



March 2016

Dracut Council on Aging Newsletter

978-957-2611

951 Mammoth Road, Dracut MA, 01826

www.dracutma.gov/council-on-aging

Senior Center Hours

Monday - Friday
8:00 AM to 4:00 PM
March 14th & 28th 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
Bus Driver - Dee Dee Idris
Bus Driver - Louanne Brady

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

Featured Events

Please RSVP for the following events. Call 978-957-2611
More events listed on page 6.

St Patrick's Day Party

Friday, March 18th at 12:00 PM (Tickets \$5)

While we are still working out the details for this afternoon, please consider entering the Irish Soda Bread competition we will also offer during the party (see staff for details).

Identity Theft Presentation

Thursday, March 24th at 10:00 AM

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will present Consumer University with a focus on identity theft. The presentation will include information about the Office and what we do. It will also cover how to spot and avoid scams, and how to prevent identity theft.

Apple Pie & Ice Cream Social with Summit Elder Care

Tuesday, March 29th at 12:00 PM

Learn about Summit Elder Care, a PACE program that provides all inclusive care/support to elders and care givers as seniors age in place.

3 Free Workshops from Pure Salon (held at the COA)

Relaxation & Visualization, Monday, March 7th at 9:00 AM

Calm your mind with seated relaxation and visualization techniques including: breathing exercises, gentle stretching, soothing self-reflexology and an introduction to the Indian Chakra system. Guaranteed to start your day in a happy way! Please bring a hand towel.

Sleep Better School, Monday, March 14th at 9:00 AM

Bring a notebook to our Sleep Better School and get ready to try some new tricks that may calm your mind and soothe your body and help you ease into deep, restful, pain-free sleep. That's a tall order, but a few of our tricks will get you thinking outside the box about changing up your sleep routine for something that works better.

Introduction to Traditional Chinese Medicine for Wellness,

Monday, March 28th at 9:00 AM

Learn about Traditional Chinese Medicine approaches and how the 5 Elements effect your health. Learn what is out of balance according to this ancient tool and find traditional suggestions and recommendations for bringing what is out of balance back into balance.

Professional Services

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

SHINE

Wednesday, March 9th & 23rd

Appointments with SHINE (Serving the Health Insurance Needs of Elders) Counselor Jill O’Sullivan for impartial health insurance information at no charge.

Social Security Help

Monday, March 28th from 3 - 5 PM

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

Fuel Assistance

By Appointment

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

Representative Colleen Garry

Monday, March 21st 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, March 28th 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, March 14th 10 AM to 12 PM

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

AARP Tax Preparation

Tuesdays & Fridays by Appointment

Outreach & Social Services

Donna Houston, Social Services Coordinator

978-957-2611 dhouston@dracutma.gov

Stroke Prevention Presentation

Friday, April 1st at 10:00 AM

Did you know that 3% of adults in MA report having had a stroke, and speedy treatment makes all the difference. Join UMass Lowell nursing students as they share with us the different types of strokes, risk factors, warning signs, and treatment.



VIRTUAL DEMENTIA TOUR®
YOUR WINDOW INTO THEIR WORLD

Join Us For This Unique Experience!

Tuesday, April 5th from 1:00 to 3:00 PM

Limited Spaces Available!

Please RSVP to Donna Houston, 978-957-2611

The Virtual Dementia Tour is a scientifically proven method of building a greater understanding of dementia through the use of patented sensory tools and instruction.

Experience this unique and powerful program for healthcare professionals and family members coping with aging spouses or parents dealing with physical and cognitive function losses.

The **Virtual Dementia Tour (VDT)** is a real-life simulation that allows you to experience the sights, sounds and feelings that those with Dementia adapt to every day as they try to accomplish simple tasks. During a VDT experience, participants meet with certified trainers who guide them through the Tour and outfit them with patented devices that alter their senses. Enhance your understanding of what it is really like to live with Dementia by attending the Senior Helpers **Virtual Dementia Tour** Program.

While we may never be able to fully understand how Dementia feels, the VDT demonstration is an attempt to provide profound insight into the lonely, frightening world of Dementia. This program is an invaluable tool for healthcare professionals, caregivers, family members of Dementia patients to demonstrate a greater awareness, appreciation and acceptance of those with Dementia and the many physical and cognitive impairments that they cope with every day. This enlightening program helps all of us to perceive aging and cognitively impaired diseases in a more compassionate way.



Care and comfort at a moment's notice.

Friends of the Dracut Elderly

**Next Meeting Open to All
Wednesday, March 16th at 9:00 AM (New Time!)
Next 120 Club Raffle 3/1 to 5/21**

Mohegan Sun Fundraiser Trip, Saturday, April 16th
Our bus will leave center at 9:00 AM and return at 6:00 PM. Approximate time at Mohegan Sun will be from 11:00 AM to 4:00 PM. You will receive a gaming package of a \$10 free bet and a \$10 food credit or free buffet. Cost is \$35. Tickets go on sale Wednesday, March 16th after the Friends meeting. All are welcome.

**Pasta & Meatball Dinner with 50/50 Bingo Night
Saturday, May 21st starting at 4:30 PM**
Join us for dinner served from 4:30 PM to 5:30 PM. After dinner there will be an optional 50/50 Bingo game. Bingo cards on sale at around 5:45 PM. There will also be baskets and a 50/50 drawing. Winners drawn at the conclusion of Bingo. Come for dinner, bingo or both. Dinner tickets cost \$10 per person and go on sale Monday, April 4th at 9:00 AM. All welcome.

**“Let It Be” Bus Trip
A celebration of the music of the Beatles
with lunch at Jonathans in Ogunquit, ME
Sunday, June 5th**
Bus will leave the center at 10:15 AM and return at approximately 5:30 PM. Special price of \$69 includes transportation from center, lunch, show, all tips and gratuities! This trip is offered at a discounted price, so you must be a member of the Friends to attend. Just \$3 to join. Tickets go on sale Monday, April 4th at 9:00 AM.

2016 Friends Foxwoods Trips
Cost is \$30. Contact Carol at 978-957-5527 for details!
April 1st (sold out) May 13th
June 17th July 15th
August 19th September 23rd
November 2nd

Save the Dates!
Atlantic City Trip, October 2nd-5th Sign-ups open 5/23
Foster’s Clambake Trip, August 10th Sign-ups open 6/6

Dracut Senior Citizen’s Club

The Dracut Senior Citizen’s Club is a social club open to any senior age 60 and older, regardless of where you reside. Annual membership is \$5.00.

**Member Meetings
Wednesday, March 9th & 23rd**
Meetings are held at the Dracut Senior Center from 1:00 to 3:00 PM. An optional Bingo game follows each meeting.

**St Patrick's Dinner Dance
Wednesday, March 16th at Lenzi’s**

Wish List

- **Floral Pattern Napkins**
- **St Patrick's Day Napkins**
- **Patriotic Napkins**
- **Out of Season Napkins (napkins on sale after the holiday has passed. We will store them for use next year)**
- **Paper Towels & Tissues**
- **Transport Chairs**
- **Shower Chairs**
- **Bottles of Soda / Water**
- **Individually Packaged Snacks (for an event with seniors & their grandchildren on 4/22)**

Thank You

- Victor Chandonnet** - Large Box of Chocolates
- Patricia Mac Phail** - Shower Chair
- Normand Bilodeau** - 2 Cases of Water & Laptop
- Frank Asselin** - Flat Screen TV (thrift shop)
- Claire Bureau** - Donation to the Friends
- Suzanne Pelletier** - Donation to the Friends
- Fran Desmarais** - Paper Towels & Tissues

Places to Pick Up the Newsletter: Alexander’s Pharmacy, Dracut Senior Housing, TD Bank (Bridge St), Market Basket, CVS (Lakeview Ave), Dracut Family Diner, Dracut Police Station, Dracut Town Hall, Primo’s, 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), The Club House (Skyline Dr), Dracut True Value Dracut, St. Francis Church, Washington Savings Bank (Broadway Rd), Dracut Barber Shop, Village Inn, St. Marguerite D’Youville Parish, Elite Creations.

Second Hand Rose

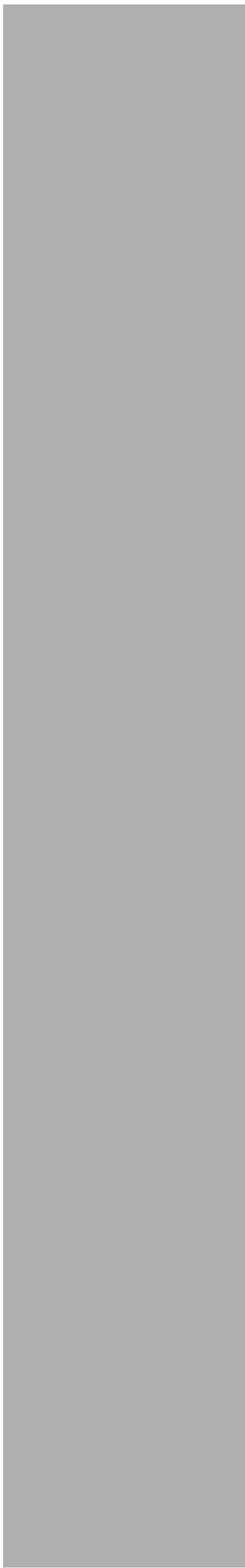
Thrift Shop
Open Daily at the Dracut Senior Center.
Donations of new/gently used, clean items arrive daily and are greatly appreciated.
General Public Welcome
All proceeds benefit the Friends.

March 2016

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb. 29 10:00 Zumba Gold 10:00 Bone Builders 11:30 Peach Glazed Chicken 11:30 Senator L'Italian 1:00 Bingo 1:00 Grief Group 3 - 5 Social Security Help Center Open Until 6:00 PM	1 Presidential Primary AARP Tax Appts. 9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Lasagna 12:30 Senior Tap 12:30 Stitch & Bitch 12:30 Bone Builders	2 9:00 Gentle Yoga 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Oriental Pork 12:00 Frobie's Trip 12:00 Art Class 1:00 Bone Builders	3 9:00 Energetics 10:00 Coloring Club 10:00 Aging Survey 10:30 Bone Builders 11:30 Beef Stew 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	4 AARP Tax Appts. Walmart & Primos 9:00 Line Dancing 10:00 Bone Builders 10:00 Bone Builders 11:30 Fish TBD 12:00 Cribbage 12:30 Bone Builders
7 9:00 Relax Workshop 10:00 Zumba Gold 10:00 Bone Builders 11:30 LS Hot Dog 1:00 Bingo	8 AARP Tax Appts. 9:00 Grocery Shopping 9:00 Vets Breakfast 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Meatloaf 12:30 Senior Tap 12:30 Stitch & Bitch 12:30 Bone Builders	9 9:00 Gentle Yoga 9:00 Computer Class 9:30 SHINE 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 BBQ Chicken 12:00 Art Class 1:00 Bone Builders 1:00 Senior Club Mtg.	10 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Shepherd's Pie 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	11 AARP Tax Appts. Home Goods & Nathaniel's 9:00 Line Dancing 10:00 Bone Builders 10:00 Bone Builders 11:30 Eggplant Parmesan 12:00 Cribbage 12:30 Bone Builders

<p>14</p> <p>9:00 Sleep Workshop</p> <p>10:00 Zumba Gold</p> <p>10:00 Bone Builders</p> <p>10:00 Hearing Screenings</p> <p>11:30 Chicken Marsala</p> <p>1:00 Bingo</p> <p>Center Open Until 6:00 PM</p>	<p>AARP Tax Appts 15</p> <p>9:00 Grocery Shopping</p> <p>9:00 Energetics</p> <p>10:00 Coloring Club</p> <p>10:30 Bone Builders</p> <p>11:30 Slice Pork Roast</p> <p>12:00 Movie: <i>Bride of Spies</i></p> <p>12:00 Numerology</p> <p>12:30 Senior Tap</p> <p>12:30 Stitch & Bitch</p> <p>12:30 Bone Builders</p>	<p>9:00 Friend's Meeting 16</p> <p>9:00 Gentle Yoga</p> <p>9:00 Computer Class</p> <p>10:00 Tai Chi</p> <p>10:00 Bone Builders</p> <p>11:00 Senior Club, Lenzi's</p> <p>11:15 Meditation</p> <p>11:30 Potato Pollock Filet</p> <p>12:00 Art Class</p>	<p>17</p> <p>9:00 Energetics</p> <p>10:00 Coloring Club</p> <p>10:30 Bone Builders</p> <p>11:30 Lunch Special</p> <p> Corned Beef</p> <p> 1:00 Bingo</p> <p> 1:00 Mahjong</p> <p> 1:30 Nurse Nancy</p> <p> 4:00 DPS Turkey</p>	<p>18</p> <p>AARP Tax Appts.</p> <p>8:30 Discount Madness</p> <p>10:00 Line Dancing</p> <p>10:00 Bone Builders</p> <p>11:30 Frittata</p> <p>12:00 St. Pat's Party</p> <p>12:00 Cribbage</p> <p>12:30 Bone Builders</p>
<p>21</p> <p>10:00 Zumba Gold</p> <p>10:00 Bone Builders</p> <p>10:30 Rep. Gary</p> <p>11:30 Lasagna</p> <p>1:00 Bingo</p>	<p>AARP Tax Appts 22</p> <p>9:00 Grocery Shopping</p> <p>9:00 Energetics</p> <p>10:00 Chocolate Pops</p> <p>10:30 Bone Builders</p> <p>11:30 Baked Fish</p> <p>12:00 Movie: <i>Black Mass</i></p> <p>12:30 Senior Tap</p> <p>12:30 Stitch & Bitch</p> <p>12:30 Bone Builders</p>	<p>9:00 Gentle Yoga</p> <p>9:00 Computer Class</p> <p>9:30 SHINE</p> <p>10:00 Tai Chi</p> <p>10:00 Bone Builders</p> <p>11:15 Meditation</p> <p>11:30 Roast Turkey</p> <p>12:00 Art Class</p> <p>1:00 Bone Builders</p> <p>1:00 Senior Club Mtg.</p> <p>2:30 COA Board Mtg.</p>	<p>24</p> <p>9:00 Energetics</p> <p>10:00 Coloring Club</p> <p>10:00 Identity Theft Workshop</p> <p>10:30 Bone Builders</p> <p>11:30 Sweet & Sour Chicken</p> <p> 1:00 Bingo</p> <p> 1:00 Mahjong</p> <p> 1:30 Nurse Nancy</p>	<p>25</p> <p>AARP Tax Appts.</p> <p>8:30 Alicia's (Breakfast)</p> <p>10:00 Line Dancing</p> <p>10:00 Bone Builders</p> <p>11:00 Macaroni & Cheese</p> <p>Center Closes at 11:30</p>
<p>9:00 Chinese Medicine 28</p> <p>Workshop</p> <p>10:00 Zumba Gold</p> <p>10:00 Bone Builders</p> <p>11:30 Senator L'Italien</p> <p>11:30 Salmon w/ Dill Sauce</p> <p>1:00 Bingo</p> <p>3 - 5 Social Security Help</p> <p>Center Open Until 6:00 PM</p>	<p>AARP Tax Appts 29</p> <p>9:00 Grocery Shopping</p> <p>9:00 Energetics</p> <p>10:00 Coloring Club</p> <p>10:30 Bone Builders</p> <p>11:30 Pasta & Meatballs</p> <p>12:00 Summit Elder Care</p> <p>12:00 Color Interpretation</p> <p>12:30 Senior Tap</p> <p>12:30 Stitch & Bitch</p> <p>12:30 Bone Builders</p>	<p>9:00 Gentle Yoga</p> <p>9:00 Computer Class</p> <p>10:00 Tai Chi</p> <p>10:00 Bone Builders</p> <p>11:15 Meditation</p> <p>11:30 Lemon Chicken</p> <p>12:00 Art Class</p> <p>1:00 Bone Builders</p>	<p>31</p> <p>9:00 Energetics</p> <p>10:00 Coloring Club</p> <p>10:30 Bone Builders</p> <p>11:30 American Chop Suey</p> <p> 1:00 Bingo</p> <p> 1:00 Mahjong</p> <p> 1:30 Nurse Nancy</p>	<p>Foxwoods Trip April 1</p> <p>AARP Tax Appts.</p> <p>9:00 Walmart & Village Inn</p> <p>10:00 Stroke Prevention</p> <p>10:00 Line Dancing</p> <p>10:00 Bone Builders</p> <p>11:30 Lunch</p> <p>12:00 Cribbage</p> <p>12:30 Bone Builders</p>



On Going Events & Activities

Social & Educational

Beginner's Computer- Wednesdays from 9:00 to 11:00 AM. Get individualized attention from Instructor Pat Merrill as you learn skills in this comfortable environment. \$15 for an 8 week course.

Arts & Crafts

Coloring Club - Tuesdays & Thursday at 10:00 AM. Supplies provided, No charge!

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

Art with Joan - Wednesdays from 12:00 to 2:00 PM. \$40/ 8 weeks. Join studio owner Joan Turner as you paint or draw. Bring your supplies and the piece you are working on. Supported by the Dracut Cultural Council.

Health & Fitness

Senior Tap - Tuesdays 12:30 PM \$48/ 6 class
All levels welcome from the experienced to those putting on their tap shoes for the first time.

Gentle / Chair Yoga - Wednesdays 9:00 AM \$5/ class
Participants can choose to switch between a mat or a chair throughout the class or use the chair only.

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

Energetics - Tues. & Thurs. 9:00 AM \$20/ month
A fun and upbeat class with a mix of cardio and strength training.

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

Bone Builders - Pre-registration is required, see COA staff for details. Currently all classes have a wait list.

Meditation - Wednesdays 11:15 AM *No Charge*
Quiet your mind, relax the body, improve your focus.

Beginner Line Dancing - Fridays 10:00 AM \$2/ class

Senior Bowling League - Fridays at 9:00 AM
Park Lanes in Windham, NH. New bowlers welcome.

Cards & Games

Cribbage - Fridays at 12:00 PM

Bingo - Mondays & Thursdays at 1:00 PM

Mahjong - Thursdays at 1:00 PM

More Featured Events

To RSVP for events call 978-957-2611

Aging Survey

Thursday, March 3rd at 10:00 AM

Join doctoral student Rebecca Hoffenberg as she gives a questionnaire about your experiences regarding growing older. Survey responses will be confidential and participants (from all survey locations) will be entered to win one of three Market Basket gift cards.

Veterans Breakfast

Tuesday, March 8th at 9:00 AM

Sponsored by Terry Vincent in memory of Raymond Vincent & the Robitaille Family

Breakfast is open to veterans, their families, and those interested in veteran's affairs.

Movie, *Bridge of Spies*

Tuesday, March 15th at 12:00 PM

Rated PG-13. A Stephen Spielberg film where Tom Hanks plays a lawyer hired to represent a Soviet spy and help the CIA negotiate a prisoner exchange. The Soviet spy for a US U2 piolet captured by the Soviets. Based on a true story. Lunch served at 11:30 AM.

Numerology Workshop

Tuesday, March 15th at 12:00 PM

Numerology is both exciting and informative! Let's calculate your birth and name numbers and discuss what each of those numbers mean and how they relate. Joan will bring her Tarot Cards to match your birth number (which is your "core" or "life" number) to the corresponding Tarot Card to add intuitive insight. Class is run by the Intuitive Body & Soul. Cost is \$5 for seniors (\$10 for non-seniors).

Spring Chocolate Lollipop Workshop

Tuesday, March 22nd at 10:00 AM

Make pops from all different molds and colored chocolates. Supplies will be provided. Cost is \$3. Please RSVP with the COA front desk.

Movie, *Black Mass*

Tuesday, March 22nd at 12:00 PM

Rated R. The true story of Whitey Bulger, played by Johnny Depp. Lunch served at 11:30 AM.

Color Interpretation

Tuesday, March 29th at 12:00 PM

Explore color, how colors effect you, how you can use color to influence your energy level, and read someone else based on the outfit color, and more. Class is run by the Intuitive Body & Soul. Cost is \$5 for seniors (\$10 for non-seniors).

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 Tuesday, March 1st.

Wednesday, March 2nd - Frobie's Café & Ice Cream
 Another winter Wednesday Ice Cream trip. Frobie's also has soups, sandwiches, coffee and other non-ice cream options. Pick ups begin at 12:00 PM. Bus Fare: \$2

Friday, March 4th - Walmart & Primo's Pizza
 Shopping at a favorite store and lunch at a favorite local pizza shop. Bus Fare: \$3

Friday, March 11th - Home Goods & Nathaniel's Family Eatery. A visit to Home Goods as well as other stores at the same plaza on Amherst Street including Jo Ann's Fabrics and Pier One Imports. Lunch will be at Nathaniel's which has an extensive menu including baked, stuffed, and fried seafood options.

Thursday, March 17th - Dracut Public School Turkey Dinner. Dinner tickets are \$5 for seniors. Home pick-ups begin at 4:00 PM. Bus Fare: \$2

Friday, March 18th - Discount Madness & ST. Patrick's Party. We are headed to Pelham to shop the wide variety of wares available at Discount Madness. Then it is back to the Senior Center for the St Pat's Party. (Reminder: the party requires a separate RSVP to the COA's front desk.) Home pick-ups begin at 8:30 AM. Bus Fare: \$3

Friday, March 25th - Breakfast at Alicia's
 Due to the Good Friday holiday the Senior Center is open for a morning half day only. This morning's trip will be breakfast at Alicia's in Pelham. Home pick-ups begin at 8:30 AM. Bus Fare: \$3

Friday, April 1st - Walmart & Village Inn
 No fooling, it has been a while since we have visited this Dracut restaurant. Menu includes burgers, sandwiches, seafood, pasta and more. Bus Fare: \$3

Upcoming Trips

Reservations for the below April trips open Friday, April 1st and are accepted until the trip fills.

- April 8th** Fitchburg Art Museum, Art in Bloom
- April 15th** AMC Theater (Movie TBD) & Comets Diner
- April 22nd** Dollar Tree (Downtown Nashua) & Animal Adventures presentation at the Dracut Senior Center
- April 29th** Kittery ME, including Yummies Candy Store

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.

Local 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

Distance Medical Trips

Principle Drivers -

Dee Dee Idris & Louanne Brady

Please book your medical transportation as soon as you make your doctor's appointment. The bus is scheduled on a first come, first served basis, and only operates when there are reservations, so requests made with less than 3 days notice cannot be accommodated.

Tuesdays & Thursdays - Points South

Serving Appointments 11 AM to 1 PM

Mass General, Dana Farber, Brigham & Woman's, Lahey Clinic, and the VA in Jamaica Plain and Bedford.

Bus Fare Greater Boston \$20 round trip

Burlington Area \$15 round trip

Wednesdays - Points North

Serving Appointments 10 AM to 1 PM

Southern New Hampshire Medical Center, Saint Joseph's, Parkland Outpatient Center (Pelham).

Bus Fare Greater Nashua \$10 round trip