



# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 20/Iss. 3

September 2018

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

**Director's Notes:** The celebration of the Georgetown Senior Community Center's first full year as a town facility for elders and their families, provides our community with the perfect opportunity to celebrate National Senior Center Week. The success of the Georgetown Senior Community Center fully illustrates this year's theme of *Senior Centers: Building Momentum!* Across the country, Senior Centers have a positive impact on both individual lives as well as the communities that they serve. The connections that bring together all age groups in a community is what builds momentum for the future of healthy aging. Partnerships and assistance from all town departments and to support the building of the provide the help needed to needs for healthy aging. In wellness programs and social resource for individuals seeking information about complex subjects such as health insurance, legal questions, financial assistance, home care, housing and transportation options – all programs necessary to assist individuals in remaining healthy and active in their communities. With the opportunity to create a facility that provides "one-stop" service for elders and their families in Georgetown, where health, recreational, social and informational needs can all be addressed in one location, we have seen growth and gained momentum for what the future of aging can be in Georgetown. At our recent summer barbeque, over 60 elders gathered to enjoy the food, music and each other's company. At one point, a group ranging in age from 71 – 95 danced the Hully Gully with the precision of the Rockettes. (See photo on pg. 6.) Positive examples and role models for how to age in our community! In the first year of the Senior Center, we have experienced a total of 8,000 visits. During this time, 115 people have exercised 2,532 times, & 199 people have participated 846 times in wellness education & programs. We have seen 727 people 4,574 times for social & recreational programs & events. This represents a 30% increase in participation from last year & shows that we continue to build momentum for the future of what aging can and will be in our community!



## Many Thanks to...

**The Georgetown Kiwanis Club** for their recent donation of hamburgers and hot dogs. We will enjoy the bounty at an indoor cookout on Thursday, Sept. 27 (details inside). The COA appreciates the continuous support of the Kiwanis.



**The Raymond Court Neighborhood** This neighborhood group has collected and donated food and supplies for the COA Marketplace on a regular basis. Their generosity has made a difference in the lives of many others.

## Participants Wanted for Research Study

Dr. Laura Hsu, Assistant Professor of Human Development & Human Services at Merrimack College, is seeking volunteers to participate in a study on manual dexterity. Participants must be 70 years old or older with right-hand dominance. Time needed is approximately two hours per week for four weeks. A portion of the study will be completed from home. The study includes questionnaires, cognitive tests, physiological measures (blood pressure, pinch and hand grip strength, and vision), and either writing or reading from magazines participants will keep. Participants will receive \$40 and a free magazine. Participants will be able to meet with the Dr. Hsu at the Georgetown Senior Community Center. For further information, please call Dr. Hsu at (978) 837-3583, or [HsuL@merrimack.edu](mailto:HsuL@merrimack.edu).

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**The COA and all activities will be closed on Monday, September 3 for Labor Day.**

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"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 8

Shopping Date	Location	Recreation Date	Location
Sept. 4	NO VAN – Brown Bag Only	Sept. 6 9:30	Super Walmart/Salem, NH
Sept. 11 9:30	Riverside	Sept. 13 10:30	Mann's Orchard/Methuen
Sept. 18 9:30	Newburyport	Sept. 20 10:30	Seabrook, NH
Sept. 25 9:30	Plaistow, NH	Sept. 27 10:30	Westgate/Haverhill

**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!

## **PUBLIC HEALTH NURSE: Wed. Sept. 5, 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. Sept 6, 9:30 a.m.**

**Guest Speaker: Representative Lenny Mirra** With great appreciation, the COA thanks Crosby's Markets for their sponsorship.

To make reservations, call 978-352-5726.

Next breakfast: Oct. 4 Speaker: TBA

## **SHINE OFFICE HOURS: Mon. Sept. 17, 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. Sept. 18, 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. Sept. 10, 17, 24 1:30 p.m.**

## **HOME IMPROVEMENT CONTRACT SAFETY:**

**Tues. Sept. 11, 10 a.m.** (See page 3.)

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

**Tues. Sept. 11, 1:30 p.m. – 3 p.m.**

## **CHARLIE CARD DAY:**

**Tues. Sept. 18, 10 a.m.** (See page 3.)

## **SERVICE DOG PROJECT, INC.:**

**Wed. Sept. 19, 10:30 a.m.** (See page 3.)

## **THE FACTS ABOUT SUGAR:**

**Wed. Sept. 26, 10:30 a.m.** (See page 3.)

## **INDOOR COOKOUT:**

**Wed. Sept. 27, 12 p.m.** (See page 3.)

## **FRIENDS OF THE GEORGETOWN COA fall schedule...**

Friends (generally) meet the second Tuesday of each month in spring & fall at 12:30 p.m. at Georgetown Senior Community Center (**Sept. 11, Oct. 9, Nov. 13**). The public is welcome.



## **SEPTEMBER BIRTHDAY: Wed. Sept. 26, 12:00 p.m.**

Join us as we send best wishes to our friends who were born in September. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 9/19/18 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

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

**Tues. Sept. 25, 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



**Book Club is back!**

**Join us Tues. Sept. 25, 2 p.m.**

**"The Stars are Fire"  by Anita Shreve**

## 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.

## **Home improvement Contract Safety**

Presented by

**Robin Putnam/Consumer Protection**

**Tues. Sept. 11, 10 a.m.**

Georgetown Senior Community Center

### Topics to include:

- (1) registration of contractors,
- (2) what to do about complaints,
- (3) arbitration and
- (4) guaranty fund.



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

## Service Dog Program

**Wednesday September 19, 10:30 a.m.**

Come meet several **Great Dane service dogs** from Service Dog Project, Inc. The Great Danes are bred to work as service dogs for individuals living with balance and mobility issues. For information, please call the Georgetown Senior Community Center at 978-352-5726.



## **"Swallowing Sweetness –**

## **The Facts about Sugar"**

*Sponsored by Elder Services of Merrimack Valley*

*Join Registered Dietitian, Leigh Hartwell, for an interactive nutrition lesson about sugar on*

**Wednesday Sept. 26 at 10:30 a.m.**

### Topics include:

- ♥ types of sugar,
- ♥ food and beverage sugar content,
- ♥ health effects of added sugars,
- ♥ tips to cut back on added sugars, and
- ♥ artificial sweeteners.
- ♥ Q&A with a dietitian will also take place.

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

## **Senior Charlie Card Day**

Sponsored by

**Georgetown COA & Senator Bruce Tarr's Office**

**Tues. Sept. 18**

**10 a.m.**

Georgetown Senior Community Center

- **The Senior Charlie Card** can be used to receive reduced fares on all MBTA transportation services including buses, the subway, commuter rail line and ferries.
- **Staff members from Senator Tarr's office** will be available to take photos and process Senior Charlie Card applications.
- **Elders must be 65 years or older** to qualify for the Senior Charlie Card.
- **Please bring** a valid, state-issued photo ID that includes your date of birth.
- **Applications** will be available in advance at the COA office for those who would like to complete them prior to arrival.

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

## Burgers & Dogs Outside In

Indoor BBQ provided by Georgetown Kiwanis Club

**Thursday Sept. 27, 12 p.m.**

Georgetown Senior Community Center

**Enjoy a last taste of summer with a classic  
cookout... indoors!**

- Hot Dogs & Hamburgers
- Potato Salad & Coleslaw

**3 RSVP REQUIRED by Sept. 20 Call 978-352-5726.**

## Walking Club Celebration

Thurs. Sept. 13, 8:30 a.m.

Georgetown Senior Community Center

- Join our Walking Club for a morning stroll.
- Follow-up with a healthy continental breakfast
- Receive a participation gift.
- Open to the public

Registration is required

by **Tues. Sept. 6.**

Call the COA at 978-352-5726



## Looking ahead: ☺

**Oct. 11 9:30 a.m.**

**Van trip to Parker River Wildlife Refuge**

☞ **Oct. 15-18 NEW! Health Education Week** ☜

**Oct. 15 11:30 a.m. – 12 p.m.**

**Information & Resource Table (Giveaways too!)**

Hosted by Bonnie Sisson, Elder Services Merr. Valley.

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

**Medicine Management Program**

Central St. Pharmacy

**Oct. 17 11 a.m.**

**Fall Prevention and Wellbeing program**

Partners in Rehab

**Oct. 18 2 p.m.**

**Alzheimer's Disease program**

"Memory, Aging & Alzheimer's Disease"

**Nov. 7 9:30-11 a.m. Flu Clinic**

## Ongoing & Monthly Activities

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



**COA Marketplace:** Nonperishable items are located at GSCC. No income restrictions apply. Appointments are required by calling 978-352-5726.

**BINGO:** Mon. at 12:30 p.m. \$1 per card covers all games.

**WINTHROP STAMP CLUB:** 2<sup>nd</sup> & 4<sup>th</sup> Thurs., 1-4 p.m.  
General meeting followed by stamp auction (open to public).

**Knitting Group:** 2<sup>nd</sup> & 4<sup>th</sup> Thurs., 9:30-11:30  
Drop-ins welcome.

**Grief Support for Living with Loss:** 2<sup>nd</sup> Tues., 1:30-3 p.m.

**Emergency Quilts for Comfort:** 2<sup>nd</sup> & 4<sup>th</sup> Tues., 12- 2 p.m.  
Free. Fabric/batting provided. Drop-ins/beginners welcome.

**Beginner's Quilting Class:** 2<sup>nd</sup> & 4<sup>th</sup> Tues., 2 – 3 p.m.  
Free. Fabric/batting provided.

**Mah Jong Group:** Wed. at 12:30 p.m.

**Book Club:** 4<sup>th</sup> Tuesday of each month, 2 p.m.

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## 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 5<sup>th</sup>.



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

*NO CASH VALUE*		Crosby's		*NO CASH VALUE*	
COMMUNITY COMMITMENT EVENT					
Date of Event: <u>                    </u>					
Name of Organization: <u>Friends of Georgetown COA</u>					
Your Shopping Week: <u>                    </u>					
Customer Name: <u>                    </u>					
Cashier Name: <u>                    </u>					
Total Sales: <u>                    </u>					
*Please present in store at the time of purchase*					
*NO CASH VALUE*    *NO CASH VALUE*    *NO CASH VALUE*					

Thanks to Crosby's Marketplace, the FGCOA will hold a fundraiser during the week of **Oct. 29-Nov. 3**. When individuals use the FGCOA special Crosby's coupon & **present** it to the cashier, the FGCOA will receive 5% back on the total sales for that week. Individuals can use the coupon at any Crosby's or Henry's location on those dates. Money raised by the Friends enables them to support programs & activities at the Georgetown Sr. Community Center. Coupons will be available at the COA reception desk. Another coupon fundraiser will be held Nov. 11-17.



Ashland Farm invites the public to their  
**Annual Antique Car & Truck Show.**

**Sun. September 9<sup>th</sup> from 10:00 – 2:00 pm**

Located at Ashland Farm Assisted Living & Memory Care; 700 Chickering Road; North Andover (across from the High School). Celebrate Grandparents Day! A Great activity to do with Grandchildren. Come & enjoy: BBQ lunch, music, kid's petting zoo & face painting too!



**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. For details/more info, contact **RTH @ 978-469-0800 or RTHaverhill@outlook.com**.



**Dancing the Hully Gully  
COA Annual BBQ  
Julv 25, 2018**

# **Council on Aging Services**

For information on any of the following services, contact the COA at (978) 352-5726.

## **TRANSPORTATION/SHOPPING:**

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Monthly Van Schedules are printed in the Newsletter. A small donation is suggested to help with program expenses.

## **TRANSPORTATION/MEDICAL:**

### **Northern Essex Elder Transport, Inc.**

This program provides rides for elders to medical appointments. Arrangements should be made at least **ONE WEEK** in advance by calling the COA office at (978) 352-5726. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

### **RING & RIDE: Medical, Shopping & General Purpose**

#### **Transportation & Medi-Ride**

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, contact the COA.

## **HANDICAP PLACARDS**

The COA has applications for **HANDICAP placards** available from the Registry of Motor Vehicles.

## **Meals on Wheels**

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

## **Congregate Meals**

The COA Meal Site offers nutritious lunches Monday-Wednesday at 12:00 p.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

## **FOOD AND HEAT RESOURCES**

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

## **Board of Health Nurse**

On the first Wednesday of each month, from 9:30 - 10:30 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc.

## **S.H.I.N.E.**

**S**erving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg @ Georgetown Sr. Community Center. See newsletter for specific dates.

## **EQUIPMENT LENDING PROGRAM**

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

## **FILE OF LIFE & YELLOW DOT PROGRAMS**

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

## **HEALTH CARE PROXIES**

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

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

Updated 6/23/18

Georgetown Council on Aging  
51 North Street  
Georgetown, MA 01833

**Return Service Requested**

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

**NEXT BOARD MEETING:**  
**Tuesday September 25, 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  
Caroline Sheehan, Treasurer  
Jean Perley, Secretary/Clerk  
Jill Benas, Diane Prescott, Nancy Thompson, **Alternates:** Darcy Norton, Diane Klibansky

**Town of Georgetown:**

Michael Farrell, Town Administrator  
Joe Bonavita, Board of Selectmen, Chair  
Douglas Dawes, Board of Selectmen, Clerk  
Gary Fowler, Board of Selectmen  
Steven Sadler, Board of Selectmen  
Charles Durney, Board of Selectmen

**Georgetown COA Webpage** is located on the town's official website [www.georgetownma.gov](http://www.georgetownma.gov).

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

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

**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>
<b>3</b> <b>CLOSED: Labor Day</b>	<b>4</b> Hot Dog/Roll, Baked Beans, Potato Chips, Patriotic Parfait	<b>5</b> Lasagna/Meat Sauce, Zucchini/Summer Squash Wheat Bread, Fresh Fruit
<b>10</b> BBQ Pork Patty/Sauce/Bun, Roast Pot, Green Beans, Pineapple	<b>11</b> Chix/Gravy, Sweet Pot, Corn on the cob, Wheat Bread, Fruit Loaf/Lorna Doones	<b>12</b> Mongolian Beef/Sauce/Veggies/Lo Mein Noodles, Broccoli. Dinner Roll, Fresh Fruit
<b>17</b> Salisbury Meatballs/Mushroom Sauce, Mashed Pot, Chef's Veg, Multigrain Bread, Peaches	<b>18</b> Eggplant Parm/Pasta/Sauce, Cauliflower, Italian Bread, Diet Gelatin	<b>19</b> Chef Salad/Dressing, Potato Salad, Roll, Fresh Fruit
<b>24</b> Baked Eggs, Roast Pot, Creamed Spinach, Muffin, Yogurt	<b>25</b> Turkey/Broccoli/Pasta/Divan Sauce, Carrots, Multigrain Bread, Blondie/Lorna Doones	<b>26</b> Roasted Pork/Apple Gravy, Mashed Pot, Garden Salad/Dressing, Fresh Fruit, WW Roll

**Sept. 13 is National Peanut Day. Try serving Easy Peanut Chicken to perk up a meal.**

**Ingredients:** 2 boneless/skinless chicken breasts, sliced into thin strips ~ 2 eggs, whisked ~ 1 ½ c. panko bread crumbs ~ 1 ½ c. peanuts, chopped fine ~ 1 c. peanut butter ~ peanut oil for frying

**Directions:** Heat a heavy bottomed stock pot with about 2 inches of oil in the bottom until oil is 350°F. Mix bread crumb & peanuts in a shallow bowl. Dip the chicken into the egg & completely coat. Roll in the bread crumb mixture until completely coated. Gently place in the hot oil. Fry until golden brown & cooked through-about 4-5 minutes. Remove to paper towel-lined plate. Heat the peanut butter until warm and soft. Serve the chicken with the peanut butter on the side as a dipping sauce.

**SEPTEMBER VAN & ACTIVITIES CALENDAR**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>3</b> <b>CLOSED: Labor Day</b>	<b>4 No Shopping Van– Brown Bag</b> 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	<b>5</b> 9:30 BOH Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>6 9:30 Mens' Breakfast</b> <b>9:30 Van: Super Walmart</b> 8:30 Walking Club 12:30 Tai Chi
<b>10</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	<b>11 Van: Riverside/Hav'II</b> 8:30 Walking Club 9:30 Strength Training 10:00 Home Imp. Contracts 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	<b>12</b> 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	<b>13 10:30 Van: Mann's Orchard</b> <b>8:30 Walking Club Special Event</b> 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
<b>17 SHINE Appts. available</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	<b>18 9:30 Van: Newburyport</b> 8:30 Walking Club 9:30 Strength Training 10:00 Charlie Card Day 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Lunch	<b>19</b> 9:30 Yoga 10:30 Service Dog Project 12:00 Lunch 12:30 Mah Jong	<b>20</b> <b>10:30 Van: Seabrook, NH</b> 8:30 Walking Club 12:30 Tai Chi
<b>24</b> 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 1:30 Seated Meditation	<b>25 9:30 Van: Plaistow, NH</b> 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 12:00 Lunch 12:00 EMS Quilts for Comfort 12:45 COA Board 2:00-3:00 Beginners' Quilting 2:00 Book Club	<b>26</b> 9:30 Yoga 10:30 The Facts About Sugar 12:00 Birthday Lunch 12:30 Mah Jong	<b>27</b> <b>10:30 Van: Westgate/Hav'II</b> 8:30 Walking Club 9:30 Knitting Group 12:00 Indoor Cookout 12:30 Tai Chi 1:00 Stamp 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.