



# A FEW GRAY HAIRS



1/14/13  
Clean Off  
Your Desk  
Day

A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

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January 2013

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

**Director's Notes...** Marking the end of the old year and the arrival of the new year, New Year's Eve provides us with an opportunity to celebrate that important moment in time – and to connect with our family and friends as we begin each New Year together.



As a family we always look forward to New Year's Eve – although our celebrations seem to evolve, along with our family, each year! Growing up in Ontario, I can remember my parents attending elegant parties and dinners at my grandparents' house that, of course, featured Guy Lombardo and the Royal Canadians singing Auld Lang Syne at the stroke of midnight. Church bells and the bell at the Peace Tower would ring out across Parliament Hill in Ottawa. A New York City boy, my husband remembers family dinners in his family's Queens' apartment that involved multiple courses of home-made Italian delicacies along with card games and endless cups of coffee that lasted until well past midnight. I'm sure that they also listened to Guy Lombardo as he broadcasted his venerable show from the ballroom at the

Waldorf-Astoria on Park Avenue in New York. Across the miles, our families were



probably listening at the same time – along with a few of you! So, put on that pasta pot and find a bell to ring, the New Year is set to begin! With much to celebrate, we are looking forward to celebrating with all of you!

## AARP Tax Prep Assistance Available

**Open to: Elders and other moderate-income individuals**

**Where: COA Office (Town Hall)-1 Library St.**

**When: Thursday mornings Feb. 7 - April 11**

**Appointments are required.**

4 one-hour sessions available each Thursday starting at 9:30 a.m.

**To schedule an appointment, call the COA office  
(978) 352-5726.**

### Things to bring with you to your appointment:

- ★ Copies of 2011 Federal & State tax returns
- ★ Anything received in the mail marked "Important Tax Return Document Enclosed" including W-2 forms, SSA-1099 (Social Security), 1099-R (pension/IRA), 1099-INT (interest), 1099-B/1099-DIV (stocks/mutual funds).
- ★ Some form of Personal Identification
- ★ To determine Circuit Breaker Tax Credit, bring 2012 Property Tax bills & Water Bills.

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.

## *A Holiday Thank You*

As the whirl wind of the holidays begins to subside, the Georgetown COA is grateful to all who helped to brighten the holiday season. We send our thanks to the Georgetown Middle/High School Music Department & Food Service for once again nourishing us in body & soul with their annual breakfast & holiday concert. We so appreciated the holiday goodies baked by Monica Thompson for the musical program with Russ McQueen. The Annual Holiday Party could not happen without the support of so many people. We send our thanks to the Friends of the Council on Aging for providing the funding for the holiday luncheon along with desserts & hands-on help; the Georgetown Housing Authority for providing the space & support for the annual event; the Country Gardeners for the beautiful centerpieces; Chandler Noyes provided music supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency & the Council on Aging board members & volunteers who brought desserts & willingness to help with any task!

**The COA & all activities will be closed New Years on Tues. Jan. 1 & Martin Luther King Day on Mon. Jan. 21**

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

# January Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



## JANUARY VAN SCHEDULE 2012

| Shopping Date  | Location     | Recreation Date | Location                       |
|--|--------------|-----------------|--------------------------------|
| <b>Due to the holiday, Brown Bag Deliveries have been scheduled for Thursday January 3, 2013. The Super Walmart van trip will be moved to Thursday, Jan. 10.</b> |              | Jan. 3 9:30     | NO VAN – Brown Bag Only        |
| Jan. 8 9:30  | Rowley       | Jan. 10 9:30    | Super WalMart, Salem, NH       |
| Jan. 15 9:30   | Newburyport  | Jan. 17 10:30   | Target/Mann's Orchard, Methuen |
| Jan. 22 9:30   | Plaistow, NH | Jan. 24 10:30   | North Shore Mall, Peabody      |
| Jan. 29 9:30   | Seabrook, NH | Jan. 31 10:30   | Haverhill                      |

**JOIN US MONDAY – WEDNESDAY MORNINGS** from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and cookies (or other snacks) are a great way to reconnect with friends!

**VISITING NURSE: Wed., Jan. 2, 10:00 – 11:00 a.m.** Public Health Nurse **Pam Lara** will be available to provide blood pressure checks, heart assessments, & medication information & to discuss 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 12:00-2:00 p.m.

### MEN'S BREAKFAST:

**Thurs. January 3, 9:30 a.m. at Trestle Way.**

**Dr. Dan Tollman** will 'demo' a patient as they arrive at the ER either as a walk-in or by ambulance, move onto registration after arrival in the ER, then to admission, and finally the discharge process to home or rehab. With great appreciation, the Council on Aging thanks Crosby's Markets for their sponsorship and the Georgetown Housing Authority for their partnership in offering the monthly program. For reservations, please call (978) 352-5726.

### SHINE OFFICE HOURS: Mon., Jan. 7, 9:00 – 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.

### ESMV CARE MANAGER: Mon., Jan. 7, 10:00 – 11 a.m.

**ESMV Care Manager Sarah Murdock** is available to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV). **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** To schedule an appointment, call (978) 352-5726.

**LIMITED FLU CLINIC: Wed. Jan. 2, 11 a.m. – 12:30 p.m. by appointment only.** To schedule appointment, call the COA at 978-352-5726. Please bring your insurance cards & wear a short sleeve shirt.

### WINTER COMFORT: Tues. Jan. 8, 10 a.m.

Enjoy a morning of Winter Comfort with home-made goodies, coffee or cocoa and selected winter readings at the First Congregational Church. Share favorite readings, short stories or poetry while enjoying some post-holiday treats! Call the COA to sign-up at 978-352-5726.

### CARB COUNTING FOR DIABETICS: Tues. Jan. 15, 10 a.m.

at First Congregational Church. **MVNP Nutritionist Pauline Provencher** will be on hand to discuss this important topic. See pg. 3 for details.

### JANUARY BIRTHDAY PARTY: Tues. Jan. 29, 11:30

Join us at the First Congregational Church to send best wishes to our friends who were born in January. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 1/22/12 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

### **On the calendar...**

**Chief James Mulligan will be the guest speaker at Men's Breakfast on Feb. 7.** As he prepares to retire from the department, Georgetown Police Chief James Mulligan will take a look back at the department's growth and progress within the past 10 years.



### **Craft Update:**

There will be no craft in January.

**Join us in February to create something fun and sweet for your favorite valentine. The class is scheduled for Tues. Feb. 5, 10 a.m. Class size will be limited.**

Sign-up for the craft anytime between Jan. 2-23.



**Health & Wellness Classes** Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a SUGGESTED DONATION of \$3.00 per class for all classes.

**\*WALKING CLUB\***

| Class                       | Meets on   | Time       |
|-----------------------------|------------|------------|
| Yoga (Bring a mat or towel) | Mondays    | 10:30 a.m. |
|                             | Wednesdays | 9:00 a.m.  |
| Strength Training           | Tuesdays   | 12:30 p.m. |
|                             | Thursdays  | 10:45 a.m. |

**Mondays  
& Wednesdays  
3:30-5:30 p.m.**  
at Penn Brook School

| B                                  | I                                       | N          | G  | O                         |
|------------------------------------|---|------------|--|---------------------------|
| 12                                 | 21                                      | 38         | 49   | 63                        |
| <b>Georgetown Senior Center</b>    |   | 40         | <b>Trestle Way Community Room</b>                                    |                           |
| Every Monday at noon               | Cost: \$1.00/card covers up to 10 Games | Free Space | 1 <sup>st</sup> & 3 <sup>rd</sup> 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                        |

**NO WALKING CLUB ON  
Jan. 28**

**Coming in February!**

**Essential Skills for Caregivers Series:**

A three-part program offered Tuesdays Feb. 26, March 5 and 12, 10 a.m. First Congregational Church

- ★ Presented by the Alzheimer's Association
- ★ Education for families/caregivers of individuals living with Alzheimer's Disease & other forms of dementia or memory disorders
- ★ Practical tools for caring for someone with dementia
- ★ Attend one program or all three programs
- ★ Refreshments will be served.

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

**Carbohydrate Counting for Diabetics**

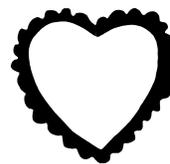
Tues. Jan. 15, 10 a.m.  
First Congregational Church  
Presented by

Pauline Provencher, Nutritionist  
Merrimack Valley Nutrition Project

Topics will include:

- Information for people living with diabetes or not
- A review of proteins, fats, & carbohydrate contents
- The relationship of foods to blood glucose levels
- Identifying foods with a slow & fast rise to blood glucose

To sign up or for more information, call the COA at 978-352-5726.



**SPECIAL VALENTINE LUNCH:**

Presented by Culinary Arts Students  
Whittier Regional Voc. Tech. H. S.  
Wed. Feb. 13, 11:30 a.m.  
First Congregational Church

Join us for a special Valentine's Day lunch. A \$3 donation is suggested to support the Culinary Arts Program at Whittier Regional Vocational Technical High School. To make reservations, please call the COA office at 978-352-5725 by Wednesday Feb. 6.

**A Morning of Winter Comfort**

Tues. Jan. 8, 10 a.m.  
First Congregational Church

- ★ Home-made goodies
- ★ Coffee or cocoa
- ★ Selected winter readings
- ★ Share your favorite readings, short stories or poetry



**Police Dept. Seeks Temporary Crossing Guard**

The Georgetown Police Department is seeking applicants for a crossing guard position at the Perley School to fill a temporary vacancy during February and March, working one hour each morning and one hour each afternoon assisting students and parents across the street. For further information, please call Lt. Donald Cudmore at 978-352-5700.



Call the COA to assist with planning at 978-352-5726.

## **Free Pharmacy Cards: Not Entirely Free!**

Recently, someone within the community reported to the COA office that she had received “absolutely free Pharmacy Savings cards” from Healthcare Alliance. The mailing that accompanied the pharmacy discount cards said no pre-approval was necessary & that the cards could save the consumer up to 75% on 50,000 drugs at 50,000 pharmacies. “There are no fees to use the cards & you will never be charged for them,” the mailing noted. It all sounded too good to be true – & with some investigation we learned that it was too good to be true! I called the SHINE office at the state Executive of Elder Affairs (EOEA) for information & learned that our concerns about the program were valid. According to the EOEA, the SHINE Program advises people with Part-D prescription drug coverage **not** to use a pharmacy card as payment for prescription drugs. The payment with a free pharmacy card would not count toward the True Out-of-Pocket Cost which accumulates toward catastrophic coverage. According to the SHINE office, the cards generally only work with brand name medications. As a result, the free pharmacy cards encourage the use of brand names when generics may work just as well & are less expensive. Even people who are without insurance coverage may be able to save more money by using generic prescriptions available through programs such as at Target, Stop & Shop, Walmart or Costco than they would if they used a free pharmacy discount card. The message to all of us again is to be cautious with unsolicited information received in the mail & to remember that if something sounds too good to be true, it often is!



## **Heating Assistance Program**

**Application Packets are still available.** To apply for the program call Community Action at (978) 373-1971 or the COA office at (978) 352-5726. Maximum gross income is \$31,271 for one-person or \$40,893 for a two-person household. The application can be completed as outreach at the COA office. For more information, call the COA at (978) 352-5726.



## **Trustees of the Perley School to offer Fuel Assistance**

The Trustees of the Perley Free School will offer a **limited** heating assistance program to local residents who are experiencing financial hardships again this year. Individuals who may need assistance with their heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information and referral.

## **Circuit Breaker Tax Credit**

The Massachusetts Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. Based on local property taxes, the tax credit is funded by the state government. The credit is designed for senior homeowners and renters who meet income limits and other criteria. Homeowners are eligible for the credit if they paid more than 10 percent of their total income for real estate taxes, including water charges. Renters can count 25 percent of their rent as real estate tax payments. To qualify for the credit:

- You or your spouse must be 65 years or older by the end of the tax year
- If married, you must file a joint state tax return
- You cannot be the dependent of another taxpayer
- You must rent or own a home in Massachusetts that is your principal residence
- If you are a homeowner, your property’s assessed value cannot exceed \$705,000
- If you rent, you cannot also receive a federal or state rent subsidy and your landlord must pay property taxes
- Income limits are: \$53,000 single; \$67,000 head of household; \$80,000 married filing jointly
- The amount you paid for real estate taxes must be greater than 10 percent of your total income

To claim the Circuit Breaker Tax Credit, you must file a state income tax return. If your credit is greater than the amount of income taxes owed, the state will issue a refund for the difference. The maximum credit for tax year 2012 is \$1,000. Individuals who meet certain requirements may be eligible to file retroactively for the last three years. **Information regarding tax preparation and the criteria for the state’s Circuit Breaker Tax Credit is available at the COA office.**

### **FRIENDS OF THE COA**

**1. Winter Meetings: Tues. Jan. 22, Feb. 19 & Mon. March 18, 3 p.m.** at the Peabody Library. **Open to the public. New members welcome.**

**2. Congratulations go to Joy Garland** whose name was drawn on Election Day for the Friends COA Keurig coffee-maker gift basket. The COA and the COA Friends thank all of the participants who supported the raffle.

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

The NEET Program is collecting used cell-phones as a fundraiser for the volunteer driver elder medical transportation program. For further information, please call the COA office at 978-352-5726

# Council on Aging Services

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

## TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Please check the Van Schedule for this month's days and destinations. 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 THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are 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. However, no one is turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

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

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice for 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, North Andover, West Newbury, Rowley Train Station & Market Basket. For a brochure, contact the COA.

## HANDICAP PLACARDS

Are you in need of a HANDICAP placard for your car? The Council on Aging has applications 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 Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

## FOOD AND HEAT RESOURCES

For more information, contact the COA office at (978) 352-5726.

## VISITING NURSE

On the first Wednesday of each month, from 10:00 - 11:30 AM, Pam Lara, RN is available at the Senior Center to perform Blood Pressure checks, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

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

Serving Health Information Needs of Elders will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at the Senior Center on the first Monday 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 4/24/12

Georgetown Council on Aging  
Memorial Town Hall  
1 Library Street  
Georgetown, MA 01833

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Georgetown Council on Aging  
1 Library Street  
Georgetown, MA 01833  
(978) 352-5726

**Office Hours:**

Monday – Thurs. 8 am – 4 pm

Georgetown COA Meal Site  
@ 1<sup>st</sup> Congregational Church  
Andover St. ~ Georgetown, MA  
(978) 352-8443

**Open:**

Monday – Wed. 9 am – noon

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

**Mealsite Coordinator:** Mickie Locke

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Gary Fowler, Board of Selectmen

Philip Trapani, Board of Selectmen

Stephen Smith, Board of Selectmen

Stuart Egenberg, Board of Selectmen

**Georgetown COA Webpage** is

located on the town's official website

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

**PUBLIC NOTICE**

C.O.A. board meetings are open to the public. They are held at noon on the 4<sup>th</sup> Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

**NEXT BOARD MEETING:  
Tuesday January 22, 2012**

**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 Senior Center.

## January Menu - Make reservations 3 days in advance. Call (978) 352-5726.

**Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.m. Cost is \$2.00.**

The MVNP is 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>12/31</b> New Year's Eve Brunch & "Champagne" Toast                    | <b>1</b><br><b>Closed: New Year's Day</b>                         | <b>2</b> Soup: Not available at publishing.<br><b>High Sodium Meal:</b> LS Hot Dog/Roll, New England Baked Beans, Coleslaw |
| <b>7</b> Hamburger/Roll, Pot Wedges, Coleslaw                             | <b>8</b> Pineapple Ginger Chix, White Rice, Green Beans Almandine | <b>9</b> Soup: Not available at publishing.<br>Pot Crunch Fish, Florentine Rice, Carrots                                   |
| <b>14</b> Salisbury Steak/Gravy, Red Bliss Whip Pot, California Blend Veg | <b>15</b> Cranberry Juice, Chix Tetrizzini, Mixed Veg             | <b>16</b> Soup: Not available at publishing.<br>Shepherd's Pie (Ground Beef, Pot, Corn)                                    |
| <b>21</b><br><b>CLOSED: MLK Day</b>                                       | <b>22</b> Chix Breast Fillet, Whip Chive Pot, Italian Blend Veg   | <b>23</b> Soup: Not available at publishing.<br>Mild Chili, Pot Wedges, Corn   |
| <b>28</b> Grilled Chix Breast, Chuckwagon Corn, LS Pot Chips              | <b>29</b> Beef Meatballs/Marinara/Ziti, Mixed Veg                 | <b>30</b> Soup: Not available at publishing.<br>Roast Turkey/Gravy, Bread Stuffing, California Blend Veg                   |

### Easy Appetizer for New Year's: Cream Cheese & Olives Pecan Bites

**Ingredients:** 3 oz. cream cheese, softened ~ ½ c finely chopped pimiento-stuffed Spanish olives ~1 Tbsp chopped fresh chives ~¼ tsp pepper ~ 80 large toasted pecan halves      **Directions:** Stir together cream cheese, olives, chives, & pepper. Spread onto 40 pecan halves; top with remaining halves forming a sandwich.

## **JANUARY VAN & ACTIVITIES CALENDAR**

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  |
|---|---|--|---|
| Due to the holiday, Brown Bag Deliveries have been scheduled for Thur. Jan. 3, 2013. Super Walmart trip moved to Thur. Jan. 10. | <b>1</b><br><b>CLOSED: New Years</b>  | <b>2</b> 9:00 Yoga<br>10:00 Visiting Nurse<br>11:00 Limited Flu Clinic (By appt. only)<br>11:30 Lunch<br>3:30 Walking Club | <b>3</b> 9:30 Men's Breakfast<br><b>No Van-Brown Bag</b><br>10:45 Strength Training |
| <b>7</b> 9:00 SHINE appts<br>9:30 Dolls<br>10:00 ESMV appts<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo<br>3:30 Walking Club    | <b>8</b><br>9:30 VAN: Rowley<br>10:00 Winter Comfort<br>11:30 Lunch<br>12:30 Strength Training                                | <b>9</b><br>9:00 Yoga<br>11:30 Lunch<br>3:30 Walking Club  | <b>10</b><br>9:30 VAN: Walmart/Salem NH<br>10:45 Strength Training                  |
| <b>14</b> 9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo<br>3:30 Walking Club   | <b>15</b><br>9:30 VAN: Newburyport<br>10:00 Carb Counting<br>11:30 Lunch<br>12:30 Strength Training                           | <b>16</b><br>9:00 Yoga<br>11:30 Lunch<br>3:30 Walking Club   | <b>17</b><br>10:30 VAN: Target/Mann's Orchard/Methuen<br>10:45 Strength Training    |
| <b>21</b><br><b>CLOSED: MLK Day</b>   | <b>22</b> 9:30 Van: Plaistow, NH<br>11:30 Lunch<br>12:00 COA Board Mtg<br>12:30 Strength Training<br>3:00 COA Friends/Library | <b>23</b><br>9:00 Yoga<br>11:30 Lunch<br>3:30 Walking Club   | <b>24</b><br>10:30 VAN: North Shore Mall<br>10:45 Strength Training                 |
| <b>28</b> 9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo<br><b>NO Walking Club Today</b>                                | <b>29</b> 9:30 Van: Seabrook, NH<br>11:30 Birthday Lunch<br>12:30 Strength Training   | <b>30</b><br>9:00 Yoga<br>11:30 Lunch<br>3:30 Walking Club   | <b>31</b><br>10:30 VAN: Haverhill<br>10:45 Strength Training                        |

**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.