



# A FEW GRAY HAIRS



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

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August 2010

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

**Director's Notes...** Perhaps one of the very special pleasures of summer in New England is the backyard garden. During long winter evenings, it is a delight to curl up with seed catalogues and gardening books and dream of the warmer days ahead. However, at my house I have company in looking forward to garden plans and summer harvests. The company often seems to arrive on four feet, wearing a fur coat of one sort or another. My neighbors and friends also share my interest in gardens. After we carefully plant our rows of tomatoes, green beans and summer squash, each year one of us will spot the first of our summer visitors. "I saw the woodchuck cross School Street last night," one of my friends will report. "He's fatter than ever!" With that news, we begin to stake out our gardens with wire cages around every plant that we value. But no matter the caution, we get up in the morning and find only stalks remaining in the green bean patch or all the leaves carefully nibbled off the summer squash. Skunks also make routine visits, traveling through our yard with their children in tow. We'll hear rustle, rustle through the hosta and suddenly Mr. and Mrs. Skunk et al will wander into the backyard spotlight while we hold our breaths hoping that they will leave without sharing the perfume of eau de skunk. One year, we planted corn and our skunk friends made several raids to our corn plants. My husband thought that loud rock music might startle and dissuade them from stopping by our garden. You can imagine the result! He did not try that trick again! So although I still enjoy my garden, I have found that Farmers Markets are also a summer pleasure where the vegetables are animal free!

## *Hot Weather Tips*

With the extremely hot weather the Commonwealth often experiences in the summer, the Massachusetts Emergency Management Agency (MEMA) is advising people to be cautious during any period of extreme heat, and is offering some tips to help keep cool and safe.

Here are some tips to follow during hot, humid weather:

- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you do not feel thirsty.
- Limit intake of alcoholic beverages. They can actually dehydrate your body.
- Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.
- Stay indoors as much as possible.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.

- Go to a place where you can get relief from the heat, such as air conditioned libraries, theaters & other community facilities. The Georgetown Senior Center is always a cool spot for refreshment and friendship.
- Check with your community for information about possible local 'cooling centers'.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers and reduce the heat that enters a home by up to 80%.
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.
- Never leave children or pets alone in a closed vehicle.
- Check on family, friends and neighbors.

In normal weather, the body's internal thermostat produces perspiration that evaporates and cools the body. However, in extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain normal temperature, which may lead to heat cramps, heat exhaustion and heat stroke. If you believe you, or anyone you are with, is experiencing a heat-related medical emergency, promptly call 911, and if possible, move to a cooler place. For additional information about MEMA, go to [www.mass.gov/mema](http://www.mass.gov/mema).

# August Activities

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

## AUGUST VAN SCHEDULE 2010

Shopping Date	Location	Recreation Date	Location
Aug. 3 <sup>rd</sup>	NO VAN – Brown Bag Only	Aug. 5 <sup>th</sup> 9:30	Super WalMart/Salem, NH
Aug. 10 <sup>th</sup> 9:30	Rowley/Tendercrop Farm	Aug. 12 <sup>th</sup> 10:30	Newburyport & Park Lunch Rest.
Aug. 17 <sup>th</sup> 9:30	Plaistow, NH	Aug. 19 <sup>th</sup> 10:30	Essex/Antiques/Lunch
Aug. 24 <sup>th</sup> 9:30	Seabrook, NH	Aug. 26 <sup>th</sup> 9:30	Kittery, ME
Aug. 31 <sup>st</sup> 9:30	Newburyport	Sept. 2 <sup>nd</sup> 9:30	Super WalMart/Salem, NH

**ESMV CASE MANAGER:** ESMV Case Manager Jennifer Cook will hold office hours at the Senior Center on **Mon. August 2, 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., August 2, 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.

**VISITING NURSE:** **Wed., August 4, 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.

**MEN'S BREAKFAST:** Join us for **Men's Breakfast** on **Thursday August 5, 9:30** at Trestle Way. **Georgetown Fire Chief Al Beardsley** will be the guest speaker. To make reservations please call the COA at (978) 352-5726. **Next breakfast: September 2, 2010. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.**

**AUGUST BIRTHDAY PARTY:** Join us on **Tuesday August 17 at 11:30 a.m.** to send best wishes to our friends who were born in August. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 8/10/10 to assist with planning.**

**COOL-OFF & RELAX!:** Join us on **Wednesday August 18, 10:00** for **Seasonal Fruit Cobbler & Summer Discussion.** Bring your pictures. Bring your stories. Bring your friends. Shoot the breeze and enjoy a snack! **RSVP before 8/11/10 to assist with planning.**

**LOOKING TO BEAT THE HEAT? OR JUST 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.)



### RESCHEDULED: All the President's Women

A live performance looking into the lives of several U.S. presidents and their wives. A two-woman play presented by **The Devena Theatre Company. Monday, Sept. 20 @ 2:00 p.m. Trestle Way Community Building.** No Admission Fee. Light Refreshments will be served. For more information, contact the Georgetown COA @ 978-352-5726. This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute." ~President Ronald Regan, August 19, 1988 in his proclamation to make August 21 National Senior Citizens Day.

<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>Walking Club is on hiatus for the duration of the summer. Watch for more info after school resumes in the fall.</b>
<b>Class</b>	<b>Meets on</b>	<b>Time</b>	
<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

**Highland Street Foundation offers Free Friday Fun Destinations**

Sponsored by the Highland Street Foundation, several museums and zoos across the state will offer **Free Friday Fun Destinations** this summer. The participating destinations are free to the public regardless of age or residence on their respective dates. **The schedule includes:**

- The Peabody Essex Museum, Salem - Fri. Aug. 6.
- Old Sturbridge Village, Sturbridge - Fri. Aug. 13.
- Institute of Contemporary Art, Boston - Fri. Aug. 20.
- Museum of Science, Boston - Fri. Aug. 27.
- N. E. Historic Genealogical Society, Boston - Fri. Sept. 3.
- Sports Museum, TD Garden, Boston - Fri. Sept.3.
- EcoTarium, Worcester - Fri. Sept. 3.
- Cape Cod Museum of Art, Dennis - Fri. Sept. 3.
- New Bedford Whaling Museum, New Bedford - Sept. 3.
- There are several destinations scheduled for **Sat. Sept. 4:** Edward Gorey House, Worcester Art Museum, USS Constitution Museum, Naismith Memorial Basketball Hall of Fame, American Textile Museum, Discovery Museums, Cape Cod Children's Museum, & Berkshire Museum.

For further information, please call the Highland Street Foundation at (508) 820-1151 or email questions to [kbristol@highlandstreet.org](mailto:kbristol@highlandstreet.org)

**Free Hearing and Balance Seminar**

The Department of Audiology at the Massachusetts Eye and Ear Infirmary will host their 10th Annual Public Forum on Hearing and Balance on Saturday, September 25 starting at 9 a.m. The program will be held at the Meltzer Auditorium, 3<sup>rd</sup> Floor, Massachusetts Eye and Ear Infirmary located at 243 Charles Street, Boston. This forum will feature: Handouts of lecture materials, real-time transcription of lectures, assistive listening devices (ALDs) available for use during the lectures, opportunities for questions and discounted parking in the MEEI lot. After the program, attendees will have the opportunity to visit with speakers to ask questions. There will also be a booth and Audiologist with information on noise protection. As the date approaches more details of the program can be found at: [www.meei.harvard.edu](http://www.meei.harvard.edu) The program is free but seating is limited. Call 617-573-3265 to reserve a space or R.S.V.P on-line at: [www.meei.harvard.edu](http://www.meei.harvard.edu)



**U.S. Rep. Tierney to hold Listening Session Aug. 17**

Elders and other local residents are invited to attend a Listening Session with U.S. Congressman John Tierney Tues. Aug. 17, 9-10:30 a.m. at the Merrimac Senior Center, 100 East Main Street, Merrimac. Sponsored by the Merrimac Council on Aging and Elder Services of the Merrimack Valley, the session will allow elders and others to discuss issues related to seniors.

Coming in September...  
**Rockin' Ron Toleos**  
 Wednesday, September 15, 10:00 a.m.  
**Watch your September Newsletter for more information.**



## **Bone Up on Osteoporosis Facts**

**Osteoporosis is a disease that causes bones to become thin, weak and break easily. You cannot feel or see your bones getting thinner. Although you can break a bone in any part of your body, the most common broken bones associated with osteoporosis are the spine, wrist and hip.**

- 44 million Americans are at risk for osteoporosis and fracture.
- One of every two women and one of every four men will be affected by osteoporosis in their lifetime. One half of all women older than age 50 have osteoporosis or low bone mass without realizing that they have disease.
- With each hip fracture costing an estimated \$60,000, the costs associated with osteoporosis have created a public health crisis. Early diagnosis and treatment may prevent many of these fractures.

### **Risk Factors include:**

- I am a woman older than 65 or a man older than 70.
- I am underweight for my height.
- I am a woman who has reached menopause.
- A close relative has osteoporosis or has broken a bone.
- I have broken a bone after age 50.
- I have lost more than 1 ½ inches of height or have stooped posture.
- I rarely exercise.
- I rarely get enough calcium.
- I smoke.
- I have more than two drinks of alcohol several times a week.
- I take steroid medications.
- I have rheumatoid arthritis.

**The good news** is that osteoporosis is largely preventable for most people through healthy behaviors including a balanced diet rich in calcium and vitamin D, weight-bearing exercise, a healthy lifestyle without smoking or excessive alcohol, and bone density testing and medications when appropriate. Talk with your health care provider about concerns and preventative measures.

## **Alzheimer's Discussion Group meets August 9 at Atria Merrimack Place**

The monthly Alzheimer's Discussion Group will be held Monday Aug. 9, 6-7 p.m. at Atria Merrimack Place in Newburyport. The group is led by Life Guidance Director Gail Buccini, LPN and features support and guest speakers. Light refreshments will be served. For more information, please call 978-462-7324.

## **Using Home Oxygen Safely**

The state Department of Fire Services reminds the public that the use of home oxygen increases the risk of fires and burns. When oxygen is used in the home, the amount of oxygen in the air, furniture, clothing and hair goes up, making it easier for a fire to start and spread. When more oxygen is in the air, fires will burn hotter and faster. When using home oxygen, learn how to handle it safely – especially if you smoke. It is important to keep oxygen and tubing 10-feet away from heat sources. Common heat sources are: matches, lighters, cigarettes, candles, gas stoves, appliances, electric razors, hair dryers, and heaters. Don't use flammable products such as oils, grease, petroleum products or oil-based lip balms or lotions. No one should smoke in your home. For more information, call (978)567-3380 or visit [www.mass.gov/dfs](http://www.mass.gov/dfs)

## **Your Help is Needed**



### **Fabric Needed**

The "doll ladies" are seeking donations of small print 100% cotton fabric for doll clothing.

The doll group meets on Monday mornings at 9:30 a.m. at the First Congregational Church. Everyone is welcome! Dolls are donated to Emmaus House in Haverhill & other community organizations for distribution to needy children.



### **Perley School seeks office volunteer**

The Perley School is seeking volunteer to assist the school office staff in monitoring the school's front door and signing in visitors. The position is planned for inclusion in the 2011 COA tax incentive program. For further information, call Supt. Carol Jacobs at (978) 352-5777.



### **Music at Eden's Edge offers Free Summer Concerts**

**Music at Eden's Edge** offers two free concerts in **August** and **September** as part of the Senior/Family Series at the Northshore Unitarian Universalist Church in Danvers. "**Taking August Measures: Dancing the Baroque**" will feature Baroque dances performed on period instruments **Tuesday August 17, 2 p.m.** **String quartets** will be featured as the program's summer finale **Tuesday Sept. 21, 2 p.m.** The Northshore Unitarian Universalist Church is located 323 Locust Street in Danvers. This program is supported by a grant from the Massachusetts Cultural Council, a state agency.

# 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, 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 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 August 24, 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.

## August 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>2</b> Chix Grill Bites/Sweet & Sour Sauce, Roast Red Pot, Stew Tomato/Zucchini, Mixed Fruits, Wh Wh Bread	<b>3</b> <b>NO MEAL/MVNP CLOSED</b>	<b>4</b> Baked Fish a la Ritz, Whip Pot, Succotash, Butterscotch Pudding, Applesauce, Multigrain Bread
<b>9</b> Grape Juice, Meatballs/Macaroni/Sauce, California Veggies, Applesauce, Multigr'n Br	<b>10</b> Chefs Choice, Whip Pot, Carrots, Fruit Smoothie, Light Rye Bread	<b>11</b> Apple Juice, Chix Salad, Pasta Salad, Pickled Beets, Fresh Fruit, Pita Bread
<b>16</b> Seafood Salad, Macaroni Salad, Cherry Tom/Lettuce, Mandarin Oranges, Pita Brd	<b>17</b> LS Hot Dog/Roll, Baked Beans, Coleslaw, Fresh Apple	<b>18</b> Baked Chix 1/4 , Whip Pot, Mixed Veggies, Chilled Peaches, Multigrain Bread
<b>23</b> Chix Croquettes/LS Gravy, White Rice, Carrots, Fresh Orange, Snowflake Roll	<b>24</b> Grape Juice, Egg Salad, Three Bean Salad, Cherry Tom/Lettuce, Apple Slices, Pita Br	<b>25</b> Chix Cacciatore, White Rice, Broccoli, Cauliflower, Brownie, Oatmeal Bread
<b>30</b> Salmon Boat/Dill Sauce, Roast Red Pot, Kernel Corn, Applesauce, Snowflake Roll	<b>31</b> Apricot Glaze Chix, Whip Pot/Chives, Harvard Beets, Tossed Salad, Fruit Smoothie d'Yogurt, Bread Stick	<b>Sep 1</b> Meatloaf/Gravy, Loaded Whip Pot, Carrots, Choc Chip Cookie, Lt Rye Bread



## AUGUST VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>2</b> 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>3</b> No Van–Brown Bag <b>NO LUNCH TODAY</b> 12:30 Strength Training	<b>4</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	<b>5</b> 9:30 Men's Breakfast 9:30 <b>VAN:</b> Walmart/Salem NH 11:00 Strength Training
<b>9</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>10</b> 9:30 <b>VAN:</b> Rowley & Tendercrop Farm 11:30 Lunch 12:30 Strength Training	<b>11</b> 9:00 Yoga 11:30 Lunch	<b>12</b> 10:30 <b>VAN:</b> Newburyport & Park Lunch Restaurant 11:00 Strength Training
<b>16</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>17</b> 9:30 <b>VAN:</b> Plaistow 11:30 Birthday Lunch 12:30 Strength Training	<b>18</b> 9:00 Yoga 10:00 Cobbler & Discussion 11:30 Lunch	<b>19</b> 10:30 <b>VAN:</b> Essex, MA ~ Antiques & Lunch 11:00 Strength Training
<b>23</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>24</b> 9:30 <b>VAN:</b> Seabrook, NH 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	<b>25</b> 9:00 Yoga 11:30 Lunch	<b>26</b> 9:30 <b>VAN:</b> Kittery, ME 11:00 Strength Training
<b>30</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>31</b> 9:30 <b>VAN:</b> Newburyport 11:30 Lunch 12:30 Strength Training	<b>Sept. 1</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	<b>Sept. 2</b> 9:30 Men's Breakfast 9:30 <b>VAN:</b> Walmart/Salem NH 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.