

September 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
September 12th & 19th until 6:00 PM

Dracut Veterans Services

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lgabrila@dracutma.gov
978-856-5007

Council on Aging Staff

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Bus Drivers

Anita Chartier Louanne Brady
Dee Dee Idrais Russ LaHasie

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 To RSVP Call 978-957-2611

Tea Tastings & Travel Tales

Tuesday, September 20th at 12:00 PM

Tea is the fastest growing beverage in the world. Let's sit and sip three different types of tea as Danielle Beaudette of The Cozy Tea Cart in Brookline takes us on a journey from the fields (where the teas were grown), through the production process, and into your teacup! Danielle has traveled extensively through Asia, learning first-hand about the growth and production of all types of tea, which she will share with us this afternoon. This program is brought to us from our friends at the Parker Memorial Library.

Grandparent's Tea

Sponsored by the Kiwanis Club of Greater Lowell

Sunday, September 25th at 1:00 PM

Get dressed up and bring your grandchildren/great grandchildren, great nieces/nephews (an so on) to this fun, family event. An afternoon of tea with savory and sweet snacks, entertainment, and door prizes. Cost is \$5 for a family of four or less, or \$10 for five or more. Event fee includes a professional family photo!

Senior Medicare Patrol - Protect Yourself From Medicare Fraud!

Tuesday, September 27th at 12:00 PM

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year? Patricia McMillen, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program, will be here to discuss how to prevent, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. This workshop will provide you with the tools to become a more informed and engaged health care consumer. If you cannot attend this workshop but have questions about your healthcare bills, Medicare notices, or other health insurance statements, please call the MA SMP Program office at 800-892-0890.

Volunteer Coffee Hour

Thursday, September 29th at 9:30 AM

Calling all Senior Center volunteers! This morning is a chance for our volunteers to meet Noelle, our new Activities & Volunteer Coordinator, as well as a chance for her to learn the important role each of you play in helping us serve the community. If you are not a volunteer, your chance to sit with Noelle will be the next week, October 6th at 10:00 AM.

October Fest

Friday, September 30th at 12:00 PM

Get into the spirit with an excellent afternoon of pretzels, bratwurst and other traditional October Fest foods complete with root beer floats. Dance along to polka music provided by our favorite DJ, Ray Trembaly.

Professional Services

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

SHINE

Wednesday, September 14th

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

September - Renewal Appointments

Claire Wuolle, a retired Fuel Assistance professional, schedules appointments to assist seniors with applications/renewals.

Representative Colleen Garry

Monday, September 19th 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

Thursday, September 26th 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, September 12th 10 AM to 12 PM

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

Podiatry - Footcare Focus

Monday, September 29th 10 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

Dracut Council on Aging Health Fair

Wednesday, October 12th

We are pleased to announce our 2nd Annual Health Fair! This is a great opportunity for our seniors to connect with agencies/vendors from the greater Dracut community for information and assistance. Vendors will be set up throughout the Senior Center including in our dining room, conference room, library, and downstairs (if needed), with some vendors providing a free screening or service for fair visitors, plus raffles & refreshments. Come join us and take advantage of this wonderful opportunity!

Medicare Open Enrollment is Almost Here

Do Not Ignore Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2017. During Medicare Open Enrollment (October 15 - December 7), you will have a chance to change your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment! Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. Jill O'Sullivan is the Dracut Senior Center's SHINE Counselor. To schedule a SHINE appointment, call us at 978-957-2611. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call.

Fuel Assistance Season

Beginning in August, renewal letters were sent out to fuel assistance recipients. If you need assistance filling out renewal paperwork please call us at 978-957-2611. For new fuel assistance applicants, we will offer appointments for application help starting November 1st while we continue helping with re-certifications here at our office. You can make appointments for daytime hours or take advantage of our extended hours, appointments between 4:00 PM and 6:00 PM two Mondays a month. Call and speak to Donna Houston for an appointment and more information.

Director's Messages

Thank you for helping us give Judy such a terrific send off. We look forward to our new Activities & Volunteer Coordinator, Noelle Kaelblein, starting on September 12th. We will have a formal meet and greet with her on October 6th. This will give her a few weeks to settle in. Adding to our staffing changes, Charleen Emond, our local medical bus driver, has taken a job driving for the LRTA. We are sad to lose her, yet happy for her to have this opportunity. - Happy Fall, *Bethany*

Friends of the Dracut Elderly

Next Meeting Open to All

Wednesday, September 28th at 10:30 AM

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

Yard Sale Fundraiser

**Dracut Senior Center, 951 Mammoth Road (Indoors)
October 15th & 16th**

Saturday, 8:00 AM to 2:00 PM (\$5 early bird fee, 6 - 8 AM)

Sunday, 8:00 AM to 11:00 AM (\$5 Fill-a-Bag)

The Friends will be hosting an indoor yard sale fundraiser next month in which there are multiple ways to participate:

Donate Items: Do some Fall cleaning and drop off your unwanted items for the Friends to sell and raise money to support the Senior Center's events and activities. Items should be in good, sellable condition. Drop Off Hours:

Thursday, October 13th from 3:30 to 7:00 PM

Friday, October 14th from 9:00 AM to 7:00 PM

Volunteer: Volunteers are needed to help accept/sort donations, man the sale, and clean-up. Contact Bethany to help. This is a great chance for your grandchildren to complete service hours they may need for school or church.

Sell: Rent a table and sell your own items at the sale for \$25 a space. Your own yard sale items, crafts, or new products welcome. Contact Bethany for details.

Shop: Bring friends and come shop during the hours listed above. Like to shop early to get the best selection? For a \$5 admission fee get early bird access to the sale starting at 6:00 AM on Saturday. Looking for bags full of bargains? Shop on Sunday for \$5 fill a bag (grocery bag).

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
- Round trip transportation from Dracut, MA
- \$100 Slot Play Bonus
- Baggage Handling (1 suitcase per person)
- Drivers gratuities & Donation to Friends

2016 Friend's Foxwood Trips

Cost is \$30: September 23rd & November 2nd

Save the Dates

Sign ups for below trips open on October 20th at 9 AM

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

December 4th - Salem Cross Dinner & Show, \$50

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, September 14th & 28th

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

Welcome Back Dinner Dance

Wednesday, September 21st at Pelham Inn
Hawaiian attire welcome for this event!

Wish List

- **Floral Pattern Napkins (for 9/25 event)**
- **Tea Cups & Saucers (for 9/25 event)**
- Patriotic Napkins
- Paper Towels & Tissues
- Tub Benches / Shower Chairs
- Transport Chairs / Wheel Chairs
- Cream (for coffee)
- Bottles of Soda / Water

Thank You

Special Thank You to Anna Morris for a \$75 gift to the Friends in memory of Peggy Evelyn.

Betty Ann Richardson - Old Home Day Crafts

Margaret Bedard - Old Home Day Crafts

Bennie Bonin - Board Games

Pat Russeau - Board Games

JR Hall - Board Games & Store Items

Saja Farms - Onions for Vets Cookout

Normand Bilodeau - Case of Water

Jim Martin - Organ

Henry Baissonneault - Cucumbers

Yvette Beaudoin - Books for Coloring Club

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.

September 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
Aug 29 9:30 Saja Farms 10:00 Bone Builders 11:30 BBQ Pulled Pork 1:00 Bingo 1:00 Pool Players 2:30 Dinner Cruise	Aug 30 9:00 Grocery Shopping 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Tuna Salad 12:00 Tarot Card Class 12:00 Movie: Hologram for a King 12:30 Stitch & Bitch 12:30 Bone Builders 1:00 Pool Players	Aug 31 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	1 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Baked Chicken 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy	2 9:00 Walmart & Primos 10:00 Bone Builders 11:30 Veggie Chili 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players
5  Center Closed	6 9:00 Grocery Shopping 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 10:30 Senior Tap 11:30 Hot Dog 12:00 Tarot Card Class 12:00 Movie: The Boss 12:30 Stitch & Bitch 12:30 Bone Builders 1:00 Pool Players	7 9:00 Gentle Yoga 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Chicken Mirabella 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players	8 Vote State Primary 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Beef Stew 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy	9 Bridge of Flowers 9:00 Bone Builders 10:00 Mac n' Cheese 11:30 Cribbage 12:00 Bone Builders 12:30 Pool Players 1:00 Pool Players Saturday the 10 th 9:00 Old Home Day

<p>12</p> <p>9:30 Saja Farms 10:00 Zumba Gold Free Intro Class 10:00 Bone Builders 10:00 Hearing Screenings 11:30 Swedish Meatballs 1:00 Bingo 1:00 Pool Players 3:00 Farmer's Market Trip 4 to 6 Center Open Late</p>	<p>13</p> <p>9:00 Grocery Shopping 9:00 Energetics - Elaine Back! 9:00 Vets Breakfast 10:00 Coloring Club 10:30 Bone Builders 10:30 Senior Tap 11:30 Chicken Parmesean 12:00 Movie: Money Monster 12:30 Stitch & Bitch 12:30 Bone Builders 1:00 Pool Players</p>	<p>14</p> <p>9:00 Gentle Yoga 9:00 Computer Class 9:30 SHINE 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Soy & Ginger Pork 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players 1:00 Senior Club Meeting</p>	<p>15</p> <p>9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Greek Pasta Salad 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy</p>	<p>16</p> <p>9:00 Merrimack Outlets 10:00 Bone Builders 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players</p> <p>No lunch or Meals on Wheels</p>
<p>19</p> <p>9:30 Saja Farms 10:00 Zumba Gold 10:00 Bone Builders 10:30 Rep. Garry 11:30 Chicken Drumstick 1:00 Bingo 1:00 Pool Players 3:30 Pizza & Movie: Fathers & Daughters 4 to 6 Center Open Late</p>	<p>20</p> <p>9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 10:30 Senior Tap 11:30 Salmon with Dill 12:00 Tea Tasting & Tales 12:30 Stitch & Bitch 12:30 Bone Builders 1:00 Pool Players</p>	<p>21</p> <p>9:00 Gentle Yoga 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:00 Senior Club - Dance at Pelham Inn 11:15 Meditation 11:30 Chicken Broccoli Alfredo 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players 2:30 COA Board Meeting</p>	<p>22</p> <p>9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Hamburger 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy</p>	<p>Friend's Foxwoods 23</p> <p>9:00 Amherst Street Shopping 10:00 Bone Builders 11:30 Mini Ravioli & Marinara 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players</p>
<p>Sunday 25</p> <p>9:30 Farmer's Market Trip 1:00 Grandparent's Tea</p> <hr/> <p>26</p> <p>9:30 Saja Farms 10:00 Zumba Gold 10:00 Bone Builders 11:30 Senator L'italien 11:30 Sliced Pork with Gravy 1:00 Bingo 1:00 Pool Players</p>	<p>27</p> <p>9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 10:30 Senior Tap 11:30 Chicken Caesar Salad 12:00 Senior Medicare Patrol Presentation 12:30 Stitch & Bitch 12:30 Bone Builders 1:00 Pool Players</p>	<p>28</p> <p>9:00 Gentle Yoga 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 10:30 Friend's Meeting 11:15 Meditation 11:30 Meatloaf 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players 1:00 Senior Club Meeting</p>	<p>29</p> <p>9:00 Energetics 9:30 Volunteer Coffee Hour 10:00 Coloring Club 10:00 Podiatry Appointments 10:30 Bone Builders 11:30 Veggie Frittata 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy</p>	<p>30</p> <p>9:00 Christmas Tree Shop 10:00 Bone Builders MOW Breaded Fish 12:00 October Fest 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players</p>

On Going Events & Activities

Social & Educational

Beginner's Computer- Wednesdays from 9:00 to 11:00 AM. 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 - 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.

Free Zumba Gold Intro Class on September 12th!

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

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

Featured Events

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

Veterans Breakfast

Tuesday, September 13th at 9:00 AM

Sponsored by The Friends of the Dracut Elderly
Breakfast is open to veterans, their families, and those interested in veteran's affairs. Come meet Lynette Gabrila, our new VSO! Please Note: Due to a Senior Center scheduling conflict, the October Veterans Breakfast has been moved from 10/4 to 10/18. I apologize for the inconvenience and ask you all to help me spread the word.

Old Home Day

Saturday, September 10th starting 9:00 AM

Visit both the Senior Center and Friends of the Dracut Elderly's tables with all sorts of raffles and craft items for sale. Table volunteers needed.

September Movies

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

6th - *The Boss* Rated: R

Melissa McCarthy plays a wealthy CEO sent to jail for insider trading. Once out, she stays with her former assistant and assistant's daughter. There she gets the idea to start a brownie empire.

13th - *Money Monster* Rated: R

George Clooney plays the host of a Wall Street television show who gives stock market tips. He and his producer (played by Julia Roberts) are thrust into an extreme situation when an upset viewer hijacks the show live, on-air.

Evening Pizza & Movie

Monday, September 19th at 3:30 PM

***Fathers and Daughters* Rated: R**

Did you know that twice a month Donna, our Social Services Coordinator, makes herself available for evening appointments to accommodate seniors and family members who work during the day? Since we are already open late, and people enjoyed the nights we opened for heat relief in August, we are going to try it again! Movie: Russell Crowe plays a novelist who raises his daughter alone, after his wife dies in a Car Crash. This movie jumps back and forth between the daughter's current life and her father's struggles and sacrifices to raise her. Cost \$5 per person.

Save the Dates

Pastries with Noelle

October 6th

Health Fair

October 12th

Halloween Chocolate Pops

October 11th (new date)

Veteran's Breakfast

October 18th (new date)

Harvest Ball

November 4th

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 September 1st.

Friday, September 2nd - Walmart & Primos

Friday, September 9th - Bridge of Flowers (free admission)

We will be traveling to Shelburne Falls to see this railroad bridge originally constructed in 1908. When the bridge became obsolete in 1929, a local Women's Group raised the money to transform it into one of the most interesting public gardens. This year, in addition to the bridge, we will view the nearby glacial potholes, an amazing and ancient geological phenomenon. Lunch will be on your own at the many options in walking distance to the bridge.

Monday, September 12th - Billerica Farmer's Market

Home pick-ups begin around 3:00 PM. Bus fare \$3

Friday, September 16th - Merrimack Outlets

These outlets are set up almost like street blocks with a wide walkway between store fronts with plenty of shade and benches along the way. There are lots of clothing and shoe stores mixed with some other fun stuff like Yankee Candle, Lindt, and As Seen On TV. We will eat at the food court.

Friday, September 23rd - Amherst Street Shopping

Amherst street has many of the stores you find on Daniel Webster Highway such as Michael's, Pier 1, and Dollar Tree along with additional options such as Home Goods, Big Lots, and Good Will. We will do our best to accommodate everyone's shopping requests. Lunch will be at Applebee's.

Sunday, September 25th - Acton Farmer's Market

Home pick-ups begin around 9:30 AM. Bus fare \$3

Friday, September 30th - Christmas Tree Shop

We will not be going to a restaurant to eat after shopping this trip. Instead, you have the option of going back to the Senior Center for our October Fest (see front cover). Reminder the October Fest event is a separate sign-up. If you would like to attend please let us know you are RSVPing for shopping and October Fest when you call. Home pick-ups start at 8:30 AM.

Upcoming Trips

Reservations for the below trips open
Monday, October 3rd and are accepted until the trip fills.

- Friday, October 7th** Topsfield Fair
Friday, October 14th Foliage & Hart's Turkey Farm
Friday, October 21th Budweiser Tour & The Common Man
Friday, October 28th Walmart & Mama's
Friday, November 4th Target & T Bones, Salem NH

Dracut COA Buses

Phyllis Notini, Transportation Coordinator
pnotini@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 Drivers - TBD

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