



August 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
August 1st & 8th until 6:00 PM

Dracut Veterans Services

Jackqueline Hickford, VSO
jhickford@dracutma.gov
978-856-5007

Council on Aging 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

Transportation Coordinator

Phyllis Notini
Email TBD

Bus Driver - Anita Chartier

Bus Driver - Charleen Emond

Bus Driver - Dee Dee Idras

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

Featured Events

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

Farmer's Market Coupons Available

Wednesday, August 3rd starting at 9:00 AM

First Come, First Served. See page 2 for more details.

Opioid Misuse and its Affect on Seniors

Tuesday, August 9th at 10:00 AM

With the Commonwealth of Massachusetts in the midst of an unprecedented public health crisis, Middlesex District Attorney, Marian Ryan, has developed a safety program for senior citizens to raise awareness about opioids, specifically how opioid misuse is directly impacting seniors and their loved ones. DA Ryan will discuss the far-reaching effects of this crisis as well as offer tips on how to manage prescription medication using the File of Life program. In addition, she will talk about ways to safeguard medication from theft; how to properly dispose of unused or expired medication; how to identify signs of drug addiction in grandchildren and other family members; and how to get loved ones help. Complimentary File of Lives will be distributed.

Fire Fighter's Ice Cream Social

Wednesday, August 24th at 12:00 PM

Come make your own Sunday and spend some time with some of our favorite first responders. 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 the social of Chicken Tetrizzini and pasta.

Retirement Party for Judy Gilbert

Monday, August 22nd at 11:30 AM

Judy has been supporting our volunteers and planning our exciting activities for 11 years. What better way to wish her a happy retirement than throwing her a *bright and sunny* party. Although Judy knows that we will be celebrating her on the 22nd, her last day, the staff and I want to keep the details of the party a surprise. While we are keeping the afternoon's menu *underground*, plan on a fantastic special lunch with a suggested donation of \$4. RSVP with Donna in her new, roomy office.

Director's Messages

Staffing Changes - I want to wish Judy, Activities & Volunteer Coordinator, a happy and fulfilling retirement and welcome Phyllis Notini as our Transportation Coordinator. Many of you might already know Phyllis from her volunteer work in our kitchen. - *Bethany*

Professional Services

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

SHINE

Wednesday, August 3rd

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 By Appointment

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, schedules appointments to assist seniors with applications/renewals.

Representative Colleen Garry

Monday, August 15th 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 22nd 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 to see Circle Home RN Nancy Harding, for blood pressure and/or blood sugar checks, weight monitoring and general consultations. 100% of donations received for service support Circle Home.

Hearing Screenings

Monday, August 8th 10 AM to 12 PM

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

New! Podiatry - Footcare Focus August Appointments TBD
Appointments with Sarah Kinghorn, BSN, RN, CFCN for foot assessments, toenail trimming/filing, non-surgical reduction of callus’s/corns, and foot massages. Sessions are 30 minute and cost \$35 per session.

Outreach & Social Services

Donna Houston, Social Services Coordinator

978-957-2611 dhouston@dracutma.gov

Farmer’s Market Coupons Available

Wednesday, August 3rd starting at 9:00 AM

First Come, First Served.

About the Coupons: Summer is here, and that means there’s plenty of fresh produce available at farmer’s markets across the Merrimack Valley! The Dracut Senior Center will once again be

giving out senior Farmer’s Market coupons in partnership with Elder Services of Merrimack Valley. The Senior Farmer’s Market Nutrition Program offers a limited supply of \$25 coupons to adults aged 60 and older who meet income guidelines, to buy produce at their nearby farmer’s market.

Household Size	Gross Income	
	Annual	Monthly
1	\$21,978	\$1,832
2	29,637	2,470
3	37,296	3,108
4	44,955	3,747

Income guidelines shown to the right. For a more complete list of income guidelines please give me a call.

Distribution: Coupons are distributed by the following local senior centers: Dracut, Newburyport, Billerica, Methuen, Lowell, Haverhill and Lawrence. If you reside in one of these seven communities than you must go to your community’s senior center to pick-up your coupons. If you live in the Merrimack Valley, but not in one of these seven towns/cities, than you can go to any of these locations to get your coupons. Coupons will be handed out on a first come, first served basis until they are gone. Bring proof of residency with you such as a utility bill that shows your name and address.

Using Coupons: A list of farmer’s markets that accept coupons is available when you pick-up your coupons. Please only take coupons if you will use them. The state tracks the number of coupons used. If it is found that our region of the state has many unused coupons, our region will be given less coupons in the future. If, by the end of September, you have not used all your coupons please contact me. I can help you find a way to spend the coupons or re-allocate them to someone on the coupon wait list.

Farmer’s Market Bus Trips: To make it easier for you to use your coupons the Dracut Senior Center will be offering a bus to farmer’s markets four times through August and September:

Monday, August 15th - Billerica Farmer’s Market (Market also accepts SNAP.) Trip departs Dracut around 3:00 PM

Sunday, August 21st - Acton Farmer’s Market. Home pick-ups begin at 9:30 AM

Monday, September 12th - Billerica Farmer’s Market (Market also accepts SNAP.) Trip departs Dracut around 3:00 PM

Sunday, September 25th - Acton Farmer’s Market. Home pick-ups begin at 9:30 AM

Friends of the Dracut Elderly

**Next Meeting Open to All
Wednesday, August 24th at 10:30 AM**

For Friends Information, or more information/sign-ups on all below trips contact Carol at 978-957-5527

**Foster's Clambake Restaurant (York, ME)
& Michael Minor Show**

Thursday, August 11th departing at 10:00 AM

A meal of boiled lobster with all the fixings plus a show by Michael Minor, a singer, comedian, ventriloquist, and celebrity impressionist. Special price of \$75 includes transportation from center, lobster bake and show, and tips/gratuities. Limited tickets still available!

**Danversport Yacht Club & Singin' in the Rain
Thursday, September 1st**

Your choice of roast beef or boneless breast of chicken for lunch at the Yacht Club. Then, it is off to a show at the Northshore Music Theater to see the beloved Singin' in the Rain. Of course, you remember Gene Kelly splashing his way through the famous MGM film the greatest movie musical ever made. But have you seen it live? Join us as we make a big splash with this spectacular and romantic musical comedy. There will be wonderful singin' and dancin' and, yes, it really will rain onstage! Tickets go on sale August 1st at 10:00 AM. Cost \$63. Bus will depart the Senior Center at 10:15 AM and return around 5:30 PM.

**Atlantic City Trip
October 2nd to the 5th, 2016**

Take a mini vacation on this 4 day and 3 night deluxe motor coach trip. Only \$299 per person and includes:

- Accommodations at Bally's Hotel & Casino (includes hotel taxes)
- Round trip transportation from Dracut, MA (no other pick-ups in route)
- \$100 Slot Play Bonus
- Baggage Handling (1 suitcase per person)
- Drivers gratuities & Donation to Friends

Sign-ups are open. \$100 deposit required.

2016 Friend's Foxwood Trips

Cost is \$30: August 19th, September 23rd & November 2nd

Save the Dates

Oct. 15th & 16th - Yard Sale (shoppers & volunteers needed)

Nov. 30th - Golden Coral & Bright Nights, \$20

Dec. 4th - Salem Cross Inn Dinner & Christmas Play, \$56

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

Meetings are held at the Dracut Senior Center from 1:00 to 3:00 PM. An optional Bingo game follows each meeting.

No August Meetings

See you back Wednesday, September 14th for our first meeting of the Fall, and Wednesday, September 21st for our Welcome Back Dance at the Pelham Inn (Hawaiian attire).

Wish List

- **Knitted & Crafted Items for raffle/sale at our Old Home Day table**
- Floral Pattern Napkins
- Floral Pattern Paper Plates (small)
- Patriotic Napkins
- **Board Games**
- Tea Pots / Cups / Saucers
- **Big Fat Greek Wedding DVD (to borrow)**
- Shower Chairs
- Bottles of Soda / Water
- **Artificial Flowers** (to refresh dining room table centerpieces). We are also looking for a few volunteers to be in charge of changing out the centerpiece flowers for the seasons.

Thank You

Theresa Coronella - Geraniums for planter boxes

Eileen Bell - Paper Towels, Plates, Cups, Napkins

Joan - Lots of Brand New Items for the Store

Joseph Cormier - Medical Equipment

Fran Desmarais - Paper Towels, Tissues, Air Fresher Sprays

Elissa Tap - 2 Afghans for Old Home Day

Second Hand Rose Thrift Shop

Open Daily at the Dracut Senior Center.

Donations of new/gently used items arrive daily and are greatly appreciated.

General Public Welcome.

Proceeds benefit the Friends.

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's 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, St. Francis Parish, Washington Savings Bank (Broadway Rd), Dracut Barber Shop, Village Inn, St. Marguerite D'Youville Parish, Elite Creations.

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**THIS SPACE IS
AVAILABLE**

August 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
1 10:00 Friend's Signing in the Rain Tickets on Sale 10:00 Zumba Gold 10:00 Bone Builders 11:30 Chicken Orzo 1:00 Bingo 1:00 Pool Players 4 to 6 Center Open Late	2 9:00 Grocery Shopping 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 10:30 Sodium Presentation MOW Lasagna w/ meat sauce 12:00 Veterans Cookout 12:30 Stitch & Bitch 12:30 Bone Builders 1:00 Pool Players	3 9:00 Farmer's Market Coupons 9:30 SHINE 10:00 Tai Chi 10:00 Walmart & Dracut House of Pizza 10:30 Bone Builders 11:15 Meditation 11:30 Breaded Fish 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players	4 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Meatloaf 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy	5 9:00 Greenway & Carousel 10:00 Bone Builders 11:30 Egg Salad 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players
8 10:00 Zumba Gold 10:00 Bone Builders 10:00 Hearing Screenings 11:30 Hamburger 1:00 Bingo 1:00 Pool Players 4 to 6 Center Open Late	9 9:00 Grocery Shopping 9:00 Energetics Video 10:00 Opioid Presentation 10:00 Coloring Club 10:30 Bone Builders 11:30 Breaded Chicken 12:00 Movie: Eye in the Sky 12:30 Stitch & Bitch 12:30 Bone Builders 1:00 Pool Players	10 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Veggie Frittata 12:00 Mystery Ice Cream Trip 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players	11 9:00 Energetics Video 10:00 Friend's Clambake Trip 10:00 Coloring Club 10:30 Bone Builders 11:30 Sweet & Sour Chicken 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy	12 9:00 Garden in the Woods 10:00 Bone Builders 11:30 Eggplant 12:00 90+ Birthday Party 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players

<p>15</p> <p>10:00 Zumba Gold 10:00 Bone Builders 10:30 Rep. Garry 11:30 Hot Dog 1:00 Bingo 1:00 Pool Players 3:00 Farmer's Market Trip</p>	<p>Bone Builder Training 16</p> <p>9:00 Grocery Shopping 9:00 Energetics Video 9:30 Continental Breakfast 9:30 Big Fat Greek Wedding 10:00 Coloring Club 10:30 Bone Builders 11:30 Roast Turkey 12:00 Big Fat Greek Wedding 2 12:00 Tarot Card Class 12:30 Stitch & Bitch 12:30 Bone Builders</p>	<p>17</p> <p>10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 American Chop Suey 12:00 Mystery Ice Cream Trip 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players</p>	<p>18</p> <p>9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Chicken Picata 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy</p>	<p>19</p> <p>Friend's Foxwoods Institute of Contemporary Art 9:00 Bone Builders 10:00 Salmon 11:30 Cribbage 12:30 Bone Builders 1:00 Pool Players</p>
<p>21</p> <p>9:30 Farmer's Market Trip</p>	<p>23</p> <p>9:00 Grocery Shopping 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Sliced Pork 12:00 Movie: Mother's Day 12:00 Tarot Card Class 12:30 Stitch & Bitch 12:30 Bone Builders 1:00 Pool Players</p>	<p>24</p> <p>Dollar Tree & Ocean State 10:00 Tai Chi 10:00 Bone Builders 10:30 Friend's Meeting 11:15 Meditation 11:30 Chicken Tetrazzini 12:00 Fire Fighter's Ice Cream Social 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players</p>	<p>25</p> <p>9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Roast Beef 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy</p>	<p>26</p> <p>9:00 Museum of African American History 10:00 Bone Builders 11:30 Stuffed Shells 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players</p>
<p>22</p> <p>10:00 Zumba Gold 10:00 Bone Builders 11:30 Senator L'Italien MOW Breaded Chicken Bites 12:00 Special Lunch & Judy's Retirement Party 1:00 Bingo 1:00 Pool Players</p>	<p>30</p> <p>9:00 Grocery Shopping 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Tuna Salad 12:00 Movie: Hologram for a King 12:00 Tarot Card Class 12:30 Stitch & Bitch 12:30 Bone Builders 1:00 Pool Players</p>	<p>31</p> <p>10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Pasta & Meatballs 12:00 Mystery Ice Cream Trip 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players</p>	<p>Sept. 1</p> <p>9:00 Energetics Video 10:00 Coloring Club 10:15 Friend's Signing in the Rain Trip 10:30 Bone Builders 11:30 Lunch 1:00 Bingo 1:00 Mahjong 1:00 Pool Players</p>	<p>Sept. 2</p> <p>9:00 Walmart & Primos 10:00 Bone Builders 11:30 Lunch 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players</p>
<p>29</p> <p>10:00 Zumba Gold 10:00 Bone Builders 11:30 BBQ Pulled Pork 1:00 Bingo 1:00 Pool Players 2:30 Dinner Cruise</p>	<p>30</p> <p>9:00 Grocery Shopping 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Tuna Salad 12:00 Movie: Hologram for a King 12:00 Tarot Card Class 12:30 Stitch & Bitch 12:30 Bone Builders 1:00 Pool Players</p>	<p>31</p> <p>10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Pasta & Meatballs 12:00 Mystery Ice Cream Trip 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players</p>	<p>Sept. 1</p> <p>9:00 Energetics Video 10:00 Coloring Club 10:15 Friend's Signing in the Rain Trip 10:30 Bone Builders 11:30 Lunch 1:00 Bingo 1:00 Mahjong 1:00 Pool Players</p>	<p>Sept. 2</p> <p>9:00 Walmart & Primos 10:00 Bone Builders 11:30 Lunch 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players</p>



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On Going Events & Activities

Social & Educational

Beginner's Computer– Resumes in September. Call now to register for upcoming sessions. 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 & Thursdays 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 - Resumes in September
All levels welcome from the experienced to those putting on their tap shoes for the first time.

Gentle / Chair Yoga - Resumes in September
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. The instructor is off for July & August but come workout to her video at no cost.

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.

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

Billiards / Pool - Most Days at 1:00 PM (see calendar)

Featured Events

Please RSVP - Call 978-957-2611

Sodium Talk

Tuesday, August 2nd at 10:30 AM

Meet the Nutritionist from Elder Services of the Merrimack Valley and learn the truth about sodium including, current sodium recommendations, hidden sources of salt, and heart healthy eating tips. There will be Q&A time and a heart healthy snack served.

Veterans Cookout

Tuesday, August 2nd at 12:00 PM

Sponsored by the Dracut Police Association

Open to veterans, their families, and those interested in veteran's affairs, this cookout will have special guests Officer Coleman and Viper of Dracut's K9 unit! Please RSVP so we can plan accordingly.

August Movies with Air Conditioning

Tuesdays, Lunch 11:30 AM, Movie 12:00 PM

9th - Eye in the Sky Rated: R

Helen Mirren plays a UK commander stopping terrorists in Kenya. Heavy subject matter, focused on the moral/political implications of modern warfare.

16th - Big Fat Greek Wedding 1 & 2

It is a movie marathon! We will be showing both Big Fat Greek Wedding movies in one day starting at 9:30 AM with the original movie phenomenon accompanied by fresh fruit and pastries. Then, we will break for intermission and lunch which is roast turkey. Movie #2 will start at the normal 12:00 PM.

23rd - Mother's Day Rated: PG 13

Comedy about three generations coming together around Mother's Day. Stars Jennifer Anderson, Kate Hudson and Julia Roberts.

30th - Hologram for a King Rated: PG

Tom Hanks plays a failed businessman who travels to Saudi Arabia to try to sell his idea to a wealthy king.

Tarot Card Reading Class

Tuesdays, Aug. 16th to Sept. 6th at 12:00 PM

This is a 4 week class, "Learning the Tarot" is great fun for both the beginner and those looking to go back to the basics. Where you are in life is a direct result of your past decisions. If you are not happy with where you are, learning to make better decisions will help! The cards are a divination tool, providing guidance you can use to advise your family, friends and gain insights for yourself. We will begin doing basic readings the very first class. Bring your Tarot cards and a 3-ring binder/notebook. Need Tarot cards? "The Rider Deck" or Rider-Waite Tarot deck is recommended. (Available at Walmart for around \$18.) Class cost: \$45/per person with a portion of the fee donated to The Friends of the Dracut Elderly.

Featured Excursions

Pick-ups begin at 9:00 AM unless otherwise noted.
 Bus fare - \$5 round trip for the following trips unless noted.
 Sign-ups for the following trips open Monday, August 1st.

- Mystery Ice Cream Trips - 10th, 17th & 31st** Bus Fare: \$2
- Wednesday, August 3rd - Walmart & Dracut House** Bus \$2
- Friday, August 5th - Rose Kennedy Greenway & Carousel**
 Beautiful park in Boston along the water. Free Carousel Admission. Lunch & shopping on your own at Fanuel Hall. Bus will bring you from greenway to Fanuel Hall.
- Friday, August 12th - Garden in the Woods**
 Two miles of path through native New England plants set in a naturalistic environment. Great photo opportunities and a garden shop. Mobility concerns? Call us and we will work to set up arrangements with garden staff. Pack a lunch (we will provide a cooler) or order a boxed lunch for \$10.50 (see COA staff). Free Admission.
- Monday, August 15th - Billerica Farmer's Market**
 Home Pick-ups begin around 3:00 PM. Bus fare \$3
- Friday, August 19th - Institute of Contemporary Art**
 If you are looking for varied, interesting, and thought provoking, this museum is for you. Lunch will be at the nearby Lobster Co. restaurant. Free Admission. Home pick-ups begin at 8:30 AM
- Sunday, August 21st - Acton Farmer's Market**
 Home Pick-ups begin at 9:30 AM. Bus fare \$3
- Wednesday, August 24th - Dollar Tree/Ocean State Job Lot**
 Quick shopping before lunch and ice cream social. Home pick-ups begin at 8:30 AM.
- Friday, August 26th - Museum of African American History.** Walking trail including a restored African American meeting house, the oldest black church in the US. Free Admission.
- Monday, August 29th - Lake Winnepesaukee Cruise**
 Sunset dinner cruise aboard the M/S Mount Washington. Enjoy a dinner buffet and dance to the oldies. Visit nearby shops prior to cruise. Cruise costs \$40. Sign ups open as long as there is both room on the buses and cruise tickets available. Pre-payment required (cash only). Home pick-ups 2:30 PM
- Wednesday, September 2nd - Walmart & Primos** Bus \$2

Upcoming Trips

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

- Friday 9th Bridge of Flowers & Glacial Potholes
- Monday 12th Billerica Farmer's Market
- Friday 16th Nashoba Valley Winery
- Friday 23rd Amherst Street Shopping & Applebee's
- Sunday 25th Acton Farmer's Market

Dracut COA Buses

Phyllis Notini, Transportation Coordinator
 Email TBD

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 Emond

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

THIS SPACE IS
AVAILABLE



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