

July 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
July 11th & 25th until 6:00 PM

Dracut Veterans Services

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

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Dispatcher

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

Anna Collupy

Featured Events

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

Saja Farms COA Visits

Mondays from 9:30 AM to 12:00 PM starting July 11th

Caroline Zuk from Saja Farms is returning with her delicious produce each Monday until harvest's end (September/October). Saja Farm's weekly visit is to provide a convenient service for our seniors. It is not a designated "farmer's market," therefore farmer's market coupons are not accepted. However, produce is priced 10% less than market rate and cash, check, and credit cards are accepted.

Decluttering & Downsizing Workshop

Wednesday, July 13th at 10:30 AM

Thinking about downsizing? Wondering where to begin and how to get top dollar for your home? Join Jennifer St. Onge and Robyn Renahan from Keller Williams Realty for tips to get you started. Jenn and Robyn are expert move managers and real estate agents who specialize in helping older adults transition from the family home to a smaller home, condo, senior community or assisted living. Even if you aren't ready to make a move, come for tips and suggestions that you can implement gradually so you will be ready when the time comes. A floral arrangement from Methuen Flowers will be given as a door prize.

Senior Entertainment Show

Wednesday, July 20th at 12:00 PM

Join us for this year's show, "A Tropical Christmas in July". Afternoon entertainment will be complemented by a Pannini lunch with soup and salad, cheesecake and cookies. There is no charge for the talent show. Lunch is a suggested donation of \$4. **Talent Wanted:** Do you, a friend, spouse, neighbor, sibling or anyone else you know who is 60 years old or older, have a talent they would entertain us with? We know there's lots of talent out there.... sing, dance, tell jokes, juggle, whatever! Don't be shy its all just for fun. Reservations are required to attend the event and/or show off your talent. Contact Donna at 978-957-2611.

Board Game Day with Strawberry Shortcake

Wednesday, July 27th at 11:00 AM

A variety of board games will be available before and after lunch or come just to play cards. Dessert will be served around 12:00 PM.

Director's Messages

Calling All Knitters and Crafters - We are looking for knitters and crafters to make items for the Friends to sell/raffle at Old Home Day on September 10th. Donations accepted until September 7th. Proceeds will help the Friends who support so many of our Senior Center activities.

Professional Services

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

SHINE

Wednesday, July 13th

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

Call for an 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, July 18th 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, July 25th 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, July 18th 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

Thursday, July 28th 11 AM to 1 PM

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



**Recovery for total knee replacement...
go right home or go to rehab?**

Patients who choose at-home physical therapy instead of in-patient rehabilitation after knee replacement surgery do just as well when it comes to complications, long-term pain management and movement recovery, new research indicates. Based on these findings, doctors are encouraging more patients to consider going home so they can receive their aftercare in a home environment instead of at an in-patient rehab facility. Many patients may also feel more comfortable in a familiar home setting during their recovery.

The study was sparked by a growing tendency to send knee surgery patients directly home from the hospital, rather than to a rehab center, but making sure they would do just as well at home. To date, only a handful of small studies have explored the issue and the trend has been driven, in part, by a growing reluctance from private insurance companies and Medicare to cover the cost of in-patient rehab expenses.

The standard recovery time for knee replacement surgery can run anywhere from two to four months. Typically, patients assigned for in-patient rehab care stay one to two weeks, receiving physical therapy roughly six days per week, sometimes followed by in-home or outpatient care after they return home. By comparison, those sent directly home are generally visited by a home-care physical therapist three days per week for up to six weeks.

The current comparative analysis involved more than 2,400 patients who'd had knee replacement surgery and their average age was 66. Almost 90 percent had undergone knee replacement as a result of debilitating osteoarthritis. All patients completed multiple surveys: a pain and function survey prior to surgery; a complication survey six months following surgery; and another pain and function survey two years out. No difference was seen between the two groups at the six month post-surgery mark in terms of infection risk, knee stiffness or other complications. Nor was any difference seen two years out in terms of progress made, pain experienced or ability to move.

The study findings indicate that patients who go straight home do as well as those who go to an in-patient rehab facility. The study also found that patients who were sent to a "skilled nursing facility" fared just as well two years out as those who had been sent to a standard in-patient rehab center. But in the real world, overall, the persons sent for in-patient rehab are usually the ones who really need it. That would tend to be an older person, someone who is very frail, or lives alone without added social support. It's obviously much cheaper to be cared for at home, but ideally, further research would try to identify the key patient characteristics that suggest specifically who would actually benefit most from rehab and who would do just as well going home.

If replacement surgery is in your future, don't forget to utilize our medical equipment loan program for your rehab needs!

Friends of the Dracut Elderly

No July Meeting
See you Wednesday, August 24th at 10:30 AM

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. Bus will leave the center at 10:00 AM and return at approximately 5:00 PM. Special price of \$75 includes transportation from center, lobsterbake and show, and tips/gratuities. This is a discounted price. For this reason, the trip is only offered to Friends Members. Not a member? Don't fret. Membership is only \$3 for the year! Limited tickets still available! Call Carol at 978-957-5527.

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. Tickets go on sale August 1st at 10:00 AM.

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. For more information, call Carol at 978-957-5527. Sign-ups are open.

2016 Friend's Foxwood Trips

Cost is \$30. Contact Carol at 978-957-5527 for details!

July 15 th	August 19 th
September 23 rd	November 2 nd

Spring 2016 120 Club Raffle Wrap Up

For our third go around a total of 55 tickets were sold, barely breaking even! Next time tell your friends because the last 120 Club round raised over \$700. Let's get back to making money! Still exciting, especially for the winners:

\$20 Winners - Edward Jasmin	Estelle Burgess
Jeanne Bouchard	Kathy Gosselin
Normand Bilodeau	Claudette Cole
Collette & Maria	Peggy Masse
Jeannette Chandonnet	Denny DeLuca

\$100 Winner - Maria & Ray

\$200 Winner - Dan Grieb

\$500 Winner - Jim Brown & Carol Gavriel

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 Meetings in July or August.

See you back Wednesday, September 14th for our first meeting of the Fall.

Wish List

- **Floral Pattern Napkins**
- **Patriotic Napkins**
- Paper Towels & Tissues
- Regular & Decaf Coffee (large cans)
- **Tub Benches**
- Transport Chairs
- Shower Chairs
- **Tea Pots / Tea Cups / Saucers**
- Bottles of Soda / Water
- Tea Bags
- Hard Candy
- Happy Birthday Decorations
- Air Fresheners (spray cans)
- **Board Games**

Thank You

Robert & Jan Bjorkman - Transport Chair & Walker

Yvette Beaudoin - Batteries & Plates

Kristina Ives - Transport Chair & Commode

Raymond Carignan - Tea Bags

Edward Cirmella - Travel Walker

Denise Belleville - Rollator, Wheelchair, Shower Benches, & Tea Cups

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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AVAILABLE**

July 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
June 27 10:00 Zumba Gold 10:00 Bone Builders 11:30 Senator L'italien 11:30 Pasta & Meatballs 1:00 Grief Group 1:00 Bingo 4 to 6 Center Open Late	June 28 9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Sliced Pork 12:00 Movie: Joy 12:00 Numerology 12:30 Stitch & Bitch 12:30 Bone Builders	June 29 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Oriental Chicken 12:00 Ice Cream Trip 12:00 Art Class 1:00 Bone Builders	June 30 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Baked Salmon 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	1 9:00 Sports Museum & Cheesecake Factory 10:00 Bone Builders 11:30 Egg Salad 12:00 Cribbage 12:30 Bone Builders
4  Happy 4th! Center Closed	5 9:00 Grocery Shopping 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Hamburger 12:00 Movie: Danish Girl 12:30 Stitch & Bitch 12:30 Bone Builders	6 Walmart & Heritage Ice Cream 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Lunch Special sausage/peppers/onions 12:00 Art Class 1:00 Bone Builders	7 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Orange Chicken 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	Museum of Fine Arts 8 9:00 Bone Builders 10:00 Stuffed Shells 11:30 Cribbage 12:30 Bone Builders

<p>11</p> <p>Saja Farms 9:30 Zumba Gold 10:00 Bone Builders 10:00 LS Hot Dog 1:00 Bingo Center Open Late</p>	<p>12</p> <p>9:00 Grocery Shopping 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:00 Physic Ability 11:30 Spinach Frittata 12:00 Movie: Whisky Tango Foxtrot 12:30 Stitch & Bitch 12:30 Bone Builders</p>	<p>13</p> <p>Laudi's Breakfast Trip 8:30 SHINE 9:30 Tai Chi 10:00 Bone Builders 10:30 De-Clutter Talk 11:15 Meditation 11:30 Chicken Salad 12:00 Mystery Ice Cream Trip 12:00 Art Class 1:00 Bone Builders</p>	<p>14</p> <p>9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Cheese Lasagna 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>15</p> <p>Friend's Foxwoods 9:00 Larz Anderson Car Museum 10:00 Bone Builders 11:30 Potato Crunch Fish 12:00 Cribbage 12:30 Bone Builders</p>
<p>18</p> <p>Saja Farms 9:30 Zumba Gold 10:00 Bone Builders 10:00 Hearing Screenings 10:30 Rep. Garry 11:30 Breaded Chicken 1:00 Bingo</p>	<p>19</p> <p>9:00 Grocery Shopping 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Baked Scrod 12:00 Movie: Hail, Caesar 12:30 Stitch & Bitch 12:30 Bone Builders</p>	<p>20</p> <p>Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Sweet & Sour Meatballs 12:00 Talent Show 12:00 Art Class 1:00 Bone Builders</p>	<p>21</p> <p>9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Yankee Pot Roast Birthday Cake 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>22</p> <p>Boston Harbor George's Island 9:00 Bone Builders 10:00 Bone Builders 11:30 Eggplant Parmesan 12:00 Cribbage 12:30 Bone Builders</p>
<p>25</p> <p>Saja Farms 9:30 Zumba Gold 10:00 Bone Builders 10:00 Senator L'Italian 11:30 Meatloaf 1:00 Bingo Center Open Late</p>	<p>26</p> <p>9:00 Grocery Shopping 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:00 Tarot Card Readings 11:30 Chicken Caesar Salad 12:00 Movie: Miracles From Heaven 12:30 Stitch & Bitch 12:30 Bone Builders</p>	<p>27</p> <p>Tai Chi 10:00 Bone Builders 10:00 Board Game Day 11:00 Meditation 11:15 Baked Salmon 11:30 Strawberry Shortcake 12:00 Art Class 1:00 Bone Builders</p>	<p>28</p> <p>9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:00 Podiatry 11:30 Chicken Drumstick 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>29</p> <p>Battle Ship Cove 9:00 Bone Builders 10:00 Bone Builders 11:30 Macaroni & Cheese 12:00 Cribbage 12:30 Bone Builders</p>



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On Going Events & Activities

Social & Educational

Beginner's Computer– Resumes in September
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 & 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
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

Featured Events

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

"Everyone has Psychic Ability"

Tuesday, July 12th at 12:00 PM

Have you ever had a weird or unusual feeling or idea and then it came to pass? Ever seen a spirit or a ghost? Well, you're not alone! Let's talk about this very intriguing subject, share some stories and even do a little ESP test to see how psychic "you" are. Workshop lead by Joan of Intuitive Body & Soul. Fee: \$10.00/per person (\$2 per attendee benefits the Friends of the Dracut Elderly)

Tarot Card Mini Readings

Tuesday, July 26th from 11 AM to 1 PM

Experience a private, 10 minute, Tarot Card reading by Joan of Intuitive Body & Soul. Feel free to bring questions, pictures and recording devices. Pre-registration is required. Fee: \$15.00/per person \$10/ Seniors (\$2 per reading benefits the Friends of the Dracut Elderly)

Veterans Cookout

Tuesday, August 2nd at 12:00 PM

There is no Veteran's Breakfast in July but save the date for our August Cookout! The Cookout is open to veterans, their families, and those interested in veteran's affairs. Sign up open for the Cookout on Friday, July 1st.

Opioid Misuse and its affect on Seniors

Tuesday, August 9th at 10:00 AM

Save the date! Middlesex District Attorney Marian Ryan developed a safety program for seniors to raise awareness about opioids, specifically how opioid misuse is directly impacting seniors and loved ones.

July Movies with Air Conditioning

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

5th - *The Danish Girl* Rated: R

A love story loosely inspired by artists Lili Elbe and Gerda Wegener whose marriage evolved through Lili's journey as a transgender pioneer.

12th - *Whisky Tango Foxtrot* Rated: R

Tina Fey plays a journalist who takes an assignment covering the war in Afghanistan.

19th - *Hail, Caesar* Rated: PG 13

George Clooney plays a missing actor in 1950s Hollywood. Co-stars include Scarlett Johansson, Jonah Hill, and Channing Tatum.

26th - *Miracles from Haven* Rated: PG

Based on a true story, Jennifer Garner plays a mother with a chronically ill daughter who is miraculously cured after a fall.

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 Friday, July 1st.

Mystery Ice Cream Trips - 13th & 27th Bus Fare: \$2

Friday, July 1st - Sports Museum & Cheesecake Factory
 Museum dedicated to New England sports. It is located in the Boston Garden and boasts a spectacular view of the banners hanging from the ceiling. The sports shop will also be open. Free admission for the museum.

Wednesday, July 6th - Walmart & Heritage Bus Fare: \$2

Friday, July 8th - Museum of Fine Arts, Boston
 Everyone loved this trip last year. Getting in early to beat crowds worked well. Lunch will be at the museum. Free Admission. Home pick-ups begin at 8:00 AM

Wednesday, July 13th - Breakfast at Laudi's Bus Fare: \$2
 Thank you to Down Town Page for this free breakfast.

Friday, July 15th - Larz Anderson Car Museum
 Tour "America's oldest car collection" located on the grounds of a mansion. Collection includes several classic and newer Porches. Free Admission. Lunch TBD.

Friday, July 22nd - George's Island, Boston Harbor
 We will take the Ferry to this National Park with beautiful views and a Civil War era fort to explore. Pack a lunch or purchase from the island's snack bar. Feel free to bring a beach/camping chair to chill by the water. Free ferry ride and no island admission. Home Pick-ups begin at 7:30 AM

Friday, July 29th - Battle Ship Cove, Fall River
 This museum has four ships preserved for you to tour including a battleship, destroyer, and sub. There is also a small museum with PT boats. Experience lunch as a sailor as we visit the snack bar on one of the ships. Free Admission.

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.

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 (\$50 for those under 60). Sign ups open 7/1 and are open until 7/22 or until full. Pre-payment required (cash only). Home pick-ups 2:30 PM

Upcoming Trips

Reservations open Monday, August 1st and accepted until full.

- Mystery Ice Cream Trips** 10th, 17th & 31st
- August 12th** Garden in the Woods (Free Admission)
 - August 19th** Institute of Contemporary Art (Free Admission)
 - August 24th** Dollar Tree & Ocean State Job Lot
 - August 26th** Museum of African American History (Free A.)

Dracut COA Buses

COA Dispatcher

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 (Nashua), Saint Joseph's (Nashua), Parkland Outpatient Center (Pelham).

Bus Fare Greater Nashua \$10 round trip

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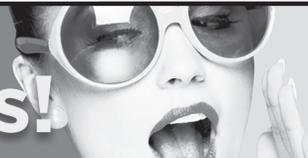
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