



# A FEW GRAY HAIRS



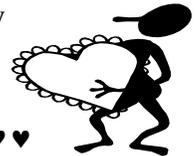
A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

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February 2014

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

**Director's Notes...** No matter where we live, by mid-February we are all ready to have our spirits lifted! The holidays are over and spring seems so far away! But then, Valentine's Day arrives and suddenly the stores are filled with red and pink hearts and chocolate threatens to become a staple in our diet! Our spirits, and blood sugar, can't help but be lifted! Those mid-winter days can be long even for children. I can remember looking forward to Valentine's Day as a child in Ontario. Paper hearts filled classroom windows and construction paper envelopes were taped to the front of our desks. Trips to the store were planned for boxes of funny cartoon-character Valentine cards that had to be punched out along dotted lines before they were carefully folded in half and taped closed. During indoor recess, some of the girls would huddle together over pink construction paper and lacey paper doilies, sharing bottles of colorful glitter. The only rule was that we all exchanged with each other. With 35 children typically in a classroom, every child received 35 Valentine cards. The paper envelopes taped to our desks bulged at their seams and the classroom was filled with laughter and excitement as the cards were opened and exclaimed over. Besides sharing the cards, Valentine's Day was a day to share some kindness and enjoy some fun – and that we can still do! This year, join us for a Valentine craft or our special Valentine's Day lunch! Our hearts will be lifted with your company – no glitter necessary!



## Fuel Assistance Offered By Trustees of the Perley School

Recognizing the difficulties of home heating costs, the Trustees of the Perley Free School will again offer a **limited** fuel assistance program to local residents who are experiencing financial hardships this year. The new program is funded by an endowment that was established in 1860 by John Perley. Initially the goal of the endowment was to establish a free school for Georgetown children, which was accomplished in 1900. In addition to the money that is used to fund scholarships for Georgetown graduates & alumnae, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Concerned for people who may experience difficulty with heating costs, the Trustees recently approved the plan for a limited heating assistance program 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 & referral.

## 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. 6 - April 10

**Appointments are required.**

8 one-hour sessions available each Thursday starting at 9 a.m.

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

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

- ★ Copies of 2013 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 2013 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 & all activities will be closed for Presidents' Day on Mon. Feb. 17**

# February Activities

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



CALL US AT 978-352-5726.



## FEBRUARY VAN SCHEDULE 2014

Shopping Date	Location	Recreation Date	Location
Feb. 4 9:30	No shopping van – Brown Bag Only	Feb. 6 9:30	Super WalMart, Salem, NH
Feb. 11 9:30	Rowley	Feb. 13 10:30	Newburyport
Feb. 18 9:30	Plaistow, NH	Feb. 20 10:30	North Shore Mall/Peabody
Feb. 25 9:30	Seabrook, NH	Feb. 27 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!

**CHANGE IN SHINE OFFICE HOURS:** There will be **NO SHINE** office hours in **February, March or April**. Call the COA office for assistance or further information. (978) 352-5726.

**VISITING NURSE:** **Wed., Feb. 5, 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. February 6, 9:30 a.m. at Trestle Way.**

**Lou Mammolette, General Manager for the Georgetown Water Dept.** will be on hand for discussion and questions. With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. For reservations, please call (978) 352-5726. **Thurs. March 6: Guest Speaker will be Stephen Smith, Chairman, Georgetown Board of Selectmen.**

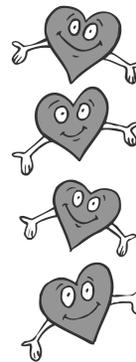
### SAVE THE DATE!

**Margot Birke**  
**Elder Law Solutions, Newburyport**  
**Wed. March 12, 10 a.m.**

- Elder Law
- Health Care Proxy
- Durable Power of Attorney
- Estate Planning

**Make a day of it and stay for the St. Patrick's lunch.**

More details in the March Newsletter.



### Valentine Craft

**Tues. Feb. 4, 10 a.m.**  
 First Congregational Church

**Join us to create fun cards for your favorite valentine.**

**Class size is limited.** Sign-up as soon as possible. Call the COA office at 978-352-5726.



**SPECIAL VALENTINE LUNCH: Wed. Feb. 12, 11:30**  
 First Congregational Church See page 3 for details.

**BUYER BEWARE! Wed. Feb. 26, 10 a.m.**  
**Scams, Fraud & Giving Safely to Charities** at the First Congregational Church. See page 3 for details.

**FEBRUARY BIRTHDAY PARTY: Wed. Feb. 26, 11:30**  
 Join us at the First Congregational Church to send best wishes to our friends who were born in February. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 2/19/14 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.



Participants enjoyed creating Hershey Kiss trees at the Winter Craft. Join us as we create our own Valentine Cards Feb. 4, 10 a.m.

### Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

**Sen. Bruce Tarr: Tues. February 18 12:30 p.m. – 2:30 p.m.**

**Rep. Lenny Mirra: Mon. February 24, 2014 9:00 a.m.**

<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>Mondays &amp; Wednesdays 3:30-5:30 p.m. at Penn Brook School</b>
<b>Class</b>	<b>Meets on</b>	<b>Time</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	10:45 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

**NO WALKING CLUB ON  
Feb. 5, 17, & 19**

New education series for caregivers!  
**Essential Skills for Caregivers Series**  
 Presented by the Alzheimer's Association

**Tuesdays March 4, 11 and 25**  
 First Congregational Church.

This new education series will provide families of individuals living with Alzheimer's disease & other forms of dementia or memory disorders with education and practical tools for care giving. Improved day-to-day living and overall quality of life for the person with dementia and the caregiver is the goal. The series will cover communication techniques, strategies to manage difficult behaviors, and safety in the home. Individuals may attend one program or all three programs.

The three-part series will include:

**It Starts with Communication**

- Proven communication techniques to improve day-to-day life for those with dementia & to reduce their caregiver stress.
- Learn how to communicate in a way that minimizes frustrations, decreases anxiety, & avoids disagreements.

**Understanding Behaviors:**

- Actions, or behavior, may mean "Slow down" or "I need something to do."
- Learning to understand the message & making changes to care can prevent outbursts & arguments.

**Safety at Home:**

- A safe & supportive home can prevent injury & enhance independence & a sense of security.
- Learn to adapt your home environment & make it dementia-safe & supportive.

**Refreshments will be served.**

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



**SPECIAL VALENTINE LUNCH**  
 Presented by Culinary Arts Students  
 Whittier Regional Voc. Tech. H. S.  
**Wed. Feb. 12, 11:30 a.m.**  
 First Congregational Church

Join us for a special Valentine's Day lunch. A \$5 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 978-352-5726 by Wednesday Feb. 5.

**Scams, Fraud & Giving Safely to Charities**

**Wed. Feb. 26, 10 a.m.**

First Congregational Church

Presented by Amy Schram, Community Outreach Specialist  
 Better Business Bureau

**BUYER BEWARE!**

Everyone is susceptible to the wily tricks of scam artists. Join us and learn to be better prepared to face them.

- ✎ Discuss current scams and trends.
- ✎ Learn how to detect an honest charity from a fraud.
- ✎ Bring your questions.

Make a day of it! Hear the speaker and then stay for lunch. (Lunch reservations are required by 2/19/14.) Sign up with the COA office to help with planning. 978-352-5726

## **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.

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### **FEDERAL RESOURCES & SERVICES AVAILABLE Through U.S. Rep. Tierney's office**

Connecting local elders with the Federal resources and services they deserve, U.S. Rep. John Tierney reminds residents that office staff is available to assist with issues related to Medicare and Social Security, home mortgages, senior-directed identity scams, assistance to veterans and their families including help with benefit claims and consumer protection services. For further information, contact the Central District Office at 978-531-1669.



### **Comprehensive Web-based Service to Screen for Benefits Programs Available**

**EconomicCheckUp** is a free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC. Many adults over 55 need help making ends meet, but may not know where to find resources that can help. EconomicCheckUp asks a series of questions to help identify benefits that could save you money, find ways to cut expenses and develop a concrete plan to achieve greater economic security. The type of help available through EconomicCheckUp includes:

- Money management & budgeting
- Housing
- Health
- Employment & training
- Debt & credit management

Developed and maintained by the National Council on Aging (NCOA), BenefitsCheckUp is the nation's most comprehensive Web-based service to screen for benefits programs for seniors with limited income and resources. It includes more than 2,000 public and private benefits programs from all 50 states and the District of Columbia. For further information, visit <https://www.benefitscheckup.org/esi-home/>.

## **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 & renters who meet income limits & 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 \$700,000
- If you rent, you cannot also receive a federal or state rent subsidy & your landlord must pay property taxes
- Income limits are: \$55,000 single; \$69,000 head of household; \$82,000 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 2013 is \$1,030. Individuals who meet certain requirements may be eligible to file retroactively for the last three years. **Information regarding tax preparation & the criteria for the state's Circuit Breaker Tax Credit is available at the COA office.**

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### **FRIENDS OF THE COA Winter Meetings:**

**Tues. Feb. 18, Mon. March 17, & Tues. April 22,  
2:30 p.m.** at the Peabody Library. **Open to the public.  
New members welcome.**

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### **Substitute MOW Driver Needed Merrimack Valley Nutrition Project**

MVNP is in need of a substitute driver to deliver Meals on Wheels in Georgetown. For more information, please call

**MVNP Program Director Bill Cutler**  
978-686-1422.

# **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

**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**  
**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**

**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 February 25, 2013**

**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

Jean Perley, Secretary/Clerk

Jeannine Desjardins, Dianne Prescott,

Corona Magner, Cynthia Tardif

Nancy Thompson

**Town of Georgetown:**

Michael Farrell, Town Administrator

Stephen Smith, Chair, Board of Selectmen

David Surface, Board of Selectmen

Gary Fowler, Board of Selectmen

Philip Trapani, 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.

## February 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>3</b> Hamburger/Bun, Baked Beans, Corn, Pineapple	<b>4</b> Thai Diced Chix, Rice, California Veg Blend, Peaches, Wh Wh Dinner Roll	<b>5 Soup: Italian Wedding</b> Stuffed Shells/Marinara, Carrot Coins, Orange, Italian Bread
<b>10</b> Apricot Glazed Chix, Red Bliss Whip Pot, Carrots, Ice Cream Cup, Wh Wh Roll	<b>11</b> Beef Fajitas/Tortilla, Lettuce/Sour Cream, Corn, Peaches	<b>12 Special Lunch ~ Donation \$5</b> Whittier Culinary program is providing a special Valentine Lunch. <b>See pg. 3 details</b>
<b>17</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;"><b>Closed: Presidents Day</b></div>	<b>18</b> Chix Jambalaya, Rice, Scandinavian Veg Blend, Pineapple, Wh Wh Bread	<b>19 Soup: Fish Chowder</b> LS Hot Dog/Roll, Pot Wedges, Corn, Arctic Ice
<b>24</b> Meatloaf/Gravy, Whip Pot, Mixed Veg, Apple, Italian Bread	<b>25</b> Honey Lemon Chix, Whip Chive Pot, Carrots, Strawberry Cup, Multigrain Bread	<b>26 Soup: Minestrone</b> Beef Chop Suey, Chinese Noodles, Rice, Orange, Wh Wh Dinner Roll

February is National Cherry Month...enjoy some ***SWEET AS KISSES PIE...*** SERVES: 8

**INGREDIENTS:** 1 (8oz.) brick cream cheese, softened    1/3 c sugar    1 (8oz.) tub Cool Whip, thawed & divided  
1 c cherry pie filling (more for garnish if desired)    1 pre-made (6 oz.) Graham Pie Crust

**DIRECTIONS:** MIX cream cheese and sugar with electric mixer on medium until well-blended. Gently stir in 2 c of the whipped topping. ADD pie filling. Cut through batter with knife several times for marble effect. POUR into crust; spread with remaining whipped topping. Freeze at least 3 hours or overnight. Let stand 10 minutes before cutting.

**BETTER FOR YOU VERSION:** Substitute ingredients with lower fat or lite versions.

## FEBRUARY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>3</b> NO SHINE this month 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>4 No Shopping Van- Brown Bag</b> 10:00 Valentine Craft 11:30 Lunch 12:30 Strength Training	<b>5</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch <b>NO Walking Club Today</b>	<b>6</b> 9:30 VAN: Walmart/Salem NH <b>9:30 Men's Breakfast</b> 10:45 Strength Training <u>Tax Preparation by appt. only</u>
<b>10</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>11</b> 9:30 VAN: Rowley 11:30 Lunch 12:30 Strength Training	<b>12</b> 9:00 Yoga 11:30 Valentine Lunch (\$5) 3:30 Walking Club	<b>13</b> 10:30 VAN: Newburyport 10:45 Strength Training <u>Tax Preparation by appt. only</u>
<b>17</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;"><b>CLOSED: Presidents' Day</b></div>	<b>18</b> 9:30 Van: Plaistow, NH 11:30 Lunch 12:30 Strength Training 12:30 Sen. Tarr/ Office Hrs. 2:30 COA Friends/Library	<b>19</b> 9:00 Yoga 11:30 Lunch <b>NO Walking Club Today</b>	<b>20</b> 10:30 VAN: North Shore Mall 10:45 Strength Training <u>Tax Preparation by appt. only</u>
<b>24</b> 9:00 Rep. Mirra/Office Hrs. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>25</b> 9:30 Van: Seabrook, NH 11:30 Lunch 12:00 COA Board Mtg 12:30 Strength Training	<b>26</b> 9:00 Yoga 10:00 BBB/Scams, Fraud,etc. 11:30 Birthday Lunch 3:30 Walking Club	<b>27</b> 10:30 VAN: Haverhill 10:45 Strength Training <u>Tax Preparation by appt. only</u>

**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.