



# A FEW GRAY HAIRS



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

Vol. 10/Iss. 8

February 2009

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

## *Director's Notes...*

More than thirty years ago, my husband and I were married in mid-February. Those early days of our marriage featured very little money but plenty of fun. We hiked and camped, went to 75-cent movies, grew our own vegetables and made good use of the local library. With me finding 50 ways to use left over chicken and my husband adhering to the philosophy that everything could be fixed with duct tape and cable ties, we learned to stretch what money we had. But even with difficult times, we often found simple ways to be thoughtful of each other. One shining memory of my husband's care and thrift from those days still makes me smile. I returned home from work one evening to find that I was home alone but not forgotten! My husband had left me a note and a gift. Taped to the kitchen counter was a single, damp tea bag. "Have a cup of tea," the note said. "This is the last tea bag but I only used it once." No bouquet of roses or heart-shaped Valentine could have made me happier. Here was someone willing to share his last tea bag with me. What else could I need or want? During this month of caring, I hoped that you are warmed by friendships and family connections – with plenty of tea bags to go around!

### **Home Repair Assistance Available From USDA Rural Development**

Offering both loans and grants, the U.S. Department of Agriculture (USDA) Rural Development can assist some individuals in rural areas with home repairs and improvements. Funded by the federal government, the Rural Housing Repair and Rehabilitation Loans and Grants are available to low-income homeowners who live in communities with a population of 20,000 or less. The loans and grants are available to income eligible homeowners to repair, improve or modernize their homes or to remove health and safety hazards. Income limits for households in Georgetown are \$28,200 for single households, \$32,250 for households with two individuals, \$36,250 for households with three individuals and \$40,300 for households with four individuals. Applicants for Section 504 grants must be 62 years or older, live in an eligible town, own and occupy a modest single family home, meet low income criteria and be unable to repay a loan at a 1 % annual interest rate. The repairs and improvements must be necessary to make the home safe and sanitary and/or remove health and safety hazards. Applicants for Section 504 loans must be at least 18 years, live in an eligible town, own and occupy a single-family home, meet low income criteria and be able to repay a loan at a 1 % annual interest rate. The repairs and improvements may be general repairs to improve or modernize the property, as long as the home remains modest. For more information on USDA Rural Development Programs, contact USDA Rural Development, 52 Boyden Road, Holden, MA 01520. Telephone (508) 829-4477 or visit [www.rurdev.usda.gov/ma](http://www.rurdev.usda.gov/ma) Additional information on USDA Rural Development is also available at the COA office. For further information, call (978) 352-5726.

### **Citizens Energy Reinstates Home Heating Oil Program**

After the recent suspension of the home heating oil program funded by CITGO Petroleum and administered by Citizens Energy Corporation, Citizens Energy has announced that CITGO Petroleum will provide the funding for the heating oil program again this winter. According to Citizens Energy Corporation Chairman and President Joseph P. Kennedy II, CITGO attributed the brief suspension of the program to a decrease in oil prices as well as the international economic crisis. Applications for the program were expected to be available by January 19. To receive up to 100 free gallons of heating oil, income eligible applicants can call 1-877-JOE-4-OIL or visit the website at [www.citizensenergy.com](http://www.citizensenergy.com) after January 19. Information on heating assistance programs, including Community Action's Heating Assistance Program, the Low Income Home Energy Assistance Program and the Salvation Army Good Neighbor Energy Fund, are available at the Council on Aging office. For more information, please call (978) 352-5726.

**"It's not the years in your life that count.  
It's the life in your years."  
--Abraham Lincoln**

# February Activities

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

## FEBRUARY VAN SCHEDULE 2009

| Shopping Date | Location                | Recreation Date | Location  |
|---------------|-------------------------|-----------------|---|
| February 3    | Brown Bag Only – NO VAN | February 5      | Super Walmart/Salem, NH                                       |
| February 10   | Newburyport             | February 12     | North Shore Mall/Peabody                                      |
| February 17   | Rowley                  | February 19     | Seabrook, NH  |
| February 24   | Riverside/Haverhill     | February 26     | Shopping in Plaistow, NH and Lunch at Ken's NY Deli/Haverhill |

**Georgetown COA office will be closed & there will be no activities on Monday, February 16th. (President's Day)**

**ESMV CASE MANAGER:** Jennifer Cook will resume office hours at the Senior Center on **Mon. Feb. 2<sup>nd</sup> at 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., Feb. 2<sup>nd</sup> from 9:00 a.m. to 11:30 a.m.** If you cannot come to the Senior Center, contact the COA and we will contact our SHINE counselor for you. Call (978) 352-5726.

**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.

**February 3<sup>rd</sup> Fresh Flower Arrangements RSVP ASAP**

**March 3<sup>rd</sup> Bird Houses RSVP by 2/24/09**

**"HEALTHY START" DISCUSSION RESCHEDULED:** Join Public Health Nurse **Judy Anderson**, volunteer **Ed Barrett** & Bereavement Field Coordinator **Lucille Bonanno** for a discussion group designed to help us get a healthy start to the New Year **Wednesday Feb. 4, 10 a.m.** Before she begins her monthly blood pressure clinic, Judy will offer some New Years Resolutions for Healthy Living. While Judy meets with patients, Ed & Lucille will continue the discussion group with thoughts about healthy and fun ways to start the New Year. To assist with planning, please call the COA at (978) 352-5726.

**VISITING NURSE:** **Wed., Feb. 4<sup>th</sup>, 10:00 – 11:00 a.m.** Public Health Nurse Judy Anderson 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.



**MEN'S BREAKFAST** **Dave Bogdan** will be the guest speaker discussing bee keeping on **Thursday Feb. 5<sup>th</sup>, 9:30 a.m. at Trestle Way.** To make reservations, please call the COA at (978) 352-5726. Next breakfast: March 5, 2009. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.

**VALENTINE CRAFT:** Create your own Valentine's Day cards and wrap up a sweet treat to give or enjoy. Join us on **Tuesday, February 10<sup>th</sup> at 10:00 a.m.** Please call us before 2/5/09 to assist with planning. (978) 352-5726.

**VALENTINE'S LUNCHEON:** Beat Cupid to the punch. Join us for an early Valentine's Day celebration on **Wednesday, Feb. 11<sup>th</sup> at 11:00 a.m. Cost: \$3.00 (includes lunch).** RSVP before 2/4/09 to assist with planning.

**FEBRUARY BIRTHDAY PARTY:** Join us on **Tuesday, February 17<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 2/10/08 to assist with planning.**

**WRITING WORKSHOP:** **Tuesday, February 24<sup>th</sup> at 10:00 a.m.** Random Acts of Kindness: Even a simple act of kindness can have a significant impact on our lives. During this month of caring, join us for a morning of writing about a moment of kindness that you have experienced in your life. To assist with planning, please call the COA office at (978) 352-5726.

**AARP Tax Preparation** With the start of the New Year, it is already time to think about tax preparations. **Beginning February 5<sup>th</sup>,** AARP Tax Aide Carl Much will be available **Thursday mornings 9:30 a.m.-12:30 p.m.** to assist elders and other moderate-income individuals with their tax preparations. Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is available at the Council on Aging office. Appointments are required. To reserve a time, call the COA office 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><u>*WALKING CLUB*</u></b>  |
| <b>Class</b>   | <b>Meets on</b>   | <b>Time</b>       | The Walking Club has been suspended until warmer weather due to variable winter conditions. |
| <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                                   |

**Penn Brook School Pen Pal Program**

Additional volunteers are needed to 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.

**Georgetown Police Department Offers Wellness Check Program**

As an elder safety program, the Georgetown Police Department offers a daily wellness check for residents. People enrolled in the wellness check program call the Police Department Headquarters between 7:00 a.m. and 11:00 a.m. everyday. If someone has not called in by 11:00 a.m. the dispatcher will call that person to make sure everything is ok. If the dispatcher is unable to make contact, a police unit is sent to the resident's house. The responding officer will try to make contact with the resident. If unable to do so, dispatch will be informed to decide if they need to gain entry. They may also want dispatch to check with the resident's emergency contact(s).

Applications for the program are available at the Police Department or Senior Relations Officer Mark Anderson can deliver them if necessary. Applications list resident contact information, emergency contact(s), & vehicle information.

Stay tuned! Mark Anderson will be offering an informational forum on local safety programs at the Senior Center this spring.



**Valentine's Luncheon**

**Wednesday, February 11<sup>th</sup>**  
**at 11:00 a.m.**

**Georgetown Senior Center**  
**Cost: \$3.00 (includes lunch)**

**RSVP before 2/4/09**

## February is National Heart Month

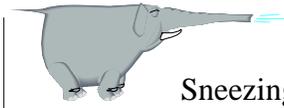
With Valentine's Day fast approaching, it is a great time to consider **ways to maintain and improve heart health**. Drake University in Iowa offers the following tips for heart health:

1. **Don't smoke** and avoid second-hand smoke.
2. **Exercise**. To keep weight down and improve heart health, come join us for a yoga or strength training class or just head outdoors (or to an indoor mall) for a walk.
3. **Maintain a healthy weight**. Studies show that a combination of a healthy diet and exercise is the best way to maintain healthy weight.
4. **Check your cholesterol levels**. Talk with your health care provider about the best plan to reduce LDL (bad cholesterol) and improve HDL (good cholesterol) levels.
5. **Check your blood pressure**. Public Health Nurse Judy Anderson is available on the first Wednesday of each month 10-11 a.m. to take blood pressures, check blood glucose levels and discuss any medical concerns with elders.
6. **Take your medications as recommended by your physician**. Studies show that individuals who stop their cardiovascular medications are at higher risk for heart attacks, strokes, and heart failure compared with those who follow their physicians' recommendations.
7. **Consider omega-3 fatty acids**. Studies show that including omega-3 fatty acids in the diet or taking supplements such as fish oil capsules is associated with a lower risk of heart disease.
8. **See your doctor**. Regular medical follow-up is an important factor in keeping the heart healthy and avoiding future problems.

In addition to the tips to maintain heart health, the U.S. Department of Health and Human Services stresses the need to know the **signs of a heart attack**.

- **Discomfort or pain in the center of the chest**
- **Discomfort or pain in the arm(s), back, neck, jaw or stomach**
- **Shortness of breath**
- **Breaking out in a cold sweat, nausea or lightheadedness**

Noting that heart attacks are not always sudden or intense, it is important to check out any heart-related discomfort. Minutes count – **don't wait longer than five minutes to call 911**.



## Flu Prevention

Sneezing a bit? Feeling a little achy and wishing that nagging cough would just go away? At this time of the year, we often seem to wage war with the flu or other flu-like viruses. When we feel the onset of a flu or cold, the Center for Disease Control and Prevention offers several suggestions to help us stay healthy and to prevent the spread of germs to others.

- Cover your mouth and nose when you sneeze and cough
- Wash your hands frequently
- Avoid touching your eyes, nose or mouth
- Get plenty of rest and practice good health habits
- Stay home when you are sick and check with a health provider when needed
- Seek immediate medical attention if you experience difficulty breathing, shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting



### RMV Initiatives to Reduce Impact of Budget Cuts

Registrar Rachel Kaprielian announced that the RMV has instituted new hours at all branches delaying the opening from 8:30 a.m. to 9 a.m. Hours of operation also changed at the 18 branches that close late at 7 pm on Thursdays. These branches will now be open 10 a.m. to 6 p.m.

The RMV will eliminate courtesy notices that are sent to customers for the following services:

1. License renewals
2. Mass ID renewals
3. License reinstatement notices
4. Vehicle Re-inspection notices
5. Change of address labels

Registrar Kaprielian noted that the RMV spends over \$600,000 a year on the notices. Many of these service transactions are already available online at [www.mass.gov/rmv](http://www.mass.gov/rmv).



The Council on Aging still has individual packages of tissues for public distribution. Stop by and pick one up!

# 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 RESOURCES

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

Updated 11-24-08

**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 February 24, 2009**

**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

Esther Palardy

**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.

## February 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

|   |   |  |
|---|---|--|
| <p style="text-align: center;"><b>2</b></p> <p>Stuffed Shells/Marinara Sauce<br/>Broccoli Cuts. Tossed Salad/Dressing<br/>Mixed Fruit, Wh Wh Hamburger Roll</p> | <p style="text-align: center;"><b>3</b></p> <p>BBQ Pork Rib, Mixed Veggies,<br/>LS Potato Chips, Chilled Diced Pears,<br/>Italian Bread</p>                     | <p style="text-align: center;"><b>4</b></p> <p>Baked Turkey Ham, Baked Beans<br/>Kernel Corn, Fruited Gelatin<br/>Wh Wh Bread</p>  |
| <p style="text-align: center;"><b>9</b></p> <p>Veal Roulard/Mushroom Gravy,<br/>Loaded Mashed Pot., Wh Wh Roll<br/>Peas &amp; Pearl Onions, Ice Cream</p>       | <p style="text-align: center;"><b>10</b></p> <p>Cheese Lasagna/Tomato Sauce,<br/>Green Beans, Diced Peaches,<br/>Bread Stick</p>                                | <p style="text-align: center;"><b>11</b></p> <p>Baked Chicken Qtr, Whip'd Sweet Pot.<br/>Winter Blend Veggies, Fresh Fruit,<br/>Multigrain Bread</p>                         |
| <p style="text-align: center;"><b>16</b></p> <p style="text-align: center;"><b>CLOSED: PRESIDENT'S DAY</b></p>  | <p style="text-align: center;"><b>17</b></p> <p>Broccoli/Egg/Cheese Bake, LF Cherry<br/>Loaf, Mixed Fruit, O'Brien Pot.,<br/>Zucchini &amp; Stewed Tomatoes</p> | <p style="text-align: center;"><b>18</b></p> <p>Chicken Fajitas/ Tortilla Wrap<br/>Grape Juice, Oriental Style Rice<br/>Oriental Style Veggies, Vanilla Pudding</p>          |
| <p style="text-align: center;"><b>23</b></p> <p>Oven Roast Chick Qtr, Whipped Pot.<br/>Broccoli Cuts, Fresh Fruit,<br/>Multigrain Bread</p>                     | <p style="text-align: center;"><b>24</b></p> <p>Stuffed Peppers/Tomato Sauce<br/>Mixed Veggies, Pear Halves,<br/>Oatmeal Bread</p>                              | <p style="text-align: center;"><b>25</b> Ash Wednesday</p> <p>Apple Juice, Macaroni and Cheese<br/>Stewed Tomato &amp; Green Beans<br/>Animal Crackers, Multigrain Bread</p> |

## Ham & Cherry Roll-Ups

(Source: CDKitchen <http://www.cdkitchen.com>)

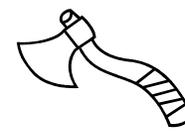
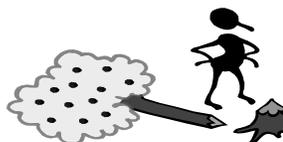
### Ingredients:

- 1 (8 oz.) pkg. cream cheese, softened
- ½ c sliced green onions
- ½ c toasted chopped walnuts
- ¼ c cherry preserves
- 1 pound sliced deli ham

**Makes: 3 dozen**

### Directions:

- In a small bowl, stir together all ingredients except ham. Spread a rounded tablespoon of the cream cheese mixture on each ham slice.
- Roll up; cut each roll in half. Secure rolls with wooden picks. Refrigerate, covered, until serving time.



# February Van & Activities Calendar

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  |
|--|--|---|---|
| <p><b>2</b> 9:00 SHINE<br/>9:30 Dolls<br/>10:00 Jen Cook, ESMV Hrs.<br/>10:30 Yoga<br/>11:30 Lunch<br/>12:00 Bingo</p> | <p><b>3</b> VAN: Brown Bag Only<br/>9:30 Craft: Flower Arranging<br/>11:30 Lunch<br/>12:30 Strength Training</p>                       | <p><b>4</b> 9:00 Yoga<br/>10:00 Healthy Start Discussion<br/>10:00 Visiting Nurse<br/>10:00 Drop-in Group<br/>11:30 Lunch</p> | <p><b>5</b> VAN: Walmart/Salem NH<br/><b>Tax Assistance by appt only</b><br/>9:30 Men's Breakfast<br/>11:00 Strength Training</p>   |
| <p><b>9</b> 9:30 Dolls<br/>10:30 Yoga<br/>11:30 Lunch<br/>12:00 Bingo</p>  | <p><b>10</b> VAN: Newburyport<br/>10:00 Valentine's Day Craft<br/>11:30 Lunch<br/>12:30 Strength Training</p>                          | <p><b>11</b><br/>10:00 Yoga<br/>11:00 Valentine's Day Lunch<br/>(Cost: \$3)</p>   | <p><b>12</b> VAN: North Shore Mall/<br/>Peabody<br/><b>Tax Assistance by appt only</b><br/>11:00 Strength Training</p>              |
| <p style="text-align: center;"><b>16</b><br/><b>Closed for President's Day</b></p>                                     | <p><b>17</b> VAN: Rowley<br/>11:30 Birthday Lunch<br/>12:30 Strength Training</p>  | <p><b>18</b><br/>9:00 Yoga<br/>11:30 Lunch</p>  | <p><b>19</b> VAN: Seabrook, NH<br/><b>Tax Assistance by appt only</b><br/>11:00 Strength Training</p>                               |
| <p><b>23</b> 9:30 Dolls<br/>10:30 Yoga<br/>11:30 Lunch<br/>12:00 Bingo</p>   | <p><b>24</b> VAN: Riverside, Haverhill<br/>10:00 Writing Group<br/>11:30 Lunch<br/>12:00 Board Meeting<br/>12:30 Strength Training</p> | <p><b>25</b><br/>9:00 Yoga<br/>11:30 Lunch</p>  | <p><b>26</b> VAN: Shop: Plaistow NH<br/>Lunch: Ken's NY Deli<br/><b>Tax Assistance by appt only</b><br/>11:00 Strength Training</p> |

**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.