



# A FEW GRAY HAIRS



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

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

**Director's Notes...** During New England's winter months, it often seems that sunlight is in short order. We get up in the dark and drive home in the dark. We know that spring will eventually bring longer days but the wait for the light to return can seem so long when the snow drifts are as high as our windows. But, it is New England and sometimes there is a different way to find the light that we need in our daily lives. Last January, my husband and I piled on multiple layers and headed to Plum Island for a late afternoon walk. The sea air will be good for us and maybe we'll see an owl, I said as I pulled on my hat with ear flaps. The wind chill must have been sub zero and there was not another soul, let alone an owl, to be found on the beach. We were completely alone with the waves cresting high onto the beach, not even a gull for company. As we stumbled back to the car with numb toes and chattering teeth, I could see the sun starting to fill the western sky with the most glorious colors. We quickly drove to the northern point of the island and trudged onto the beach. Across Joppa Flats, the pink and orange of the setting sun bathed the Newburyport skyline with gold, sending warm rays streaking across the frozen salt marshes to our bit of frozen beach. The sand and beach grass around us glowed in the sunset and warmed our frozen cheeks. We stood silently, drinking in the warmth and light as the sun set behind the city. We never know where we will find those moments that will bring light to an otherwise dark day but I do know that a warm smile and friendly greeting shared with others will generate as much warmth as standing on a frozen New England beach at sunset – and you won't even need a hat with earflaps!



## Thanks for the Holidays!

The COA would like to say thank you to everyone who made our holiday season happy and entertaining.



**Girl Scout Troop 60021** provided homemade quick breads to seniors as a holiday treat.



## **Annual Holiday Party:**

**Friends of the COA** provided funding for food.  
**Georgetown Housing Authority** provided the venue and support.  
**Georgetown Country Gardeners** created beautiful table centerpieces.  
**Music** was provided by **Chandler Noyes** (organ); 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.



**GMHS Music Dept. & Food Service** once again entertained us in body and soul with their annual breakfast & concert.

## AARP Tax Prep Assistance Available

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

**When: Thursday Mornings Feb. 2 - April 12**  
(4 one-hour sessions available each Thursday starting at 9:30 a.m.)

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

**Where: Council on Aging Office-1 Library St.**

## 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 2011 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.

**The COA & Sr. Center at First Cong. Church will both be closed for New Year's Day on Monday, Jan. 2 & MLK Day on Monday, Jan. 16, 2012**

# January Activities

ACTIVITIES ARE HELD AT THE SENIOR CENTER LOCATED AT THE FIRST CONGREGATIONAL CHURCH

UNLESS OTHERWISE NOTED. CALL US AT 978-352-5726



## JANUARY VAN SCHEDULE 2012

Shopping Date	Location	Recreation Date	Location
Jan. 3 9:30	NO VAN – Brown Bag Only	Jan. 5 9:30	Super WalMart/Salem, NH
Jan. 10 9:30	Rowley	Jan. 12 10:30	Target/The Loop, Methuen
Jan. 17 9:30	Newburyport	Jan. 19 10:30	Seabrook, NH
Jan. 24 9:30	Plaistow, NH	Jan. 26 10:30	North Shore Mall, Peabody
Jan. 31 9:30	Haverhill	Feb. 1 9:30	Super WalMart/Salem, NH

**VISITING NURSE:** Wed., January 4, 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:** Georgetown Fire Chief **Al Beardsley** will be the guest speaker at the Men's Breakfast Thursday Jan. 5, 9:30 a.m. at Trestle Way. Chief Beardsley will address general **fire safety** as well as **the safe use of oxygen in the home**. 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. To make reservations, please call (978) 352-5726.

**ESMV CASE MANAGER:** ESMV Case Manager **Jennifer Cook** will be here to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV) on **Mon., January 9 10:00 – 11 a.m.** **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** To schedule an appointment, call (978) 352-5726.

**SHINE OFFICE HOURS:** Do you have health insurance questions? **SHINE Counselor Jerry Goldberg** will be here on **Mon., January 9, 9:00 – 11 a.m.** **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.

**COCOA, COFFEECAKE & CRAFT:** Join us on **Wednesday January 11, 10:00 a.m.** at the First Congregational Church as we gather to share friendship, fun, & food! Enjoy cocoa (or coffee) & coffeecake as we create a table decoration with seasonal accents to brighten your home in the gray of winter. To assist with planning, please call (978) 352-5726.

**PAMPER YOUR HANDS & FEET DURING WINTER WEATHER:** Join us on **Tuesday Jan. 24, 10 a.m.** at First Congregational Church for some winter pampering! Winter in New England can take its toll on our hands and feet. Take some time to pamper yourself when **Manicurist Heidi Garozzo** presents a program with simple tricks to get our hands and feet through the cold winter months. Participants will receive a sea salt hand treatment and a hand massage. For information, please call the COA at (978) 352-5726.

**JANUARY BIRTHDAY PARTY:** Join us on **Tuesday, January 31 at 11:30 a.m.** to send best wishes to our friends who were born in December. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 1/24/11.** Call 978-352-5726.

**NEXT MONTH! DIABETES SELF-MANAGEMENT PROGRAM:** **Tues. Feb. 21 & 28, 9-11:30 A.M.** at the First Congregational Church. The first two of six free workshops to assist people living with diabetes. Manage your diabetes with a nutritional assessment and group support. Learn to eat well, plan physical activities, handle stress and difficult emotions, increase energy level, meet personal goals, & make treatment choices. To register, call the COA at 978-352-5726.

**WANTED:** The Council on Aging is in need of **BATHSEATS** for our medical equipment lending program. Bathseats should be clean and in good condition. Donations can be arranged by calling the COA at 978-352-5726.

<b>Health &amp; Wellness Classes</b> Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a SUGGESTED DONATION of \$3.00 per class for all classes.			<b><u>*WALKING CLUB*</u></b>
<b>Class</b>	<b>Meets on</b>	<b>Time</b>	<b>Mondays &amp; Wednesdays 3:30-5:30 p.m. at Penn Brook School</b>
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.	
	Wednesdays	9:00 a.m.	
Strength Training	Tuesdays	12:30 p.m.	
	Thursdays	11:00 a.m.	

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
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

### 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 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 \$729,000
- If you rent, you cannot also receive a federal or state rent subsidy and your landlord must pay property taxes
- Income limits are: \$52,000 single; \$65,000 head of household; \$78,000 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 2011 is \$980.

Information regarding tax preparation and the criteria for the state's Circuit Breaker Tax Credit is available at the COA office.

### Can I still change my Medicare Plan?

The 2011 Medicare Open Enrollment period ended on December 7, but there are still a few changes you can make, if you qualify.

#### **For those with a Medicare Advantage Plan:**

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. Your Original Medicare coverage will begin the first day of the following month. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplemental plan at this time.

#### **For those with a Tufts Medicare Prescription Drug Plan (drug coverage only) in 2011:**

If you did not select a different Medicare drug plan for 2012, then you are currently without drug coverage. You have until the end of February to enroll in a new Part D drug plan for 2012, which will begin the first of the month after your enrollment.



## **Gaining Access: Health Services for Massachusetts Seniors**

**Massachusetts Senior Medicare Patrol (SMP):** For more info on how to protect, detect & report healthcare errors, fraud & abuse, please contact the MA SMP at 1-800-892-0890, [www.esmv.org](http://www.esmv.org), [www/masmp.org](http://www.masmp.org), or [www.medicareoutreach.org](http://www.medicareoutreach.org).

**MassHealth:** Provides comprehensive health insurance. Contact: 1-800-841-2900 (TTY: 1-800-497-4648 for people with partial or total hearing loss.)

### **MassMed Line, Mass. College of Pharmacy & Health Services:**

◇ Comprehensive evaluation & info on program options for access to prescriptions, including the Medicare Drug Benefit, Extra Help through Social Security, Prescription Advantage & other federal, state & private programs.

◇ Staff pharmacists who provide individualized medication review & research answers to medication relation questions. Contact 1-866-633-1617 or link to “Ask the Pharmacist” at [www.massmedline.com](http://www.massmedline.com).

**Massachusetts Executive Office of Elder Affairs:** Develops & manages services for elders & disabled through network elder & disabilities agencies & programs. 1-800-AGE-INFO (1-800-243-4636)

**SHINE (Serving Health Insurance Needs of Elders):** Health benefits counseling for Medicare beneficiaries of all ages. Contact: 1-800-AGE-INFO (1-800-243-4636, Press 3) or [www.800ageinfo.com](http://www.800ageinfo.com).

**Prescription Advantage:** State prescription drug assistance program for seniors & people with disabilities in Massachusetts. Contact: 1--800-AGE-INFO (1-800-243-4636, Press 2) or [www.mass.gov/elders](http://www.mass.gov/elders).

**Medicare Advocacy Project (MAP):** Statewide advice & free legal representation on Medicare/Medicare-related issues to Massachusetts elders & persons with disabilities. Contact: 1-800-323-3205.

**MassPro:** Assist beneficiaries or their representatives who have concerns about the quality of care or who wish to appeal decisions related to hospital admissions or discharges from hospitals, nursing homes, home health agencies & hospices. Contact: 1-800-252-5533.

**Mass. Dept. of Public Health:** Info on a variety of public health programs & services including healthy aging & disability; also licensure & inspection of a variety of health care facilities & assistance w/quality of care complaints. Contact: 1-617-624-6000 (TTY/TTD 617-624-6001) or [www.mass.gov/dph](http://www.mass.gov/dph).

**Social Security Administration (SSA):** Pays monthly retirement, survivor & disability benefits & also makes payments under the Social Security Income (SSI) Program. SSA will also enroll people in Parts A & B of Medicare. Contact: 1-800-772-1213 or [www.socialsecurity.gov](http://www.socialsecurity.gov).

**Medicare:** Health Insurance Program for people age 65 or older; people under 65 w/certain disabilities or people of any age w/end-stage renal disease (permanent kidney failure requiring dialysis or a transplant). Contact: 1-800-MEDICARE (1-800-633-4227), TTY/TDD 1-877-486-2048, or [www.medicare.gov](http://www.medicare.gov). If 1-800-MEDICARE or your Medicare plan cannot resolve a problem w/your Medicare drug coverage call 617-565-1232 or call 617-565-1267 for problems w/a Medicare Advantage Plan.

**Massachusetts Executive Office of Elder Affairs (EOEA):** Responds to reports of elder abuse, which may include physical, emotional & sexual abuse, neglect by a caregiver, self-neglect, and/or financial exploitation. Contact: 1-800-922-2275.

**Elder Hotline:** Provides statewide info on elder related issues & programs including but not limited to: debt & debt collection practices, health insurance, home improvement, landlord/tenant issues, long-term care insurance, scam awareness, telemarketing. Contact: 1-888-AG-ELDER (1-888-243-5337), TTY: 617-727-4765.



## **Meeting dates for the Friends of the Council on Aging**

**Tuesday, January 17 ~ Tuesday, February 21 ~ Monday, March 19 ~ Tuesday, April 17**

**Open to the public, meetings are held at the Peabody Library at 3pm. ~ New members welcome.**

# 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 would ever be 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 AND GENERAL PURPOSE TRANSPORTATION

Ring & Ride is a free van service 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 its service area (Georgetown, Haverhill, Groveland, Newburyport, area hospitals & trains). 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 MV. 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 10:00AM – 11:30 AM, Pam Lara, RN is available at the Senior Center to perform Blood Pressure checks, shots, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00PM.

## 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 record of Financial Information, Investments and Insurance, Legal Documents and Estate Management information.

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

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We strive to keep our mailing list up-to-date. Your assistance is important. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

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

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

**Office Hours:**  
Monday – Thurs. 9 am – 4 pm

**Georgetown Senior Center**  
@ 1<sup>st</sup> Congregational Church  
Andover St. ~ Georgetown, MA  
(978) 352-8443

**Open:**  
Monday – Wed. 9 am – 1 pm

**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 24, 2012

**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  
**Board Members:**

Claire Maimone, Chair  
Esther Palardy, Vice Chair  
Chandler Noyes, Treasurer  
Barbara Miller, Secretary/Clerk  
Jeannine Desjardins, Dianne Prescott,  
Corona Magner, Jean Perley,  
Cynthia Tardif

**Town of Georgetown:**  
Michael Farrell, Town Administrator  
David Surface, Board of Selectmen  
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).

**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>2</b> <b>Closed: New Year's</b>	<b>3 Brunch:</b> OJ, Cheerios, Cheese Omelet, Sausage Links, Fruit Yogurt, Cherry Loaf	<b>4 Soup: Corn Chowder</b> Garlic Bkd Chix, Rst Red Pot, Wh Wh Bread, Broc/Cauliflower, Choc. Pudding
<b>9</b> LS Ham/Fruit Sauce, Whip Sweet Pot, Cauliflower/Red Peppers, Ice Cream Cup, Snowflake Roll	<b>10</b> BBQ Chix, Whip Pot, Tuscany Veg., Pears, Multigrain Bread	<b>11 Soup: Chicken Noodle</b> Chili w/Sour Cream, Pot Wedges, Corn, Peach Cup, Scali Bread
<b>16</b> <b>Closed: MLK Day</b>	<b>17</b> Grilled Chix Brst, Chuckwagon Corn, Carrot Raisin Salad, Orange, Sandwich Roll	<b>18 Soup: Beef Vegetable</b> Cheese Lasagna/Marinara Sauce, Broc/Cauliflower, Fruit Jello, Bread Stick
<b>23</b> Rotisserie Chix, Rice Pilaf, Peas & Carrots, Pineapple, Oatmeal Bread	<b>24</b> Hamburger, Baked Beans, Coleslaw, Pears, Hamburger Roll	<b>25 Soup: Italian Wedding</b> Pot Crunch Fish, O'Brien Pot, Carrots, Tapioca, Lt Rye Bread
<b>30</b> Chix Brst Fillet, Dirty Rice, California Veg, Orange, LF Muffin	<b>31</b> Grape juice, Beef Meatballs, Ziti & Marinara Sauce, Mixed Veg, Pears, Italian Bread	

## ***A GREAT PLACE TO KEEP WARM!!***

**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 spend time with friends!**



## **JANUARY VAN & ACTIVITIES CALENDAR**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>2</b> <b>Closed: New Year's</b>	<b>3 No Van–Brown Bag</b> 11:30 Lunch 12:30 Strength Training	<b>4</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	<b>5 9:30 Men's Breakfast</b> 9:30 <b>VAN:</b> Walmart/Salem NH 11:00 Strength Training
<b>9</b> 9:00 SHINE (by appt.) 9:30 Dolls 10:00 Jen Cook, ESMVappts. 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>10 Van: Rowley</b> 11:30 Lunch 12:30 Strength Training	<b>11</b> 9:00 Yoga 10:00 Cocoa, Coffeecake & Craft 11:30 Lunch 3:30 Walking Club	<b>12</b> 10:30 <b>VAN:</b> Target/The Loop 11:00 Strength Training
<b>16</b> <b>Closed: MLK Day</b>	<b>17 9:30 VAN: Newburyport</b> 11:30 Lunch 12:30 Strength Training	<b>18</b> 9:00 Yoga 11:30 Lunch 3:30 Walking Club	<b>19</b> 10:30 <b>VAN:</b> Seabrook, NH 11:00 Strength Training
<b>23</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>24 9:30 VAN: Plaistow, NH</b> 10:00 Pamper Your Hands 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	<b>25</b> 9:00 Yoga 11:30 Lunch 3:30 Walking Club	<b>26</b> 10:30 <b>VAN:</b> North Shore Mall 11:00 Strength Training
<b>30</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>31 9:30 VAN: Haverhill</b> 11:30 Birthday Lunch 12:30 Strength Training	<b>Feb. 1</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	<b>Feb. 2 AARP Tax Assist (By appt. only)</b> <b>9:30 Men's Breakfast</b> 9:30 <b>VAN:</b> Walmart/Salem NH 11:00 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.