

# PEPPERELL COUNCIL ON AGING

August 2014



37 NASHUA ROAD • PEPPERELL, MA 01463 • 978-433-0326

*The Center For Successful Aging*

[www.town.pepperell.ma.us/coa](http://www.town.pepperell.ma.us/coa)

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## PEPPERELL COUNCIL ON AGING

### COA Meetings 2nd Tuesday @ 5:15

<b>Director</b>	Marcia Zaniboni
<b>Chair</b>	Lori Durno
<b>Vice Chair</b>	Joan Ladik
<b>Secretary</b>	Joan Ladik
<b>Members</b>	Dianne Kazanjian Cathy Forrest Perter Norberg Virginia Malouin Bob Lambert
<b>Assistant Director/Activities</b>	Susan McCarthy
<b>Volunteer Coordinator</b>	Dianna Homoleski
<b>Outreach Coordinator</b>	Beth Selinger
<b>Custodian</b>	Albert Harris
<b>Kitchen Supervisor</b>	Dennis Valcourt
<b>Van Drivers</b>	Bob Lindgren Neil Cadogan John Marriner Becky Torpey

### HOURS OF OPERATION

<b>Office</b>	Monday, Tuesday, Thursday	8AM - 4PM
	Wednesday	8AM - 6PM
	Friday	8AM - 1PM
<b>Senior Center</b>	Mon.-Tue. Thurs.	9AM - 3PM
	Wednesday 9AM-6PM / Friday 9AM-12:30PM	

### CALL US FOR SERVICES

Home Care	Wellness Clinics
Hospice Care	Volunteer Opportunities
Caregiver Supports	Meals on Wheels
Grief Support Groups	Programs
Alzheimer's Education and Support	
Updated Alzheimer's Disease Information	
TRIAD	
Fuel Assistance	
SNAP Nutrition Program	
Transportation	
Montachusetts Home Care-Area Agency	
Elder Abuse and Neglect Reporting	
Health and Wellness Programs	
SHINE (health insurance assistance)	
File of Life	
Friendly Visits	

Dear Pepperell Seniors

As we wind down this summer we are looking forward to an active Fall season. There are some great trips and special events to enjoy.

However, we still will be feeling the sting of budget cuts. The Center will be closing at 12:30 on Fridays, to save on utility costs. Also, the multi-purpose rooms will be closed after lunch on most days. Other cuts include limiting use of the building for outside groups to one day a month and suspending some classes that do not have many Pepperell seniors attending. If the budget does get increased in September, this will all change, but, until we know that it has happened, these cuts are in place. We will be looking at additional cuts if necessary.

Be assured that all meals and transportation will not be affected, other than ending early on Fridays.

Your Director

*Marcia*

## Thank You

**Coffee:** Linda and Bruce Newell

**Soda:** Thurlo Dow, Linda Wilder, Bob and

Delores Demmons, Darlene Coutu, Paul Spoth

**Cups:** Thurlo Dow, Fran Lamb

**Candy:** Dottie Harnish

**Other Donations:** Setsko Gill, Fran Lamb,  
Susan Sprague

**Thanks to the Friends for all their support.**

### **We Still Can Use:**

Coffee - regular and decaf

Diet Soda

Cold Cups & Hot Cups - 8 oz

Hard Candy (wrapped)

Please check with staff before bringing in any items not on list. We can only accept food items which have not been opened.

We can no longer accept VHS tapes or books more than 5 years old.

# VOLUNTEER CORNER

Diane Homoleski, Coordinator of Volunteers

Phone: 978-433-0326, Extension 12

Email: [dhomoleski@town.pepperell.ma.us](mailto:dhomoleski@town.pepperell.ma.us)

Newsletter: [www.pepperell.town.ma.us/coa](http://www.pepperell.town.ma.us/coa)



**Nancy Shepard**

Our August “Volunteer of the Month” is Nancy Shepard. Nancy has been driving for “Meals on Wheels” for the past five years. Nancy always comes in to the senior center with a smile and lots of energy. You can always identify her by her adorable little bow that she wears in her hair, which perfectly suits her bubbly personality. She frequently tells me how much she loves the home-bound seniors that she delivers meals to, and I’m sure they love her too. We are so very fortunate to have Nancy as one of our “Meals on Wheels” drivers. Congratulations!

I would like to thank Becky Torpey, Fran Lamb, Donnarae Bertram, Pat McWhinnie, and Cheryl Balkan for assisting in the kitchen serving pizza for the “Classical Guitar” concert, which was held on Wednesday, June 25. A special thank you goes out to Linda Starr for handpicking 20 quarts of strawberries to make her amazing homemade strawberry short-cake & whipped cream, which was served to over 60 guests.

We are so appreciative of the Pepperell Woman’s Club stepping in for the PTO during the summer months to make the 4<sup>th</sup> Wednesday of the month meals. Thank you Darlene Coutu, Jacqueline Triehy, Kathy Harris, and Elfie Parker!!

Another special thank you to Mike Alfonso and the other members of the Pepperell Garden Club for all of their hard work maintaining our beautiful gardens at the Senior Center. Thank you goes out to our new nutritionist, Gwen Johnson RD, LD, who will be reviewing & enhancing our menus before they get sent for approval. We are so very fortunate to have her volunteering in this capacity, as well as having her head up our PTO group that makes our meals on the 4<sup>th</sup> Wednesday of the month during the school year. Welcome aboard Gwen and thank you for your service!

Also, a big thank you to Kitchen Assistants, Pat McWhinnie, Stacy Smith, Ann-Marie Meuse, and Andrew Izbicki for filling in for our Lady of Grace to prepare the Wednesday, July 2 meal!

We are so pleased to have student volunteers helping out during the summer months. Charles Cummings VIII is helping his Dad, Charles Cummings VII, deliver “Meals on Wheels”, Graylen Scarsdale, Andrew Izbicki, and Brittany Kimball are taking turns preparing the outside event sign each week, as well as helping out with other special activities. Also, Andrew Izbicki has been assisting in the kitchen on Fridays. We are so very thankful to have them!

Welcome aboard new volunteers: Cheryl Balkan, Kitchen/Activity Assistant, Andrew Izbicki, Kitchen/Activity Assistant, and Amanda Filandrianos, MOW driver/packager. We are delighted to have you on our team!

# UPCOMING EVENTS

## **Creative Writing Class**

**Tuesdays August 5th - August 19th**

**3 Week Session - 10 - 11 am**

Robert Gosselin is a published author and educator at Fitchburg State College and would like to help you create a wonderful memoir for your family or friends. This is a three week course free of charge. **Sign-up begins July 28th**

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## **Greeting Cards**

**With Laura Waye**

**Monday, August 11<sup>th</sup>**

**12:15-1:00**

Once again, Laura will help you create a beautiful hand made greeting card for just \$3.00. Laura brings a kit for everyone and then teaches you how to put it all together. It is a fun and social class. Don't miss out. **Sign up today!**

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## **Senator Donahue's Ice Cream Social**

**Wednesday, August 20<sup>th</sup>**

**12:30pm**

Eileen Donoghue is a 3 year Democratic member of the Massachusetts Senate and a former Lowell City councilor. Senator Donoghue would like stop by and relax with us for a while and what better way to do that than with an ice cream social? So please come enjoy lunch that day and stick around for ice cream and say hello to Senator Donahue. **Sign up begins July 28th**

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## **Game Day**

**Wednesday, August 20<sup>th</sup>**

**12:30pm**

It's that time again to get your game on. We will have corn-hole, golf, wii bowling, horseshoes and many more games. Each game will have an adorable volunteer that will help you win big and keep your score. This is a relaxing social day with some fun competition mixed in.

## **Square Dancing**

**With Country Dave**

**Friday, August 29<sup>th</sup>**

**11:00- 12:00**

Square dance is not surprisingly, a dance with couples arranged in a square. In most American forms of square dance, the dancers are prompted or cued through a sequence of steps by a talented and charismatic caller to the beat of music. We have one of the best in Country Dave! All are welcome, partner or no partner. This will also be a fun! ( and a neat way to get a little exercise in if that's your thing). Let's learn (or re-learn) something new.

**Sign up starts July 28<sup>th</sup>**

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## **My How You've Grown**

**Michelle C. Tamaren, M.A.**

**Tuesday, September 16th**

**12:15pm**

Michelle is highly educated author, Presenter, Consultant, Life Coach and Spiritual Director. This presentation explores the attributes, attitudes, and actions of a person fueled by optimism, resilience, and creativity. It is based on recent findings in the science of Positive Psychology.

"My How You've Grown", offers practical and proven strategies to nurture growth in us all.

This program is supported in part by a grant from the Pepperell Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

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## **Dates to Remember**

**Open House**

**Monday, September 22nd**

**9:30-12:30**

## **Sign-ups**

Creative Writing

July 28th

Greeting Cards

July 28th

Ice Cream Social

July 28th

Charlotte's Luncheon

July 28th

Square Dancing

August 4th

Concord River Cruise

August 11th

# ONGOING ACTIVITIES

## Arts and Crafts

### Stitch and Gab

Fridays at 10:30AM No fee.

### Greeting Card Making

#### Laura's Greeting Cards

Monday, August 11th

Laura is an avid scrapbooker and is now using her technique to make special greetings

## Cards and Games

### Mahjong

Monday - 1:00PM - 3:00PM

Wednesday 2:00PM - 6:00PM

### Bingo

Wednesday after lunch

### Open Games

Daily - 9:15AM

## FITNESS

### Yoga

Tuesday's class is a gentle practice of seated and standing yoga postures.

Thursday's class is a flow of postures, breathing and meditation. Both classes require a mat and allow use of a chair.

**Tuesdays at 10:00AM**

**Thursdays at 9:00AM**

### Zumba Gold

Latin dance fitness class designed for the active, older adult or true beginner.

**Thursdays at 10:00AM**

### Exercise

Variety of Aerobics and Strength training for all levels. This summer there will not only be videos of Elaine's classes to follow, but some surprise classes as well. All for good health and fun!

**Mondays at 10:00AM**

**Fridays at 11:30AM**

### Bone Builders

**Tuesdays 1:00 - 2:00**

**Fridays 10:00 - 11:00**

Current class is closed to new participants

### Keep Moving Walking Group

Meets at the Rail trail Clock

**Mondays & Thursdays 9:15AM**

## MOVIES

**8/6 Heaven is for Real** - Based on the #1 New York Times best-selling book, it brings to the screen the true story of a small-town father who must find the courage and conviction to share his son's extraordinary, life-changing experience with the world.

**8/13 Mrs. Brown** - The ruler of England discovers the value of common friendship in this historical drama. After the death of her husband Prince Albert, Queen Victoria (Judi Dench) is despondent, and she remains in mourning for two years after Albert's passing.

**8/20 All Is Lost** - Deep into a solo voyage in the Indian Ocean, an unnamed man wakes to find his 39-foot yacht taking on water after a collision with a shipping container. Navigation equipment & radio disabled, the man sails unknowingly into the path of a violent storm. Robert Redford

**8/27 Extremely Loud & Incredibly Close** - Oskar is convinced that his father who died in the 9/11 attacks on the World Trade Center, has left a final message for him hidden somewhere in the city. Oskar is disconnected from his grieving mother & driven by a relentlessly active mind that refuses to believe in things that can't be observed. Tom Hanks & Sandra Bullock

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### Garden Club Clean-up Schedule

**The First Monday of the Month**

**At 9:00 AM- Bring your tools!**

**August 4<sup>th</sup> Sept. 8<sup>th</sup>, Oct. 6<sup>th</sup>**

# AND MORE

## LUNCHES AND MORE

Senior Center Lunches  
Monday—Friday 12:00 noon  
Cost: \$2.50 Pepperell Seniors  
\$3.50 Others

## BREAKFAST

9:30AM followed by Speakers:

### Immunization Talk

With Sharon Fete

Friday, August 8<sup>th</sup>

"I'm in great health", "I never get the flu", "They don't work", "There are too many side effects" Sound like you? If so, this is the presentation for you. August is National Immunization Month. Immunizations grow more important as we age. Sharon Fete tells us why and will also answer all your questions on the topic.

## Curmudgeon Trips

Charles River Sunset Cruise  
Monday, August 4<sup>th</sup> \$57 includes dinner  
at California Pizza Kitchen  
3:30-10:00PM

Enjoy a summer night on a leisurely, narrated cruise along the Charles River. We'll enjoy beautiful views of the Boston skyline as we cruise past the Harvard and MIT campuses. Prior to our cruise we'll have dinner at the California Pizza Kitchen.  
Sign up begins June 30<sup>th</sup>

Concord River Lunch Cruise  
Monday, September 8<sup>th</sup>  
10:30am- 3:30pm

Relax while cruising on the Concord and Sudbury Rivers- enjoying unique dining experience aboard a pontoon boat. View homes of the 1800's and nature at its best.  
Cost is \$53.00 which includes transportation, cruise and lunch. Sign up begins August 11<sup>th</sup>

Vermont Foliage Tour  
Thursday, October 9<sup>th</sup>  
8:30am-4:30 pm  
Sign up begins Sept. 15<sup>th</sup>

## Lunch Trip

Charlotte's Luncheon  
Monday, August 18th  
12:00PM

As usual Charlotte is spoiling us with her fabulous choices. The first choice is a haddock, scallops and shrimp plate the next a turkey dinner and the very last choice a summer salad sampler. **As usual the cost is just \$12.00 with dessert, beverage, tax and tip included. Sign up begins July 28<sup>th</sup>**

## HEALTH SERVICES

Sign-up at the front desk today!!!!

Toothfairy  
Friday, August 29th  
10:00AM-1:00PM

Podiatrist  
Thursday, August 5th  
9:30AM-1:30PM

Massage  
Tuesday, August 12th  
9:30AM-2:30PM

Reflexology by Appointment  
Friday, August 15th  
9:30AM-3:00PM

## SHINE

The Second Tuesday of each Month

Town Nurse

The First Tuesday &

The Second Wednesday of Every Month

# Monday

# Tuesday

# Wednesday

<p style="text-align: right;">28</p> <p>9:15 Walking Group            9:30 Hand &amp; Foot            10:00 Exercise            12:00 Spaghetti &amp; Meat Sauce            1:00 Mah Jong</p>	<p style="text-align: right;">29</p> <p>9:15 Cribbage            10:00 Yoga            12:00 Taco Salad            1:00 Bone Builders</p>	<p>12:00 <b>Rotary Cook</b>            12:30 Bingo            12:30 <b>Movie - The</b>            2:00 Mah Jong            4:00 SOS</p>
<p style="text-align: right;">4</p> <p><b>9:00 Gardening</b>  <b>9:15 Walking Group</b>            9:30 Hand and Foot            10:00 Exercise            12:00 Meatloaf Dinner            12:30 Greeting Cards            1:00 Mah Jong  <b>1:00 Friend's Meeting</b></p>	<p style="text-align: right;">5</p> <p>9:15 Cribbage  <b>9:30 Podiatrist by Appointment</b>            10:00 Yoga  <b>10:00 Town Nurse</b>  <b>10:00 Creative Writing Class</b>            12:00 Cobb Salad</p>	<p>12:00 <b>Chicken Pot</b>  <i>Annmarie and t</i>            12:30 Bingo            12:30 <b>Movie - Heav</b>            2:00 Mah Jong            4:00 SOS</p>
<p style="text-align: right;">11</p> <p>9:15 Walking Group            9:30 Hand and Foot            10:00 Exercise            12:00 Hawaiian Chicken  <b>12:15 Greeting Cards</b>            1:00 Mah Jong</p>	<p style="text-align: right;">12</p> <p>9:15 Cribbage  <b>9:30 Massage by Appointment</b>            10:00 Yoga  <b>10:00 Creative Writing Class</b>  <b>10:00 SHINE by Appointment</b>            12:00 Tuna Antipasto            1:00 Bone Builders</p>	<p>12:00 <b>Lasagna</b>  <i>Prepared by Christia</i>            12:30 <b>Movie - Mrs.</b>            12:30 Bingo            2:00 Mah Jong            4:00 SOS</p>
<p style="text-align: right;">18</p> <p>9:15 Walking Group            9:30 Hand and Foot            10:00 Exercise            12:00 American Chop Suey            1:00 Mah Jong</p>	<p style="text-align: right;">19</p> <p>9:15 Cribbage            10:00 Yoga  <b>10:00 Creative Writing Class</b>            12:00 Tortellini Salad            1:00 Bone Builders</p>	<p><b>10:00 Town Nur</b>            12:00 Chicken Sala  <i>Lois's La</i>  <b>12:30 Senators Ice</b>  <b>12:30 Game Day</b>            12:30 <b>Movie - All</b>            2:00 Mah Jong            4:00 SOS</p>
<p style="text-align: right;">25</p> <p>9:15 Walking Group            9:30 Hand and Foot            10:00 Exercise            12:00 Roast Beef Dip            1:00 Mah Jong</p>	<p style="text-align: right;">26</p> <p>9:15 Cribbage            10:00 Yoga            10:00 Paint &amp; Sketch            12:00 Chicken Taco Salad            1:00 Bone Builders</p>	<p>12:00 Ham &amp; Beans  <i>Woman's Clu</i>            12:30 <b>Movie - Extre</b>            12:30 Bingo            2:00 Mah Jong            4:00 SOS</p>

# Wednesday

# Thursday

# Friday

<p>30</p> <p>out</p> <p><i>Great Gatsby</i></p>	<p>31</p> <p>9:00 Yoga 9:15 Cards 9:15 Walking Group 10:00 Zumba 12:00 Hamburg &amp; Gravy</p>	<p>1</p> <p>9:30 Coffee &amp; 10:00 Bone Builders 10:30 Stitch &amp; Gab 11:30 Exercise 12:00 Warm-up Lunch</p>
<p>6</p> <p>Pie Friends</p> <p><i>Even Is For Real</i></p>	<p>7</p> <p>9:00 Yoga 9:15 Cards 9:15 Walking Group 12:00 Roast Pork Dinner</p>	<p>8</p> <p>9:30 <b>Coffee &amp; Immunization Talk</b> 10:00 Bone Builders 10:30 Stitch &amp; Gab 11:30 Exercise 12:00 Warm-up Lunch</p>
<p>13</p> <p>n Fellowship Brown</p>	<p>14</p> <p>9:00 Yoga 9:15 Cards 9:15 Walking Group 10:00 Zumba Gold 12:00 Chicken Piccata</p>	<p>15</p> <p>9:30 Coffee &amp; 10:00 Bone Builders 10:30 Stitch &amp; Gab 11:30 Exercise 12:00 Warm-Up Lunch</p>
<p>20</p> <p>se ad Sandwich dies e Cream Social ls Lost</p>	<p>21</p> <p>9:15 Cards 9:15 Walking Group 10:00 Zumba Gold 12:00 French Bread Pizza</p>	<p>22</p> <p>9:30 Coffee &amp; 10:00 Bone Builders 10:30 Stitch &amp; Gab 11:30 Exercise 12:00 Warm-up Lunch</p>
<p>27</p> <p>b mely Loud &amp;</p>	<p>28</p> <p>9:15 Cards 9:15 Walking Group 10:00 Bridge 10:00 Zumba 12:00 Beef Stroganoff</p>	<p>29</p> <p>9:30 Coffee &amp; 10:00 Bone Builders 10:30 Stitch &amp; Gab <b>11:00 Square Dancing</b> 12:00 Warm-up Lunch</p>

# TRIAD

Dear Seniors,

I hope everyone is enjoying their summer. I found some good advice with regards to internet safety that I wanted to pass on.

The internet creates excellent opportunities for seniors to meet people, conduct business, plan travel, access records, stay in touch with friends and family, and support hobbies and entertainment interests. You can learn how to take advantage of the opportunities without falling prey to predators so you can have peace of mind when you go online.

## **Factors that contribute to increased risks for seniors**

Every age group has unique vulnerabilities in addition to general Internet risks, and seniors are no exception. Few entirely new types of crime are created to target seniors; the issue lies in how existing crimes are tailored specifically to exploit older Internet users.

## **Seniors and social networking sites**

Seniors who use social networking sites that cater to older users are targeted with quizzes and surveys that often have very invasive questions about your health, wealth, and personal lives. Quizzes are created for revenue. Ask yourself who profits from you answering the questions and who else gets to see your answers. Understand that any information posted in these quizzes is likely to be used by many companies. Answer a medical quiz and you may find your insurance claims, even your ability to get insurance, are affected. Quizzes can also generate targeted spam 'offers' based on your answers.

## **Tips for seniors to stay safer online**

- Never trust a link sent to you by someone you don't know. By clicking the link you may be taken to a site that may look like your bank or credit card company, but isn't. One thing a criminal can't fake is the actual Web site address of a company or bank. Instead of clicking a link in an e-mail, search for the Web address using a search engine to find the real one. Use that to ask the company about the message you received, or call using the number listed on your statements. Mark the real site as a favorite in your browser so that one click brings you there safely every time.

Never trust an e-mail that asks for your personal or account information (called a phishing scam). These usually seem convincing (the shabby ones have spelling errors, but the high quality scams look impeccable). No bank or reputable company is going to send you an e-mail asking you to correct your information, validate your identity, re-enter your password, and so on.

- The smarter scams often contain text warning you against fraud. They do this because many people believe that an e-mail that warns them to be careful must be legitimate. That is not always true. This also extends to sites that claim they have protections in place for your privacy and security. Anybody can make these claims, but only certain sites protect you. Never respond – or even open an e-mail with a deal that is too good to be true unless it is from a company that you know well and expect to get these kinds of offers from them.

Be Safe!  
Officer Haskins



# *News from the Outreach Program*

## **AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH**

Many adults feel that they do not need vaccinations, or worry about side effects from the vaccine itself, but people age 65 and older are at higher risk of complications from the actual diseases.

It is important for older adults to keep vaccines current: they may not have been vaccinated as a child, new vaccinations may now be available, immunity may have faded, and most importantly, seniors are more susceptible to serious and possibly life-threatening infections.

The most important vaccinations seniors should discuss with their physicians include the flu vaccine, pneumococcal vaccine to prevent pneumonia, shingles vaccine, and a tetanus-diphtheria-pertussis vaccine (Tdap).

## **DON'T MISS OUT ON SENIOR DISCOUNTS!**

Many businesses give discounts to senior citizens. All you have to do is ask! Here are just a few examples of available discounts:

- ♥ Denny's: 10% off, 20% off for AARP members (55+) breakfast (60+)
- ♥ KFC: free small drink with any meal (55+)
- ♥ Taco Bell: 5% off; free beverages for seniors (65+)
- ♥ Dress Barn: 10% off (55+) (varies by location)
- ♥ Kohl's: 15% off (60+) on Wednesdays
- ♥ Lens Crafters: 30% off for AARP members
- ♥ Michael's: 10% off on Tuesdays with AARP card
- ♥ Rite Aid: 20% off on the first Wednesday of the month for wellness+ members
- ♥ Amtrak: 15% off (62+)
- ♥ Avis: up to 25% off for AARP members
- ♥ Budget Rental Cars: 10% off; up to 20% off for AARP members (50+)
- ♥ Comfort Inn: 20%-30% off (60+)

### **Outreach Coordinators: Beth Selinger and Mary Anne Mortenson**

Beth-Monday 8:30-2:30

Mary Anne– Wednesday & Fridays 9:30-2:30

The Outreach Program provides social service information, support, and assistance for all Pepperell Seniors, their family and friends.

# FRIENDS OF THE PEPPERELL SENIORS

Dear Friends:

A BIG THANK YOU goes out to Donelan's and Friends who have donated time, space, gifts and purchased and sold tickets for the raffle. We raised \$961 dollars to supplement our treasury.

Our meeting was held on July 7<sup>th</sup> and 45 members were in attendance. A decision was made about purchasing a new sound system. We are in the process of reviewing and updating our by-laws and the Board will meet with an attorney for clarification in the fall and will be presented to the members.

Our next meeting will be held on Tuesday September 2<sup>nd</sup> at 1pm. There is no August Friends meeting.

The August 9<sup>th</sup> Saturday dinner will be Pasta and all the fixings from 4:30-6:00pm. Cost is \$8.00 adults, \$7.00 seniors and \$5.00 for children.

Enjoy the rest of the summer. Be well and blessings to all.

Fran Bergeron, Vice President  
Pat Wallace, Secretary

## Membership Form

The Friends of the Pepperell Seniors is a non-profit group. Monies from our fund raising activities are used to benefit Pepperell seniors and to supplement costs of equipment for the Senior Center through the Council on Aging. All ages are welcome to join.

\_\_\_ single member \$7    \_\_\_ couple \$12

name \_\_\_\_\_

address \_\_\_\_\_

telephone (optional) \_\_\_\_\_

**Make checks payable to: Friends of the Pepperell Seniors, Inc.**

**Mail to: P.O. Box 1555, Pepperell MA 01463**

PEPPERELL COUNCIL ON AGING  
37 NASHUA ROAD  
PEPPERELL, MA 01463



RETURN SERVICE REQUESTED

Mailing this newsletter is made possible through a grant from the Executive Office of Elder Affairs.

### Pepperell COA Van

*Out of Town Trips: \$1.50*

**978-433-0262**

*In Town Trips: \$1.00*

**Please call at least 24 hours ahead of scheduled trip**

**Leave a message and you will be called the afternoon before your trip to confirm the time.**

**Monday: Specific Service**

Medical and Shopping trips in the Fitchburg, Leominster, Lunenburg, Lancaster, Shirley, Acton, Littleton, Concord area

**Tuesday/Wednesday/Thursday: Specific Service**

Medical and shopping trips within Pepperell, Groton, Townsend, Ayer, Harvard, Westford

**Friday: Specific Service**

Medical and shopping trips to Lowell and Nashua area

Please schedule medical appointments between 10:00 AM and 2:00 PM.

Medical appointments will take priority over shopping.

Ask about transportation to Boston medical appointments on Mondays.