



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging
Email: cfiorello@georgetownma.gov

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August 2011

Website: www.georgetownma.gov

Director's Notes... To any child growing up in central Ontario during the 1950s and 1960s, the arrival of August always meant the arrival of the annual Ottawa Exhibition – but it also signaled the end of summer. At that time, the Ottawa “Ex” was still very much an agricultural fair with barns of livestock for patting, displays of farm and garden produce, horse shows (including the Mounties and the Musical Ride) and a wonderful midway. We’d visit the “Ex” during the day with my parents, touring the barns and technical halls, which one year featured our first look at a color TV, and then return at night to ride the midway with my aunt. Whether it was the Tilt-a-Whirl, the swings or the double Ferris wheel, she was up for any and all midway rides. My friend and I still talk about the night that we were stopped at the very top of the double Ferris wheel and we were almost too terrified to look at the lights of the city between our fingers that safely covered our eyes! But, with the arrival of the “Ex” there was always that twinge of regret that the summer was coming to a close. Now as an adult, I know that the arrival of August still can hold some wonderful summer days. An afternoon stroll on the boardwalk in Newburyport, a stop at a farm stand for freshly picked corn, an evening concert in a park (with maybe a hot dog or two to please the husband) and any day is a good day to visit one of the wonderful ice cream stands that surround us. August can hold many delights and I hope that you can enjoy some late summer treats and perhaps even a thrill or two – just maybe not from the top of a double Ferris wheel.



Georgetown Welcomes New Public Health Nurse

We are pleased to welcome **Pam Lara, R.N.** as Georgetown’s new Public Health Nurse this month. With her Master’s Degree in Public Health, Pam has served Ipswich as the town’s public health nurse for the past four years. Pam will continue to work part-time in Ipswich but will also serve as the Public Health Nurse for both Newbury and Georgetown. Working with the COA, Pam will continue to provide the monthly blood pressure clinic as well as the annual flu clinic. During the monthly blood pressure clinics, Pam will provide blood pressure checks, heart assessments, medication information and will be a resource for health related questions. At this time, the monthly clinic will no longer include blood glucose level checks. Join us in welcoming Pam - drop in for a cup of coffee and a quick blood pressure check!

Massachusetts Senior Legal Helpline Provides Elders with Free Legal Advice

The Massachusetts Senior Legal Helpline 1-866-778-0939 provides free legal information, advice and referral services for Massachusetts elders (60 years and older) in most areas of civil law including: Social Security/SSI, Veterans Benefits, Mass Health, Medicare, Consumer issues, public benefits, unemployment, guardianship, powers of attorney, bankruptcy, evictions, landlord/tenant, utilities, family law and nursing homes. Multi-lingual Interpretation services are available. If you get voicemail, please leave your name, telephone number and the town where you reside and your call will be returned within two business days. The Massachusetts Senior Legal Helpline is a project with the Massachusetts Office of Elder Affairs, the Legal Advocacy & Resource Center, the Massachusetts Justice Project and the Massachusetts legal services providers. This project is made possible with a grant from the U.S. Department of Health and Human Services, Administration on Aging.

Summer Concert Series Continues

The Georgetown 2011 Summer Concert Series continues on **Sunday Aug. 7 and 14, 5-7 p.m. at the American Legion Park, Rear Prospect Street.** The schedule includes:

August 7: The Bad Moon Rising

August 14: Five O’Clock Somewhere.

August Activities

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

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



AUGUST VAN SCHEDULE 2011



Shopping Date	Location	Recreation Date	Location
Aug. 2 nd 9:30	NO VAN – Brown Bag Only	Aug. 4 th 9:30	Super WalMart/Salem, NH
Aug. 9 th 9:30	Newburyport/Farm Stand	Aug. 11 th 10:30	North Shore Mall/Peabody, MA
Aug. 16 th 9:30	Rowley/Tendercrop Farm	Aug. 18 th 10:30	Antiques & Lunch/Essex, MA
Aug. 23 rd 9:30	Seabrook, NH	Aug. 25 th 10:30	Park Lunch & Boardwalk in Newburyport, MA
Aug. 30 th 9:30	Plaistow, NH		

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.)

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., August 1, 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., August 1, 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.

VISITING NURSE: **Wed., August 3, 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: Join us in welcoming Newburyport author, speaker and life coach **Fran Larkin** at the **Men's Breakfast** scheduled **Thursday August 4, 9:30 a.m. at Trestle Way.** Fran will discuss how individuals can prepare to live a healthy, happy and meaningful life during the "next phase of their lives" as well as the impact that 77 million baby boomers are going to have on all aspects of our society in the near future. 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.

TASTY SUMMER DISCUSSION GROUP: Join us on **Wednesday August 10, 10 a.m.** for **seasonal fruit cobbler** and summer discussion. Bring photos, stories and memories. For reservations, please call the COA at (978) 352-5726.

W.C. FIELDS & MAE WEST @ TRESTLE WAY: Featuring Lynne Moulton as Mae West and Joseph Zamparelli, Jr. as W. C. Fields, with Fran Baron as Narrator, The Delvena Theater Company will present "**W.C. Fields and Mae West**" **Monday August 29, at 2 p.m. at the Trestle Way Community Building.** This program is offered **free** to the public and 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. Light refreshments will be served. For more information, please call the Georgetown Council on Aging at (978) 352-5726. See page 3 for more details.

AUGUST BIRTHDAY PARTY: Join us on **Tuesday, August 30 at 11:30 a.m.** to send best wishes to our friends who were born in August. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 8/23/11.** Call 978-352-5726.

CLASSIC MOVIES AT THE LIBRARY: **Next Showing: Friday August, 26 1 p.m.** in the library's function room. "**Field of Dreams**" Starring **Kevin Costner, James Earl Jones & Ray Liotta.** 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!**

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	Walking Club is on Summer Hiatus. Watch this space for more info in the fall.
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	I	N	G	O
12	21	38	49	63
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 st & 3 rd Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: Bill Kittredge (978) 352-4968	
2	29	45	50	72

The Delvena Theatre Company will present
"W.C. Fields and Mae West"

Starring
 Lynne Moulton, Joseph Zamparelli, Jr. and Fran Baron
 Monday August 29, at 2 p.m.
 Trestle Way Community Building

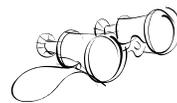
- ★ An educational and entertaining live performance
- ★ A look at the lives/relationship between comedic actors W.C. Fields and Mae West.
- ★ Offered free to the public
- ★ Light refreshments will be served.

The Delvena Theatre Company was founded in 1992. The company was nominated for five Independent Reviewers of New England awards.

For more information, please call the Georgetown Council on Aging at (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.



Looking Ahead

Thurs. Sept. 8, 7 p.m. Merrimac Senior Ctr.
 Dr. Buck Woo will present "Normal Aging is Not Dementia".

Wed. Sept. 14, 10 a.m. First Cong. Church
 Rockin' Ron Toleos will be on hand to help us celebrate National Senior Center Week.

Thurs. Sept. 15, 1-2 p.m. Trestle Way
 TRIAD will present a **K-9 demonstration** by the Essex County Sheriff's Dept. as well as a **File of Life Program**.

Tues. Sept. 20, 10 a.m. First Cong. Church
 Robin Harvey/SED Registry of Deeds will explain & discuss the **Homestead Act** as well as provide forms to be completed on sight for those who are interested.

Tues. Oct. 11 Departing from Trestle Way
Foxwoods Casino Trip sponsored by the Georgetown Tenants Assoc. of Trestle Way.
 Cost: \$25 (bus, lunch voucher, keno).

More details will be available in the September Newsletter.

"Mind Your P's & Q's..."



In English pubs, ale is ordered by pints and quarts...So in old England, when customers got unruly, The bartender would yell at them "Mind your Pints and Quarts!"

NEW OPEN ENROLLMENT DATES for Medicare Advantage and Drug Plans



Open enrollment is much earlier this year (**Oct. 15 – Dec. 7th**) and early preparation is **KEY**. What should you do first?

- ★ **Review** your prescription drug and health insurance needs. By September 15th, see your physician and review your medications! Check for: contraindications, possible use of generics, and whether you can eliminate unneeded medications. Is your health insurance the right plan? Do you have additional costs or restrictions that are problematic?
- ★ **Prevention** is the best medicine! While at the doctor's, review preventive services under Medicare and sign up for the Annual (FREE) Wellness Visit.
- ★ **Understand** the plan changes. By October 1st, you should receive the 2012 "Medicare and You" handbook. Review the changes at the back of the guide or go to www.medicare.gov! You may expect a lot of marketing material soon, but please know that help is available if you find it confusing.
- ★ **Obtain information and assistance.** If you would like to learn about your options, wish to save money or need assistance to change your plan, attend one of the regional SHINE presentations advertised in your local newspaper, call your regional SHINE Program at 1-800-AGE-INFO or the Georgetown Council on Aging at (978) 352-5726 for an appointment.
- ★ **Don't be left out!** Choose your prescription drug and health insurance plan by December 7, 2011, for January 1, 2012. For help, call SHINE at 1-800-AGE-INFO (1-800-243-4636, and press "3") or the Georgetown COA at (978) 352-726.



Music at Eden's Edge: Free Concerts

Celebrating their 30th anniversary, Music at Eden's Edge offers two free concerts in August and September as part of the Senior/Family Series at the Northshore Unitarian Universalist Church located at 323 Locust Street in Danvers.

Tuesday Aug. 23, 2 p.m. Works by Schumann *Marchenbilder* Fairy Tales, Durufle and Beethoven's *Serenade Op. 25* featuring flute, violin and viola will be performed.

Tuesday Sept. 20, 2 p.m. Works by Mozart and Brahms will be performed by string quartets.

SafetyNet:

A service to protect people at risk of wandering

A new program offered by the Georgetown Fire Department in coordination with **SafetyNet by LoJack** can provide caregivers with an additional tool to protect individuals with cognitive conditions such as autism and Alzheimer's disease who may be at risk for wandering. The service enables the Georgetown Fire Department to more effectively find and rescue people at risk in the event they wander, supplementing traditional searches. By using technology, the SafetyNet service can aid in the safe return of a person who goes missing. Once enrolled in the service, individuals receive a SafetyNet Bracelet, which is worn by the person at risk typically on their wrist or ankle. The caregiver provides information about the client to assist in search and rescue, which is then entered into a secure database. The LoJack SafetyNet provides 24/7 emergency caregiver support. For participating public safety agencies such as the Georgetown Fire Department, LoJack SafetyNet provides Search and Rescue Receivers, certified training and ongoing support at no cost. The SafetyNet Bracelet constantly emits a Radio Frequency signal which can be tracked when a client wanders into a shallow body of water, a densely wooded area, a concrete structure such as a garage, or a building constructed with steel. The Search and Rescue Receivers can detect the Radio Frequency signal emitted from a SafetyNet Bracelet within a range of approximately one mile in on-the-ground searches and 5-7 miles in searches by helicopter. Certified training for public safety agencies focuses on the use of specialized electronic equipment, technology, procedures and on how to effectively communicate with and approach individuals who have cognitive conditions. SafetyNet's secure database contains information on each individual client enrolled in the program so that Georgetown Fire Department search and rescue teams can have information on the individual's physical characteristics, personal habits and how s/he should be approached, addressed and comforted. LoJack SafetyNet offers SafetyNetSource an online information and resource center, (www.safetynetsource.com), designed to assist caregivers with tips and information on how to protect individuals who wander. SafetyNetSource offers information from across the web, access to the SafetyNetSource Twitter feed and YouTube channel, a Facebook page to help caregivers communicate with one another along with a variety of valuable resources for caregivers such as forms to distribute to their local first responders and neighbors that may be helpful in the event their loved one wanders. For more information, please call (877) 4-FINDTHEM (877-434-6384) or visit www.lojack.com/safetynet or www.georgetownfd.com.

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
@ 1st 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 4th Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

NEXT BOARD MEETING:
Tuesday August 23, 2011

Georgetown Council on Aging:
Director: Colleen Ranshaw-Fiorello
Office: Julie Pasquale, Newsletter
Alice Girrior, Outreach
Dave Hall, Van Driver
Jeannine DesJardins, Volunteer
Mealsite Coordinator: Mickie Locke
Board Members:

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

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.

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.

August 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>
1 Turkey Cold Plate, Shredded Lettuce, Pot Salad, Pickled Beets, Orange, Pita Bread	2 NO LUNCH: MVNP Volunteer Appreciation Lunch	3 Baked Chix, Whip Pot, Carrots, Fruit Yogurt, LF Muffin
8 Sweet/Sour Meatballs, Dirty Rice, Peas/Carrots, Pears, Oatmeal Bread	9 Fish a la Ritz, Roast Red Pot, Glazed Carrots, Chocolate Pudding, Snowflake Roll	10 Chef's Choice, Whip Pot, Veg Medley, Peaches, Multigrain Bread
15 Chix Breast Fillet, Baked Potato, Carrots, Fruit Cocktail, Dinner Roll	16 LF Tuna Salad/Lettuce, Pot Salad, Pickled Beets, Fruited Gelatin, Oatmeal Bread	17 Meatballs/Ziti/Tomato Sauce, Veg Medley, Orange, Buttermilk Biscuit
22 Stuffed Shells/Tomato Sauce, Mixed Veg, Tossed Salad, Applesauce, Dinner roll	23 Apricot Glazed Chicken, Whip Pot/Chives, Harvard Beets, Lorna Doones, LF Muffin	24 Grape Juice, Egg Salad/Lettuce, Red Bliss Pot Salad, Three Bean Salad, Watermelon, Light Rye Bread
29 Garlic Baked Chicken, Whip Pot, Mixed Veg, Pears, Dark Rye Bread	30 Cranberry Juice, American Chop Suey, Green/Gold Beans, Tapioca, Snowflake Roll	31 Krunchy Lite Fish, Roasted Red Pot, Peas/Carrots, Fruit Cocktail, Lt Rye Bread

Celebrate National Peach Month with a sweet & creamy *Just Peachy Shake* Makes 2 servings.

Ingredients: 1 pint frozen vanilla yogurt ~1 medium peach, peeled, pitted, and cut up, or 1/2 cup frozen unsweetened peach slices ~1 tablespoon honey ~1 tablespoon creamy peanut butter **Directions:** (1) In a blender container, combine frozen yogurt, cut-up fresh or frozen peach, honey, and peanut butter. Cover and blend until smooth. (2) Pour into 2 glasses.

AUGUST VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 9:00 SHINE (by appt.) 9:30 Dolls 10:00 Jen Cook, ESMVappts. 10:30 Yoga 11:30 Lunch 12:00 Bingo	2 No Van-Brown Bag NO LUNCH TODAY 12:30 Strength Training	3 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	4 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 11:00 Strength Training
8 9:30 Dolls NO YOGA TODAY 11:30 Lunch 12:00 Bingo	9 9:30 VAN: Newburyport/ Farm Stand 11:30 Lunch 12:30 Strength Training	10 9:00 Yoga 10:00 Fruit Cobbler & Discussion 11:30 Lunch	11 10:30 VAN: N. Shore Mall 11:00 Strength Training
15 9:30 Dolls NO YOGA TODAY 11:30 Lunch 12:00 Bingo	16 9:30 VAN: Tencercrop Farm/Rowley 11:30 Lunch 12:30 Strength Training	17 9:00 Yoga 11:30 Lunch	18 10:30 VAN: Antiques/ Lunch Essex, MA 11:00 Strength Training
22 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	23 9:30 VAN: Seabrook, NH 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	24 9:00 Yoga 11:30 Lunch	25 10:30 VAN: Park Lunch- Boardwalk/Newburyport, MA 11:00 Strength Training
29 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:00 WC Fields @ T. Way	30 9:30 VAN: Plaistow, NH 11:30 Birthday Lunch 12:30 Strength Training	31 9:00 Yoga 11:30 Lunch	Friday 8/26 1:00 Movie @ Library
			9/1 9:30 Men's Breakfast 9:30 VAN: 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.