



# A FEW GRAY HAIRS



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

Vol. 12/Iss. 4

October 2010

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

**Director's Notes...** As they plan this month's "Generation to Generation" Walkabout Event at Elder Service of Merrimack Valley in Lawrence, a "Legacy Exhibit" will use photographs, stories and artifacts to showcase ways in which the older generation has had an impact on the Merrimack Valley. The discussion regarding legacy and the questions of how we want others to think of us in the future caused me to think of the personal legacies that I have received from my friends and family. I have a cowbell from the family farm that sat on my mother's desk in her rural Ontario classrooms. She rang it to call children in from the schoolyard as recess ended. I have several of my mother-in-law's handwritten recipes in which she baked with five pounds of flour at a time. I have a binder filled with family history compiled by my Dad with a wonderful Post-it that reads "Colleen – a work in progress" – which one he considered to be the work in progress, me or the history, I'm not certain! But the note and the binder are a legacy from my Dad and I cherish both. Our lives and communities will not only be shaped by the tangible legacies that we leave future generations but also by the thoughts and actions that we share with others. On a daily basis, there are opportunities to have a positive impact in others' lives. We can volunteer to read to children. We can offer to drive a friend to the grocery store. We can write a note or call a friend and just listen. What better legacy to leave future generations, but a legacy of kindness and compassion.

## Physical Activity for Arthritis

Studies show that physical activity can reduce pain and improve function, mood and quality of life for people who live with arthritis. Research also shows that physical activity can help manage other chronic conditions such as diabetes and heart disease. According to the Centers for Disease Control and Prevention, adults with arthritis can benefit from two hours and 30 minutes of moderate-intensity aerobic activity per week along with muscle strengthening exercises at least two days per week and balance exercises three days per week. Low-impact aerobic activities include walking, cycling, swimming, gardening and group classes. Muscle strengthening exercises include **weight training** and **exercise** with resistance bands. Balance exercises include **yoga** and tai chi. Some people living with arthritis may experience soreness or aching in joints and muscles during or after exercise. Modify the exercise program by reducing the frequency or duration until pain improves. Do warm-up and cool-down exercises before exercising. Wear comfortable clothes and exercise at a comfortable pace. Providing **good exercise** and **plenty of fun**, the **Georgetown COA** offers **weekly yoga and strength training classes** along with an **independent walking program**. For further information, call the COA at (978) 352-5726.

## "Embrace Your Future" Planning Guide Available

As a result of a partnership between the state offices of Elder Affairs and Health and Human Services, Governor Patrick, the Office of Consumer Affairs and Regulation, and the Office of Long-Term Support Studies (LTSS) at the University of Massachusetts Medical School, the "**Embrace Your Future**" planning guide for long-term supports in Massachusetts is now available at the Georgetown Council on Aging. In recognition of the rapid rise in the senior population as baby boomers age, Massachusetts has joined with 24 other states and the federal government in launching a Long-Term Care Awareness Campaign, promoting earlier planning for later life. The 44-page Massachusetts-specific Long-Term Support guide "Embrace Your Future" offers options for controlling your future by planning ahead. This is essential since Medicare does not pay for long-term care support. The guide includes practical advice, steps to take now and contact information for state-wide resources designed to maximize independence and functioning. For further information, call the COA at (978) 352-5726.

**The COA & Senior Center are closed on  
Monday, October 11 ~ Columbus Day.**

# October Activities

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

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

## OCTOBER VAN SCHEDULE 2010

Shopping Date	Location	Recreation Date	Location
Oct. 5 <sup>th</sup>	NO VAN – Brown Bag Only	Oct. 7 <sup>th</sup> 9:30	Super WalMart/Salem, NH
Oct. 12 <sup>th</sup> 9:30	Rowley/Tendercrop Farm	Oct. 14 <sup>th</sup> 10:30	Plaistow, NH
Oct. 19 <sup>th</sup> 9:30	Newburyport	Oct. 21 <sup>st</sup> 10:30	Long Hill Orchard, W. Newbury
Oct. 26 <sup>th</sup> 9:30	Seabrook, NH	Oct. 28 <sup>th</sup> 10:30	No. Shore Mall

**ESMV CASE MANAGER:** ESMV Case Manager Jennifer Cook will hold office hours at the Senior Center on **Mon. Oct. 4, 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., Oct. 4, 9:00 – 11 a.m.** If you cannot come to the scheduled hours, contact the COA and we will contact our SHINE counselor for you. Call (978) 352-5726.

**GARDEN CLUB CRAFT:** Join us at **9:30 a.m. on the first Tuesday of each month** for fun and crafts. **Classes are always free, but size is limited. It is extremely helpful for planning if you would sign-up a week in advance.**

**October 5, 2010 Cinnamon Flower Ornament**

**RSVP ASAP**

**November 2, 2010 Fall Harvest Topiary Tree**

**RSVP before 10/26/10**

**VISITING NURSE:** **Wed., Oct. 6, 10:00 – 11:00 a.m.** Public Health Nurse Jan Giles will be available to take blood pressure, check blood glucose levels & discuss any medical concerns seniors have. A visiting nurse is also available for Trestle Way residents in their Community Building from 12:00-2:00 p.m.

**GIVING WISELY TO CHARITIES DISCUSSION:** Join us on **Tuesday Oct. 12, 10 a.m.** at the First Congregational Church when Rachel Meyer of the Better Business Bureau discusses **how to choose a trustworthy charity.** Tips on tax deductions, organizational charities and how to avoid scams will also be discussed. See pg. 3 for details. For further information, call the COA office at (978) 352-5726.

**LUNCH WITH REP. HARRIETT STANLEY (D-West Newbury):** **Free!** Join us! **Wed. Oct. 13, 11:30 a.m.** Details on pg. 3.

**MEN'S BREAKFAST:** **Please note date change.** Join us for **Men's Breakfast** on **Thursday October 14, 9:30 a.m.** at Trestle Way. Jason Ebacher, Esq., Assistant Superintendent II and Director of Training & Staff Development with the Essex County Sheriff's Department, returns as the guest speaker bringing information on **Health Care Proxies & Durable Power of Attorney.** To make reservations please call the COA at (978) 352-5726. **Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.**

**WEEK OF OCTOBER 18<sup>TH</sup>:** The First Congregational Church will be closed to COA programs and activities in preparation for the church fair **October 22-23.** COA office open and classes ongoing.

**BYFIELD PARISH LUNCHEON:** **Tuesday, Oct. 19, 11:45 a.m.** Call the church if you plan to attend. 978-352-2022.



**HALLOWEEN/BIRTHDAY PARTY:** Dress up (not required) and join us on **Wed. Oct. 27<sup>th</sup> at 11:00 a.m.** as we scare up some holiday fun! **Cost is \$2.00** except for **Birthday celebrants** who will **receive a free lunch.** We have planned a **“Reverse Trick-or-Treat”** and ask that you bring one non-perishable food item to be donated to the church food pantry. Lunch reservations are required. **RSVP before 10/20/09 to assist with planning.**

**PERLEY PAL READERS PROGRAM TO BEGIN:** The Perley Pal Readers intergenerational program will continue this month. Additional volunteers are welcome. For further information, call (978) 352-5726.

**“MEDICARE CHANGES FOR 2011”:** an information talk **presented by SHINE** (Serving the Health Information Needs of Elders) on **Monday November 1 at 10 a.m.** See page 3 for details.

<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>  Walking Club will return to the Penn Brook School on <b>Mondays &amp; Wednesdays, 3:30-5:30 p.m. starting Wednesday Nov. 3.</b>
Class	Meets on	Time	
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: Bill Kittredge (978) 352-4968	
2	29	45	50	72

**Rep. Harriett Stanley, D-West Newbury Invites You to a FREE “Red, White & Green” Lasagna Lunch Wednesday Oct. 13, 11:30 a.m. First Congregational Church**

Rep. Stanley and staff will prepare and serve two types of lasagna: beef & tomato sauce and chicken & broccoli with white cream sauce, plus a garden salad, and perhaps a potato salad, and then dessert! Come and meet Rep. Stanley and enjoy a delicious lunch together. Lunch is FREE but reservations are required.

Please contact the COA at 978-352-5726 before October 7.



**Heads-Up for the Holidays!**

(Watch for more details in future Newsletters)

**Kiwanis Dinner: Sat. Nov. 20, 2:00-4:00 p.m.**

**COA Annual**

**December Party: Details TBA**

**GMHS Annual**

**Concert/Breakfast: Wed. December 22**

**MEDICARE CHANGES FOR 2011: WHAT YOU NEED TO KNOW:**

- What changes will the Affordable Care Act passed by Congress bring to you?
- Are there new benefits?
- What new timelines take place in 2011?
- Will my benefit be cut? A “donut hole” rebate?
- Will my Medicare Advantage plan change?
- What about my Part D plan?
- Should I take time to review my options to Medicare?

Join us for an information talk presented by SHINE (Serving the Health Information Needs of Elders) on **Monday November 1 at 10 a.m.** at the First Congregational Church.

SHINE will be on hand to discuss what you need to know about changes for 2011 and how you can prepare to be an educated Medicare beneficiary. Be sure to make your appointment to review your plans now with a SHINE counselor at the Council on Aging. SHINE Counselor Jerry Goldberg will be available to answer health insurance questions **Monday November 8, 9-11:30 a.m.** at the First Congregational Church. For further information, call the COA office at (978) 352-5726.

**GIVING WISELY TO CHARITIES**

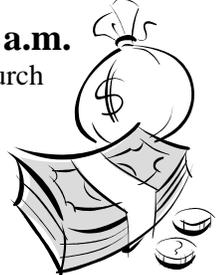
Sponsored by the Better Business Bureau

**Tuesday Oct. 12, 10 a.m.**

First Congregational Church

Topics will include

- ◆ Tips on tax deductions
- ◆ Organizational charities
- ◆ How to avoid scams



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

## How Getting a Job Has Changed: The Importance of Extending Your Employment Years

For the past few decades, the health of older Americans has been improving, while changes in occupations associated with the growth of the service economy have often made work less physically demanding. In addition, life expectancies have increased steadily, increasing in turn the financial resources required to maintain one's standard of living throughout ones life.

In the past, generous retirement benefits made it attractive for Americans to retire at younger ages despite their increased life expectancy. In the future, however, financial realities are likely to make it more attractive for Americans to keep working later than age 62, often a popular age for retiring. The continuing shift away from defined benefit retirement plans and retiree health insurance will mean that that many more Americans will need to save even more to ensure adequate income throughout one's retirement.

Yet, a 2006 survey of adults conducted by the Employee Benefit Research Institute (EBRI) showed that many do not fully understand how these changes affect their retirement security, and, among those who do, few have altered their savings behavior to compensate for the decline in retirement income frequently provided by employers. For these reasons, staying employed until later years is often more important than in previous years.

Searching for full time or part time jobs can be difficult for several reasons. Some of the challenges facing adults age 55 and older in obtaining employment include:

- ◇ The methods for finding jobs have changed. Today, nearly 85% of all jobs are posted only on the Internet! Many adults may not know how to use the internet or how to best utilize it to find new work.
- ◇ Job search techniques have changed. For example, résumé formatting has changed over the years.
- ◇ The importance of social networking has increased over time. We really need to seek jobs via social networks -- ads and unions alone are not enough.
- ◇ Older job applicants must develop savvy methods for dealing with age biases that job interviewers may have.

If you are unemployed or underemployed, visit one of the One-Stop Career Centers in Massachusetts. Services for job seekers include:

- ◇ job search assistance and access to online job listings
- ◇ career counseling
- ◇ coaching on job search skills
- ◇ Workshops on a variety of job search strategies
- ◇ access to resources including PCs, reference materials, resume building software, and economic data
- ◇ networking groups
- ◇ unemployment insurance walk-in services

There are 32 One-Stop Career Centers located across the state in every major city, with branch offices in additional communities. In addition to individual and customized services, Career Centers hold workshops, sponsor job fairs, and work with local employers to recruit workers for available job openings. Most services are free of charge. Locally, the Valley Works Career Center is located at 192 Merrimack Street in Haverhill. The telephone number is (978) 722-7000. Information on the state's Career Centers and other employment resources are available at the Georgetown COA. For further information, please call (978) 352-5726.

## Georgetown Community Education To Offer Fall Classes

Seeking to bring fun and enriching classes to adults throughout Georgetown and other communities, Georgetown Community Education will offer classes this fall through November. Classes include crafts and hobbies, world language, strength and fitness, genealogy, business and technology. Classes are held at the Georgetown Middle/High School. Volunteers are also needed to teach classes. A 10 percent discount off registration fees is planned for adults 60 years and older. Course catalogs and registration forms are available at the COA office. For further information, call Stephanie Cannata at 978-490-0088 or email [communityeducation@georgetown.k12.ma.us](mailto:communityeducation@georgetown.k12.ma.us) Information is also available on the school district's website [www.georgetown.k12.ma.us](http://www.georgetown.k12.ma.us).

### Friends of the COA Membership Kick-off October 18, 6:45 p.m.

After recently receiving non-profit status with the state, the **Friends of the Georgetown Council on Aging** will meet **Monday Oct.18, 6:45 p.m.** at the **Peabody Library**. The Friends' group mission is to support the Georgetown Council on Aging as they seek to enhance the quality of life for local elders. The COA Friends Group meets the third Monday of every month September-June at 6:45 p.m. at the Peabody Library. New members are invited to attend meetings as the group plans fund raising events, Friends business issues and works with the COA Director. Donations to the Friends group are tax deductible. All Georgetown residents are invited to join and to attend the meeting. Refreshments will be served.

# Council on Aging Services

For information on any of the following services, contact the COA 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.

## TRANSPORTATION: SHOPPING

The Van is available 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: NORTHERN ESSEX ELDER TRANSPORTATION PROGRAM

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.

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.

Ring & Ride Ring & Ride is a free bus service to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The bus can be used for any purpose to a limited service area (Georgetown, Haverhill, Groveland, Newburyport, area hospitals & trains). For a brochure, contact the COA.

S.H.I.N.E. **S**erving **H**ealth **I**nformation **N**eeds of **E**lders will help you understand your health insurance concerns. Call COA to set up an appointment with their representative.

## 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.

## HANDICAP PLACARDS

Are you in need of a HANDICAP placard for your car? The Council on Aging has a number of applications available from the Registry of Motor Vehicles.

## HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

## THE FILE

Handy folder which serves as a summary record of Financial Information, Investments and Insurance, Legal Documents and Estate Management information.

## FOOD AND HEAT RESOURCES

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

Updated 5/20/10

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 October 26, 2010

**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  
Philip Trapani, Board of Selectmen  
Evan O'Reilly, Board of Selectmen  
David Surface, Board of Selectmen  
Steve Smith, Board of Selectmen  
Gary Fowler, 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.

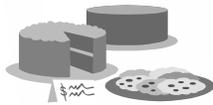
# October Lunch Menu - Make reservations 3 days in advance. Call (978) 352-5726.

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> Broccoli/Egg/Cheese Bake, Stewed Tomato/Zucchini, Apricots, LF Muffin	<b>5</b> Ziti/Marinara/Meatballs, Green & Gold Beans, Pineapple, Italian Bread	<b>6 Cream of Broccoli Soup</b> Chix Marsala, Dirty Rice, California Veggies, Arctic Ice, Oatmeal Bread
<b>11</b> <b>NO MEAL ~ Columbus Day</b>	<b>12</b> Veal Parmesan, White Rice, Mixed Veggies, Fruit Cocktail, Italian Bread	<b>13 Vegetable Soup</b> , Garlic Baked Chix ¼, Whip Red Pot, Green Bean Almondine, Chocolate Pudding, Lt. Rye Bread
<b>18</b> <b>NO MEAL ~ Church closed Fair prep</b>	<b>19</b> <b>NO MEAL ~ Church closed Fair prep</b>	<b>20</b> <b>NO MEAL ~ Church closed Fair prep</b>
<b>25</b> Cranberry Juice, Hamburger/Roll, Haystack Pot, Sweet Peas, Peaches	<b>26</b> Potato Crunch Fish, Florentine Rice, Harvard Beets, Apricots, Lt. Rye Bread	<b>27 Beef Noodle Soup</b> BBQ Chix Breast, Whip Pot, Corn, Fresh Orange, Wh Wh 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 Cribbage, Rummy, 45s, etc. Join us at the **Senior Center** (First Congregational Church) on **Monday - Wednesday mornings from 9:00 to 11:30 a.m.** for fun and fellowship. 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.)



## OCTOBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>4</b> 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>5 No Van-Brown Bag</b> 9:30 Garden Club Craft 11:30 Lunch 12:30 Strength Training	<b>6</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	<b>7</b> 9:30 <b>VAN:</b> Walmart/Salem NH 11:00 Strength Training
<b>11</b> <b>CLOSED: Columbus Day</b>	<b>12</b> 9:30 <b>VAN:</b> Rowley 10:00 BBB: Charitable Donations 11:30 Lunch 12:30 Strength Training	<b>13</b> 9:00 Yoga 11:30 Rep. Harriet Stanley "Red, White & Green" Lunch	<b>14 9:30 Men's Breakfast</b> 9:30 <b>VAN:</b> Plaistow, NH 11:00 Strength Training
<b>18</b> 10:30 Yoga	<b>19</b> 9:30 <b>VAN:</b> Newburyport 11:45 Byfield Parish Lunch 12:30 Strength Training	<b>20</b> 9:00 Yoga	<b>21</b> 10:30 <b>VAN:</b> Long Hill Orchard, W. Newbury 11:00 Strength Training
<b>Senior Center Closed this week due to Church Fair Preparations ~ Church Fair runs Oct. 22 &amp; 23</b>			
<b>25</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>26</b> 9:30 <b>VAN:</b> Seabrook, NH 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	<b>27</b> 9:00 Yoga 11:00 Halloween/Birthday Lunch	<b>28</b> 10:30 <b>VAN:</b> No. 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.