



# A FEW GRAY HAIRS



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

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

## *Director's Notes...*

After a long and challenging New England winter, turning the calendar to March marks the welcome arrival of spring. The days are lengthening and the sun's rays are already stronger. Robins are finding their way to backyard feeders now that the snow cap that has covered most of our back yards for the winter has finally begun to melt. Even if snow and cold still fill some of our days, we know that it won't be long until we can open our days and windows to the warmth of a spring breeze. But until temperatures finally agree to remain above freezing, we can hurry the arrival of spring just by opening ourselves to others. Laughing with a friend, smiling at the people who we meet during the day and saying thank you at least twice a day are all ways to improve our wellbeing by sharing kindness with others. Living with kindness and compassion warms our hearts and souls no matter the temperature outside. Caring for ourselves and others – what better way to prepare ourselves for the warmth of spring?

### **AARP Tax Prep Appointments Still Available**

With the income tax season in full swing, appointments with AARP Tax Aide Carl Much are still available Thursdays through April 9, 9:30 a.m.-12:30 p.m. at the COA office. The program is a free service designed to assist elders and other moderate-income individuals with their income tax preparations.

Please bring the following documents to your appointment:

- Copies of last year's federal and state income tax returns
- Federal and state tax forms received in the mail
- If you worked in the past year, bring W-2 forms from your employer(s)
- If receive Social Security, bring your Form SSA-1099
- If you receive a pension, bring your 1099-R
- If you receive interest, bring your 1099-INT
- If you receive payments from an IRA, bring your 1099-R
- If you receive stocks or mutual funds, bring any 1099-B or 1099 DIV that you received in the mail
- Anything received in the mail labeled as "Important Tax Return Document Enclosed"
- If you think that you might be eligible for the state's Circuit Breaker Tax Credit, bring your 2008 real estate property tax and water bills.
- Some form of personal identification

Information regarding tax preparation and the criteria for the state's Circuit Breaker Tax Credit is available at the COA office. Appointments for tax preparation are necessary. To make an appointment, call the COA office at (978) 352-5726.

### **Walmart Related Scam Alert**

The U.S. Administration on Aging recently warned state and local agencies that a scam referencing a Wal-Mart Customer Satisfaction Survey has recently targeted elders and others.

Ashley Hardie at Wal-Mart's Corporate Offices stated, "**Wal-Mart does not participate in this type of promotion and has no affiliation with the group putting on the survey. If you receive a survey, please contact your local authorities as well as the Federal Trade Commission (FTC).**"

If you receive an email like the one below, please report it to the police and the FTC.

#### **Customer Satisfaction Survey**

You have been chosen by Walmart to take part in our Customer Satisfaction Survey. If you decide to complete this survey, Walmart will send \$150 to your confirmed Credit or Debit Card Account. Just for your time. Helping us better understand how our customers feel, benefits everyone. With the information collected we can decide to direct a number of changes to improve and expand our services.

To reduce the possibility of becoming a victim of identity theft, Elder Affairs cautions us to never provide personal identifying information to an electronic request that we have not originated.

# March Activities

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

## MARCH VAN SCHEDULE 2009

Shopping Date	Location	Recreation Date	Location
Tues., March 3	Brown Bag Only – No Van	Thurs., March 5	WalMart/Salem, NH
Tues., March 10	Rowley	Thurs., March 12	Park Lunch/Newburyport
Tues., March 17	Newburyport	Thurs., March 19	Super WalMart/Epping, NH
Tues., March 24	Plaistow, NH	Thurs., March 26	North Shore Mall/Peabody
Tues., March 31	Riverside/Haverhill, MA	Thurs., April 2	WalMart/Salem, NH

**ESMV CASE MANAGER:** Jennifer Cook will hold office hours at the Senior Center on **Mon. March 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., March 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.

**TRESTLE WAY CLUB SPONSORS IDENTITY THEFT/SCAMS DISCUSSION:** As identity theft and scams continue to put elders and others at risk of serious crime and financial exploitation, **Georgetown Police Officer Harry Schwartz** will offer tips and strategies designed to help elders and others minimize their risk of becoming a victim of fraud, scams and identity theft during a Trestle Way Club meeting **Tuesday March 3, 2 p.m. at Trestle Way.** The meeting and program are open to all Georgetown residents.

**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.

**March 3<sup>rd</sup> Bird Houses RSVP ASAP**  
**April 7<sup>th</sup> Annual Tea 1-3 p.m. RSVP by 3/31/09**

**VISITING NURSE:** **Wed., March 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** Georgetown Fire Chief Al Beardsley will be the guest speaker discussing fire safety issues on **Thursday March 5<sup>th</sup>, 9:30 a.m. at Trestle Way.** To make reservations, please call the COA at (978) 352-5726. Next breakfast: April 2, 2009. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.

**SMART CHOICES IN RETIREMENT:** Join us for a presentation and discussion on financial planning in retirement on **Tuesday March 10, 10 a.m. See page 6 for details.** To assist with planning, please call the office at (978) 352-5726.

**BYFIELD LUNCHEONS RESUME:** Byfield Parish Church is back with an invitation to their spring Senior Luncheons. The first will be Tuesday, **March 17<sup>th</sup> at 11:45 a.m.** Contact Minda at 978-352-2022 for reservations.

**MARCH BIRTHDAY PARTY:** Join us on **Wed., March 18<sup>th</sup> at 11:00 a.m.** for the celebration! Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 3/11/09 to assist with planning.**

**WRITING WORKSHOP:** **Tuesday, March 24<sup>th</sup> at 10:00 a.m.** Spring breezes? Spring cleaning? What does the arrival of spring mean to you? Join us for a morning of fun with writing on **Tues., March 24<sup>th</sup> at 10 a.m.** To assist with planning, please call the COA office at (978) 352-5726.

**FIRE SAFETY SEMINAR:** Georgetown Fire Chief Al Beardsley will be on hand to discuss & answer questions regarding Fire Safety on **Tues. March 31<sup>st</sup> at 10 a.m.** To assist with planning, please call us at (978) 352-5726.

**AARP Tax Preparation** 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.

\*\*\*NO YOGA ON MARCH 4<sup>th</sup>\*\*\*

<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	Exciting new opportunity for walkers! See page 6.
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.	

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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



## Garden Club Annual Tea

Join us on  
Tuesday, April 7<sup>th</sup>  
1:00 – 3:00 p.m.  
Georgetown Senior Center  
For  
Tea and Treats.

This is a popular event and seats are limited. Please make your reservations before March 31<sup>st</sup>.  
Call the COA at 978-352-5726.

### Fundraiser scheduled March 17

### Support the Northern Essex Elder Transport

A fundraiser to support the Northern Essex Elder Transport, Inc. (NEET) is planned **Tuesday March 17, 5-9:30 p.m. at Flatbread Company**, 5 Market Square, Amesbury. For each large flatbread sold, the Flatbread Company will donate \$3.50 to NEET. For each small flatbread sold, \$1.75 will be donated to NEET. The fundraiser includes take-out pizzas as well. A 50/50 drawing is also planned. 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. Staffed by volunteer drivers, a donation of 43 cents per mile is suggested to help support the program and to defray the cost of gasoline for volunteer drivers. However, donations are only suggested and no one will be denied a ride if unable to give a donation. For information on the program or to become a volunteer driver, please call the COA office at (978) 352-5726.

### SPECIAL MUSIC PROGRAM AT TRESTLE WAY

♫ ♫ ♫ Everyone is invited for music and fun when **Dick Kaplan's Jazz Band** presents a **Senior Spring Fling** at Trestle Way on **Monday, March 9 at 2 p.m.** The program is funded with a grant from the Georgetown Cultural Council, which is supported by the Mass. Cultural Council. ♫ ♫ ♫



## Luck o' The Irish! It's a Birthday Bash!

Join us to celebrate March birthdays  
With a touch of blarney on

**Wednesday, March 18<sup>th</sup>**  
**11:00 a.m.**

Light refreshments, lunch and cake & ice cream  
Birthday Guests are free. For others the cost is \$2.00.

R.S.V.P. before March 11<sup>th</sup>  
To assist with planning  
978-352-5726



## Phishing Scams in Circulation

### New Opportunity for Walkers

In partnership with the Georgetown School Department, the COA is pleased to announce a new walking program: Beginning February 23<sup>rd</sup> Penn Brook School will be open Monday and Wednesday afternoons from 3:30 – 6 p.m.

At their own pace walkers will be able to make a loop within the school. Walkers will be asked to sign-in upon arrival and out as they depart. For more information, call the COA office at 978-352-5726.

The COA thanks the Georgetown School Department for this new opportunity.

### Circuit Breaker Tax Credit

The Massachusetts Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. Although the tax credit is based on local property taxes, the tax credit is paid by the state government. The credit is designed for senior homeowners and renters who meet income limits and other eligibility criteria. Homeowners are eligible for the credit if they paid more than 10 percent of their total income for real taxes, including water and sewer charges. Renters can count 25 percent of their rent as real estate tax payments. To qualify for the credit:

- You or your spouse must be 65 years or older by the end of the tax year
- If married, you must file a joint state tax return
- You cannot be the dependent of another taxpayer
- You must rent or own a home in Massachusetts that is your principal residence
- If you are a homeowner, your property's assessed value cannot exceed \$793,000
- If you rent, you cannot also receive a federal or state rent subsidy and your landlord must pay property taxes
- You must meet income limits of \$49,000 single; \$62,000 head of household; \$74,000 married filing jointly
- The amount you paid for real estate taxes must be greater than 10 percent of your total income

To claim the Circuit Breaker Tax Credit, you must file a state income tax return. If your credit is greater than the amount of income taxes owed, the state will issue a refund for the difference. The maximum credit for tax year 2008 is \$930. Information regarding tax preparation and the criteria for the state's Circuit Breaker Tax Credit is available at the COA office. Appointments for tax preparation with AARP Tax Aide Carl Much are necessary. To make an appointment, call the COA office at (978) 352-5726.

**Phishing scams** are circulating through fraudulent U.S. Internal Revenue Service emails offering users economic stimulus package payments. These emails include text that attempts to convince users to follow a link to a website or to complete an attached document. The website and document request that the user provide personal information. **Phishing scams use email or malicious web sites to solicit personal, often financial, information.** Attackers may send email seemingly from a reputable credit card company or financial institution that requests account information, often suggesting that there is a problem. When users respond with the requested information, attackers can use it to gain access to the accounts.

#### **To avoid being a victim:**

- Do not follow unsolicited web links received in email messages.
- Be suspicious of unsolicited phone calls, visits, or email messages from individuals asking about employees or other internal information. If an unknown individual claims to be from a legitimate organization, try to verify his or her identity directly with the company.
- Do not provide personal information or organization information, including its structure or networks, unless you are certain of a person's authority.
- Do not respond to email solicitations for personal information. This includes following links sent in email.
- Don't send sensitive information over the Internet before checking a web site's security.
- Pay attention to the URL of a web site. Malicious web sites may look identical to a legitimate site, but the URL may use a variation in spelling or a different domain (e.g., **.com** vs. **.net**).
- If you are unsure whether an email request is legitimate, try to verify it by contacting the company directly. Do not use contact information provided on a web site connected to the request; instead, check previous statements for contact information.
- Information about known phishing attacks is also available [http://www.antiphishing.org/phishing\\_archive.html](http://www.antiphishing.org/phishing_archive.html)
- Install and maintain anti-virus software, firewalls, and email filters to reduce some of this traffic

### SMART CHOICES IN RETIREMENT

Join us for a presentation and discussion on financial planning in retirement when **Financial Advisor Michelle Keating** presents "**Smart Choices in Retirement**" on **Tuesday March 10, 10 a.m.** The presentation is designed for retirees and those within one year of retirement. The seminar discusses the 10 key principles to help individuals plan their finances throughout retirement. A question and answer period along with light refreshments will follow the presentation. To assist with planning, please call the COA office at (978) 352-5726.

# 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 March 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  
Diane Prescott, Treasurer  
Barbara Miller, Secretary/Clerk  
Marian Jordan ~ Chandler Noyes  
Claire Maimone ~ Rosemary Morse  
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).  
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**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.

## March 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

|                                                                                                              |                                                                                                |                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| 2<br>Fruit Punch, Veal Parmesan on Hamburger Roll, Mixed vgs, Butterscotch Pudding                           | 3<br>Chicken Fajitas/Tortilla, Kernel Corn, Tortilla Chips, Mandarin Oranges                   | 4<br>Baked Chicken ¼, Red Bliss Whip Pot, Carrot Coins, Fresh Apple, Oatmeal Bread                                                |
| 9<br>Baked Chicken Breast/Supreme Sauce Whip Pot, California Blend Vgs, Chilled Pineapple, Wh Wh Dinner Roll | 10<br>Baked Pork Chop/Gravy, Whip Pot, Mixed Vgs, Chilled Peaches, Oatmeal Bread               | 11<br>Stuffed Pepper/Tomato Sauce, Sweet Peas, Fruit Smoothie, Wh Wh Bread                                                        |
| 16<br>Baked Salmon/Dill Sauce, White Rice, Winter Blend Vgs, Chilled Mixed Fruit, Oatmeal Bread              | 17<br>Rosemary Baked Chix ¼, Carrots & Turnips, Whip Pots/Chives, Fresh Apple, Light Rye Bread | 18<br>Stuffed Cabbage/Tomato Sauce, Cranberry Juice, Wax Beans, Ice Cream Cup, LF Cherry Loaf                                     |
| 23<br>Bake Chix ¼, Herb Whip Pots, Mixed Vgs, Chilled Pineapple, Snowflake Roll                              | 24<br>Meatball /Sauce/Sub Roll, Kernel Corn, Fresh Orange                                      | 25<br>Bratwurst, Hot Pot Salad, Green Beans, Apple Turnover, Dark Rye Bread                                                       |
| 30<br>Baked Chicken, Ziti/Alfredo Sauce, Broccoli, Fresh Orange, Wh Wh Roll                                  | 31<br>LS Frank/Hot Dog Roll, Baked Beans, Cole Slaw, Chilled Peaches                           | 4/1/09<br>Apple Juice, Chix Dippers/Sweet & Sour Sauce, Oriental Style Rice, French Style Green Beans, Fruit Jello, Oatmeal Bread |



# March Van & Activities Calendar

| MONDAY                                                                                                     | TUESDAY                                                                                                                       | WEDNESDAY                                                          | THURSDAY                                                                                                                         |
|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <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 | <b>3</b> VAN: Brown Bag Only<br>9:30 Craft: Bird Houses<br>11:30 Lunch<br>12:30 Strength Training<br>2:00 Scams Forum @ T. W. | <b>4</b> 9:00 NO Yoga Today<br>10:00 Visiting Nurse<br>11:30 Lunch | <b>5</b> VAN: Walmart/Salem NH<br><b>Tax Assistance <u>by appt only</u></b><br>9:30 Men's Breakfast<br>11:00 Strength Training   |
| <b>9</b> 9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo                                            | <b>10</b> VAN: Rowley<br>10:00 Retirement Planning<br>11:30 Lunch<br>12:30 Strength Training                                  | <b>11</b><br>10:00 Yoga<br>11:00 St. Patrick/Birthday Lunch        | <b>12</b> VAN: Park Lunch/Nbpt<br><b>Tax Assistance <u>by appt only</u></b><br>11:00 Strength Training                           |
| <b>16</b> 9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo                                           | <b>17</b> VAN: Newburyport<br>11:30 Byfield Parish Lunch<br>12:30 Strength Training                                           | <b>18</b><br>9:00 Yoga<br>11:30 Lunch                              | <b>19</b> VAN: SuperWalmart<br>Epping, NH<br><b>Tax Assistance <u>by appt only</u></b><br>11:00 Strength Training                |
| <b>23</b> 9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo                                           | <b>24</b> VAN: Plaistow, NH<br>10:00 Writing Group<br>11:30 Lunch<br>12:00 Board Meeting<br>12:30 Strength Training           | <b>25</b><br>9:00 Yoga<br>11:30 Lunch                              | <b>26</b> VAN: North Shore Mall<br><b>Tax Assistance <u>by appt only</u></b><br>11:00 Strength Training                          |
| <b>30</b> 9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo                                           | <b>31</b> VAN: Riverside, Haverhill<br>10:00 Fire Safety<br>11:30 Lunch<br>12:30 Strength Training                            | <b>4/1</b><br>9:00 Yoga<br>10:00 Visiting Nurse<br>11:30 Lunch     | <b>4/2</b> VAN: Walmart/Salem NH<br>9:30 Men's Breakfast<br><b>Tax Assistance <u>by appt only</u></b><br>11:00 Strength Training |

**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.