



# A FEW GRAY HAIRS



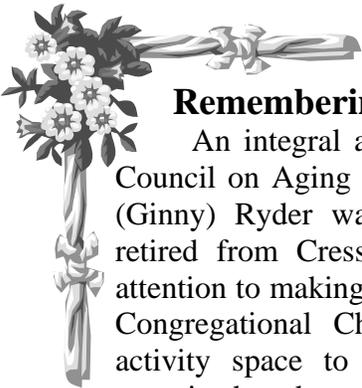
A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

Vol. 13/Iss. 3

September 2011

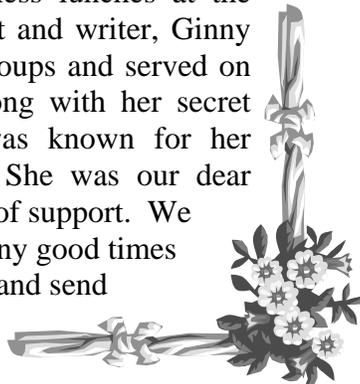
Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes...** Although there is at least another month of summer still to enjoy, the arrival of September and the anticipation of fall often seems a little bittersweet. Perhaps we've enjoyed some vacation time away from our normal routines, or perhaps we've enjoyed visits from family and friends. Perhaps we've just enjoyed the opportunity to sit and enjoy the slower pace of summer. But as children return to school and store and television advertisements already hint at the rapid approach of holidays, the end of the summer seems to come too soon and with a little poignancy. Often, a good remedy for the inevitable end-of-summer let down is to make a connection with others. Fall schedules at the COA bring several opportunities to resume activities or to try out something new. Join us as our indoor Walking Program resumes at the Penn Brook School or as our Strength Training and Yoga Classes continue. With plenty of good music and lots of fun, Rockin' Ron Toleos will be on hand September 14 to celebrate National Senior Center Week. Join us for learning how to live well with on-going medical conditions during our new "My Life, My Health" workshop or just drop by for a cup of coffee and conversation. It's our connections with others that keep us looking forward as the seasons change and we look forward to connecting with you.



## Remembering Our Friend...

An integral and important member of the Council on Aging and our community, Virginia (Ginny) Ryder was very special. When she retired from Cressey's, Ginny turned her full attention to making the Senior Center at the First Congregational Church a warm and inviting activity space to all. For 15 years, Ginny organized and served countless lunches at the Senior Center. A gifted artist and writer, Ginny also led quilting and craft groups and served on the Council on Aging. Along with her secret recipe for coffee, Ginny was known for her wonderful sense of humor. She was our dear friend, and a constant source of support. We were fortunate to share so many good times with her. We grieve her loss and send our sympathy to her family.



## WE WILL NEVER FORGET...

In commemoration of the 10<sup>th</sup> anniversary of the September 11, 2001 attacks on the World Trade Center and the Pentagon, the community is invited to attend a **9/11 Commemorative Program Sunday Sept. 11**. The day will begin at 8 a.m. with a street witness, flags and moments of silence. Including time for reflection and remembrance, an interfaith service of healing and hope will be held at 4 p.m. at the First Congregational Church. With prayers and messages from religious leaders, the focus of the service will be the nation's foundation of religious freedom and respect. Following the service, a silent walk from the church to the Public Safety Building Memorial Garden will be led by Police Color Guard and bagpipers. Wreaths will be placed in the garden for Police, Fire and civilians whose lives were lost during the attacks. Representatives from the Police and Fire Departments will speak. The Fire Bell will ring, followed by Taps. The event will end with refreshments and fellowship at the Public Safety Building.

**A BBQ Thanks to All!** Featuring a wonderful morning and delicious lunch, the COA's 2<sup>nd</sup> Annual Chicken Barbeque in July was a fabulous success. Serving more than 80 people, very special thanks go to the Over the Hill Band, the Georgetown Cultural Council for sponsoring the band, Director Bill Cutler and the staff at the Merrimack Valley Nutrition Project and the wonderful volunteers who pitched in at a moment's notice to make the day a success for all. Thank you!!!

**The COA & Sr. Center will both be closed for Labor Day on Monday, September 5, 2011.**

# September Activities

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

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



## SEPTEMBER VAN SCHEDULE 2011



Shopping Date	Location	Recreation Date	Location
		Sept. 1 <sup>st</sup> 9:30	Super WalMart/Salem, NH
Sept. 6 <sup>th</sup> 9:30	NO VAN – Brown Bag Only	Sept. 8 <sup>th</sup> 10:30	Building 19/Market Basket--Haverhill
Sept. 13 <sup>th</sup> 9:30	Newburyport	Sept. 15 <sup>th</sup> 10:30	Seabrook, NH
Sept. 20 <sup>th</sup> 9:30	Rowley	Sept. 22 <sup>nd</sup> 9:30	Kittery, ME
Sept. 27 <sup>th</sup> 9:30	Plaistow, NH	Sept. 30 <sup>th</sup> 10:30	North Shore Mall/Peabody

**MEN'S BREAKFAST:** Introducing himself to the community and discussing local issues Selectman Stuart Egenberg will be the guest speaker at the Men's Breakfast scheduled **Thursday Sept. 1, 9:30 a.m. at Trestle Way.** 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. **October Men's Breakfast date change (October only): Thursday, October 13, 9:30 a.m.**

**VISITING NURSE:** **Wed., Sept. 7, 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.

**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., Sept. 12, 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., Sept. 12, 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.

**CHRONIC DISEASE PROGRAM INTRODUCTION:** If living with a chronic medical condition limits some of life's activities, join us on **Tuesday Sept. 13, 10 a.m.** for a presentation on a free six-week program, **My Life, My Health**, that can help you manage your chronic disease. See the article on page 6 for more details. To help with planning, please call the COA at (978) 352-5726.

**ROCKIN' RON TOLEOS RETURNS!** Celebrate National Senior Center Week with **Rockin' Ron Toleos** on **Wed. Sept. 14, 10 a.m.** at the First Congregational Church. Refreshments provided in part by Ashland Farm/N. Andover. **To assist with planning, please RSVP before Sept. 7. Call the COA at 978-352-5726. See page 3 for details.**

**K-9 DEMONSTRATION:** **TRIAD** will present a **K-9 demonstration** by the Essex County Sheriff's Department as well as a **File of Life program** **Thurs. Sept. 15, 1-2 p.m. at Trestle Way.** Volunteers will be available to complete new or update previously completed File of Life cards at the event. Grab and Go Bags will be available. Light refreshments. **See page 3 for details.** On the horizon: An Ice Cream Social and Photo IDs planned Thurs. Oct. 20, 1-2 p.m. Trestle Way.

**HOMESTEAD ACT PRESENTATION:** Learn how the state's **Homestead Act** can provide homeowners with protection of their homes and property when Robin Harvey of the Southern Essex District Registry of Deeds presents a program on the Homestead Act **Tuesday Sept. 20, 10 a.m.** at the First Congregational Church. For further information, please call the COA at (978) 352-5726. See page 3 for more details.

**SEPTEMBER BIRTHDAY PARTY:** Join us on **Wednesday, Sept. 28 at 11:30 a.m.** to send best wishes to our friends who were born in September. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 9/21/11.** Call 978-352-5726.

**CLASSIC MOVIES AT THE LIBRARY:** Next Showing: **Tuesday Sept. 27; 1 p.m.** in the library's function room. **"Apollo 13"** Starring **Tom Hanks, Kevin Bacon, & Bill Paxton.** Directed by **Ron Howard** Movies are free and open to everyone. For more info, call 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>*WALKING CLUB*</b>
Class	Meets on	Time	Walking Club will return to the Penn Brook School on Mondays & Wednesdays 3:30-5:30 p.m. starting Monday Oct. 3.
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
<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 Office (978) 352-6331	
2	29	45	50	72



**Rockin' Ron Toleos**  
Returns to Georgetown  
For Senior Center Week Celebration



Wednesday, September 14<sup>th</sup>

10 a.m.

We'll have a rockin' good time enjoying a mix of Golden Oldies, Pop Tunes, and maybe even a little Elvis!

And what kind of celebration would it be without FOOD!? Refreshments will be served.

To assist with planning, please RSVP before Sept. 7.  
Call the COA 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.

**GARDEN CLUB CRAFT CLASSES RETURN...Join Barbara and the gang to make Fall Decorated Hats in October. Date to be announced, so watch for more information or contact the COA in late September. Classes are free, but limited to 12 people.**

Also, **PERLEY PALS** will return this fall. For more Information, call COA at (978) 352-5726.

3



**HOMESTEAD ACT:**  
**What You Need to Know**  
Presented by  
**Robin Harvey**



Southern Essex District Registry of Deeds

**Tuesday Sept. 20, 10 a.m.**

First Congregational Church

- Learn how the state's Homestead Act can provide protection of homes and property.
- Forms will be provided and notarized free of charge.
- Sign up in advance with the COA to have a free copy of your deed available at the meeting.
- Light refreshments will be served.

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

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: TRIAD Presents  
Essex County Sheriff's Department

**K-9 Demonstration**

Thurs. Sept. 15, 1-2 p.m.

Trestle Way



- ★ See Police Dogs (K-9) in action.
- ★ Learn their importance in fighting crime.

Also: **File of Life program.**

- ★ Organize emergency contact/medical information in an accessible holder.
- ★ Volunteers available to help update previously completed File of Life cards.
- ★ Grab and Go Bags are still available.



Light refreshments will be served.

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

## **Medicare Open Enrollment is Changing! New Dates: OCTOBER 15 – DECEMBER 7**

The annual **Medicare Open Enrollment (October 15 - December 7)** is the time to enroll in or **CHANGE** your Medicare coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. Call now to schedule a SHINE appointment during the Open Enrollment.

In September, if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting information in the mail about changes to your current plan. Be sure to save this information and bring it, along with your prescription drug list and Medicare card, to your SHINE appointment.

**Trained SHINE (Serving Health Information Needs of Elders)** volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for 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 answering machine, leave your name and number. A volunteer will call you back, as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.

**Save the date! Sue Cripps, ESMV, will discuss Open Enrollment on Wed., October 12, 10 a.m. at First Congregational Church.**

**REMEMBER: Open Enrollment ends December 7!**

## **My Life, My Health Presentation 9/13 Free Six-week workshop to follow in October**

If living with a chronic medical condition limits some of life's activities, join us on **Tuesday Sept. 13, 10 a.m. for a presentation** on a free six-week program that can help you manage your chronic disease. Coordinated by the COA and Elder Services of Merrimack Valley, a **six-week My Life, My Health workshop** will be held **Tuesdays, Oct. 4-Nov. 8, 9-11:30 a.m. at the First Congregational Church.** The program is open to anyone living with an on-going medical condition such as heart disease, cancer, Chronic Fatigue Syndrome, Fibromyalgia, arthritis, Parkinson's disease, breathing disorders, chronic pain, and diabetes. The workshop will cover topics such as nutrition, pain management, dealing with fatigue and frustration, stress management, how to increase your energy level, problem solving, meeting personal goals and effective communication with healthcare providers. To register for the program or workshop, please call the COA office at (978) 352-5726.

## **Heating Assistance Program**

**Application Packets are now available.** Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971 or the COA office at (978) 352-5726 after **September 12.** Maximum gross income is \$31,218 for one-person or \$40,824 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.



**“Normal  
Aging  
is Not  
Dementia”**

**Dr. Buck Woo,** Director of The Center for Neuropsychology at Merrimack Valley Hospital will present **“Normal Aging is Not**

**Dementia” Thursday Sept. 8, 7 p.m. at the Merrimack Senior**

**Center.** The program will feature facts regarding improving, maintaining, and rehabilitating cognition as we age. Participants will learn how to identify normal aging versus early dementia syndromes. They will also learn how to improve memory and other cognitive functions and have the opportunity to ask questions regarding diagnosis and treatment of abnormal cognitive decline. For further information or to register, please call Laura at the Merrimack Senior Center at (978) 346-9549.

## **Open House at Camp Denison**

In celebration of Georgetown Days, the Friends of Camp Denison will hold an **open house at Camp Denison on Sept. 24 12-4 p.m.** Last year's event drew an enthusiastic 500 people. Many activities are planned for all age groups and ability levels including: guided trail walks, honey bees, goats, turtles, music by The Over the Hill Gang, Irish step dancers, beaver lecture and slide show, pumpkin painting, scavenger hunt, and model airplane exhibit. Free hot dogs, soda and ice cream will be served. Lots of free parking and free admission at the scenic 44-acre community treasure located off Nelson Street.



## **Feeling Lucky? Give Foxwoods a Try!**

The Georgetown Tenants Association of Trestle Way will host a **Foxwoods Casino Trip Tuesday Oct. 11.** Cost is \$25 and includes transportation, lunch voucher and Keno. The bus will depart from the Trestle Way Community Center at 8 a.m. Payment is due with reservations. For information, call Phil Cardoza at (978) 352-5853.

# 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 September 27, 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](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.

## September 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>
5 <b>Closed for Labor Day</b>	6 Swedish Meatballs, Boiled Pot, Veg Medley, Peach Cup, Oatmeal Bread	7 Cheese Lasagna/Sauce, Carrots/Turnips, Orange, Dark Rye Bread
12 Cranberry Juice, Chix/Broccoli/Ziti, Sherbet Cup, Dinner Roll	13 Potato Crunch Fish, Au Gratin Pot, Peas & Mushrooms, Banana, LF Muffin	14 Shepherd's Pie (Beef, Whip Pot, Corn), Applesauce, Multigrain Bread
19 Chix Fillet, Whip Pot/Chives, Green Beans, Apple, LF Muffin	20 Grape Juice, Stuffed Shells/Sauce, Mixed Veg, Diced Pears, Italian Bread	21 Mild Chili, LF Sour Cream, Corn, Pineapple, Unsalted Saltines
26 Fruit Punch, Hamburger/Roll, Corn, LS Chips, Peach Cup	27 Garlic Baked Chix ¼, Loaded Whip Pot, Veg Medley, Gelatin, Multigrain Bread	28 Mac & Cheese, Zucchini/Stewed Tomato, Fruit Cocktail, Light Rye Bread

**LOOKING FOR A FUN WAY TO START YOUR DAY?** Drop in for a visit. Enjoy a cup of coffee, a snack, or even a friendly game of cards. The **Senior Center** (First Congregational Church) is open **Monday - Wednesday mornings from 9:00 to 11:30 a.m.** 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.)

### What you always wanted to know but were afraid to ask. What is the Massachusetts Official State...

**Fish~Cod Fish.** It has been a symbol of the Commonwealth for more than 200 years. **Vegetable~Navy Bean** (and in 1993 declared it the original bean of Boston Baked Beans). **Dessert~Boston Cream Pie.** **Cookie~Chocolate Chip** (invented in 1930 at the Toll House Restaurant). **Berry & Juice~Cranberry.** **Game Bird~Wild Turkey.** **Muffin~Corn.**

## SEPTEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>**Sunday, Sept. 11: "Georgetown Remembers" Program</b> Starts at 8 a.m. with street witness. An Interfaith service at First Congregational Church at 4 p.m. followed by silent walk to the Safety Building for testimonies, reflections and refreshments.			<b>1 9:30 Men's Breakfast</b> 9:30 VAN: Walmart/Salem, NH 11:00 Strength Training
5 <b>CLOSED: LABOR DAY</b>	<b>6 No Van~Brown Bag</b> 11:30 Lunch 12:30 Strength Training	<b>7 9:00 Yoga</b> 10:00 Visiting Nurse 11:30 Lunch	<b>8 10:30 VAN: Bldg. 19 &amp; Market Basket/Haverhill</b> 11:00 Strength Training
<b>12 9:00 SHINE</b> (by appt.) 9:30 Dolls 10:00 Jen Cook, ESMVappts. 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>13 9:30 VAN: Newburyport</b> 10:00 Chronic Pain Grp Intro 11:30 Lunch 12:30 Strength Training	<b>14</b> 9:00 Yoga 10:00 Rockin' Ron 11:30 Lunch	<b>15</b> 10:30 VAN: Seabrook, NH 11:00 Strength Training 1:00 TRIAD/K-9 Demo & File of Life @ Tr. Way
<b>19 9:30 Dolls</b> 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>20 9:30 VAN: Rowley</b> 10:00 Homestead Act Prog. 11:30 Lunch 12:30 Strength Training	<b>21</b> 9:00 Yoga 11:30 Lunch	<b>22 9:30 VAN: Kittery, ME</b> 11:00 Strength Training
<b>26 9:30 Dolls</b> 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>27 9:30 VAN: Plaistow, NH</b> 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training 1:00 Movie @ Library	<b>28</b> 9:00 Yoga 11:30 Birthday Lunch	<b>29</b> 9:30 VAN: North Shore Mall 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.