



# A FEW GRAY HAIRS



Happy Hanukkah

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

Vol. 10/Iss. 6

December 2008

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

## *Director's Notes...*

As a young girl growing up in Ottawa, my very dear grandfather worked in the West Block on Parliament Hill, providing me with an inside look at the daily operations of Canada's government. Visiting my grandfather on a school vacation day, I would turn down an invitation to lunch at downtown restaurants in order to join him in the cafeteria so that we could watch the comings and goings of Members of Parliament and their staff. I have plenty of special memories connected with those stately buildings, but perhaps the dearest of memories occurred one December evening. After a trip downtown for some holiday shopping with my mother, we were walking across Parliament Hill to my grandfather's office as snow began to fall. The sun had already set and lights were on in the offices ahead of us. The city lay silent around us as snow quickly blanketed the lawns of Parliament Hill and caught on the trees overlooking the Ottawa River. Suddenly, the bells in the Peace Tower (located in front of Parliament Hill's Center Block) began to ring as the tower's carillon filled the evening air with the most beautiful Christmas carols. I can still see the snow swirling in the air over the Parliament Buildings and hear the sound of those 53 bells ringing out with their eternal message of joy and hope. It was a moment of utter peace – a gift for a lifetime. At this holiday season, I wish that moments of peace and joy find you as we begin a New Year together.

### Coping With Grief Around the Holidays

While the holidays are often filled with fun and festivities, they can also be a difficult time for people who have experienced the loss of a loved one. There is no single answer as to how best to cope with the grief that often surrounds the holidays. As individuals, it is important to do what you find works best for you. While some people find it helpful to continue past traditions with family and friends, others may need to do something different. The Hospice Foundation of America as well as the Bereavement and Resource Center in Bradford offer several suggestions that might be helpful as we approach the holidays.

- **Make a plan.** Prepare yourself that the special day may be difficult emotionally, physically, cognitively and spiritually. Please know that this is a normal reaction. Plan some alone time but do not isolate yourself.
- **Recognize** that the holidays are not the same. Doing things in a different way can acknowledge the change in your life as well as honor the past.
- **Do something that honors** your loved one and their role in your life. Bake a special recipe, share a favorite memory, include a favorite photo in your holiday decorations, light a remembrance candle or make a donation to a charity in your loved one's name.
- **Do something special** for yourself. How special is the gift of self-care in maintaining your own wellbeing.
- **Avoid additional stress.** Ask for support and assistance and only do what you really want to do. Let little things go and take care of yourself.

To assist us in managing the grief and stress that often occurs during the holiday season, Bereavement Field Coordinator Lucille Bonanno will be available for a Drop-In Support Group Wednesday Dec. 3, 10-11 a.m. For further information, call the COA at (978) 352-5726.

### COA Thanks NEET Drivers

Providing 32 elders with more than 100 round trips to medical appointments this year, nine COA volunteer drivers were thanked for their more than 200 hours of service to elders at the recent Northern Essex Elder Transport Annual Volunteer Driver Appreciation Luncheon. A vital link in maintaining independence and healthy wellbeing for elders, the NEET program fills the transportation void that often exists for many elders in our rural communities. More than 40 percent of respondents to the COA 2008 needs assessment reported that issues surrounding independence were among their top three worries. The time spent providing elders with rides to medical appointments makes a real and tangible difference in elders lives. With deep appreciation the COA thanks drivers Hermance Merritt, Kenneth Prees, Margaret Gnoza, Alice Girroir, Lois Hazen, Jeannine DesJardins, Esther Palardy, Mary Lou Rentschler and Michael Shea for their service and commitment to elders. For information on becoming a volunteer driver, call the COA office at (978) 352-5726.

# December Activities

ACTIVITIES ARE HELD AT THE SENIOR CENTER UNLESS OTHERWISE NOTED. CALL US AT 978-352-5726

## DECEMBER VAN SCHEDULE 2008

| Shopping Date   | Location                | Recreation Date | Location                       |
|-----------------|-------------------------|-----------------|--------------------------------|
| December 2      | Brown Bag Only – No Van | December 4      | Super Walmart                  |
| December 9      | Newburyport             | December 11     | Century House/North Shore Mall |
| December 16     | Rowley                  | December 18     | Park Lunch/Newburyport         |
| December 23     | Seabrook, NH            | December 25     | NO VAN – Merry Christmas       |
| December 30     | Plaistow, NH            | January 1, 2009 | NO VAN – Happy New Year        |
| January 6, 2009 | Brown Bag Only – No Van | January 8, 2009 | Super Walmart                  |

**HOME EMERGENCY FORUM:** TRIAD member & Georgetown Police Officer Harry Schwartz will be at Trestle Way on Tuesday, December 2<sup>nd</sup> at 10 a.m. He will present a program on Handling and Preventing Home Emergencies. Please call the COA office at (978) 352-5726 if you plan to attend.

**SHINE Office Hours:** Do you have health insurance questions? SHINE Counselor Jerry Goldberg will be here on Mon., Dec. 1<sup>st</sup> from 9:00 a.m. to 11:30 a.m. If you cannot come to the Senior Center, contact the COA and we can arrange a phone or home visit for you. Call (978) 352-5726.

**VISITING NURSE:** Wed., Dec. 3<sup>rd</sup>, 10:00 – 11:00 a.m. The visiting nurse will be available to take blood pressure, check blood glucose levels & discuss any medical concerns seniors may have. A visiting nurse is also available for Trestle Way residents in their Community Building from 1:00-3:00 p.m.

**LIFE TRANSITIONS DROP-IN GROUP:** Bereavement Field Coordinator Lucille Bonanno will lead a Life Transitions Drop-in Group the first Wednesday of each month returning Wednesday Dec. 3, 10 a.m. On a drop-in basis, Lu will be available to discuss some of the transitions that arrive in life including retirement, grief and care-giving. For further information, call the COA office at (978) 352-5726.



**MEN'S BREAKFAST** Discussing memory disorders, Neuropsychologist Dr. Buck Woo will be the guest speaker at the Men's Breakfast on Thursday Dec. 4, 9:30 a.m. at Trestle Way. Please call the COA office at (978) 352-5726 to sign up. Next breakfast: January 8, 2009 due to the holiday. Red Kelley, Georgetown's Technical Support Officer, will discuss computer technology. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.

**GARDEN CLUB CRAFTS:** Georgetown Country Gardeners invite seniors to a morning of fun & crafts on the first Tuesday of each month at 9:30 a.m. Crafts are free, but we do ask you to sign up ahead to help with planning.

December 9<sup>th</sup> Christmas Centerpieces **RSVP ASAP**  
January 6, 2009 Fabric-backed Glass Plates **RSVP by 12/30/08**

**SAFETY PROGRAMS:** Mark Anderson, Senior Relations Officer at the Georgetown P.D. will present a program on Safety Programs for Elders offered in town by the Georgetown Police Department. Join us on Wed., December 10<sup>th</sup> at 10:00 a.m. Please call 978-352-5726 if you plan to attend.

**HOLIDAY MUSIC PROGRAM:** Join us as we welcome Greg Curtis to the Senior Center for a morning of "Songs to Inspire". Sit back. Enjoy the sounds of a bygone era and feel the holiday stress melting away. Complete your morning get-away by staying for the monthly birthday lunch (reservations required). Contact the COA (978-352-5726) if you plan to attend the concert. Sponsored by a grant from the Georgetown Cultural Council.

**DECEMBER BIRTHDAY PARTY:** Join us on Tuesday, December 16<sup>th</sup> at 11:30 a.m. for the celebration! Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 12/10/08 to assist with planning.**

**WRITING WORKSHOP:** Tuesday, Dec. 30<sup>th</sup> at 10:00 a.m. Join us for a morning of writing about fun ways to start the New Year. To assist with planning, please call the COA office at (978) 352-5726.

As we welcome SHINE Counselor Jerry Goldberg, the Georgetown COA thanks SHINE Counselor Marilyn Diehl for all of her work and service on behalf of local elders.

|  |                   |                   |   |
|--|-------------------|-------------------|---|
| <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>   |
| <b>Class</b>   | <b>Meets on</b>   | <b>Time</b>       | The Walking Club meets Tuesdays, 8 a.m. Please call the COA at (978) 352-5726 if you are interested in participating. |
| <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                                   |

**Tax Work-off Applications Available Dec.**  
 The Property Tax Incentive Program will be available to residents 60 years and older again this year. The program will run January 1, 2009-October 31, 2009. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for 66 hours of volunteer service to the town. **Application forms and guidelines are available in December at the Council on Aging.** For further information, please call the COA office at (978) 352-5726.

**Penn Brook School Pen Pal Program**  
 Seeking to further develop friendships between Georgetown elders and elementary school students, the Penn Brook School Student Council and the Council on Aging are at work on developing a Pen Pal Program with fifth grade students currently involved in the school's Student Council. Still in the planning stages, the program would feature an exchange of letters between a group of fifth grade students and elders that would include a sharing of interests and experiences. With coordination by Art teacher Dawn Rezendes, shared interests in art could be discussed leading to a possible exchange of some simple artwork. Later in the school year, students and elders may have the opportunity to meet during a reception that features student and elder artwork and writing. As the COA and Penn Brook School Student Council plan the Pen Pal Program, interested volunteers can call the COA at (978) 352-5726.

**CHANGE OF PLANS!**  
**PLEASE TAKE NOTE:**

**COA Annual Holiday Party**

Unexpected changes in plans for the annual COA Christmas Party have led to a new date and plan for the annual party. In partnership with the Georgetown Police Dept., Housing Authority & Erie 4 Fire Dept., the COA invites seniors to join us on

**Wed., December 10<sup>th</sup>**  
**2:00 – 4:00 p.m.**  
**at Trestle Way**

A dessert buffet will be served with sounds of the season by Chandler Noyes. Seating is limited making reservations necessary. **Please RSVP before December 4<sup>th</sup>.**



**GMHS Annual Breakfast/Concert**

The GMHS Music Dept. invites seniors to enjoy breakfast & a concert to be held at the high school on **Fri. December 5<sup>th</sup> at 8:15 & 9:00 a.m.** respectively.

RSVP as soon as possible.

## Cold Weather Fire Safety Tips

To keep safe while keeping warm this winter, the state Department of Fire Services recommends the following tips:

- Working smoke alarms should be on every level, including one outside the bedrooms
- Test smoke and carbon monoxide alarms monthly and change batteries twice a year
- Practice home fire drills
- If you use coal, firewood or pellets, have the chimney cleaned every year
- A building permit is needed before installing a stove
- Dispose of ashes in a metal container, with a lid, away from the house, garage and porch
- Do not use space heaters as a main heating source
- Keep anything that can burn three-feet away from a space heater, use heavy duty extension cords
- Always turn off heaters when going to bed or leaving home
- Portable kerosene heaters are illegal in MA to use in your home
- Have your furnace and hot water heater professionally checked every year
- Do not use or store gasoline or painting supplies inside where they can be ignited by the pilot light
- If you smell gas, move outdoors, do not smoke or turn-off electrical switches and dial 911 immediately
- If heating with fuel oil, have your furnace professionally cleaned and checked every year
- Don't let the oil tank get below one-quarter
- If the oil burner releases smoke or soot in the house, call for service
- Install carbon monoxide alarms on every level of your home
- Don't use the gas stove or oven for heat
- Have furnaces and chimneys checked annually by a professional
- Keep appliance vents and exhaust pipes clear of drifting snow and bushes

For further information, go to [www.mass.gov/dfs](http://www.mass.gov/dfs).

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**BINGO CALLER NEEDED ASAP!** Are you free an average of one Monday per month at noon? If you are, the COA could use your help. For more information, call (978) 352-5726.  
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### DONATIONS NEEDED

While our supplies of medical equipment for lending are in good shape, the COA finds itself in need of a **FEW small shower chairs** (benches). If you can help out with a donation, contact the COA at 978-352-5726.

### DECEMBER SPECIAL

While Strength Training Instructor Pat Dumont is on vacation, Yoga instructor Cheryl Cronin will offer **YOGA DANCE** classes on **Dec. 16<sup>th</sup> & 23<sup>rd</sup> at 12:30 p.m. and Dec. 30<sup>th</sup> at 11 a.m.** Greet the New Year with a smile & good exercise!

## W I S E G I V I N G

### **A Guide to Evaluating Charitable Solicitations**

**Submitted to TRIAD by:** Carrie Kimball-Monahan of the Essex District Attorney's Office

With the country facing difficult economic times and the winter holidays nearly upon us, requests from charitable organizations are sure to come – by phone, mail and e-mail – at a fast and furious pace. It is often difficult to determine which charities to support and which to avoid. It is unfortunate that some people use a “charitable” cause to steal good-intentioned people's money. Therefore, it is incumbent on us to donate wisely.

There are several reliable resources available to help people evaluate a charity. Perhaps the easiest one to access is the Better Business Bureau's web site – **give.org**. This web site provides information on hundreds of charities nationwide. Also, all charities operating in the Commonwealth of Massachusetts are required to register with the **Attorney General's Office**. You may contact them at (617) 727-2200, ext. 2101.

The most important thing to keep in mind is that you are under no obligation to give your money to any organization, even if you said you would and you have changed your mind. Other important things to keep in mind are:

- It is a good idea to figure out which organizations you would like to support and contact them. This way you are in control.
- Ask for information. If a fundraiser contacts you by phone, request information in writing. Any legitimate charity would be willing to do this. If they can't put it in writing, don't give them any money.
- Be wary of anyone who wants you to tape a check to your front door so they can pick it up.
- If you feel pressured to give money – it is a good chance you are being scammed. Simply hang up the phone.
- Following a natural disaster, it is common for many groups to solicit money to help the victims. It is especially important to identify a known organization – such as the Red Cross or a faith-based group – that assists natural disaster victims rather than deal with a group that is created in response to a specific event.

Another good source of information is **[www.charitynavigator.org](http://www.charitynavigator.org)**. This web site provides information on how much of your donation goes to administration and overhead vs. direct help to those who need it.

In this season of giving when the need is great, take the time to ensure that your good will is helping and not lining someone else's pocket.



# 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, Judy Anderson, 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, 1:00 PM-3:00PM.

## 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 senior citizens 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.

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. The bus can be used for any purpose to a limited service area (Georgetown, Haverhill, Groveland, area hospitals & trains). For a detailed brochure contact the COA.

S.H.I.N.E. Serving Health Information Needs of Elders 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 PANTRY

For more information, contact Trestle Way at (978) 352-6331.

Updated 7/14/08

**Georgetown Council on  
Aging  
Memorial Town Hall  
1 Library Street**

Presort Standard  
U. S. Postage

**PAID**

PERMIT #39  
Haverhill, MA

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 – 1 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 **Georgetown Senior Center Andover Street, Georgetown**

**NEXT BOARD MEETING:  
Tuesday Dec. 30, 2008**

**Town of Georgetown:**

Stephen Delaney, Town Administrator  
Matt Vincent, Board of Selectmen  
Philip Trapani, Board of Selectmen  
Evan O'Reilly, Board of Selectmen

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Alice Girrior, Senior Aide

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

**Mealsite Coordinator:** Ginny Ryder

**Board Members:**

Barbara Morehouse, Chairman

Corona Magner, Vice Chairman

Barbara Miller, Secretary/Clerk

Marian Jordan ~ Chandler Noyes

Claire Maimone ~ Rosemary Morse

Diane Prescott ~ Ginny Ryder

Alternates: Cynthia Tardif & Joe Young

**Georgetown COA Webpage**

is located on the town's official website [www.georgetownma.gov](http://www.georgetownma.gov).

**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 the Senior Center, located at the First Congregational Church, will be closed. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the Senior Center.

**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.

## December Lunch Menu

The MVNP is made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley

**Lunch is served Monday through Wednesday at the Senior Center at 11:30 a.m. Cost is \$2.00.**

**Make reservations 3 days in advance. Call (978) 352-5726.**

### Monday

### Tuesday

### Wednesday

|   |  |  |
|---|--|--|
| <b>1</b><br>Swedish Meatballs/Gravy,<br>Garlic Whip Pot., Peas and Carrots,<br>Fresh Fruit, Wh Wh Bread                                     | <b>2</b><br>Oven Fried Chix 1/4, Dirty Rice,<br>Broccoli, Diced Pears,<br>Low Fat Cherry Snack Loaf            | <b>3</b><br>Fishwich, Kernel Corn,<br>Cranberry Juice, LS Potato Chips<br>Frozen Yogurt, Multigrain Bread                  |
| <b>8</b> Oriental Style Chix/Peppers/Onions<br>Oriental Style Rice, Snowflake Roll,<br>Oriental Veggies, Mandarin Oranges<br>Fortune Cookie | <b>9</b><br>Veal Roulard/Gravy/Hamburger Roll,<br>Whip Pot., Carrots & Parsnips,<br>Chilled Peaches            | <b>10</b><br>Tarragon Chix ¼, Cheddar Whip Pot.<br>Corn/Green & Red Peppers<br>Fresh Fruit, Cornbread                      |
| <b>15</b><br>LS Frank/ Hot Dog Roll, Baked Beans,<br>Cole Slaw, Chilled Diced Pears   | <b>16</b><br>Chicken Croquette/Gravy, Mixed Veggies<br>Cheddar Whipped Potatoes<br>Fresh Orange, Oatmeal Bread | <b>17</b><br>American Chop Suey, Grape Juice,<br>Carrot Coins, Peach Smoothie,<br>Low Fat Muffin                           |
| <b>22</b><br>Baked Chix ¼, Red Bliss Whip Pot.,<br>Peas and Carrots, Choc. Pudding,<br>Multigrain Bread                                     | <b>23</b><br>Grape Juice, Lasagna/Marinara Sauce<br>Broccoli Cuts, Chilled Peaches,<br>Garlic Bread            | <b>24</b> Baked Breaded Pork Chop<br>Cheddar Chive Whip Pot.,<br>Cauliflower/Red Peppers<br>Fig Newton, Buttermilk Biscuit |
| <b>29</b><br>Stuffed Cabbage/Tomato Sauce,<br>Mixed Veggies., Mixed Fruits, Oatmeal Bread   | <b>30</b><br>Pier 17 Fish, Rice Pilaf, Calif. Blend Veggies,<br>Fresh Fruit, Dark Rye Bread                    | <b>31</b> Rosemary Baked Chix ¼,<br>Loaded Whip Pot., Peas & Carrots,<br>Sherbet Cup, Whole Wheat Bread                    |

# December Van & Activities Calendar

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  |
|---|---|---|---|
| <b>1</b> 9:00 SHINE<br>9:30 DOLLS<br>10:30 YOGA<br>11:30 LUNCH<br>12:00 BINGO | <b>2</b> VAN: BROWN BAG ONLY<br>8:00 WALKING CLUB<br>10:00 HOME EMERGENCY/TW<br>11:30 LUNCH<br>12:30 STRENGTH TRAINING                                    | <b>3</b><br>9:00 YOGA<br>10:00 VISITING NURSE<br>10:00 DROP-IN GROUP<br>11:30 LUNCH                                     | <b>4</b> VAN: WALMART/SALEM NH<br>9:30 MEN'S BREAKFAST<br>11:00 STRENGTH TRAINING |
| <b>8</b> <u>No Yoga Today</u><br>9:30 DOLLS<br>11:30 LUNCH<br>12:00 BINGO     | <b>9</b> VAN: NEWBURYPORT<br>8:00 WALKING CLUB<br>9:30 CRAFT: CENTERPIECES<br>11:30 LUNCH<br>12:30 STRENGTH TRAINING                                      | <b>10</b> <u>No Yoga Today</u><br>10:00 MARK ANDERSON<br>11:30 LUNCH<br><b>2-4 COA HOLIDAY PARTY AT<br/>TRESTLE WAY</b> | <b>11</b> VAN: CENTURY HOUSE &<br>N. SHORE MALL<br><br>NO STRENGTH TRAINING       |
| <b>15</b><br>9:30 DOLLS<br>10:30 YOGA<br>11:30 LUNCH<br>12:00 BINGO           | <b>16</b> VAN: ROWLEY<br>8:00 WALKING CLUB<br>10:00 GREG CURTIS<br>HOLIDAY PROGRAM<br>11:30 BIRTHDAY LUNCH<br>12:30 YOGA DANCE<br>NO STRENGTH TRAINING    | <b>17</b><br>9:00 YOGA<br>11:30 LUNCH   | <b>18</b> VAN: PARK LUNCH &<br>NEWBURYPORT SHOPPING<br><br>NO STRENGTH TRAINING   |
| <b>22</b><br>9:30 DOLLS<br>10:30 YOGA<br>11:30 LUNCH<br>12:00 BINGO           | <b>23</b> VAN: SEABROOK, NH<br>8:00 WALKING CLUB<br>11:30 LUNCH<br>12:30 YOGA DANCE<br>NO STRENGTH TRAINING   | <b>24</b><br>9:00 YOGA<br>11:30 LUNCH   | <b>25</b><br><br>CLOSED: MERRY CHRISTMAS!   |
| <b>29</b><br>9:30 DOLLS<br>10:30 YOGA<br>11:30 LUNCH<br>12:00 BINGO           | <b>30</b> VAN: PLAISTOW, NH<br>8:00 WALKING CLUB<br>10:00 WRITING GROUP<br>11:00 YOGA DANCE<br>11:30 LUNCH<br>12:00 BOARD MEETING<br>NO STRENGTH TRAINING | <b>31</b><br>9:00 YOGA<br>11:30 LUNCH   | <b>JANUARY 1, 2009</b><br><br>CLOSED: HAPPY NEW YEAR!                             |

**Van Trips:** The cost is \$2.00 roundtrip. The Shopping Van will start picking up at 9:30 a.m. Recreation trips will vary; confirm pick-up time when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.