



August 2015

# Dracut Council on Aging Newsletter

978-957-2611

951 Mammoth Road, Dracut MA, 01826

[www.dracutma.gov/council-on-aging](http://www.dracutma.gov/council-on-aging)

## Senior Center Hours

Monday - Friday  
8:00 AM to 4:00 PM  
August 3<sup>rd</sup> & 24<sup>th</sup> until 6:00 PM

## COA Staff

### **Executive Director**

Bethany Loveless  
bloveless@dracutma.gov

### **Activities & Volunteer Coordinator**

Judy Gilbert  
jgilbert@dracutma.gov

### **Social Services Coordinator**

Donna Houston  
dhouston@dracutma.gov

### **Clerk/Bookkeeper**

Pat Cahill  
pcahill@dracutma.gov

### **Dispatcher**

Kathie Zabbo-Greenwood  
kgreenwood@dracutma.gov

**Bus Driver** - Anita Chartier

**Bus Driver** - Charleen Bennett

**Custodian** - Gertrude Frechette

**Custodian** - Bob Houston

**Meal Site Manager** - Debra Lasorsa

**Meal Site Aid** - Donna Campbell

## COA Board

Lt. Mike Fleury, Chairperson

Ann Casey, Vice Chairperson

Renee Espinola, Secretary

William O'Neill

Chet Pater

Gerald Surprenant

Louis Darvirris

Omer Matte

Anna Collupy

## **Farmer's Market Coupons**

**Wednesday, August 5<sup>th</sup> starting at 9:00 AM**

Coupons will be available at the Dracut Senior Center on August 5<sup>th</sup>, starting at 9:00 AM.

First Come, first served until the coupons run out. Please bring proof of residency & picture ID with you. Call the COA at 978-957-2611 if you need the bus to bring you to the center.



## Director's Message

### **Coming Soon: Long Distance Medical Transportation!**

We are fortunate that through our partnership with the Lowell Regional Transit Authority (LRTA) we will soon be adding a third bus to our "fleet". We already have one bus that focuses on transportation to the Senior Center, shopping/errands, and day trips. We have a second bus that provides medical related transportation to destinations in Lowell, Chelmsford, and some of Tewksbury. Now, this third wheel chair lift equipped bus will make it possible for us to serve seniors' and disabled non-seniors' long distance medical needs.

This bus will operate three days a week, Tuesday - Thursday. Two days a week the bus will travel to points South including hospitals in Boston, Jamaica Plain and Bedford VAs, and Leahy in Bedford to name a few examples. One day a week the bus will travel North to hospitals in Nashua and the Parkland Outpatient Center in Pelham. The cost will be \$15 round trip. The service will begin once we receive the additional bus from the LRTA which may not be until some time in September. More information to come. - Bethany

## **New Fitness Options starting in September!**

**Gentle/Chair Yoga** - Wednesdays, at 9:00 AM starting September 9<sup>th</sup>  
During this Senior specific yoga class, participants can choose to switch between a mat or a chair through the class or use the chair only. Participants using a mat do need to bring their own. Fee \$5 / class.

**Senior Tap** - Tuesdays, at 12:30 PM starting September 8<sup>th</sup>  
Interested in tapping? All levels welcome from the experienced to those putting on their tap shoes for the first time. Participants need to bring their own tap shoes. Possible stores: Dancer's Closet in Nashua, or Payless. Fee \$48 / six week session.

**Professional Services**

Call the COA at 978-957-2611 to make an appointment with below services unless otherwise noted.

**SHINE**

**Wednesday, August 12<sup>th</sup>**

Appointments with SHINE (Serving the Health Insurance Needs of Elders) Counselor Jill O’Sullivan for free, impartial health insurance information.

**Social Security Help**

**Monday, August 24<sup>th</sup> from 3 - 5 PM**

Appointments with retired Social Security volunteer, Kathy Gosselin, for advice and questions regarding SS benefits.

**Fuel Assistance**

**Seasonal November to April**

Claire Wuolle, a retired Fuel Assistance professional, takes appointments to assist seniors in applying for Fuel assistance.

**Representative Colleen Garry**

**Monday, August 17<sup>th</sup> at 10:30 AM**

Rep. Garry, or a staff member from her office, will be on hand to answer your questions, take feedback, and talk about state and local issues.

**Senator Barbara L’Italien**

**Monday, August 24<sup>th</sup> at 11:30 AM**

Senator L’Italien, or a staff member from her office, will be available to discuss your concerns regarding state and local issues, especially in regards to elder affairs.

**Health Clinics**

**Drop in: Thursdays, 1:30 to 3:45 PM**

Drop in hours to see Circle Home (visiting nurses association) RN Nancy Harding, for blood pressure or blood sugar checks, weight monitoring and general consultations. 100% of donations received for this service support Circle Home.

**Hearing Screenings**

**Monday, August 10<sup>th</sup>, 10 AM to 12 PM**

Appointments with Chris Streeter from Affordable Hearing to have your hearing checked and hearing aids checked/cleaned.

**Outreach & Social Services**

**Donna Houston, Social Services Coordinator**

978-957-2611 [dhouston@dracutma.gov](mailto:dhouston@dracutma.gov)



**Telephone 411 Directory Assistance  
Surcharge Exemption for Seniors**

The elimination of residential white page phone books has reduced paper and ink use, saving phone companies a large expense, but by gaining regulatory approval to charge a fee, \$2.49 is now added to your monthly bill for each 411 directory assistance you request. This addition also increases the taxable total of your monthly phone bill. While computer literate individuals can get numbers free at website, a large segment of the population, senior citizens and those with certain medical conditions, are beholden to directory assistance.

Fortunately, in Massachusetts, Representative George Peterson of Grafton, introduced an enabling bill "An Act regarding regulation of directory assistance" in 2013. The bill proposed to exempt from director assistance changes, "Customers who are certified handicapped or elderly." This bill became law. MA remains the only state to allow exemption by age for 411 charges.

The major phone companies serving MA have forms available for their customers to apply for the exemption. Call Comcast at 1-855-270-0379 or Verizon at 1-800-974-6006. The age exemption form requires the applicant be 65 or older. For Comcast, the customer must present a copy of a photo-identifying document "that includes date of birth or other proof of age." The disability exemption requires a "letter of eligibility" from your doctor, stating your physical disability, cognitive/intellectual disability or visual impairment.

You can get the Comcast Exemption form from us at the Senior Center I will be happy to assist you with the paperwork.

Those who have Verizon telephone service must contact Verizon directly at the number above and speak with a representative to determine eligibility. Again, a process I can help you with.

So if you are 65+ or disabled sign up for your exemption today and use 411 as much as you



**Places to Pick Up the Newsletter:**

Alexander’s Pharmacy, All Dracut Senior Housing, TD Bank (Bridge St), Market Basket, CVS (Lakeview Ave), Dracut Family Diner, Dracut Police Station, Dracut Town Hall, Jeanne D’Arc Credit Union (Lakeview Ave), Lucky Oil Burner Service, Bobola’a Restaurant, MV Chiropractic (Bridge St Dracut), M.G. Parker Memorial Library, Plaza Cleaning Center, Shaw Farm, St. Mary Magdalene Church, Tedeschi’s (Mammoth Rd), Dracut True Value Dracut, St. Francis Church, Washington Savings Bank (Broadway Rd), Dracut Barber Shop, Village Inn, St. Marguerite D’Youville Parish.



**Planet Aid®**

47 Sumner Street, Milford MA 01757

## Friends of the Dracut Elderly



### Senior Center Planet Aid Donation Box

The Friends of the Dracut Elderly are partnering with Planet Aid to recycle used clothing, shoes and textiles and raise some additional funds for the senior center.

Did you know, not all clothing recycling bins are created equal? In fact most of the recycling bins we see scattered around are owned and operated by For-Profit Companies.

With almost all bins, most of the clothing that is collected is sold. The real question is what happens to the proceeds. The for-profit companies will pay to use a familiar logo of a charity you recognize, giving that charity a very small portion of the net proceeds, keeping the bulk for themselves. While, true non-profits (501(c)(3)) like Planet Aid donate all of the net proceeds to support charitable projects at home and abroad. Visit [www.planetaid.org](http://www.planetaid.org) for more info.

First, Planet Aid sorts what is donated, separating items that can be used in the U.S. like coats and blankets for homeless shelters. Then, the bulk clothing (most of less than adequate quality for US charities), are sold by the pound. Developing countries will not accept free clothing. Selling the clothing in bulk to organizations that coordinate the distribution globally is the best way to reach those in need effectively. We then use the money raised to support hundreds of local charities in the U.S. as well as educational and healthcare projects globally.

The Friends of the Dracut Elderly will become one of these charities! A Planet Aid donation box is now located in the Senior Center parking lot. First, please consider donating your gently used items to the Friends thrift store, The Second Hand Rose. However, if you have items that are not thrift store quality, please place them in our new collection bin. The Friends Group will receive \$0.05 for each pound collected in the bin.

### Friends 120 Club Raffle

Tickets on sale now for this is a special raffle where only 120 tickets will be sold. Tickets cost \$20 each and 1 ticket gives you multiple chances to win! Prize drawings are 20-\$20 winners, 1-\$100 winner, 1-\$200 winner and 1-\$500 winner. All winners will be drawn on Friday, August 7<sup>th</sup> during the Firefighter's Ice Cream Social. See the Senior Center front desk to buy a ticket.

### Next Friends Meeting Open to All Tuesday, September 16<sup>th</sup> at 10:00 AM

See you at our September meeting where we will continue our discussions on fundraising events.

### Friend's Board Members

President, Barbara Dickinson  
Treasurer, Linda Tamvaklis  
Clerk, Mike Langlois  
Board Member, Judy Fuller  
Board Member, Linda Bloomgren  
Board Member, Mark Ivos

### Friends Foxwoods Trips

**\$30 per person**

Wednesday, August 26<sup>th</sup>  
Friday, September 25<sup>th</sup>  
Friday, October 23<sup>rd</sup>  
Friday, November 20<sup>th</sup>

### Friends Atlantic City Trip

**October 4<sup>th</sup> - 7<sup>th</sup>, 2015**

4 days/3 night deluxe motorcoach for \$299 per person. Includes: accommodations at Bally's Hotel & Casino, round trip transportation from Dracut MA, \$75.00 slot play bonus, all local hotel taxes, baggage handling (1 suitcase/person) drivers gratuities.

For information on Atlantic City or Foxwoods Trips call Carol at 978-957-5527.

## Dracut Senior Citizen's Club

**No meeting in August, See you September 9<sup>th</sup>**

The Dracut Senior Citizen's Club is a social club open to any senior age 60 and older, regardless of what town you reside. Annual membership is \$2.00.

## *Second Hand Rose*

### Thrift Shop

Open Daily at the Dracut Senior Center. Donations of new/gently used, clean items arrive daily and are greatly appreciated.

General Public Welcome  
All proceeds benefit the Friends.

# August 2015

For a full menu please see the Senior Center kitchen or front desk. MOW = Meals On Wheels entrée only.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9 - 12 <b>Saja Farms</b> 10:00 Zumba Gold 10:00 Bone Builders 11:30 Chicken Marsala 1:00 Bingo  <b>Center Open Until 6:00 PM</b>	<b>4</b> 9:00 Grocery Shopping 9:00 Energetics Video 10:30 Bone Builders 11:30 Tuna Pastes Salad 12:30 Stitch & Bitch	<b>5</b> 9:00 <b>Farmer's Market Coupons Available</b> 9:00 <b>Walmart &amp; Mystery Ice Cream</b> 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Penne & Meatballs 12:00 Art Class	<b>6</b> 9:00 Energetics Video 10:30 Bone Builders 11:30 Beef Burgundy 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	<b>7</b> 9:00 <b>Dollar Tree Trip</b> 9:00 Line Dancing 10:00 Bone Builders 11:30 Baked Pollock 12:00 Cribbage 12:00 <b>Fire Fighter's Ice Cream Social</b> 1:00 <b>120 Club Drawing</b>
<b>Sunday 9<sup>th</sup></b> Friends Trip to Maine	<b>11</b> <b>Windsor Place Trip</b> 9:00 Grocery Shopping 9:00 Energetics Video 10:30 Bone Builders 11:30 Meat Lasagna 12:30 Stitch & Bitch	<b>12</b> 9:30 <b>SHINE</b> 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Beef Chili 12:00 Art Class 1:00 Bone Builders	<b>13</b> 9:00 Energetics Video 10:30 Bone Builders 11:30 Lunch Special Broccoli Stuffed Chicken 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	<b>14</b> 9:00 Line Dancing 9:00 <b>JFK Library</b> 10:00 Bone Builders 11:30 Tomato Onion Frittata 12:00 Cribbage
<b>Monday 10<sup>th</sup></b> 9 - 12 <b>Saja Farms</b> 10:00 <b>Hearing Screenings</b> 10:00 Zumba Gold 10:00 Bone Builders 11:30 Pork Diane 1:00 Bingo				

<p><b>17</b></p> <p>9 - 12 <b>Saja Farms</b>  10:00 <b>No Zumba</b>  10:00 Bone Builders  10:30 <b>Rep Garry Hours</b>  11:30 Cheese Ravioli  1:00 Bingo</p>	<p><b>18</b></p> <p>9:00 Grocery Shopping  9:00 Energetics Video  10:30 Bone Builders  11:30 Egg Salad  12:30 Stitch &amp; Bitch</p>	<p><b>19</b></p> <p>10:00 Tai Chi  10:00 Bone Builders  10:00 <b>Friends Meeting</b>  11:15 Meditation  11:30 Brunswick Stew  12:00 Art Class  1:00 Bone Builders</p>	<p><b>20</b></p> <p>9:00 Energetics Video  10:30 Bone Builders  11:30 Baked Breaded Chicken      Birthday Cake  1:00 Bingo  1:00 Mahjong  1:30 Nurse Nancy</p>	<p><b>21</b></p> <p>9:00 Line Dancing  9:00 <b>Charles River Cruise</b>  10:00 Bone Builders  11:30 Eggplant Parmesan  12:00 Cribbage</p>
<p>9 - 12 <b>Saja Farms</b>  10:00 Zumba Gold  10:00 Bone Builders  11:30 <b>Senator L'Italian</b>  11:30 Shepherd's Pie  1:00 Bingo  3 - 5 <b>SS Help</b>  <b>Center Open Until</b>  <b>6:00 PM</b></p>	<p><b>25</b></p> <p>9:00 Grocery Shopping  9:00 Energetics Video  10:30 Bone Builders  11:30 Sweet &amp; Sour Chicken  12:30 Stitch &amp; Bitch  1:00 <b>Lexington</b>  <b>Farmer's Market</b></p>	<p><b>26</b></p> <p><b>Friends Foxwoods</b>  10:00 Tai Chi  10:00 Bone Builders  11:15 Meditation  11:30 Low Sodium Hot Dog  12:00 Art Class  1:00 Bone Builders</p>	<p><b>27</b></p> <p>9:00 Energetics Video  10:30 Bone Builders  11:30 Turkey Salad  1:00 Bingo  1:00 Mahjong  1:30 Nurse Nancy  2:00 <b>Farm to Table Talk</b>  <b>Dumaresq Farm</b></p>	<p><b>28</b></p> <p>9:00 Line Dancing  9:00 <b>Plymouth Plantation</b>  10:00 Bone Builders  11:30 Macaroni &amp; Cheese  12:00 Cribbage</p>
<p><b>31</b></p> <p>9 - 12 <b>Saja Farms</b>  10:00 Zumba Gold  10:00 Bone Builders  11:30 Beef Burgundy  1:00 Bingo</p>	<p><b>Sept 1</b></p> <p>9:00 Grocery Shopping  9:00 Energetics Video  10:30 Bone Builders  11:30 Lunch  12:30 Stitch &amp; Bitch</p>	<p><b>Sept 2</b></p> <p>9:00 <b>Worcester Art</b>  <b>Museum</b>  10:00 Tai Chi  10:00 Bone Builders  11:15 Meditation  11:30 Lunch  12:00 Art Class  1:00 Bone Builders</p>	<p><b>Sept 3</b></p> <p>9:00 Energetics Video  10:30 Bone Builders  11:30 Lunch  1:00 Bingo  1:00 Mahjong  1:30 Nurse Nancy</p>	<p><b>Sept 4</b></p> <p>9:00 Line Dancing  9:00 <b>Stadium Plaza &amp;</b>  <b>Grassfields</b>  10:00 Bone Builders  11:30 Lunch  12:00 Cribbage</p>



## On Going Events & Activities

### Social & Educational

**Beginner's Computer**- Wednesdays from 9:00 to 11:00 AM. \$15 for an 8 week course. Next class session starts in September.

### Arts & Crafts

**Stitch & Bitch** - Tuesdays at 12:30 PM. Bring your knitting, crocheting, needlepoint and stitch with friends. Novice and experienced welcome. No cost.

**Art with Joan** - Wednesdays from 12:00 to 2:00 PM. Cost is \$40 for an 8 week session. Join studio owner Joan Turner as you paint or draw. Bring your supplies and what ever piece you are working on.

### Health & Fitness

**Zumba Gold** - Mondays at 10:00 AM. A party-like dance workout, specifically designed for seniors and beginners. Cost is \$4 a class.

**Energetics** - Tuesdays & Thursdays from 9:00 to 10:00 AM. Instructor is off for August but come workout to her video at no cost.

**Qigong & Tai Chi** - Wednesdays from 10:00 to 11:00 AM. These self healing practices are based on gentle movements, relaxation, and deep breathing. They improve blood pressure, cardiovascular health, sleep, balance, and more. Cost \$5 per class.

**Bone Builders** - Increase your endurance and strength as you improve your balance and prevent falls. Participation is contingent upon written doctor approval. Pre-registration is required, see COA staff for details. Mondays & Wednesdays from 10:00 to 11:00 AM  
Tuesdays & Thursdays from 10:30 to 11:30 AM  
Wednesdays 1 to 2 PM & Fridays 10 to 11 AM

**Meditation** - Wednesdays from 11:15 to 11:45 AM, free. This group meditation will quiet the mind, relax your body, and give you keys to improving your focus.

**Beginner Line Dancing** - Fridays from 9:00 to 10:00 AM. Cost \$2 a class.

**Senior Bowling League** - Fridays at 9:00 AM, Park Lanes in Windham, NH. Join this candlepin bowling league that are always looking for new bowlers.

### Cards & Games

**Cribbage** - Fridays at 12:00 PM

**Bingo** - Mondays & Thursdays at 1:00 PM

**Mahjong** - Thursdays at 1:00 PM

## Featured Events

Please RSVP in advance for the following events. Call 978-957-2611

### **Saja Farms COA Visits**

**Mondays from 9:00 AM to 12:00 PM**

Each Monday from mid-July through the end of October Caroline from Saja Farms will bring in seasonal produce for purchase. This is to provide a convenient service for our seniors and is not a "farmer's market" so Farmer's Market Coupons are not accepted. She does accept cash, check, and credit cards.

### **Fire Fighter's Ice Cream Social**

**Friday, August 7<sup>th</sup> at 12:00 PM**

Come make your own Sunday and spend some time with some of our favorite first responders. Please RSVP if you plan on attending the social at the Senior Center front desk. The social is free, however we will offer a 50/50 raffle during the event with the proceeds going back to the Fire Department as a thank you for this event. There is an optional \$2 lunch before prior of baked Pollock with lemon sauce.

### **Lunch & Movies**

**Tuesday, September 11<sup>th</sup>**

**Lunch 11:30 AM** - Meat lasagna with marinara Reserve lunch by 8/7. \$2 donation is suggested.

**Movie 12:00 PM** - *The loft*, rated R. Five married men chip in for a swanky apartment and hide it from their wives. They secrete all falls apart when they find a young woman dead in their apartment and realize one of them must be involved. It is a mystery with lots of plot twists.

**Tuesday, September 18<sup>th</sup>**

**Lunch 11:30 AM** - Egg salad with whole wheat pita Reserve lunch by 8/14. \$2 donation is suggested.

**Movie 12:00 PM** - *Boy Next Door*, rated R (including sexual content). In this thriller Jennifer Lopez plays a married teacher separated from her husband who has cheated on her. She allows a teenage boy who moves in next door seduce her, but he becomes violent when she tries to end it. Things get worse when the school year starts and the teen is assigned to her class.

### **Veteran's BBQ**

**Tuesday, September 1<sup>st</sup> at 12:00 PM**

We do not have a Veteran's Breakfast for August however, our September gathering will be a special afternoon Veteran's cookout. See you on the 1<sup>st</sup>!

## Featured Excursions

Pick Ups begin at 9:00 AM unless otherwise noted.  
 Bus fare - \$5 round trip for below trips unless noted.  
 Sign-ups for below trips open Monday, August 3<sup>rd</sup>.

**Wednesday, August 5<sup>th</sup> - Walmart & Mystery Ice Cream**

**Friday, August 7<sup>th</sup> - Dollar Tree, then lunch & Firefighter's Ice Cream Social at the center.**

**Friday, August 14<sup>th</sup> - John F. Kennedy Presidential Library** (Free Admission). Along with permanent exhibits, the Library currently has special exhibits displaying the Freedom 7 space capsule, pictures of the family on the Cape, and a look at the Cuban Missile Crisis. After the Library we will eat at the Chateau.

**Friday, August 21<sup>st</sup> - Charles River Cruise** (Tickets \$14.50 and due upon sign-up). We will enjoy a narrated 60 minute cruise as we view sights like Beacon Hill, the Esplanade, BU, MIT, and Harvard from the water. Following the cruise we will eat lunch at the CambridgeSide Galleria's food court.

**Tuesday, August 25<sup>th</sup> - Lexington Farmer's Market**  
 Pick-ups at 1:00 PM. Trip to one of the best markets in MA.

**Friday, August 28<sup>th</sup> - Plymouth Plantation** (Free Admission). We will be visiting not only the Plantation's craft center, 17<sup>th</sup> Century English Village, and Wampanoag Homesite but Mayflower II as well. This trip does involve walking. There is a golf cart the Plantation uses to transport visitors with mobility issues, but if the cart is in high demand there will be a wait. Concessions available at the Plantation, and if there is time we will eat at the nearby Lobster Hut.

**Wednesday, September 2<sup>nd</sup> - Worcester Art Museum** (Free Admission) A guided tour to view their collections including Ancient works, European masterpieces, and Mid Century. The museum has an extensive exhibit of armor and a special Samurai exhibit. Sign-ups open Monday, August 3<sup>rd</sup> due to the trip being so early in September. Lunch will be at the Sole Proprietor (seafood).

**Mystery Ice Cream Trips** Pick-ups begin at 12:00 PM Wednesdays, August 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>. Bus fee, \$2 round trip.

## Upcoming Trips

Reservations for the below September trips open Monday, August 31<sup>st</sup> and are accepted until the trip fills.

<b>September 4<sup>th</sup></b>	North Andover Mall & Grassfield's
<b>September 8<sup>th</sup></b>	Westford Farmer's Market
<b>September 11<sup>th</sup></b>	Walmart & Mama's Restaurant
<b>September 18<sup>th</sup></b>	Big Lots plus & Lilac Blossom
<b>September 20<sup>th</sup></b>	Acton Farmer's Market (Sunday Trip)
<b>September 25<sup>th</sup></b>	Daniel Webster Square & Olive Garden

## Dracut COA Buses

Kathie Zabbo - Greenwood, COA Dispatcher  
 kgreenwood@dracutma.gov

**Reservations call 978-957-2611**

### Local Shopping/Social Trips

**Mondays - Thursdays: 8:30 AM to 3:30 PM**

**Principle Driver - Anita Chartier**

Reservations are taken no later than 12:30 PM the day prior to your trip.

Bus Fare: \$1 each way or 20 ride ticket for \$18  
 Shopping and errands around Dracut including to the senior center, grocery shopping, adult day health programs, hair appointments, pharmacies, banking, and visiting friends, just to name a few.

### Medical Trips

**Mondays - Fridays: 8:00 AM to 2:00 PM**

**Principle Driver - Charleen Bennett**

You are encouraged to book your medical trips as soon as you make your doctor's appointment.

Transportation to the following destinations for medical appointments. Scheduling is done on a first come, first serve basis.

Within Dracut - \$1 each way

Lowell Destinations - \$2 each way

Chelmsford Destinations & Select Destinations in Tewksbury - \$3 one way or \$5 round trip

## *Wish List*

- **Teacups, Saucers, & Tea Pots**
- Used or New Silverware (knives, forks & spoons)
- Paper Towels & Tissues
- Patriotic Napkins
- Wheel Chairs
- Shower Chairs
- Bottles of Soda
- Bottled Water



## *Thank You*

**Wingate at Belvidere** - sponsoring the ice cream sundays for the volunteer reception

**Friends of the Dracut Elderly** - sponsoring the volunteer reception gifts

**Dracut Fire Fighters** - for our Firefighter's ice cream social

**Normand Bilodeau** - 4 cases of water

**Yvette Beaudoin** - paper plates & paper towels