



June 2016

# 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  
June 13<sup>th</sup> & 27<sup>th</sup> until 6:00 PM

## Dracut Veterans Services

Rebecca Ferreira, VSO  
[rferreira@dracutma.gov](mailto:rferreira@dracutma.gov)  
978-856-5007

## Council on Aging Staff

### **Executive Director**

Bethany Loveless  
[bloveless@dracutma.gov](mailto:bloveless@dracutma.gov)

### **Activities & Volunteer Coordinator**

Judy Gilbert  
[jgilbert@dracutma.gov](mailto:jgilbert@dracutma.gov)

### **Social Services Coordinator**

Donna Houston  
[dhouston@dracutma.gov](mailto:dhouston@dracutma.gov)

### **Clerk/Bookkeeper**

Pat Cahill  
[pcahill@dracutma.gov](mailto:pcahill@dracutma.gov)

### **Dispatcher**

To Be Determined

**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

### **Red Cross Blood Drive**

**Friday, June 17<sup>th</sup> from 9:00 AM to 2:00 PM**

For an appointment please call 1-800-Red-Cross, sponsor code DCOA.

### **Father's Day Cookout & Lawn Games**

**Tuesday, June 21<sup>st</sup> at 12:00 PM**

Did you know that the Senior Center has a back yard? Better yet, it is shaded! So, to celebrate Father's Day we will be having a cookout (eating in the dining room) and then play some lawn games like cornhole, a bean bag toss game, for prizes. All are welcome, not just dads. The cookout menu will be burgers and dogs, potato salad, baked beans, corn on the cob, watermelon and lemonade. Suggested donation for lunch \$4. No cost to participate in the games.

### **Talking to Your Doctor:**

### **Taking an Active Role in Your Healthcare**

**Tuesday, June 14<sup>th</sup> at 12:30 PM**

How well you and your doctor talk to each other is one of the most important parts of getting good health care. Attend this presentation to learn just how important your relationship with your doctor is and tips on how to make communicating better.

### **Mass Bar Association Presentation**

**Monday, June 13<sup>th</sup> at 10:00 AM**

Join Attorney Robert Ford of North Andover for an overview and question and answer period of issues affecting you. He specializes in estate planning, elder law, real estate, and probate.

**Save the Date: Talent Show July 20<sup>th</sup> Performers Needed!**

## Director's Messages

**Dracut Senior Center in area code 617?** - Wondering why you receive COA messages from area code 617? Don't worry, I have not moved my office to Boston. Rather, the company we use for our activity tracking (aka the sign in computer) is out of Boston. The ability to auto call a group of people such as the Friends members, or veteran's breakfast attendees, is just part of how this program helps us to serve you. It is my message calling, but from their 617 number.

**COA Board Members Wanted** - The COA Board is looking for new members, people who care about the Senior Center and want to help advocate for us and help in planning. Meetings are the third Wednesday of the month at 2:30 PM. See staff if you are interested.

## Professional Services

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

### SHINE

**Wednesday, June 15<sup>th</sup>**

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 in applying for Fuel Assistance.

### Representative Colleen Garry Monday, June 20<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, June 27<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 RN Nancy Harding, for blood pressure and/or blood sugar checks, weight monitoring and general consultations. 100% of donations received for this service support Circle Home.

### Hearing Screenings

**Monday, June 13<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)

**Scam Alert!** Some seniors in MA have been receiving letters requesting monetary contributions to either lobby to help "Save Social Security" or "Save the Seniors Center". These scam letters are several pages long and look real official. Some come in envelopes labeled "URGENT". Many also come including an envelope for you to use to send in your check. Here is a sure fire way to know it is a scam. It is from Seniors Center not Senior Center. If senior is plural it is a scam! Any mail or phone call you are unsure about, take it to us. We'll help you figure it out.

### Massachusetts Senior Legal Helpline 1-866-778-0939

Do You Need Help Applying for Legal Services?



The Helpline provides assistance to Massachusetts senior citizens (60 years or older) applying for free legal help. Call to complete an intake if you need legal help in one of the following areas:

- Executing advance directives & simple wills
- Foreclosures
- Bankruptcy
- Evictions
- Landlord/Tenant
- Utilities
- Family law
- Social Security/SSI
- Veterans Benefits
- Mass Health
- Medicare
- Consumer issues
- Public Benefits
- Unemployment
- Nursing Homes

The Legal Helpline will screen you, the elder caller, for eligibility. If you are not eligible for free direct representation, they may be able to give you advice or reduced fee referrals. If you get their voicemail, please leave your name, telephone number and the town where you reside for a call back. They do provide interpretation services in many languages. The Massachusetts Senior Legal Helpline is a collaboration between the Massachusetts Association of Councils on Aging, the Legal Advocacy & Resource Center and Community Legal Aid with funding from the Massachusetts Executive Office of Elder Affairs.

### Other agencies that may be of help to you are:

|                                               |              |
|-----------------------------------------------|--------------|
| Merrimack Valley-North Shore Legal Services   | 800-336-2262 |
| Disability Law Center                         | 800-872-9992 |
| Mental Health Legal Advisors Committee        | 800-342-9092 |
| Middlesex County Bar Assoc., Referral Service | 781-939-2797 |

## Friends of the Dracut Elderly

**Next Meeting Open to All  
Wednesday, June 15<sup>th</sup> at 9:00 AM**

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

**Wednesday, August 10<sup>th</sup> departing at 10:00 AM**

What a fabulous summer trip we have planned! The Lobsterbake itself would be enough to drive to Maine. Your meal includes a whole boiled 1 1/4 pound lobster, clam chowder, fresh steamed mussels, fresh Maine clams, Corn-on-the-cob, potatoes & onions, blueberry cake, rolls, butter, & beverage. A 1/2 BBQ chicken is available as a lobster alternative. In addition to all that fresh seafood we will be entertained by Michael Minor. He is a singer, comedian, ventriloquist, and celebrity impressionist. A Best of Times show. 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, all tips and gratuities!! This is a discounted price for this trip. For this reason, the trip is only offered to Friends Members. Not a member? Don't fret. Membership is only \$3 for the year! Tickets go on sale Monday, June 6<sup>th</sup> at 10:00 AM.

**Atlantic City Trip  
October 2<sup>nd</sup> to the 5<sup>th</sup>, 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)
- \$75.00 Slot Play Bonus
- Baggage Handling (1 suitcase per person)
- Drivers gratuities
- Donation to Friends

For more information, call Carol at 978-957-5527

Sign-ups are open. \$100 deposit required. Make check payable to Buckingham Bus Co.

**2016 Friend's Foxwood Trips**

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

June 17<sup>th</sup> - Limited spaces left

July 15<sup>th</sup> - Sign-ups Open June 17<sup>th</sup>

August 19<sup>th</sup>

September 23<sup>rd</sup>

November 2<sup>nd</sup>

## 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, June 8<sup>th</sup>**

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

June 8<sup>th</sup> is the last meeting before the summer break, See you back on Wednesday, September 14<sup>th</sup> for our first meeting of the Fall.

### *Wish List*

- **Floral Pattern Napkins**
- **Patriotic Napkins**
- Paper Towels & Tissues
- **Tub Benches**
- Transport Chairs
- **2 Pound Weights for Bone Builders**
- Shower Chairs
- Bottles of Soda / Water
- **Tea Cups, Saucers, Tea Pots (for grandparent's tea on 9/18)**

### *Thank You*

**Barbara Dickinson** - Copy Paper

**Robert Narbonne** - Yarn

**Terry Prokos** - Medical Equipment

**Paul Phillips** - Shower Chair & Walker

**Joe Thornton** - Shower Chair & Commode

**Normand Bilodeau** - 3 Boxes of Tissues

**Betty Prokos** - Medical Equipment

**Jim Spanos** - New Commode

**Sylvia Robinson** - Shower Chair

### **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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BUSINESS A SECRET!**  
Sponsor this newsletter today!!!  
Call Today  
800-477-4574

**THIS SPACE IS  
AVAILABLE**

## June 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                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>May 30</b><br>Come see us in the Parade!<br>                                          | <b>May 31</b><br>9:00 Grocery Shopping<br>9:00 Energetics<br>10:00 Coloring Club<br>10:30 Bone Builders<br>10:30 Senior Tap<br>11:30 Chicken Salad Sandwich<br>12:00 <b>Movie: Brooklyn</b><br>12:30 Stitch & Bitch<br>12:30 Bone Builders                     | 9:00 <b>Gino's Breakfast Trip 1</b><br>10:00 Tai Chi<br>10:00 Bone Builders<br>11:15 Meditation<br>11:30 Hamburger<br>12:00 <b>Legacies Ceremony</b><br>12:00 Art Class<br>1:00 Bone Builders | <b>2</b><br>9:00 Energetics<br>10:00 Coloring Club<br>10:30 Bone Builders<br>11:30 Chicken Parmesan<br>1:00 Bingo<br>1:00 Mahjong<br>1:30 Nurse Nancy                           | <b>3</b><br>9:00 <b>Walmart &amp; Mama's</b><br>10:00 Bone Builders<br>11:30 Tomato & Onion Frittata<br>12:00 Cribbage<br>12:30 Bone Builders<br><br><b>Sunday 5<sup>th</sup></b><br>Friends Bus Trip<br><i>Let It Be</i> |
| <b>6</b><br>10:00 Zumba Gold<br>10:00 Bone Builders<br>11:30 Turkey Divan<br>1:00 <b>Grief Group</b><br>1:00 Bingo<br>7:30 <b>Annual Town Meeting</b><br><b>At Dracut HS</b> | <b>7</b><br>9:00 Grocery Shopping<br>9:00 <b>Veterans Breakfast</b><br>9:00 Energetics<br>10:00 <b>Senior Whole Health</b><br>10:00 Coloring Club<br>10:30 Bone Builders<br>10:30 Senior Tap<br>11:30 Baked Ham<br>12:30 Stitch & Bitch<br>12:30 Bone Builders | <b>8</b><br>10:00 Tai Chi<br>10:00 Bone Builders<br>11:15 Meditation<br>11:30 Chicken Drum Sticks<br>12:00 Art Class<br>1:00 Bone Builders<br>1:00 <b>Senior Club Meeting</b>                 | <b>9</b><br>9:00 Energetics<br>10:00 Coloring Club<br>10:30 Bone Builders<br>11:00 <b>Library Listeners</b><br>11:30 Meatloaf<br>1:00 Bingo<br>1:00 Mahjong<br>1:30 Nurse Nancy | <b>10</b><br>9:00 <b>Southwick Zoo</b><br>10:00 Bone Builders<br>11:30 Macaroni & Cheese<br>12:00 <b>Pool Tournament</b><br>12:00 Cribbage<br>12:30 Bone Builders                                                         |

|                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                        |                                                                                                                                                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>10:00 Zumba Gold<br/>10:00 <b>Mass Bar Assoc. Talk</b><br/>10:00 Bone Builders<br/>10:00 <b>Hearing Screenings</b><br/>11:30 Baked Chicken<br/>1:00 <b>Grief Group</b><br/>1:00 Bingo<br/>4 to 6 <b>Center Open Late</b></p> | <p>9:00 Grocery Shopping<br/>9:00 Energetics<br/>10:00 Coloring Club<br/>10:30 Bone Builders<br/>10:30 Senior Tap<br/>11:00 <b>Tarot Card Reading</b><br/>11:30 Tuna Salad<br/>12:30 Stitch &amp; Bitch<br/>12:30 Bone Builders<br/>12:30 <b>Talking to Your Doctor</b></p>              | <p>9:00 <b>Friend's Meeting</b><br/><b>SHINE</b><br/>9:30 Tai Chi<br/>10:00 Bone Builders<br/>10:00 Meditation<br/>11:15 <b>Lunch Special</b><br/>11:30 Sliced Roast Beef<br/><b>Ice Cream Trip</b><br/>12:00 Art Class<br/>1:00 Bone Builders<br/>2:00 <b>Library Listeners</b><br/>2:30 <b>COA Board Meeting</b></p> | <p>9:00 Energetics<br/>10:00 Coloring Club<br/>10:30 Bone Builders<br/>11:30 LS Hot Dog<br/>1:00 Bingo<br/>1:00 Mahjong<br/>1:30 Nurse Nancy</p>                                       | <p><b>17</b><br/><b>Friend's Foxwoods</b><br/>9 - 2 <b>Red Cross</b><br/><b>Blood Drive</b><br/><b>Target &amp; Good Thymes</b><br/>9:00 Bone Builders<br/>10:00 <b>Library Listeners</b><br/>11:30 Eggplant Parmesan<br/>12:00 Cribbage<br/>12:30 Bone Builders</p> |
| <p>10:00 Zumba Gold<br/>10:00 Bone Builders<br/>10:30 <b>Rep. Garry</b><br/>11:30 BBQ Pork Patty<br/>1:00 <b>Grief Group</b><br/>1:00 Bingo</p>                                                                                 | <p>9:00 Grocery Shopping<br/>9:00 Energetics<br/>10:00 Coloring Club<br/>10:30 Bone Builders<br/>10:30 Senior Tap<br/>MOW Roast Turkey<br/>12:00 <b>Father's Day Cookout &amp; Lawn Games</b><br/>12:30 Stitch &amp; Bitch<br/>12:30 Bone Builders<br/>2:00 <b>Library Listeners</b></p> | <p>9:00 <b>Hampton Trip</b><br/>10:00 Tai Chi<br/>10:00 Bone Builders<br/>11:15 Meditation<br/>11:30 Cheese Lasagna<br/>12:00 Art Class<br/>1:00 Bone Builders</p>                                                                                                                                                     | <p>9:00 Energetics<br/>10:00 Coloring Club<br/>10:30 Bone Builders<br/>11:00 <b>Library Listeners</b><br/>11:30 Greek Chicken<br/>1:00 Bingo<br/>1:00 Mahjong<br/>1:30 Nurse Nancy</p> | <p><b>24</b><br/><b>Worcester Art Museum</b><br/>9:00 Bone Builders<br/>10:00 Bone Builders<br/>11:30 Fish Sticks<br/>12:00 Cribbage<br/>12:30 Bone Builders</p>                                                                                                     |
| <p>10:00 Zumba Gold<br/>10:00 Bone Builders<br/>11:30 <b>Senator L'Italian</b><br/>11:30 Pasta &amp; Meatballs<br/>1:00 <b>Grief Group</b><br/>1:00 Bingo<br/>4 to 6 <b>Center Open Late</b></p>                                | <p>9:00 Grocery Shopping<br/>9:00 Energetics<br/>10:00 Coloring Club<br/>10:30 Bone Builders<br/>10:30 Senior Tap<br/>11:30 Sliced Pork<br/>12:00 <b>Movie: Joy</b><br/>12:00 <b>Numerology</b><br/>12:30 Stitch &amp; Bitch<br/>12:30 Bone Builders</p>                                 | <p>10:00 Tai Chi<br/>10:00 Bone Builders<br/>11:15 Meditation<br/>11:30 Oriental Chicken<br/>12:00 <b>Ice Cream Trip</b><br/>12:00 Art Class<br/>1:00 Bone Builders<br/>2:00 <b>Library Listeners</b></p>                                                                                                              | <p>9:00 Energetics<br/>10:00 Coloring Club<br/>10:30 Bone Builders<br/>11:30 Baked Salmon<br/>1:00 Bingo<br/>1:00 Mahjong<br/>1:30 Nurse Nancy</p>                                     | <p><b>July 1</b><br/><b>Sports Museum &amp; Cheesecake Factory</b><br/>9:00 Bone Builders<br/>10:00 Bone Builders<br/>11:30 Egg Salad<br/>12:00 Cribbage<br/>12:30 Bone Builders</p>                                                                                 |



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For more information, please call  
**800-477-4574**

## 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.

**Library Listeners Program** - See calendar page for dates. Relax and listen to you favorite, classic entertainers such as Les Brown, Glenn Miller and the Three Tenors in our comfortable library.

### 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** - 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** - 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.

**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

### **Legacies Luncheon**

**Wednesday, June 1<sup>st</sup> at 12:00 PM**

Annual luncheon honoring Legacies Anthology contributors. *Thank you to the Friends of the Dracut Elderly for funding the luncheon. Also, thanks to the Dracut Cultural Council for their continual support for the Annual Legacies Anthology.*

### **Veterans Breakfast**

**Tuesday, June 7<sup>th</sup> at 9:00 AM**

**Sponsored by Friends of the Dracut Elderly**

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

### **Pool Tournament - All Welcome!**

**Friday, June 10<sup>th</sup> from 12:00 to 4:00 PM**

\$10 fee to participate includes pizza lunch. Prize money will be 50/50. Partners chosen at random.

### **Tarot Card Mini Readings**

**Tuesday, June 14<sup>th</sup> 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)

### **Movie, Joy**

**Tuesday, June 28<sup>th</sup> at 12:00 PM**

Rated PG-13. Based on a true story, Jennifer Lawrence plays a woman who always puts her family first. Frustrated by seeing others make money on inventions she thought of, but could not afford to manufacture, she finally has her chance to launch a product on QVC. Lunch served at 11:30 AM

### **Numerology - Life Path Workshop**

**Tuesday, June 28<sup>th</sup> at 12:00 PM**

The study of Numerology brings insight into our own subconscious. We will calculate your Growth, Maturity, and Challenge numbers and learn insight into things like your habits and quirks. Class is run by the Intuitive Body & Soul. Cost is \$5 for seniors (\$10 for non-seniors).

### **Senior Whole Health Talk**

**Tuesday, June 7<sup>th</sup> at 10:00 AM**

Senior Whole Health's mission is to maximize the quality of life, health, security and independence of their members. They help seniors understand the complex world of healthcare, help manage their care, and arrange for any needed services. Attend this presentation to see if Senior Whole Health is for you.

## 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 Wednesday, June 1<sup>st</sup>.

**Wednesday, June 1<sup>st</sup> - Free Breakfast at Gino's**

Thank you to Down Town Page for arranging this free breakfast. Bus Fare: \$2

**Friday, June 3<sup>rd</sup> - Walmart & Mama's** Bus Fare: \$2

**Friday, June 10<sup>th</sup> - Southwick Zoo, Mendon MA**

Visit the largest zoo in New England. It has over 150 types of animals including leopard, lion, tiger, cheetah, a baby Zebra just born in May, and an area to walk among the deer. There are several concession stands, and picnic lunches are permitted. We hope to have enough sign-ups to get the group rate of \$11/person. If not, the senior (62+) rate is \$18/person. Invite friends so we get the group rate!

**Wednesday, June 15<sup>th</sup> - Mystery Ice Cream** Bus Fare: \$2

**Friday, June 17<sup>th</sup> - Target & Good Thymes** Bus Fare: \$4

**Wednesday, June 22<sup>nd</sup> - A Day at Hampton Beach**

A day at the beach complete with viewing of Hampton's 16<sup>th</sup> Annual Sand Sculpture Competition. The bus will drop everyone off at the bandstand in the morning. You then have time on your own to view the sculptures, sit on the beach, shop the stores, and eat lunch at a concession stand/restaurant of your choosing. The bus will then meet everyone back at the bandstand at 2:00 PM to return to Dracut.

**Friday, June 24<sup>th</sup> - Worcester Art Museum**

From the whimsical, cat inspired exhibit, Meow, to the photography exhibit documenting the conflict in Yugoslavia, this museum has a wide range of experiences. Additionally, this museum houses the armor originally displayed in the former Higgins Armory. Lunch is TBD. Free Admission.

**Wednesday, June 29<sup>th</sup> - Mystery Ice Cream** Bus Fare: \$2

**Friday, July 1<sup>st</sup> - The Sports Museum**

"Celebrating the character of Boston Sports." This museum is housed in the Boston Garden. Among the memorabilia, there is a unique view overlooking the banners hanging from the ceiling over the Garden's floor. Lunch will be at The Cheesecake Factory in Burlington. Free Admission.

## Upcoming Trips

Reservations for the below July trips open Friday, July 1<sup>st</sup> and are accepted until the trip fills.

- Wednesday 6<sup>th</sup>** Walmart & Heritage Ice Cream
- Friday 8<sup>th</sup>** Museum of Fine Arts (Free Admission)
- Wednesday 13<sup>th</sup> & 27<sup>th</sup>** Mystery Ice Cream
- Friday 15<sup>th</sup>** Larz Anderson Auto Museum and Estate
- Friday 22<sup>nd</sup>** Boston Harbor Island (George's Island)
- Friday 29<sup>th</sup>** Battle Ship Cove

## 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 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

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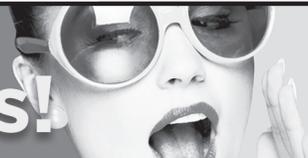
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