

PEPPERELL COUNCIL ON AGING

October 2014



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

The Center For Successful Aging

www.town.pepperell.ma.us/coa

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PEPPERELL COUNCIL ON AGING

COA Meetings 2nd Tuesday @ 5:15

Director

Chair

Vice Chair

Secretary

Members

Lori Durno

Joan Ladik

Joan Ladik

Dianne Kazanjian

Cathy Forrest

Peter Norberg

Virginia Malouin

Bob Lambert

Susan McCarthy

Dianna Homoleski

Beth Selinger

Albert Harris

Dennis Valcourt

Bob Lindgren

Neil Cadogan

John Marriner

Becky Torpey

Assistant Director/Activities

Volunteer Coordinator

Outreach Coordinator

Custodian

Kitchen Supervisor

Van Drivers

HOURS OF OPERATION

Office Monday, Tuesday, Thursday 8AM - 4PM

Wednesday 8AM - 6PM

Friday 8AM - 1PM

Senior Center 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 Resident,

In the absence of a Director, I would like to introduce myself as the Chair of the COA. We continue to search diligently for a permanent Director, and should have someone in place very soon.

We would like to thank Marcia for her years of dedication and service to the COA. We wish her all the best in her retirement.

I want to assure you that the COA will continue to work with the new Director to provide you with the best possible service and programs for Pepperell seniors, even with the challenge of a reduced budget.

Thank you, Lori Durno, Chair

Thank You

Coffee: Anne Bowes, Jean Howard, Richard and Rita Donaghy

Soda: Rose Shattuck, Jacob LaMasurier

Cups: Thurlow Dow, Merele Adelman, Ronald Menner

Candy: Madeleine Prentice

Other Donations: Greg Gougian, Carol Murdock, Carolyn Suprenard, Jean Howard, Josephine Nkemayah, Dolores and Bob Demmons, Sue Olson, Helen Chester, Jack Carrol

Thank you to the Garden Club for the generous donation towards our heat costs.

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

Newsletter: www.pepperell.town.ma.us/coa



Rosalie Brown

Our October “Volunteer of the Month” is Rosalie Brown. Rosalie has been volunteering for the past three years. Because of her quiet nature, people may not realize that she heads up our “Movie Program”. She is the volunteer responsible for getting our movies, setting up the room, showing them and making sure that we have delicious popcorn. She is also one of the leaders for our “Bone Builders Program.” We are so fortunate to have such a reliable, conscientious, and dedicated volunteer here at our facility!

We would like to thank our out-going volunteer Council on Aging Board Members, Cathy Forrest, Chairperson; Dianne Kazanjian, Secretary; Barry Fuller, Member; Sandra Dube, Member, for the time they have served over the past few years. Both Cathy Forrest, Dianne Kazanjian, and Virginia Malouin will remain as Board Members. We would also like to congratulate the following new Board Members, Lori Durno, Chairperson, Joan Ladik, both Vice Chairperson and Secretary; Peter Norberg and Bob Lambert as the new in-coming Board Members. We are so grateful for the time they donate to support our Senior Center.

Our thanks go out to three substitute kitchen teams that filled in for some of our summer Wednesday meals. The Pepperell Woman’s Club, members Darlene Coutu, Kathy Harris, and Lynn Potts, substituted for the PTO for the months of July and August. On Wednesday, August 6, Ann-Marie Meuse, along with two Kitchen Assistants, Karen McCusick and Patricia McWhinnie filled in for “Our Lady of Grace”. On Wednesday, August 20, Fran Lamb and Kitchen Assistants Walter Larkin and Donnarae Bertram substituted for “Lois’s Ladies”. We are so grateful for these dedicated volunteers who donated their time to make it possible for our regular Wednesday meal organizations to enjoy some summer time with their families.

Another thank you goes out to our student volunteers who helped us out many times over the summer as Activity Assistants. Those volunteers were: Andrew Izbicki, Graylen Scarsdale, Chuck Cummings, Jaymie Bergeron, Michaela Moore, Jake LaMasurier and Keri Lapierre. We are so appreciative of their time and wish them all well in their studies at their respective schools.

New volunteers this month: Brittany Pulford, Computer Assistant; Cecily Markham, Receptionist/Kitchen Assistant; Barbara Bennett, Activity Assistant; Barbara Leon, Activity Assistant; Frances McCarthy, Activity Assistant; and Keri Lapierre, Activity Assistant. Welcome aboard – we are so happy to have you on our “Volunteer Team”!

UPCOMING EVENTS

Reading & Writing Poetry Starting Thursday, September 9th through September 30th 10:00AM-11:00AM

Robert Gosselin had so much fun with the creative writing class that he is coming back to share his poetry reading and writing knowledge with us. This will be a four week class which will increase your love of poetry or open your eyes to it. Come learn how to read the most beloved forms of the written word and create your own poem to share.

Sign-up begins September 29th

An Evening with Bethany Condon Thursday, October 16th / 4:00-6:00

Soprano Bethany Condon is an accomplished vocalist with many years of experience and has enjoyed a wide array of performances in several genres of music. With rolls such as Mercedes in Carmen, the Witch in Hansel and Gretel she has captured her audience with her powerful voice. Bethany is a graduate of the New England Conservatory and has studied at Tanglewood Music Center and now she would like to perform for you. We will start our evening with dinner which will be homemade meat loaf, mashed potatoes and mixed veggies. Once dinner is served, the music will begin. Bethany has chosen a wide variety of music which I know you will enjoy. **Sign up begins October 6th Cost is \$5.00 Pepperell seniors and \$7.00 others**

Advanced Art Class with Laura Monday, October 20th / 12:30-1:30

You will be creating a beautiful gift bag. So if you are looking for something a bit more challenging, this is the class for you. **Cost \$4.00 Sign-up begins Sept. 22nd**

Private Computer Lessons With Bob Conlon & Brittany Pulford Thursdays / 10:00-2:00

Computer lessons have started up again. If you would like to learn how to use a computer to your advantage, this is the class for you. We have two amazing volunteers who are knowledgeable and patient. **Sign-up at the front desk today! FREE**

Nashoba Tech Here!!!! Thursday, October 23rd / 12:00

The kids are coming back to tantalize your taste buds with some special choices. The first choice is baked stuffed pork chops and the second is baked haddock. Chef Whiting will surprise you with the sides and dessert; and, as always, this meal is just **\$12.00** which includes dessert, soda, tax and tip. Don't miss out.

Sign-up begins October 6th

Glass Painting With Dianne and Dianne J Monday, October 27th / 12:30-1:30 Cost \$5.00

During this class you will learn to create a beautiful pumpkin scene on a gorgeous glass piece. The paint, glass and instruction is provided with a small fee of **\$5.00**

Sign-up begins October 6th

Marianos Luncheon Tuesday, October 28th 12:00PM / Cost \$12.00

Pam has selected three wonderful meal choices; meatloaf, veggie primavera and meatloaf. Each entree comes with sides, dessert and beverage. **Sign-up begins October 6th**

Don't Forget! Healthy Weight Series Tuesdays / 2:00-3:00

ONGOING ACTIVITIES

Arts & Crafts

Paint and Sketch with Paula Fulong
Tuesdays 10:00-12:00

We are excited to have Paula back. She wants people to know that all artists and aspiring artists are welcome to join, not just oil painters. This class is a drop-in format, and Paula works one on one with each student.

Stitch and Gab
Fridays at 10:30AM No fee.

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 11:00AM

Exercise

Variety of aerobics and strength training for all levels.

Mondays at 10:00AM

Fridays at 11:30AM

Bone Builders

Tuesdays 1:00 - 2:00

Fridays 10:30 -11:30

Current class is closed to new participants

Keep Moving Walking Group

Meets at the Rail Trail Clock

Mondays & Thursdays 9:00AM

MOVIES

10/1 Awakenings - Based on a true story as related by neurologist Oliver Sacks, Stars Robin Williams as the Sacks' counterpart, here named Dr. Malcolm Sayer. Something of a klutz and naif, Dr. Sayer takes a job at a Bronx psychiatric hospital in 1969.

10/8 Les Misérables in Concert: The 25th Anniversary - Featuring Alfie Boe as Jean Valjean and Norm Lewis as Javert.

10/15 Ida - A moving and intimate drama about a young novitiate nun in 1960s Poland who, on the verge of taking her vows, discovers a dark family secret dating from the terrible years of the Nazi occupation.

10/22 God's Not Dead - College freshman Josh Wheaton attends the first day of his philosophy class. His teacher, Professor Radisson demands the students in class write on a paper "God is Dead" and submit it or fail the class.

10/29 Belle - The illegitimate mixed race daughter of Admiral Sir John Lindsay. Raised by her aristocratic great-uncle Lord Mansfield and his wife, Belle's lineage affords her certain privileges, yet her status prevents her from the traditions of noble social standing.

Garden Club Clean-up Schedule

The First Monday of the Month

At 9:00 AM - Bring your tools!

October 6th

AND MORE

LUNCHEAS AND MORE

Monday-Thursday 12:00– Fridays 11:30

Cost: \$2.50 Pepperell Seniors /\$3.50 Others
(Fridays \$2.00 all you can eat!!!)

BREAKFAST

9:15AM followed by Speakers:

Community Legal Aid Talk

Friday, October 3rd

9:15 Breakfast

9:30 Speaker

Attorney Jane Edmonstone and Devlin Farmer will offer a two-part training. They will first address concerns about housing and related legal rights, facing eviction and will review the rights of people with disabilities. Then they will speak about Elder Law introducing The Nashoba Valley Elder Law Project that provides legal help to Nashoba Valley Residents 60 and over gaining access to health care and dealing with issues of domestic violence and abuse.

Dr. Paul Harasimowicz M.D., P.C.

Total Joint Replacement

Friday, October 24th

9:15 Breakfast

9:30 Speaker

Dr. H is coming to talk about joint replacement. Joint replacement surgery is removing a damaged joint and putting in a new one. A joint is where two or more bones come together, like the knee, hip, and shoulder. Dr. H is bringing models to show you and will answer any questions that you may have.

Moppet School Performance

Friday, October 31

9:15 Breakfast

9:30 Performance

The adorable kids from the Moppet School are coming for their annual Trick or Treat morning. We will serve a nice breakfast at

9:15, and the kids will be here at 9:30 to go table to table and collect the candy. Please bring a couple bags to share with the kids. After the candy has been passed out, Mrs. Marie will have the kids sing some Halloween songs.

Vermont Foliage Tour

Thursday, October 9th

8:30AM-4:30 PM

You'll travel a scenic route to the Quechee Gorge. Once in Quechee, you will head to the Vermont Institute of Natural Science where you'll see a show involving raptors that have been rehabilitated while injured in the wild. Following the show, you will have lunch at Dana's By the Gorge and before heading home, you'll stop at Sugarbush Farm to sample Vermont cheese and maple syrup. **Cost is \$48.00 which includes transportation, raptor show and lunch.** Sign up begins September 15th

Game Day & Costume Contest

Wednesday, October 29th

12:30 -1:30

It's fall with pumpkins, crisp air and Halloween. So let's celebrate! Why should all the fun be had by our kids? Let's get festive by having a costume contest and our usual creepy games. There will be a first place ribbon and perhaps some candy if your costume wins.

HEALTH SERVICES

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

Podiatrist– (NEW FEE)\$30.00

Massage– October 21st

Reflexology -October 20th

SHINE

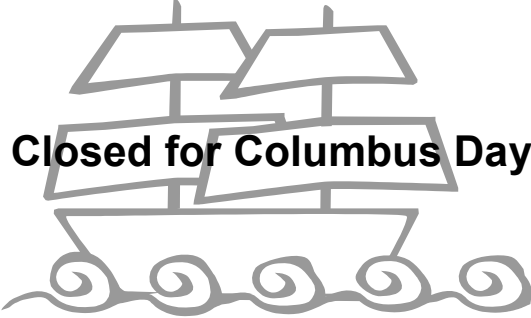
▼ **Flu Shots**
until Tuesday, October 7th
9:30AM-1:00PM

EVERY
Tuesday
November

Monday

Tuesday

Wednesday

<p style="text-align: right;">29</p> <p>9:00 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;">30</p> <p>9:15 Cribbage 9:30 Massage by Appointment 10:00 Yoga 10:00 Paint & Sketch 10:00 SHINE by Appointment 9:30 Massage by Appointment 11:45 Fish Sandwich with Spinach Soup 1:00 Bone Builders 2:00 Healthy Weight- Food, Disease</p>	<p>12:00 Chicken Pot Our Lady of 12:30 Bingo 12:30 Movie— Awa 2:00 Mah Jong 4:00 SOS</p>
<p style="text-align: right;">6</p> <p>9:00 Gardening 9:00 Walking Group 9:30 Hand and Foot 10:00 Exercise 12:00 Spaghetti & Meatballs 1:00 Mah Jong</p>	<p style="text-align: right;">7</p> <p>9:15 Cribbage 10:00 Yoga 10:00 Paint and Sketch 10:00 SHINE by Appointment 11:45 Grilled Cheese & Tomato Soup 1:00 Bone Builders 2:00 Healthy Weight Chronic Disease Flue Shots 9:30-1:00</p>	<p>12:00 American Cho <i>Pepperell Ch</i> 12:30 Bingo 12:30 Movie - Les' 2:00 Mah Jong 4:00 SOS</p>
<p style="text-align: right;">13</p> <div style="text-align: center;">  <p>Closed for Columbus Day!</p> </div>	<p style="text-align: right;">14</p> <p>9:15 Cribbage 10:00 Yoga 10:00 Paint & Sketch 11:45 Hot Turkey Sandwich 1:00 Bone Builders 2:00 Healthy Weight Stress & Compulsive Eating</p>	<p>10:00 Town Nurse 12:00 Beef Barley S <i>Lois's Ladies</i> 12:30 Movie - Ida 12:30 Bingo 2:00 Mah Jong 4:00 SOS</p>
<p style="text-align: right;">20</p> <p>9:00 Walking Group 9:30 Reflexology by Appointment 9:30 Hand and Foot 10:00 Exercise 12:00 Salisbury Steak 12:30 Advanced Art with Laura 1:00 Mah Jong</p>	<p style="text-align: right;">21</p> <p>9:15 Cribbage 10:00 Yoga 10:00 Paint & Sketch 11:45 Chicken Creaser Pita Sandwich 1:00 Bone Builders 2:00 Healthy Weight Meds & Food</p>	<p>12:00 Chicken Pico 12:30 Movie—Go 12:30 Bingo 2:00 Mah Jong 4:00 SOS</p>
<p style="text-align: right;">27</p> <p>9:00 Walking Group 9:30 Hand and Foot 10:00 Exercise 12:00 Chicken Cacciatore 12:30 Painting on Glass 1:00 Mah Jong</p>	<p style="text-align: right;">28</p> <p>9:15 Cribbage 10:00 Yoga 10:00 Paint & Sketch 11:45 Grilled Roast Beef Sandwich 1:00 Bone Builders 2:00 Healthy Weight Staying on Track Mariano's Luncheon 12:00</p>	<p>12:00 Pasta Dinner <i>Skeleton Cre</i> 12:30 Movie - Belle 12:30 Bingo 2:00 Mah Jong 4:00 SOS</p>

Wednesday

Thursday

Friday

<p>1</p> <p>Pie Grace</p> <p>akenings</p>	<p>2</p> <p>9:00 Yoga 9:15 Cards 9:00 Walking Group 11:00 Zumba Gold 12:00 Yankee Pot Roast 1:00 Computer Class</p>	<p>3</p> <p>9:15 Breakfast 9:30 Community Legal Aid Talk 10:30 Bone Builders 10:30 Stitch & Gab 11:30 Exercise 11:30 Warm-up \$2.00 (All you can eat!)</p>
<p>8</p> <p>op Suey <i>ristian Fellowship</i></p> <p>Miserables Concert</p>	<p>9</p> <p>9:00 Yoga 9:15 Cards 9:00 Walking Group 9:30 Podiatrist by Appointment 10:00 Reading and Writing Poetry 11:00 Zumba Gold 12:00 Turkey Tetrzzini</p> <p><i>Curmugeon Trip / Vermont</i></p>	<p>10</p> <p>9:30 Coffee & 10:30 Bone Builders 10:30 Stitch & Gab 11:30 Exercise 11:30 Warm-up \$2.00 (All you can eat!)</p> <p><i>Friends Dinner Sat. Oct 11th</i></p>
<p>15</p> <p>Soup</p>	<p>16</p> <p>9:00 Yoga 9:15 Cards 9:00 Walking Group 10:00 Reading and Writing Poetry 11:00 Zumba Gold 12:00 Chicken</p> <p><i>Evening with Bethany 4:00-6:00</i></p>	<p>17</p> <p>9:15 Coffee & 10:30 Bone Builders 10:30 Stitch & Gab 11:30 Exercise 12:00 Warm-Up \$2.00 (All you can eat!)</p>
<p>22</p> <p>ata d's Not Dead</p>	<p>23</p> <p>9:00 Yoga 9:15 Cards 9:00 Walking Group 10:00 Reading and Writing Poetry 11:00 Zumba Gold 12:00 <i>Nashoba Tech Here!</i></p>	<p>24</p> <p>9:15 Breakfast 9:30 Dr. H Joint Replacement 10:00 Toothfairy 10:30 Bone Builders 10:30 Stitch & Gab 11:30 Exercise 12:00 Warm-up \$2.00(All you can eat!)</p>
<p>29</p> <p>w e</p>	<p>30</p> <p>9:00 Yoga 9:15 Cards 9:00 Walking Group 10:00 Reading and Writing Poetry 11:00 Zumba Gold 12:00 Roast Pork with Pan Gravy</p>	<p>31</p> <p>9:15 Breakfast 9:30 Trick or Treat / Moppet School 10:30 Bone Builders 10:30 Stitch & Gab 11:30 Exercise 11:30 Warm-up \$2.00(All you can eat!)</p>

TRIAD

Dear Seniors,

There is a Fall feel in the air and unfortunately the Summer is drawing to a close. I hope everyone had an enjoyable Summer. I wanted to revisit the scam called "The grandparents scam" This scam is designed to fool seniors into thinking that their grandchild is hurt, in trouble, arrested or stranded and in need of money immediately.

Here's how the grandparents scam works:

The scammer makes a frantic call, pretending to be the grandchild. The scammer claims they've been in a car accident, been arrested for drug possession or had another emergency -- sometimes in another country -- and need money right away. The caller makes up excuses if their voice sounds different.

"Scammers make up an urgent situation -- 'I've been arrested,' 'I've been mugged,' 'I'm in the hospital' and target friends and family with pleas for help... and money," the Better Business Bureau Serving Wisconsin said in a warning. "The 'grandchild' pleads to the grandparents not to tell his or her parents and asks that they wire thousands of dollars for reasons posting bail, repairing the car, covering lawyer's fees, or even paying hospital bills for a person the grandchild has supposedly injured in a car accident."

Here's what to do to avoid becoming a victim to the grandparents' / emergency scam:

- Verify through another family member that the caller is, indeed, the grandchild. Don't disclose any information before confirming that the caller is the grandchild.
- How do you do that? If the caller says, "It's me, grandma!" don't respond with a name. Let the caller explain who he or she is. If the caller says, "It's me, your grandson," ask which one.
- Ask the caller a personal question. For instance, ask the name of a cousin or pet that only the grandchild would know. Don't ask anything that someone can easily find out via social media (such as the name of the grandchild's school.)
- Resist the pressure to make a quick decision.
- Never provide the caller with credit card information or banking information.
- Don't share too much travel information on social media.
- If you're a grandchild and you're traveling, share your plans before you leave the state or the country. Let your older family members know where you'll be and when you'll return. Make sure everyone in the family has your contact information, including a cell phone number and email for yourself and your travel companions, in case of an emergency.
- If you suspect the call is a scam, hang up immediately and avoid any requests for money.

Stay Safe,
Officer Haskins

News from the Outreach Program

Outreach Coordinator: Beth Selinger

Mondays & Wednesdays 8:30-2:30, Tuesdays 8:30-11:30, Fridays 8:30-12:30

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

October is Bone and Joint Health Awareness Month! Seniors Can Prevent Bone Loss & Fractures

Adapted from an article by Michael Lasalandra, Beth Israel Deaconess Medical Center
Bone loss and fractures in old age aren't inevitable. Seniors can take a number of actions designed to keep their bones healthy, including eating the right foods, taking supplements and engaging in weight-bearing exercise.

- Eat Breakfast, Lunch and Dinner. A balanced diet is very important.
- Include adequate amount of protein in your diet. For most, that is 80 grams a day -- an egg and a six-ounce piece of meat, fish or poultry.
- Sufficient Vitamin C is needed. In scientific studies seniors who had high intakes of Vitamin C, either through dietary intakes and/or supplements, reduced their risk of fractures by 50 percent.
- Calcium and Vitamin D are also very important. The recommended amounts are 1200 mg of calcium and 400 IU of Vitamin D per day
- Weight-bearing exercise is recommended. Walking, jogging, dancing, aerobics, sports all cause bone to become stronger and denser. Check with your doctor before beginning any new exercise program.
- Muscle mass also may play a role in bone health. There is a loss of muscle mass as we age. This may lead people to fall and fracture bones because their muscles can't support them. Weight lifting programs are highly recommended to strengthen muscles.

Personal Safety At Home

To insure safety when answering the door, remember these recommendations:

- Have your house number conspicuously posted outside your home.
- When someone knocks at your door, don't open it unless you know your visitor.
- Have a through-the-door viewer installed on each exterior door.
- If the person is a representative, salesman, etc., ask that identification and credentials be slipped under the door or through the mail slot. Call the employer to verify the name and business. Refuse to deal with anyone who won't comply with this request.
- Someone may knock at your door and ask to use your telephone to make an emergency call. Never open the door. Take the message and make the call for them.
- If someone comes to your door that you do not trust or who you believe might be dangerous, call your local police immediately.

FRIENDS OF THE PEPPERELL SENIORS

Dear Friends

I thought we would be done with oppressive humidity, but the first week of Sept. sure proved me wrong. We hope you are all doing well and we hope to see you at the Senior Center.

In August the Board of Directors reorganized as Phil Durno resigned. All Officers stayed with their elected office leaving the President position open. I welcome your thoughts and help during my term.

I have asked each Board Member to submit their thoughts on Bi-Law amendments, additions or deletions so that it can be presented at our October meeting which will be at one o'clock, October 6th. This will give you, the membership, a chance to provide input before it goes to a Lawyer for legal matters and hopefully we can vote on this at the annual meeting in January.

We are resuming our monthly dinners with a great Pasta Dinner on Saturday, October 11th from 4:30-6:00. We are serving baked ziti with sauce, sausage, meatballs, tossed salad, garlic bread and dessert. Please come support us and bring a friend.

Thank you who continue to volunteer and support the Friends.

Bob Newton, President

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.

Fridays Service Stops at 12:30 PM.

Medical appointments will take priority over shopping.

Ask about transportation to Boston medical appointments on Mondays.