **9am-2pm for 30-minute sessions to help you review your 2020 Medicare Plans. Registration required.** Call 978-352-5726 to make an appointment.

For more information, call **1-800-243-4636 (press 3 for SHINE)** or visit **www.medicare.gov**.

## 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.

**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.

## MOW Driver Needed

Elder Services of Merrimack Valley is seeking **volunteer Meals on Wheels driver(s)** to work one to two days a week in Georgetown.

- Two-hour time frame.
- Stipend paid.

Please contact Virginia, Elder Services, 978-651-3020.



**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 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.

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**/email [RTHaverhill@outlook.com](mailto:RTHaverhill@outlook.com)



GPD Officer Lefebvre & Lt. Hatch were the guest speakers at September's Men's Breakfast.

## Mark Your Calendar

Nov 5	Simons & Goodwin Concert
Nov. 6	Annual Flu Shot Clinic/My Life, My Health
Nov. 12	Medicare Plan Review
Nov. 12	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 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.**

**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 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.

Presort Standard  
U. S. Postage

**PAID**

PERMIT #39  
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 October 22, 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](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.

## 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>
	<b>1</b> BBQ Pulled Pork/Bun, Sweet Potato, Collard Greens, Apple	<b>2</b> <b>Clam Chowder</b> , Potato Fish, Veg. Rice, Butternut, MG Bread, Fig Bar/Lorna Doones
<b>7</b> Breaded Chix/Honey Mustard Sauce, Cheesy Grits, Green Beans, Oat Bread, Orange	<b>8</b> Pasta/Meat Sauce, Broccoli, Chef's Dessert, Italian Bread	<b>9</b> <b>Cream of Broccoli</b> , Veg Frittata, Potato Wedges, Zucchini, Dinner Roll, Juice, Yogurt
<b>14</b> <b>CLOSED: COLUMBUS DAY</b>	<b>15</b> BBQ Pork Patty/Bun, Corn Salad (warm), Chef's Veg, Pears	<b>16</b> <b>Vegetable Soup</b> , Pollock/Dill, Lemon Rice, Chef's Veg, Mixed Fruit, WW Bread
<b>21</b> Pasta/Meatballs/Marinara, Broccoli, Garlic Bread, Yogurt	<b>22</b> Hot Dog/Bun, Baked Beans, Mixed Veg, Mandarin Oranges	<b>23</b> <b>Butternut Squash</b> , Chix Cordon Bleu, Garlic Green Beans, Rice Pilaf, Fruit, MG Bread
<b>28</b> Cider Chix/Apples, Butternut Squash, Brussel Sprouts, Chocolate Pudding, Oat Bread	<b>29</b> Meatloaf/Gravy, Baked Potato, Creamed Spinach, WW Dinner Roll, Pears	<b>30</b> <b>Tomato Tortellini</b> , Juice, Turkey/Cheese Sandwich (MG), Orzo Salad, Beet Salad, Yogurt

## Easy Homemade Apple Sauce

Apple Season is in full swing. Whether you get them at the store, farmers' market, or pick your own, enjoy something homemade.

Ingredients listed can be adjusted to personal taste.

**Ingredients:** 4-6 apples any variety or mix ~ 1 T water ~ 2 T Brown Sugar (depends on personal taste/sweetness of apples) ~ Pinch of cinnamon or pumpkin pie spice.

**Directions:** Peel and cut apples into small chunks. In a microwavable bowl, place apples with a small amount of water (depends on the amount of apples. Just enough water to create steam for cooking). Cover bowl. Microwave for approx. 10 min. (depends on amount of apples and how chunky you like your sauce). Smash apples with a potato masher (or preferred method). Add brown sugar and spice to taste. Enjoy!

## OCTOBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Special Town Meeting</b> <b>Mon. Oct. 28 ~ 7 p.m.</b> <b>GMHS</b>	<b>1 No Shopping Van--</b> <b>Brown Bag</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	<b>2</b> <b>9:30 BOH Nurse</b> <b>11:00 Yoga (new time)</b> 12:00 Lunch 12:30 Mah Jong <b>1:00 Savvy Caregiver</b>	<b>3 9:30 Men's Breakfast</b> <b>9:30 Van: Super Walmart</b> 8:30 Walking Club 10:30 Hybrid Exercise Class 12:30 Tai Chi
<b>7</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>8 9:30 Van: Riverside/Hav'll</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 12:00 EMS Quilts <b>1:00 Friends of COA</b> 2:00-3:00 Beginners' Quilting	<b>9</b> <b>10:30 Toe-Tappin' Dance Class</b> <b>11:00 Yoga (new time)</b> 12:00 Lunch 12:30 Mah Jong <b>1:00 Savvy Caregiver</b>	<b>10 10:30 Van: Plaistow, NH</b> 8:30 Walking Club 9:30 Knitting Group 10:30 Hybrid Exercise Class 12:30 Tai Chi 1:00 Stamp Club
<b>14</b> <b>CLOSED: COLUMBUS DAY</b>	<b>15 9:30 Van: Newburyport</b> 8:30 Walking Club 9:30 Strength Training <b>11:00 Sen. Tarr/Rep. Mirra Off. Hrs</b> 12:00 Lunch	<b>16</b> <b>11:00 Yoga (new time)</b> 12:00 Lunch 12:30 Mah Jong <b>1:00 Savvy Caregiver</b>	<b>17 10:30 Van: Seabrook, NH</b> 8:30 Walking Club 10:30 Hybrid Exercise Class <b>12:00 Lunch &amp; Learn</b> 12:30 Tai Chi
<b>21 Shine Appointments</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>22 9:30 Van: Riverside/Hav'll</b> 8:30 Walking Club 9:30 Strength Training <b>10:00 Legal Assistance</b> 12:00 Lunch 12:00 EMS Quilts <b>12:45 COA Board Mtg.</b> 2:00 Book Club 2:00-3:00 Beginners' Quilting	<b>23</b> <b>11:00 Yoga (new time)</b> 12:00 Lunch 12:30 Mah Jong	<b>24</b> <b>10:30 Van: Manns Orchard &amp; Target/Methuen</b> 8:30 Walking Club <b>9:30 Womens' Breakfast</b> 9:30 Knitting Group 10:30 Hybrid Exercise Class 12:30 Tai Chi 1:00 Stamp Club
<b>28</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	<b>29 9:30 Van: Rowley</b> <b>9:30-12 Health Fair</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	<b>30</b> <b>11:00 Yoga (new time)</b> <b>12:00 Halloween/B'day Lunch</b> 12:30 Mah Jong	<b>31</b> <b>10:30 Van: Westgate/Hav'll</b> 8:30 Walking Club 10:30 Hybrid Exercise Class 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.