



# A FEW GRAY HAIRS



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

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July 2011

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

**Director's Notes...** Although the recent rain and chilly temperatures may remind us of early spring rather than the start of summer, summer has finally arrived bringing us the promise of warmer days and a slower pace. As a child (and an adult) I always enjoyed school, but I can remember a year that I carefully "X-d" out each square of my June calendar in anticipation of the end of the school year. We had lovely family vacations often to Prince Edward Island or far away cities such as Boston, but it was those summer days of lying in the grass under the weeping willow in our backyard with my nose stuck in a book or a morning spent drifting through the water lilies in our wooden row boat that I was really looking forward to as I marked off each of those calendar boxes. And is there anything better than a summer evening in the swing on the front porch, fireflies arriving with the dusk and constellations filling the night sky? Who says magic isn't real? So this summer, I hope that you will carefully mark off a calendar box or two with the anticipation of a favorite summer moment. Whether it's a chicken barbeque (and I know where you can find that!), an ice cream sundae filled to the brim with strawberries and decadent whip cream or a concert in the park with family and friends, I hope that the refreshing slower pace of this season will bring you your own moments of summer magic.

## Preventing Tick Borne Diseases

With the summer in full swing and summer pests already in residence, the National Institute of Health (NIH) reminds us of the need to protect ourselves from tick-borne diseases. Tips recommended by the NIH include:

- Avoid walking in woody and bushy areas with high grass
- Stay on trails when hiking
- Wear long, light colored pants, sleeves and socks. Tuck your pant legs into your socks (and never mind what your children may say).
- Spray exposed body areas and clothing with tick repellent
- Search your entire body for ticks after being outdoors and wash your clothing
- Safely remove ticks by gently grasping the tick with tweezers and slowly pull upward to allow the tick to release its bite.
- Wash the bite area with alcohol or soap and water and contact your health care provider if you develop a fever, headache, fatigue or a bulls-eye rash.

**The COA & Sr. Center will both be closed for Independence Day on Monday, July 4, 2011.**



## **Jim Boynton Turns 100**

An **Open House** is planned for **Tuesday July 12, 4-8 p.m.** at his Carleton Home residence, located at 27 Andover Street. Come by for a visit and to honor him as he celebrates his milestone with family and friends.

## Summer Concert Series

The Georgetown 2011 Summer Concert Series will be held **Sundays beginning July 10, 5-7 p.m. at the American Legion Park, Rear Prospect Street.** The schedule includes:  
**July 10: The Dirty Mac Band;**  
**July 17: The Porch Rockers** (roots, rock & blues);  
**July 24: Erin Harpe** (Delta blues);  
**July 31: Goodhue's Band;**  
**August 7: The Bad Moon Rising;**  
**August 14: Five O'Clock Somewhere.**

# July Activities

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

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



## JULY VAN SCHEDULE 2011



Shopping Date	Location	Recreation Date	Location
July 5 <sup>th</sup> 9:30	NO VAN – Brown Bag Only	July 7 <sup>th</sup> 9:30	Super WalMart/Salem, NH
July 12 <sup>th</sup> 9:30	Newburyport	July 14 <sup>th</sup> 10:30	Plaistow, NH
July 19 <sup>th</sup> 9:30	Rowley	July 21 <sup>st</sup> 9:30	York Beach, ME
July 26 <sup>th</sup> 9:30	Seabrook, NH	July 28 <sup>th</sup> 10:30	The Loop/Methuen

**NEED AN ESCAPE FROM THE SUMMER HEAT?** The Senior Center (First Congregational Church) is a **co-o-ol** place to hang out. Drop in for a visit **Monday - Wednesday mornings from 9:00 to 11:30 a.m.** Enjoy a cup of coffee or a cold drink, a snack, and even a friendly game of cards. Make a day of it and stay for lunch. (Lunch requires 3 days notice and costs \$2.00. Call the COA at 978-352-5726.)

**VISITING NURSE:** **Wed. July 6, 10:00 – 11:00 a.m.** at the First Congregational Church. With the start of the new Fiscal Year, we will say goodbye to HHVNA Public Health Nurse **Jan Giles** as the town moves forward with a new plan to provide public health service. We thank Nurse Jan for her wonderful service and wish her well as she continues with her work. We're looking forward to welcoming a new public health nurse in July and will continue to offer monthly blood pressure clinics as well as glucose level checks and our annual flu clinic. A visiting nurse is also available for Trestle Way residents in their Community Building from 12:00-2:00 p.m.

**NO MEN'S BREAKFAST IN JULY:** Join us at the next **Men's Breakfast** scheduled for **Thursday August 4, 9:30 a.m. at Trestle Way.**

**ESMV CASE MANAGER:** **ESMV Case Manager Jennifer Cook** will hold office hours at the Senior Center on **Mon. July 11, 10:00 a.m.** She will be available to meet with local elders to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV).

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

**COA CHICKEN BBQ:** Join us for our **Annual Chicken BBQ** with music by the Over the Hill Band **Tuesday July 12, 11:30 a.m.** at First Congregational Church. **Music starts at 10:00 a.m. RSVP by July 5.** Cost \$2. See pg. 3.

**ICE CREAM SOCIAL AND MUSIC:** Come celebrate **National Ice Cream Month** at our **Annual Ice Cream Social on Wed. July 20, 10 a.m.** at the First Congregational Church. This year we will enjoy music by **Dick Kaplan and John Battis** made possible by a grant from the Georgetown Cultural Council. See page 3.

**JULY BIRTHDAY PARTY:** Join us on **Tuesday, July 26 at 11:30 a.m.** to send best wishes to our friends who were born in July. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 7/19/11.** Call 978-352-5726. **Make a day of it: lunch and a movie (see below)!**

**CLASSIC MOVIES AT THE LIBRARY:** **Next Showing: Tuesday July 26, 1 p.m.** in the library's function room. **"Chariots of Fire"** Starring **Ben Cross & Ian Charleson;** ever-popular music by **Vangelis.** Movies are **free** and open to everyone. For more info, call the COA at (978) 352-5726. **Another co-o-ol place to beat the heat!**

### New Caregiver Support Group Underway in Merrimac

Facilitated by **Sandy Spadafore, LICSW,** of Steward Hospice and Palliative Care (formerly Holy Family Caritas), a new caregiver support group is underway **Wednesdays, 9-10 a.m. at the Merrimac Senior Center.** All ages are welcome to participate. For more information, call Laura at the Merrimac Senior Center at (978) 346-9549.

Can You Guess the meaning?

#1 **GOLDEN GATE**  
**H<sub>2</sub>O**

#2 **head ache**

Answers: #1 "Water Under the Bridge" #2 "Spitting Headache" **2**

<b>Health &amp; Wellness Classes</b> Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a <b>SUGGESTED DONATION</b> of \$3.00 per class for all classes.			<b>*WALKING CLUB*</b>  Walking Club is on Summer Hiatus.  Watch this space for more info in the fall.
<b>Class</b>	<b>Meets on</b>	<b>Time</b>	
<b>Yoga</b> (Bring a mat or towel)	<b>Mondays</b>	<b>10:30 a.m.</b>	
	<b>Wednesdays</b>	<b>9:00 a.m.</b>	
<b>Strength Training</b>	<b>Tuesdays</b>	<b>12:30 p.m.</b>	
	<b>Thursdays</b>	<b>11:00 a.m.</b>	

<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>	
<b>Every Monday at noon</b>	<b>Cost: \$1.00/card covers up to 10 Games</b>	Free Space	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesdays each month at 1:00 p.m.</b>	<b>Cost: 50¢ &amp; 75¢ per game.</b>
<b>For more info, call (978) 352-5726</b>		33	<b>Contact: Bill Kittredge (978) 352-4968</b>	
2	29	45	50	72



Celebrate National Ice Cream Month at our  
**ANNUAL ICE CREAM SOCIAL**  
**Wed. July 20 ~ 10 a.m.**  
 First Congregational Church.

Indulge your cravings and soothe your soul...  
 • Make your own sundaes  
 • Multiple Toppings  
 • Whipped Cream  
 • Cherries (of course!)  
 • And the ever-popular music of  
**Dick Kaplan & John Battis**  
 for your listening pleasure.



**Make a morning of it – Stay for lunch!**  
 (Lunch reservations are required 3 (business) days in advance and the cost is \$2.)

**To help with event planning, please RSVP before Wed. July 13<sup>th</sup>**  
**978-352-5726**



This program is 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.

**Join us for the COA Chicken Barbeque**

Provided by the M.V. Nutrition Project  
**Tuesday July 12, 11:30 a.m. at the First Congregational Church.** Music will be provided by the Over the Hill band starting at 10 a.m. Come & hear locals Charlie & Mickie Locke, Leo Buchika, Al Miller, Dick Boucher & John Cavanaugh as they set toes to tappin' & hands to clappin'!



**RSVP required by July 5 (978-352-5726)**  
**COST: \$2.00**



**Good Weather Brings Home Improvement Scams**

With the arrival of the good weather, Essex District Attorney Jonathon Blodgett reminds us that it is best to be aware that the "home improvement scammers" are now out in force. A common scam is for a person to say they are in the neighborhood and have extra materials for another job, such as roofing or driveway resurfacing, and can offer the homeowner a great deal if they act now. Keep in mind that all reputable contractors are willing to put their offer in writing and give you time to consider the deal. Never agree to something under pressure or feel intimidated! If you feel uncomfortable for any reason, close the door and contact the police immediately.





## Are you in the Donut Hole?

The Affordable Care Act lowers the cost of your Medicare Prescription drug coverage (Part D), if you reach the coverage gap (donut hole). This year, you will no longer have to pay full price for your medications in the donut hole. You will automatically receive a 50% discount on brand-name prescription drugs covered by your Part D plan. For generic drugs covered by your plan, Medicare will pay 7% of the price and you will pay the remaining 93%. These discounts apply whether you buy your drugs at a pharmacy or order them through the mail. What you pay for both brand-name and generic drugs in the donut hole will decrease each year until it reaches 25% in 2020. If you have already reached the donut hole, you should already be receiving these discounts. **In the Donut Hole, you should not be paying full price for your drugs!** If you are, you need a SHINE appointment. Trained and certified SHINE (Serving the Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Council on Aging (978) 352-5726 and request a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE line leave your name and telephone number. A certified SHINE counselor will call you back, as soon as possible. The SHINE program provides free health insurance information, counseling, and assistance to Massachusetts residents of all ages with Medicare and their caregivers. SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with elder service agencies, Councils on Aging and other public and private community based organizations. A SHINE counselor can explain Medicare options and how Medicare works.

**Reminder: New dates for Medicare open enrollment are October 15-December 7.**

### Highland Street Foundation offers Free Friday Fun Destinations

Sponsored by the Highland Street Foundation, several museums and cultural attractions across the state will offer **Free Friday Fun Destinations** this summer. The participating destinations are free to the public regardless of age or residence on their respective dates. No registration or tickets are required.

**The schedule includes:**

- Museum of Fine Arts, Buttonwood Park Zoo, Edward Gorey House and Heritage Museums and Gardens – Fri. July 1
- Plimoth Plantation, Worcester Art Museum, Cape Cod Museum of Art, N.E. Historic Genealogical Society – Fri. July 8

**~Continued in next column.~**

For further information, please call the Highland Street Foundation at (617) 969-8900 or visit HighlandStreet.org

## Summer/Heat Safety

Much anticipated after what may have been the longest winter in recent history, the arrival of summer weather requires some caution and common sense so that we may fully enjoy the joys of summer. The Massachusetts Emergency Management Agency (MEMA) has recommendations to help reduce heat-related problems. To remain safe and cool during the summer, MEMA offers the following tips:

- Avoid strenuous activity
- Wear light-weight, loose-fitting clothing and a wide-brimmed hat
- Drink plenty of water – even when you do not feel thirsty
- Avoid alcohol (it can dehydrate your body)
- Eat well-balanced, light meals
- Use air conditioning or fans to cool your body.
- If you do not have air conditioning, visit air conditioned libraries, theaters or community facilities. Drop by the COA Meal Site at the First Congregational Church for lunch, a visit and a game of cards. Visit the Georgetown Peabody Library for the COA/Library's new classic movie series on Tuesday July 26, 1 p.m. Exercise in a cool setting with weekly COA yoga and strength training classes at Trestle Way.
- Cover windows that receive morning or afternoon sun with drapes or shades.
- Avoid too much sunshine and always, always wear sunscreen with a high SPF.
- Never leave individuals or pets alone in a closed vehicle.
- Check on family, friends and neighbors.

### Free Friday Fun Destinations (cont.)

- Museum of Science, Higgins Armory Museum, The Discovery Museum, Garden in the Woods – Fri. July 15
- Franklin Park Zoo, The Sports Museum, Norman Rockwell Museum, Peabody Essex Museum – Fri. July 22
- Boston Children's Museum, American Textile Museum, New Bedford Whaling Museum, Shakespeare on the Common – Fri. July 29
- Institute of Contemporary Art, Cape Cod Children's Museum, Springfield Museums, Concord Museum – Fri. Aug. 5
- JFK Library and Museum, Arnold Arboretum, Tanglewood (free lawn tickets), Stone Zoo – Fri. Aug. 12
- Boston Harbor Islands (free ferry ride at Long Wharf-North in subway station), Children's Museum in Easton, USS Constitution Museum, Basketball Hall of Fame – Fri. Aug. 19
- Old Sturbridge Village, New Repertory Theater, Berkshire Museum, Ecotarium – Fri. Aug. 26

# 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, Jan Giles, 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

**Georgetown Council on Aging:**  
**Director:** Colleen Ranshaw-Fiorello  
**Office:** Julie Pasquale, Newsletter  
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Dave Hall, Van Driver  
Jeannine DesJardins, Volunteer  
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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**

**No COA Board Meeting  
this month**

**NEXT BOARD MEETING:**  
Tuesday August 23, 2011

**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.

## July Lunch 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>4</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;"><b>NO LUNCH: INDEPENDENCE DAY</b></div>	<b>5</b> Hamburger/Roll, Haystack Pot, Corn, Fruit Cocktail	<b>6</b> Lemon Pepper Chix, White Rice/Green Beans/Diced Tomato, Apricots & Lorna Doones, Wh Wh Bread
<b>11</b> Cranberry Juice, Chix Cacciatore, Rice, Green/Gold Beans, Apple, Garlic Bread	<b>12</b> Sliced Turkey, Cranberry Sauce, Tossed Salad/LS Dressing, Pineapple, Oatmeal Bread (2)	<b>13</b> Swedish Meatballs, Whip Pot, Carrots, Apricots, Wh Wh Roll
<b>18</b> Chix Breast Fillet, Au Gratin Pot, Peas, Applesauce, Italian Bread	<b>19</b> Fruit Punch, Egg Salad/Lettuce/Tomato, Three Bean Salad, Graham Crackers, Sandwich Roll	<b>20</b> Mac & Cheese, Zucchini/Stewed Tomato, Tossed Salad/LS Dressing, Orange, Light Rye Bread
<b>25</b> Pineapple Juice, Stuffed Shells/Sauce, Broccoli, Peaches, Dinner Roll	<b>26</b> Chix Dippers/Sweet & Sour Sauce, Pot Wedges, Mixed Veg, Tapioca, Oatmeal Bread	<b>27</b> LF Seafood Salad/Lettuce/Tomato, Pickled Beets, Orange, Sandwich Roll

## Summer Fun Facts ...



~ **Watermelon** is actually a VEGETABLE! It is from the botanical family Cucurbitaceae and is most closely related to cucumbers, pumpkins and squash. The watermelon is composed of 92% water and early explorers often used hollowed out watermelons as canteens.

~ **Popsicles** were invented in 1905 ~completely by accident~ by an 11-year-old boy named Frank Epperson. He accidentally left a mixture of powdered soda and water, with a stirring stick, on his porch. He awoke the next morning to find a frozen pop! Originally called an "Epsicle", the name was changed when his kids kept asking for "Pop's" sicle. Popsicles are more popular than ever today, with Cherry being the number one favorite flavor.

## JULY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>4</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;"><b>Closed: Independence Day</b></div>	<b>5</b> No Van–Brown Bag 11:30 Lunch 12:30 Strength Training	<b>6</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	<b>7</b> <b>NO MEN'S BREAKFAST</b> 9:30 VAN: Walmart/Salem NH 11:00 Strength Training
<b>11</b> 9:00 SHINE (by appt.) 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>12</b> 9:30 VAN: Newburyport 10:00 OTH Band 11:30 COA BBQ Lunch 12:30 Strength Training  4-8 pm Jim Boynton's Birthday Open House	<b>13</b> 9:00 Yoga 11:30 Lunch	<b>14</b> 10:30 VAN: Plaistow, NH 11:00 Strength Training
<b>18</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>19</b> 9:30 VAN: Rowley 11:30 Lunch 12:30 Strength Training	<b>20</b> 9:00 Yoga 10:00 Ice Cream Social w/ Dick Kaplan & John Battis 11:30 Lunch	<b>21</b> 9:30 VAN: York Beach, ME 11:00 Strength Training
<b>25</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>26</b> 9:30 VAN: Seabrook, NH 11:30 Birthday Lunch 12:30 Strength Training 1:00 Movie @ Library  <div style="border: 1px solid black; padding: 2px; display: inline-block;"><b>NO Board Meeting this month</b></div>	<b>27</b> 9:00 Yoga 11:30 Lunch	<b>28</b> 10:30 VAN: The Loop Methuen, MA 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.