



A FEW GRAY HAIRS



National
Read A
Book
Day
Sept. 6

A Newsletter of the Georgetown Council on Aging

Vol. 19/Iss. 3

September 2017

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes... September is National Senior Center Month.

"Senior Centers: Masters in Aging!"

The completion of the new Georgetown Senior Community Center provides us with a wonderful first opportunity to celebrate National Senior Center Week as a community. This year's theme of *Senior Centers: Masters in Aging* allows us to highlight the goal of aging masterfully, which piloted our plans to build a Senior Center. You are our experts on aging & our community is an expert in supporting their goal of healthy aging for all. Since we moved into the Senior Center, we have experienced a total of 3,204 visits. During this time, 88 people have exercised 945 times, & 96 people have participated 324 times in wellness education & programs. We have seen 504 people 2,213 times for social & recreational programs & events. This represents a 50% increase in participation from last year & shows that you are our Masters in Aging! We look forward to continuing to learn from you. Celebrate positive aging this month--and every month--with the Georgetown Senior Community Center by joining us for:

Fitness classes: Physical activity stimulates both mind & body. Try a Yoga, Strength Training, or Tai Chi class or enjoy the use of one of our treadmills or exercise bikes.

Wellness programs: Meet the challenges of aging physically, socially and emotionally.

Community service projects: Our dolls group, and now, a new quilting project both provide comfort to children in need or suffering trauma.

Social activities: Friends and acquaintances nurture our well-being whether at a BBQ, playing cards & games, participating in a group activity, enjoying a cultural arts program or visiting over a cup of coffee at the book nook.

Recreational activities: With our new Senior Center, we offer Bocce & a Pool Table as well as van trips into the community. One of the key components of wellbeing is a strong social network!



The COA and all activities will be closed on Monday, September 4 for Labor Day.

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

September Activities

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



CALL US AT 978-352-5726.



S E P T E M B E R V A N S C H E D U L E 2 0 1 7

| Shopping Date | Location | Recreation Date | Location |
|---------------|-------------------------|-----------------|-------------------------|
| Sept. 5 | NO VAN – Brown Bag Only | Sept. 7 9:30 | Super Walmart/Salem, NH |
| Sept. 12 9:30 | Riverside/Haverhill | Sept. 14 10:30 | Plaistow, NH |
| Sept. 19 9:30 | Newburyport | Sept. 21 10:30 | Westgate/Haverhill |
| Sept. 26 9:30 | Seabrook, NH | Sept. 28 9:00 | Parker River Tour |

JOIN US MONDAY – THURSDAY MORNINGS from 8:30-11 a.m. for cards and cribbage 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!

SHINE OFFICE HOURS: **Tues. Sept. 5, 9-11 a.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.

BOARD OF HEALTH NURSE: **Wed. Sept. 6, 9:30 a.m.**
 Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12 - 2 p.m.

MEN'S BREAKFAST: **Thurs. Sept. 7, 9:30 a.m.**
Rep. Lenny Mirra will join us. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726.**
Next breakfast: Oct. 5. Speaker: Chris Comiskey, Georgetown Historical Society

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. Sept. 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.

IDENTITY THEFT/FRAUD: **Tue. 9/12, 10 a.m.**
 (See page 6.)


HEALTHY LIVING/BRAIN/BODY: **Wed. 9/13, 10:30 a.m.**

MATTER OF BALANCE/1ST CLASS: **Thu. 9/14, 10 a.m.**

BOCCE & ICE CREAM REMATCH: **Tue. 9/19, 12:30 p.m.**

TRIAD KICK-OFF BBQ: **Thu. 9/21, 11:30 a.m.**

NEXT MURAL MEETING: **T.B.A.**

 **SEPT. BIRTHDAY CELEBRATION: Wed. Sept. 27, 12 p.m.**
 Help us send best wishes to our friends who were born in Sept. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 9/20/17 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE GEORGETOWN COA resume meetings...
 Friends (generally) meet the second Tuesday of each month in spring & fall at 2 p.m. at Georgetown Senior Community Center (**Sept. 12, Oct. 17*, Nov. 14**). The public is welcome.

Free Legal Help offered by Atty. Elaine Dalton

Tues. Sept. 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



Special Van Trip to Parker River Nat'l Wildlife Refuge Thursday Sept. 28

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

Start with a stop at the Visitors Center:

- ♦ view interactive displays and a
- ♦ short video of the refuge



A Behind-the-Scenes guided tour features:

- ♦ Dramatic views from the manmade dike on Plum Island Sound,
- ♦ Stops to view significant aspects of the refuge,
- ♦ A visit to Parking Lot 7,
- ♦ Emerson's Rocks, which features an accessible boardwalk and platform with viewing scope and benches.

The van will begin to pick people up at 9:00 a.m.
Seating is limited. For van reservations, please call the 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 |
|------------------------------------|----------------------|---|
| Yoga (Bring a mat or towel) | Mondays | 10:30 a.m. |
| | Wednesdays | 9:30 a.m. |
| Strength Training | Tuesdays | 8:30 a.m. |
| Tai Chi | Thursday | 12:30 p.m. |
| Fitness Room | Mon. – Thurs. | Call for equip. Availability |

*Promoting
Healthy
Living*

Walking Club

**Tuesdays & Thursdays
2-3 p.m.**

**Participants must
pre-register with the COA.
978-352-5726**

| B | I | N | G | O |
|---|--|---------------|---|------------------------------------|
| 12 | 21 | 38 | 49 | 63 |
| Georgetown Senior Center | | 40 | Trestle Way Community Room | |
| Every Monday at 12:30 p.m. | Cost: \$1.00/card covers up to 9 Games | Free Space | 1 st & 3 rd Wednesdays each month at 1:00 p.m. | Cost: 50¢ & 75¢ per game. |
| For more info, call (978) 352-5726 | | 33 | Contact: GHA (978) 352-6331 | |
| 2 | 29 | 45 | 50 | 72 |

Rescheduled from June

“Matter of Balance”

A Fall Prevention Program

Presented by

Elder Services of Merrimack Valley

Healthy Living Center of Excellence Instructors

Thursdays, Sept. 14 thru Nov. 2

10 a.m. to 12 noon

Matter of Balance acknowledges the risk of falling & emphasizes practical coping strategies to reduce fear of falling.

Strategies include

- promoting a view of falls & fear of falling as controllable
- setting realistic goals for increasing activity
- changing the environment to reduce fall risk factors & promoting exercise to increase strength and balance.

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

COA Book Club resumes **Tuesday Sept. 26, 2 p.m.** at the Georgetown Senior Community Center. Participants will discuss “News of the World” by Paulette Jiles. Copies of the book are available at the library. For information, call the COA at 978-352-5726.



Rack ‘Em Up!

Join Nick Fiorello for a game of **pool** on

Mon. Sept. 11 at 12:30 p.m.

All levels of experience welcome!

Please sign-up with the COA at 978-352-5726

Alzheimer’s Association to present

Healthy Living for your Brain & Body

Wed. Sept. 13, 10:30 a.m.

Join us to learn important information & tips from the latest research to enhance healthy living and aging.

Topics include:

- ☆ Diet/nutrition
- ☆ Exercise
- ☆ Cognitive activity
- ☆ Social engagement
- ☆ Lifestyle choices impacting the aging process
- ☆ hands on tools to develop a plan for healthy aging

To assist with planning, please call the COA at (978) 352-5726

Georgetown TRIAD and the Friends of GCOA

To sponsor

Fall Kick-Off BBQ

Thursday Sept. 21, 11:30 a.m.



Georgetown TRIAD is a partnership between the Georgetown Police and Fire Departments, Georgetown Housing Authority, Council on Aging, Essex County Sheriff’s Department and the elder community.

TRIAD programs include: File of Life, Yellow DOT, personal safety, fire safety, proper medication disposal, car-fit, elder law, Essex County Sheriff’s Department K-9 demonstrations, proper house numbering and elder bullying prevention.

As part of the lunch, the TRIAD group and public safety officials will **discuss elder safety and meet with residents.**

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

Consumer Affairs Two-Part Series
Sept. 12 & Oct. 17
10 a.m.

Presented by

Robin Putnam, Research & Special Projects Mngr.
Office of Consumer Affairs & Business Regulation

Join us for a program on

Tuesday Sept. 12: Identity Theft & Fraud Prevention

Tuesday October 17: Shopping Rights. This program will include information on warranties, return policies, defective merchandise, pricing discrepancies and online shopping.

Refreshments will be served at both programs.

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



Home Improvement Applicants Sought

Rebuilding Together is now accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on Saturday, April 28, 2018. The application **deadline is Sunday, Dec. 31, 2017.** For more information or to request an application, call: 978-469-0800 or email RTHaverhill@outlook.com



Bocce and Ice Cream Rematch
Tues. Sept. 19, 12:30 p.m.



Don't worry if you missed the August match! Novice or expert, it doesn't matter. Join us for some fun exercise and end the day with a sweet treat.

Join us for lunch at noon to make a day of it! (Lunch reservations required by 9/13/17.)

Please sign-up by calling the COA at 978-352-5726.

(*The Bocce set is available anytime people want to play.*)

The Women's Guild of the First Congregational Church will host

Chocolate, the Perfect Indulgence
Tues. Sept. 26 at 1 p.m.

The guest speaker will be Mike Cross, NECC.

Light refreshments will be served. There is no cost.

For more info, call Joan Chatterton (978) 352-8033.

New Quilting Group to Aid Children

Emergency Quilts for Comfort

Join a new group making comfort lap quilts to be used at emergency scenes (motor vehicle accidents, fires, etc.) for children experiencing a traumatic event. These quilts will be given to the Georgetown Police and Fire Departments to be available in cruisers, ambulances and rescue vehicles. Join us, whether you are a beginner or an experienced quilter, on the second and fourth Tuesdays each month, from noon 'til 2 pm, in the Georgetown Senior Community Center. Drop-ins welcome.



Looking Ahead...

(FYI Only. Do not call for reservations at this time. Thank you.)

- | | |
|----------------|--------------------------|
| Oct. 10 | Delvena Theater/Tea |
| 1 p.m. | "Shirley Valentine" |
| Oct. 31 | Halloween/Birthday Lunch |
| 12 p.m. | Dress up optional |
| Nov. 7 | Simons & Goodwin |
| 10 a.m. | Folk Concert |
| Nov. 18 | Kiwanis Dinner |
| 2 p.m. | Penn Brook School |
| Nov. 29 | Russ McQueen Concert & |
| 10 a.m. | Nov. Birthday Lunch |
| Dec. 5 | Georgetown Light Dept. |
| 10 a.m. | Safety Program |
| Dec. 12 | COA Annual Holiday Party |



Ongoing & Monthly Activities

For more info on any activities call the COA
978-352-5726



COA Food Pantry: Located at GSCC.

No income restrictions apply. Appointments are required by calling 978-352-5726.

WINTHROP STAMP CLUB: Thurs. Sept. 14, 1-4 p.m.

General meeting followed by stamp auction (open to public).
2nd Thursday each month

Knitting Group: Thurs. Sep 14 & 28, 9:30-11:30

2nd & 4th Thursdays each month Drop-ins welcome.

Emergency Quilts for Comfort:

Thurs. Sept. 12 & 26, 12 – 2 p.m. Free. Fabric/batting provided.
2nd & 4th Tuesdays each month Drop-ins/beginners welcome.

Beginner's Quilting Class: Sept. 12 & 26, 2 – 3 p.m.

2nd & 4th Tuesdays each month Free. Fabric/batting provided.

Mah Jong Group: Wed. at 12:30 p.m. (Only meets 1x/week now.)

Book Club: resumes Tues. Sept. 26, 2 p.m.

Book: "News of the World" by Paulette Jiles
4th Tuesday of each month

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.

Visiting 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. The nurse is also available for Trestle Way residents in the Community Building on the first Wednesday of each month @ 12:30 p.m. for blood pressure, weight & diabetic checks.

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 on the first Tuesday of each month.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 5/23/17

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 **12:30 p.m.** on the 4th Tuesday of each month at **Georgetown Sr. Community Center**
51 North Street, Georgetown

NEXT BOARD MEETING:
T. B. A.

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

Meal Site Coordinator: Mickie Locke

Board Members:

Esther Palardy, Chair

Sue Clay, Vice Chair

Caroline Sheehan, Treasurer

Jean Perley, Secretary/Clerk

Jill Benas, Corona Magner, Diane

Prescott, Nancy Thompson, Ann

Stewart **Alternates:** Janice Downey,

Darcy Norton

Town of Georgetown:

Michael Farrell, Town Administrator

Joe Bonavita, Board of Selectmen, Chair

Steven Sadler, Board of Selectmen, Clerk

Douglas Dawes, Board of Selectmen

Gary Fowler, Board of Selectmen

David Surface, Board of Selectmen

Georgetown COA Webpage is located on the town's official website www.georgetownma.gov.

Council on Aging Mission Statement: The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Inclement Weather Policy: The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the COA Meal Site located at the Georgetown Senior Community Center.

September 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 CLOSED: Labor Day | 5 Meatballs/Marinara Sauce/Sub Roll Green Beans, Potato Chips, Mandarin Oranges | 6 Turkey Sandwich/White Bread, Gravy, Mashed Potato, Peas, Gelatin |
| 11 Stuffed Shells/Meat Sauce, Cauliflower, Fresh Fruit, Dinner Roll | 12 Juice, Ham, Egg & Cheese/WW tortilla/Salsa, Rice & Beans, Zucchini, Yogurt | 13 Garden Salad/Dressing, Diced Chicken, Pasta Salad, Pears, Honey Wheat Roll |
| 18 Hot Dog/ Roll, Pork Baked Beans, Baked Apples, Coleslaw | 19 Tortellini/Meat Sauce, Spinach, WW Dinner Roll, Fresh Fruit | 20 Ribeye/BBQ Sauce/Sandwich Roll, Butternut Squash, Steamed Potatoes, Raisins |
| 25 Meatloaf/Gravy, Mashed Potatoes, Green Beans, Peaches, Italian Bread | 26 Chicken Fajita/Onions/Peppers/Tortilla, Sour Cream, Shredded lettuce, Cheese, Corn, Spanish Rice, Chef's Dessert | 27 Roasted Pork/Red Wine Mushroom Sauce, Roasted Potatoes, Carrots, Applesauce, MG Bread Birthday Cake and Ice Cream |

September is National Honey Month

Enjoy the late summer harvest with **Honey Citrus Glazed Carrots** (serves 4)

Ingredients: 1 T butter ~ 4 c. sliced carrots ~ ¼ c. honey ~ ½ c. chicken broth ~ ½ c. orange juice ~ ½ tsp. minced orange zest ~ 1 tsp. salt ~ ¼ tsp. pepper.

Directions: In large skillet over medium-high heat, melt butter. Add carrots & sauté for several minutes. Add honey, broth, orange juice & zest. Reduce heat to medium-low & simmer until carrots are cooked & liquid is thick. Season with salt & pepper.

Honey Lemon Avocado Dressing:

1 avocado ~ 2 T lemon juice ~ 2 T red wine vinegar ~ 2 T honey ~ 2 T extra virgin olive oil ~ ½ c. water ~ ¼ c. cilantro, chopped

Combine all of the ingredients together in a blender until smooth. Can be used in salads, meats, tacos, or whole grains.

SEPTEMBER VAN & ACTIVITIES CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|--|
| 4 CLOSED: Labor Day | 5 No Shopping Van– Brown Bag SHINE Appts. available 12:00 Lunch 2:00-3:00 Walking Club | 6 9:30 Visiting Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong | 7 9:30 Mens' Breakfast 9:30 Van: Walmart/SalemNH 12:30 Tai Chi 2:00-3:00 Walking Club |
| 11 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 12:30 Play Pool! | 12 9:30 Van: Riverside/Hav. 10:00 Consumer Affairs Part 1 12:00 Lunch 12:00 EMS Quilts for Comfort 2:00 COA Friends Meeting 2:00-3:00 Beginners' Quilting 2:00-3:00 Walking Club | 13 9:30 Yoga 10:30 Alzhmrs Assoc. Program 12:00 Lunch 12:30 Mah Jong | 14 9:30 Knitting Club 10:00 Matter of Balance 10:30 Van: Plaistow, NH 12:30 Tai Chi 1:00-4:00 Stamp Club 2:00-3:00 Walking Club |
| 18 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo | 19 9:30 Van: Newburyport 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Lunch 12:30 Bocce/Ice Cream 2:00-3:00 Walking Club | 20 9:30 Yoga 12:00 Lunch 12:30 Mah Jong | 21 10:00 Matter of Balance 10:30 Van: Westgate/Haverhill 11:30 TRIAD BBQ/Kick-off 12:30 Tai Chi 2:00-3:00 Walking Club |
| 25 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo | 26 9:30 Van: Seabrook, NH 10:00 Legal Assistance Appts. 12:00 Lunch 12:00 EMS Quilts for Comfort 2:00 Book Club Resumes 2:00-3:00 Beginners' Quilting 2:00-3:00 Walking Club | 27 9:30 Yoga 12:00 Birthday Lunch 12:30 Mah Jong | 28 9:30 Knitting Club 10:00 Matter of Balance 10:30 Van: Parker River Tour 12:30 Tai Chi 2:00-3:00 Walking Club |

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.