**Dracut Senior Center**  
**Newsletter**  
**July 2022**

**New Experiences • Lasting Friendships**

951 Mammoth Road, Dracut MA, 01826  978-957-2611

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**Senior Center Hours**  
Monday, Wednesday, Thursday, Friday  
8:00 AM to 4:00 PM  
Tuesday 8:00 AM to 7:00 PM

**Dracut Veterans Services**  
David Campisano  
dcampisano@dracutma.gov  
978-856-5007

**Senior Center Staff**  
**Executive Director**  
Bethany Loveless  
bloveless@dracutma.gov

**Social Services Coordinator**  
Noelle Kaelblein  
nkaelblein@dracutma.gov

**Activities & Volunteer Coordinator**  
Ann Marie Palmer  
apalmer@dracutma.gov

**Clerk/Bookkeeper**  
Virginia Lynch  
vlynch@dracutma.gov

**Transportation Coordinator**  
Debra Lasorsa  
dlasorsa@dracutma.gov

**Bus Drivers**  
In Town - Sandra Catalano  
Local Medical - Louanne Brady  
Local Medical - Jim Politi  
Distance Medical - David Myers  
Distance Medical - Vincent Maloney

**Custodian**  
Charlene Keough  
Sheila Meroth

**AgeSpan Nutrition Program**  
Meal Site Manager - TBD  
Meal Site Aid - Sheryl MacFadgen

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JOIN US FOR OUR WEEK-LONG GRAND RE-OPENING CELEBRATION  
JULY 25th - 29th

See Page 2 & 3 for the details of each day’s events.

We are so excited to welcome you back to our newly renovated space and to offer even more events and activities than ever before! We’ve missed you! Come see what’s in store!
### Grand Re-Opening Event Week

#### July 2022

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 Ribbon Cutting &amp; Speeches by Invitation Only</td>
<td>27 Info Session on Fraud Prevention Hosted by JDCU</td>
<td>28 Paint &amp; “Sip” Art Class</td>
<td>29 Lunch &amp; Live Music</td>
<td>29 Antarctica “Trip”</td>
</tr>
<tr>
<td><img src="image" alt="Ribbon Cutting" /></td>
<td><img src="image" alt="Classical Music" /></td>
<td><img src="image" alt="Fraud Prevention" /></td>
<td><img src="image" alt="Painting &amp; Sip" /></td>
<td><img src="image" alt="BBQ Time" /></td>
</tr>
<tr>
<td><img src="image" alt="Fraud Warning" /></td>
<td><img src="image" alt="Late Night Tuesday" /></td>
<td><img src="image" alt="Ice Cream Social" /></td>
<td><img src="image" alt="Antarctica Trip" /></td>
<td><img src="image" alt="BBQ Time" /></td>
</tr>
<tr>
<td>Late Night Tuesday! Classic Rock Dinner &amp; Dessert</td>
<td></td>
<td>Ice Cream Social</td>
<td></td>
<td>Antarctica “Trip”</td>
</tr>
</tbody>
</table>

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**Senior Whole Health**

A health plan for seniors 65 or older with both Medicare and MassHealth.

We're here to help

1-888-566-3526 (Toll-free) | TTY/TDD: 711
www.seniorwholehealth.com

**IAER**

Deb Forgione
Agent Partner/Broker

978-761-1395 | 978-957-1566
debforgione1@gmail.com
deboraforgione.laerrealty.com

**Edgar J. Racicot Inc. Funeral Home**

SINCE 1899

1400 Broadway Rd., Dracut, MA 01826

Daniel B. Cotnoir CFSP - Director
Veteran Owned & Operated

Telephone (978) 683-2706
www.racicotfuneralhome.com
find us on facebook
Grand Re-Opening Event Week

Ribbon Cutting Ceremony
Monday, July 25th
Sponsored by The Arbors at Dracut

Ceremony and speeches for Town Officials and Center volunteers. Invitation only.

Classic Rock Dinner Dance
Tuesday, July 26th 4:00 PM - 6:30 PM
Sponsored by Tree Top Craft Cannabis

Enjoy a down-home barbeque dinner from Whoa Nellie’s BBQ and grab a Hawaiian shaved ice snow cone from the Kona Ice Truck while enjoying some classic rock tunes performed by local musician, Bob Hand.

No cost! RSVP 978-957-2611. 
P - Please follow Party Parking Protocol

Fraud Protection Seminar
Wednesday, July 27th at 10:00 AM
Sponsored by Jeanne D’Arc Credit Union

Join us for an educational seminar on fraud protection that will bring awareness to common scams and how to protect yourself. Continental breakfast will be served. No cost! RSVP 978-957-2611.

Paint & “Sip” with Joanie
Thursday, July 28th at 11:00 AM

Join our art instructor, Joanie, for step-by-step instruction to painting your own field of tulips masterpiece. No cost, all supplies included! Snacks and non-alcoholic beverages will be served.

RSVP 978-957-2611.

Party Parking Protocol
See page 4 for details.

Grab n’ Stay Lunch with Entertainment
Thursday, July 28th at 11:30 AM

Grab n’ Go lunches will continue to be handed out on Tues., Weds., and Thurs. Starting on July 26th you may choose to grab n stay meaning eating inside the center with others. On the 28th enjoy live entertainment from local band, “The Gold Tones” during lunch. No cost! RSVP 978-957-2611.

Fire Fighters Ice Cream Social
Intergenerational Event
Thursday, July 28th 3:30 - 5:00 PM

Drop in to enjoy ice cream sundaes served by our beloved Dracut Fire Fighters. Feel free to bring your grandchildren, great grands or great nieces/nephews. With any luck we will see a fire truck close-up. No cost thanks to the Fire Fighters. RSVP 978-957-2611. 
P - Party Parking Protocol

Summer BBQ & Live Music
Friday, July 29th at 12:00 PM

Traveling Chef Summer BBQ which includes BBQ chicken breast on a bun, mac-n-cheese, coleslaw, and a berry cobbler for dessert. Listen and dance to favorite classic summer tunes. No cost thanks to AgeSpan. RSVP 978-957-2611. 
P - Party Parking Protocol

Virtual Travel to Antarctica
Friday July 29th at 1:00 PM

Cool off from the summer heat on a virtual trip to Antarctica and meet the cutest animals in the world - penguins through a live, virtually guided tour. No cost thanks to the Dracut Cultural Council.

RSVP 978-957-2611.
Current Activities

All of our current offerings will be returning to our weekly Activities Calendar:

### Daily

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Billiards</td>
<td>1:00 PM to 3:30 PM</td>
</tr>
<tr>
<td>Bone Builders classes will resume their regular schedules starting 7/26. Check with your instructor for details.</td>
<td></td>
</tr>
</tbody>
</table>

### Mondays

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dominoes</td>
<td>9:30 AM</td>
</tr>
<tr>
<td>Bingo</td>
<td>12:45 PM</td>
</tr>
<tr>
<td>Matinee Movies</td>
<td>1:00 PM (art room)</td>
</tr>
</tbody>
</table>

### Tuesdays

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laughter Circle</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Bridge</td>
<td>9:30 AM</td>
</tr>
<tr>
<td>Chat &amp; Stitch</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Walking Club</td>
<td>10:30 AM</td>
</tr>
</tbody>
</table>

### Wednesdays

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Intro Line Dancing</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Gentle Stretch</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Intermediate Line Dancing</td>
<td>9:30 AM</td>
</tr>
<tr>
<td>Blood Pressure Screenings</td>
<td>11:00 AM</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>11:00 AM</td>
</tr>
<tr>
<td>Art Classes</td>
<td>12:00 PM</td>
</tr>
<tr>
<td>Cribbage</td>
<td>1:00 PM</td>
</tr>
</tbody>
</table>

### Thursdays

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner Tai Chi</td>
<td>11:00 AM</td>
</tr>
<tr>
<td>Mahjong</td>
<td>12:00 PM</td>
</tr>
<tr>
<td>Bingo</td>
<td>12:45 PM</td>
</tr>
</tbody>
</table>

### Fridays

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone Bingo</td>
<td>12:45 PM</td>
</tr>
</tbody>
</table>

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### Party Parking Protocol

PPP means that event attendees will be entered into a raffle if they arrive at the event by walking, taking the Senior Center bus, getting dropped off by someone not attending the event, or carpooling. Carpooling means riding with someone that does not live with you.

### Nutrition or Meals

**Grab & Go Meals are back at the Senior Center starting July 12th.**

- **Days:** Tuesdays, Wednesdays & Thursdays
- **Time:** Drive up from 11:30 AM to 12:30 PM
- **Location:** Dracut Senior Center 951 Mammoth Road, Dracut
- **Meals:** Hot lunch & cold supper will be provided

Starting Tuesday, July 26th you may choose to Grab n’ Stay meaning eat inside the Senior Center.

For reservations call the Senior Center at 978-957-2611.

Thank you to AgeSpan for providing the meals.
Open House Week
Event, Activities, Tours & Door Prizes
The whole week we are celebrating the reopening of the Dracut Senior Center. In addition to the list of special events found on page 3, Tuesday through Friday is open house week to tour our building, ask questions and try out activities.
Each time you visit us during the 26th through 29th you will be entered to win our door prize raffle. We are raffling off 20, $20 Market Basket gift cards!

Open House Hours
Tuesday, July 26th 9 AM to 3 PM
Wednesday, July 27th 9 AM to 3 PM
Thursday, July 28th 9 AM to 3 PM
Friday, July 29th 9 AM to 12 PM

New Activities Coming Soon
The following will be new or updated additions to our list of programs and activities. We hope that you enjoy our expanded list of offerings that will be rolled out later this summer.

- Educational Speaker Series
- Men’s Group
- Life After Loss Support Group
- BeeYonder Virtual Travel Excursions
- Monthly Veterans Dinner
- Fix-It by Bill small repair service
- LGBTQ+ Friends Group
- Rummikub
- Meditation
- Bird Watching
- Climate Action Discussion Group
- In-Person Crafting
- Dementia Support Group
- Container Gardening
- Community Service Projects
- Pen-Pals Program
- Matter of Balance
- Book Club

Partnering with the YMCA
We are excited to expand our fitness offerings through our new partnership with the Greater Lowell YMCA.

Stop by during our Open House Week, July 26th - 29th, to meet the instructors or drop in to try a class at no cost!

We will be offering the following classes led by the Y’s expert instructors.

**EnhancedFitness with Paula**
**Mon., Wed., Fri. at 2:00 PM**
EnhancedFitness is an evidenced based fitness program incorporating cardiovascular and strength exercises followed by stretching done on or around a supportive chair to promote longevity in our daily lives.

**Gentle & Chair Yoga with Sheila**
**Wednesdays at 12:00 PM**
Chair yoga is a form of yoga done on or around a supportive chair proven to have many health benefits including lengthening the body, calming the mind and improving sleep.

**Energetics with Jessica**
**Tuesdays & Thursdays at 10:00 AM**
A fun energizing cardio, strength and stretch class utilizing upbeat music and strength training tools. This class is for all levels. We will exercise around a supportive chair to complete a full body, feel good workout!
Grand Re Opening Word Search

Read through this newsletter filled with our activities and services - both existing and new! There are 47 activities and services to find (some activities and services are more than one word). Show us your word search (best effort is fine) and earn an additional entry into our Grand Re-opening door prize raffle described on page 5 of this newsletter. If you want the word list we used to create this search, it will be available opening week.

Word List?

W S E Q T Z I N F O R M A T I O N R E F E R R A L S R N M C
Y L M M O V I E S F J F N A A R P T A X P R E P S C G V D Z
I U X U M J I A T K R L D N H M F O Q D W R T K T I F H M
S D V E T E R A N S B R E A K F A S T S W H O R M S E Y I M
N F D X S M E D I T A T I O N M I D T I G R B S B T S A Y U
Q D A Y T R I P S E A U P I D S I S P Y O D A P I C M F Y B
S O C I A L L U N C H E S C P V A G T Z Y W G O N H E I P T
C I C O L O R I N G C E N T E R T L U A W A Y R G R E T U A
N O N V I R T U A L T R A V E L X Q M E N T I T O T T N Z I
I N Q E C Q C Y D O M I N O E S U Y Z Z D L C W A W P I E Z C
U H Y W V P E N P A L S Q T O K H I S Y I H E T K F N S L H
K E B P A B Q Q B I L L I A R D S L G Y N I I I I T F G S E I
G B F V E T E R A N S S E R V I C E S X E N I O C L S A S M
Y T S Y V G Y M E N S G R O U P S I H V I D I V I M F A O B
I Z Y O O S D D E N E R G E T I C S C R S S Z W G E H R Q R R X
E O I Q S A D E M E N T I A S U P P O R T G R O U P M I D T
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Z Z B O N E B U I L D E R S P G E N T L E S T R E T C H E J
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:25 Gentle Stretch</td>
<td>9:00 Bone Builders</td>
<td>9:00 Gentle Stretch</td>
<td>5:30 Cooking as Self Care</td>
<td>5:00 Silver Sneakers</td>
</tr>
<tr>
<td>9:00 Tree House Craft</td>
<td>10:00 All Things Aging</td>
<td>10:00 Tai Chi</td>
<td>9:00 Bone Builders</td>
<td>9:00 Bone Builders</td>
</tr>
<tr>
<td>Cannabis Tour</td>
<td>10:00 Walking Club</td>
<td>11:30 Grab 'n' Go Meals</td>
<td>10:00 Beginner Tai Chi</td>
<td>9:00 Discount Madness &amp; Olive Garden</td>
</tr>
<tr>
<td>9:45 Bone Builders</td>
<td>10:00 Bone Builders</td>
<td>1:00 Chat 'n' Stitch</td>
<td>11:30 Grab 'n' Go Meals</td>
<td>10:00 Bone Builders</td>
</tr>
<tr>
<td>1:00 Phone Bingo</td>
<td>11:30 Grab 'n' Go Meals</td>
<td>12:00 Mystery Ice Cream</td>
<td>1:00 Mahjong</td>
<td>11:00 Bone Builders</td>
</tr>
<tr>
<td>8:25 Gentle Stretch</td>
<td>1:00 Tai Chi</td>
<td>1:00 Cribbage</td>
<td>1:00 Phone Bingo</td>
<td>2:00 Phone Bingo</td>
</tr>
<tr>
<td>9:45 Bone Builders</td>
<td>11:30 Grab 'n' Go Meals</td>
<td>2:30 All Things Aging</td>
<td>2:30 Phone Bingo</td>
<td></td>
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<tr>
<td>1:00 Phone Bingo</td>
<td>1:00 Cooking as Self Care</td>
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<tr>
<td><strong>Ribbon Cutting Ceremony</strong></td>
<td><strong>Open House 9AM to 3PM</strong></td>
<td><strong>Open House 9AM to 3PM</strong></td>
<td><strong>Open House 9AM to 3PM</strong></td>
<td><strong>Open House 9AM to 12PM</strong></td>
</tr>
<tr>
<td><strong>By invitation</strong></td>
<td><strong>9:00 Laughter Circle</strong></td>
<td><strong>9:00 Gentle Stretch</strong></td>
<td><strong>10:00 Energetics</strong></td>
<td><strong>10:30 Bone Builders</strong></td>
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<tr>
<td></td>
<td><strong>9:30 Bridge</strong></td>
<td><strong>9:30 Tai Chi</strong></td>
<td><strong>11:00 Bone Builders</strong></td>
<td><strong>11:00 Bone Builders</strong></td>
</tr>
<tr>
<td></td>
<td><strong>10:00 Chat &amp; Stitch</strong></td>
<td><strong>10:00 Intro Line Dancing</strong></td>
<td><strong>11:30 Meals - Grab 'n' Go</strong></td>
<td><strong>11:30 Summer BBQ</strong></td>
</tr>
<tr>
<td></td>
<td><strong>10:00 Bone Builders</strong></td>
<td><strong>10:00 Bone Builders</strong></td>
<td>or Grab 'n' Stay</td>
<td><strong>1:00 Virtual Antarctica</strong></td>
</tr>
<tr>
<td></td>
<td><strong>10:00 Energetics</strong></td>
<td><strong>10:00 Tai Chi</strong></td>
<td></td>
<td><strong>2:00 Enhanced Fitness</strong></td>
</tr>
<tr>
<td>11:00 Bone Builders</td>
<td><strong>11:00 Town Nurse</strong></td>
<td><strong>11:30 Meals - Grab 'n' Go</strong></td>
<td><strong>12:00 Mahjong</strong></td>
<td><strong>2:00 Phone Bingo</strong></td>
</tr>
<tr>
<td>11:30 Meals - Grab 'n' Go or Grab 'n' Stay</td>
<td><strong>12:00 Mystery Ice Cream</strong></td>
<td></td>
<td><strong>12:00 Paint n' Sip</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Classic Rock Dinner Dance</strong></td>
<td><strong>12:00 Chair Yoga</strong></td>
<td><strong>12:00 Art Class</strong></td>
<td><strong>12:45 Bingo</strong></td>
<td></td>
</tr>
<tr>
<td>4:00 to 6:30 PM</td>
<td><strong>12:00 Cribbage</strong></td>
<td><strong>1:00 Cribbage</strong></td>
<td><strong>12:45 Phone Bingo</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Fire Fighter Ice Cream Social</strong></td>
<td><strong>2:00 Enhanced Fitness</strong></td>
<td><strong>3:30 to 5:00 PM</strong></td>
<td><strong>12 PM to 2 PM</strong></td>
<td></td>
</tr>
<tr>
<td>12:45 Phone Bingo</td>
<td></td>
<td><strong>Summer BBQ Lunch &amp; Entertainment</strong></td>
<td><strong>Summer BBQ Lunch &amp; Entertainment</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>12 PM to 2 PM</strong></td>
<td><strong>12:45 Phone Bingo</strong></td>
<td><strong>12 PM to 2 PM</strong></td>
<td></td>
</tr>
</tbody>
</table>

Black = Senior Center    Blue = Bus Trip    Red = Phone    Green = DATV    Orange: Christ Church United
Emergency - Dial 911
Life threatening emergency

Mass 211 (dial 211)
Community service referrals
Emotional Support call 211 and choose the “call2talk” option

Community Teamwork
978-654-5607
CovidResponseCTI
@commteam.org
Resource center & referrals

Project Bread
1-800-645-8333
Food Source Hotline

SNAP DTA (Food Stamps)
1-833-712-8027
Direct hotline for seniors

Merrimack Valley Food Bank
978-454-7272
Mobile Pantry program

National Suicide Prevention
1-800-273-8255 hotline 24/7
Support for those in distress

Disaster Distress Helpline
1-800-985-5990
or text TalkWithUs to 66746
SAMHSA: Substance Abuse and Mental Health hotline, 24/7

Crisis Text Line
Text HOME to 741-741

Samaritans, Boston based
1-877-870-4673
Feel sad, lonely, hopeless, or suicidal? Here to listen 24/7

Legal Services
1-800-342-5297
Assistance & referrals

Senior Abuse Hotline
1-800-922-2275
Report elder abuse or neglect

MA Safelink
1-877-785-2020
Domestic violence hotline, 24/7

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Outreach & Social Services
Noelle Kaelblein, Social Services Coordinator
978-957-2611 x1303  nkaelblein@dracutma.gov

Senior Farmers Market Coupons Available
Wednesday, August 10th starting at 9:00 AM

About the Coupons: The Dracut Senior Center gives out Senior Farmers Market coupons in partnership with AgeSpan. A limited supply of $25 coupons are available to those who meet the below guidelines. Coupons are for purchasing produce at nearby farmers markets; making locally grown fruits/vegetables more affordable.

Eligibility:
- 60 years of age or older, or
- Disabled and living in senior housing where congregate nutrition services are provided, and
- Your income must be lower than the below limits

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Monthly Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$2,096</td>
</tr>
<tr>
<td>2</td>
<td>$2,823</td>
</tr>
</tbody>
</table>

Distribution: Coupons will be handed out on a first come, first served basis until they are gone. Bring a photo ID and proof of residency with you (such as a utility bill that shows your name and address). For those who live in Dracut, you must pick up your coupons at the Dracut Senior Center. If you live in Lowell, pick up your coupons at the Lowell Senior Center. If you live in a community other than Dracut or Lowell, call AgeSpan for your pick up location options 978-686-1422.

Elder Brown Bag Program
Launching this summer - Applications always accepted throughout the year! See Noelle for an application

This program provides supplemental food assistance for elders and adults who may run low on grocery/food money after their monthly income sources are depleted. The Elder Brown Bag Program does not compete with other food pantries. It is designed to complement and enhance the work of food pantries.

ELIGIBILITY
- You must be 60+ years of age or an adult with a disability living independently in elderly disabled housing.
- You must be receiving one or more of the following: Medicaid, SSI, Veteran’s Aid, Food Stamps, Fuel Assistance.
- Your gross household income is at or below: $23,107 for a single person or $31,284 for a couple.
Need assistance with Medicare? SHINE can help!

SHINE is a federally funded program: Serving Health Insurance Needs of Everyone...on or eligible for Medicare. Some SHINE counselors counsel as an important part of their job, and some are volunteers who have committed to learning the ins and outs of Medicare to assist you with finding the best plan that fits your needs. All are certified, extensively trained SHINE counselors who ensure familiarity with all plans and options, and stay up to date with Medicare plans, as well as federal and state information and guidelines.

Your health insurance plans are an important part of your budget and SHINE is available all year to help you review your plan, your costs, and will ensure that you have access to all cost-savings program you may be eligible for.

Dracut Senior Center is happy to welcome our new, weekly SHINE Counselor, Jim Barrett. SHINE appointments will be in-person at the Dracut Senior Center on Fridays. Call to schedule an appointment at 978-957-2611. If you need more immediate assistance, or prefer to have a phone meeting you are welcome to contact the Regional SHINE Program office at 978-946-1374.

Check out our new Community Swap Spots and Art Nook

Borrow a book, trade a puzzle, take some yarn, come and play a game or color by visiting our Community Swap Spots in the newly renovated Library and Art Room. There will also be a cart in the lobby for all book and puzzle returns and donations.

Puzzles & Books in our cozy seating area

Yarn & Needle Swap

Art Nook & Coloring Corner
**Friends of the Dracut Elderly**

**Friends Trip Coordinator**
Carol Gavriel - 978-957-5527

**Foxwoods Trip**
**Wednesday, August 10th**
- Bus leaves Lo Kai Restaurant at 7:00 AM sharp
- Please park in back of parking lot on left of building.
- Bus returns at approximately 5:30 PM
- You must be at gate to depart Foxwoods at 3:00 PM.
- Actual time at Foxwoods 9:00 AM to 3:00 PM.
- **No food voucher or slot** play given by Foxwoods.
- Wearing a mask while riding on bus is recommended.
- Cost $35

There are still a few seats available for the trip on Wednesday July 13, 2022. First come, first served until seats are sold out. Please contact Carol Gavriel 978-957-5527.

**A Christmas Carol**
**Newport Playhouse and Cabaret**
**Wednesday, November 30th**
- Bus will leave Senior Center at 8:30 AM and return at approximately 6:00 PM
- Special price of **$80** includes transportation, lunch and shows, all tips and gratuities!!
- Wearing a mask while on bus is recommended.
- **There will be a buffet served by Playhouse staff**
- Newport Playhouse requires all guests to wear masks at the buffet line and in the theatre.

**Sign up** on Monday, Sept. 19th at 9:00 AM to 11:00 AM at Senior Center. Please have cash or check made out to: Friends of the Dracut Elderly ready. Each person may buy a ticket for yourself and one other person.

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**Thrift Shop**

Visit the Thrift Shop in its new location on the lower level. Shop will be open daily.

Donations of new/gently used, clean items are greatly appreciated. Call for designated drop-off days and times.

General Public Welcome
All proceeds benefit the Friends.
**Featured Excursions**

**Monday, July 11th - 10:00 AM**  
**Tree House Craft Cannabis Coffee and Tour**

Have you ever wondered how cannabis or CBD can help with pain, sleep, improve mood or help relieve stress and anxiety? Join us for a facility tour, educational info session and Q&A with their fun, friendly and knowledgeable staff. Space is limited and transportation is available. Please call Ann Marie at 978-957-2611 X1304 to reserve your spot. Bus Fare $5 round Trip.

**Wednesdays July 13th, 20th, & 27th**  
**Mystery Ice Cream**

Enjoy a summer treat from a randomly selected local ice cream establishment.

Bus Fare $2. Trip begins at 12:00 PM

**Friday July 15th - Discount Madness & Olive Garden.** Shopping and lunch.

**Friday, August 26th - King Tut Immersive Experience.** There are still a few spaces available to attend the King Tut Immersive Experience at the SoWa Power Station, South Boston. Tickets are $37.50 per person, non-refundable. Due on 7/29. Call the Senior Center to reserve your spot. 978-957-2611.

**Reminder:** Bus Phones are for Return Rides Only. When you are done at your appointment and want to let your bus driver know, calling the bus phone can accomplish this.

All ride scheduling is to be done through the office phone, 978-957-2611. Including: Requesting a ride; Checking on the status of a ride request; Changing or canceling a ride. This is for the safety of the drivers and all those on our buses.

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**Dracut COA Buses**

Debbie Lasorsa, Transportation Coordinator  
dlorsa@dracutma.gov  
**Reservations call 978-957-2611**

You are encouraged to book your transportation at least 5 days in advance. For medical rides you may book your transportation as soon as you make your doctor’s appointment. Scheduling is done on a first come, first serve basis. We make every effort to accommodate last minute requests, however it is often not possible.

**Local Shopping/Social Trips**

**Monday - Thursday:** 8:30 AM to 3:30 PM  
**Principle Driver - Sandra Catalano**

Shopping and errands around Dracut including to the senior center, weekly grocery shopping, hair appointments, pharmacies, banking, and visiting friends.

**Bus Fare:** $2 round trip (within Dracut)

**Local Medical Trips**

**Monday**  
**Friday:** 8:30 AM to 2:00 PM  
**Principle Drivers – Louanne Brady & Jim Politi**

**Bus Fare:**  
- Dracut $2 round trip  
- Lowell $4 round trip  
- Chelmsford $5 round trip  
- Limited Tewksbury $5 round trip

**Distance Medical Trips**

**Monday**  
**Friday:** 10:00 AM to 1:00 PM  
**Principle Drivers - David Myers & Vincent Maloney**

**Bus Fare:**  
- Greater Boston/Waltham $20 round trip  
- Winchester/Peabody/Danvers $20 round trip  
- Greater Burlington $15 round trip  
- Andover/Lawrence $10 round trip  
- Billerica/Tewksbury Center $10 round trip  
- Greater Nashua $10 round trip  
- Tyngsboro/Westford $10 round trip

**Transportation Punch Card**

A $25 transportation punch card is available for sale at the COA front desk and on the bus. Punch cards cost $20, a $5 savings!