St. Paddy's Celebration Luncheon
Wednesday, March 18th @ Noon
Sponsored by
Whittier Vocational Technical High School
Whittier Vo-Tech School & culinary team invites you to a St Paddy’s Day Luncheon.
Traditional Irish luncheon celebration & entertainment
Join us and enjoy corned beef & cabbage, potatoes, carrots, hot cross buns and dessert.
Tickets $6.00
Must be purchased by March 11th

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Join us and enjoy corned beef & cabbage, potatoes, carrots, hot cross buns and dessert.
Tickets $6.00
Must be purchased by March 11th

Local Resource Forum
March 10 at 10:00 am
At Salisbury Housing Authority
Great Meadows Village
23 Beach Road
Where do you turn in time of need? What resources are available to you locally? Please join COA Outreach Coordinator Emily Thompson, Activities Coordinator Meghan Fitzgerald, Veterans’ Agent Jeremiah Murphy and members of the Salisbury Police and Fire Departments for a presentation on local resources. You are bound to learn a few things!
To sign up, call 978-242-2412

In a world where you can be anything – be kind!

The Salisbury Council on Aging Hilton Center is committed to encouraging maximum independence and to improving quality of life. We are here to advocate for you, identify and meet your health, social and cultural needs.
We serve as a community focal point offering a variety of educational, health, fitness, social and spiritual programming. We are open to all.
Line Dancing  
with Jason McCollin

Tuesday 10:30 – 11:30
& Thursday 9:30 – 10:30
Intermediate Class
No pre-registration required
Learn the intermediate line dancing steps and have a great time doing it.
This class is taught by our very personable and patient instructor.
Suggested donation  
$3.00 per class

Exercise to Music  
Lisa Buczynski Pierce
Tuesdays  
9:00 – 10:00
• Low impact aerobics
• Strength conditioning
• Exercising to music
• Utilize hand weights, tubing and chairs at your discretion
Modify the intensity of the workout to your own level, chair exercise or standing.
Suggested donation  
$3.00 per class

Walking Group  
Feb, Mar & Apr
Thursday mornings  
10:00am – 11:00am
Boston Sports Club North  
(formerly Latitudes)  
191 Elm Street  
Just check in at the desk or with our leader Warren and tell them you are from the Salisbury Council on Aging. Walk around the track, meet your friends, start your day off right!

YOGA - GENTLE STRETCHING  
Lisa Buczynski Pierce
Tuesdays 10:15-11:15
Tone up your mind, body and spirit. Guided breathing, stretching and exercising to increase endurance, flexibility and overall fitness.
Classes will enable adults to gently stretch, socialize and have fun.
Suggested donation  
$3.00 per class

Cardio Balance & Fitness  
with Debbie Choate
Wednesdays  
9:00 am – 10:00 am
Develop agility, strength, & flexibility with these fun moves.
Studies show regular cardio improves overall health, including your heart and blood pressure.
Suggested donation $3 per class

SILVER STRENGTH  
Debbie Choate
Wednesdays  
10:15 - 11:00
Strength training designed to use mind and muscles to develop functional strength and fitness.
Sit in a chair, or stand with the chair available. Using balls and rubber tubing we work to improve strength, mobility and endurance. Debbie Choate is a Salisbury resident and owner of Bodytrends Personal Fitness
Questions about the class please call Debbie at 978-270-3464.
Suggested donation  
$3.00 per class

Zumba  
with Ivana
Fridays  
9:00AM – 10:00AM
Dance and aerobic movements to all types of energetic music. Zumba targets the abs, thighs, arms, and other muscles throughout the body.
Come and join the fun!!
Suggested donation  
$3.00 per class

Gentle Balance Class  
Jennifer Freeman
Fridays @ 10:00
Jennifer Freeman will instruct us on stretching & strength while keeping the energy light.
She encourages modification of postures to each individual’s ability.
Her joyful spirit, kind heart & love for teaching will inspire you.
Suggested donation  
$4 per class

Healthy Ways Day to Day  
Brenda Ernst
Wednesday Feb 26 Noon
Brenda is a certified personal trainer and yoga instructor, she also specializes in chi gong and elder mental health. Learn to care for yourself, increase your bone density, develop proper form in your routine and learn how nutrition plays a big part of our overall health.
This one-day seminar is FREE! Call us to sign up! 978-462-2412
Internet Access: We are Wi-Fi enabled for your convenience.

We offer one-on-One instruction for iPad, Smartphone or Computer. Assistance is available by appointment and flexible. Please call to make your appointment today 978-462-2412.

Weekly Activities: Please call 978-462-2412 to register for workshops, classes, programs

BINGO  Mondays at 12:30 pm
Join us for fun and friendship, check out the new prices and prizes. If you don’t feel like playing, consider volunteering to call Bingo or help us out with the cards, etc.

45’s Card Game, Scrabble, board games Please do drop in  Mondays at 1pm
Would you like to meet new people or meet up with current friends? Start a scrabble game or initiate a new board or card game, please let us know and come join the fun!

Quilters Group  Tuesdays at Noon
Experienced Quilters – bring your own projects or help us with ours.

Mah Jongg  Tuesdays at 11:30am
Just the basic moves. Practice games can take you step-by-step through opening moves, middle strategies, combinations and the endgame. Players always welcome. Some experience needed, we welcome all.

Cribbage, Beginners and Advanced Bridge– Drop in.  Wednesdays
Please contact us if you are interested in playing, regardless of experience.

We would like to get an active group going.

Crafts & Chats  Thursdays at 9:00 a.m.
Join us for knitting, crocheting, pretty punch, socializing and refreshments. We have plenty of supplies and yarn available. Interested in learning? Join this fun supportive group.

Men’s Discussion Group  Mondays at 10:30 a.m.
Looking for something to do? Join old friends and meet new ones. No particular topic takes precedence. Discuss news, views, the old days, old neighborhoods, current events, and more. Keep your mind functioning! Get involved and socialize. Get up, get out of the house and join the fun. Refreshments served.

Color Card Making and Embroidery Card Making with Helen D’Amato
Thursday, February 13th & March 12th @ NOON
Color card making class focuses on blending color. Cost for materials is $3.
Embroidery Card Making offers 2 different design options. Cost for materials is $5.
Sign up ASAP as space is limited.

Watercolor Painting  Noon – 3pm  Thursdays, Feb 27th & Mar 26th
Paint a different scene each month with watercolor and bring home your finished painting. Everything you need to paint your picture will be supplied. Watercolor painting coach, W.E. (Bill) Duke will be providing the class instruction. Cost is only $20.00. No prior experience is necessary. Pre-registration required, please call 978-462-2412.

Adult Coloring  Join the fun  Before Bingo
This adult version of coloring is done with colored pencil, markers and coloring sheets depicting intricate patterns. This is a great way to express yourself and “de-stress”!
## Activity Schedule

### February - March 2020

**Hilton Senior Center**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>9AM – 2PM</strong> Van</td>
<td><strong>9AM – 2PM</strong> Van</td>
<td><strong>9AM – 2PM</strong> Van</td>
<td><strong>9AM</strong> Chats &amp; Crafts</td>
<td><strong>9AM</strong> Zumba</td>
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<tr>
<td><strong>10AM – 11AM</strong> Blood Pressure</td>
<td><strong>9AM – 10AM</strong> Exercise to music</td>
<td><strong>9AM – 10AM</strong> Van</td>
<td><strong>9AM</strong> Cardio</td>
<td><strong>10:00 AM</strong> Balance Workshop</td>
</tr>
<tr>
<td>1st, 2nd, 3rd &amp; 4th</td>
<td><strong>10:15A – 11:15A</strong> Stretching/Yoga</td>
<td><strong>10:15A – 11:00A</strong> Senior Fitness</td>
<td><strong>10 – 11AM</strong> Walking Group</td>
<td>Let us know if you are aware of any seniors in Need that we may be able to assist, Help Us Help You</td>
</tr>
<tr>
<td><strong>10:30AM</strong> Men’s Discussion</td>
<td><strong>10:30AM</strong> Line Dancing</td>
<td><strong>10:30AM</strong> Cribbage</td>
<td><strong>11:15AM</strong> Birthday Party</td>
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<tr>
<td><strong>11:30A</strong> a.m. Coloring</td>
<td><strong>11:30A</strong> – 3PM Mah Jongg</td>
<td><strong>12:30</strong> Van to Our Neighbor’s Table</td>
<td><strong>3rd Thursday</strong></td>
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</tr>
<tr>
<td><strong>12:30PM – 2:30PM</strong> Bingo</td>
<td><strong>11:30A</strong> Brown Bag Pick-up</td>
<td><strong>10:30AM</strong> Mah Jongg</td>
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<tr>
<td><strong>1PM</strong> 45’s card game CLOSED</td>
<td><strong>11:30A</strong> NOON Quilting</td>
<td><strong>11:30A</strong> NOON Brown Bag Pick-up 2/4 &amp; 3/3</td>
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<tr>
<td><strong>2/17/20</strong></td>
<td><strong>NOON</strong></td>
<td><strong>NOON</strong></td>
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### UPCOMING EVENTS IN FEBRUARY:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td></td>
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<tr>
<td>2/17</td>
<td>CENTER CLOSED</td>
<td></td>
</tr>
<tr>
<td>2/24</td>
<td>NOON</td>
<td>Ice Cream before Bingo</td>
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<tr>
<td>TUESDAY</td>
<td></td>
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<tr>
<td>2/4</td>
<td>11:30A</td>
<td>Brown Bag Pick up</td>
</tr>
<tr>
<td>2/25</td>
<td>10:00A</td>
<td>Field trip to Alternative Therapy</td>
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<tr>
<td>WEDNESDAY</td>
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<tr>
<td>2/5</td>
<td>NOON</td>
<td>Movie &amp; Pizza with Bobbi Jo</td>
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<tr>
<td>2/12</td>
<td>11:30A</td>
<td>Sip and Soup with Wingate</td>
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<tr>
<td>2/19</td>
<td>NOON</td>
<td>Valentines Lunch: entertainment</td>
</tr>
<tr>
<td>2/26</td>
<td>NOON</td>
<td>New Way New Day Health</td>
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<tr>
<td>THURSDAY</td>
<td></td>
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<tr>
<td>2/13</td>
<td>NOON</td>
<td>Card Making with Helen</td>
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<tr>
<td>2/13</td>
<td>NOON</td>
<td>Book Chat with Cara from SPL</td>
</tr>
<tr>
<td>2/20</td>
<td>11:15A</td>
<td>Birthday Party</td>
</tr>
<tr>
<td>2/27</td>
<td>NOON</td>
<td>Watercolor Class w/Bill Duke</td>
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</tbody>
</table>

### UPCOMING EVENTS IN MARCH:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>MONDAY</td>
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<tr>
<td>3/3</td>
<td>CENTER CLOSED</td>
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<tr>
<td>3/23</td>
<td>NOON</td>
<td>Ice Cream before Bingo</td>
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<tr>
<td>TUESDAY</td>
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<tr>
<td>3/3</td>
<td>11:30A</td>
<td>Brown Bag Pick up</td>
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<tr>
<td>3/10</td>
<td>10:00A</td>
<td>Resource Forum at Housing</td>
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<tr>
<td>WEDNESDAY</td>
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<tr>
<td>3/4</td>
<td>NOON</td>
<td>Movie &amp; Pizza with Bobbi Jo</td>
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<tr>
<td>3/11</td>
<td>NOON</td>
<td>Chef Kirk - Lasagna</td>
</tr>
<tr>
<td>3/18</td>
<td>NOON</td>
<td>St. Paddy’s Luncheon</td>
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<tr>
<td>3/25</td>
<td>NOON</td>
<td>Dementia Live!</td>
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<tr>
<td>THURSDAY</td>
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<tr>
<td>3/12</td>
<td>NOON</td>
<td>Card Making w/Helen</td>
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<tr>
<td>3/19</td>
<td>11:15A</td>
<td>Birthday Party</td>
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<tr>
<td>3/26</td>
<td>NOON</td>
<td>Watercolor Class w/Bill Duke</td>
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<tr>
<td></td>
<td>TBA</td>
<td>Drumming</td>
</tr>
</tbody>
</table>

Lunch served Mon-Thurs. at 11:20, suggested donation is $2.00. Confidential, envelopes provided. **Make your lunch reservation by calling 978-462-2412 minimum two days in advance.**
### HOW CAN WE HELP YOU?

**Field Trip to Alternative Therapy Group**  
**Elm Street, Salisbury**  
**Tuesday, February 25th @ 10AM**

No waiting in lines. Here is your chance to see how their facility is set up and have a one on one consultation. Find out what it is all about and get your questions answered. Call to sign up ASAP 978-462-2412.

**Dementia Live**  
**Wednesday, March 25th @ Noon**

Sponsored by Sarah Coletti of Benchmark Senior Living, Haverhill Crossings. In this high-impact Dementia Live experience, you will be immersed into life with dementia, resulting in a deeper understanding of what it’s like to live with a cognitive impairment and sensory change. Dementia Live is experiential learning that simulates cognitive and sensory impairment, giving participants a real-life simulation of what it must be like to live with dementia. Through this hands-on learning experience participant gain greater awareness and understanding of the constant struggles affecting persons with dementia as they go about their daily lives. Please call to sign up 978-462-2412.

### WELLNESS PROGRAMS

**Health Clinic:** Held from 10:30 am to 11:00 am on the 1st, 2nd, 3rd & 4th Monday of the month. A nurse from the Salisbury Public Health Department or an EMT from Cataldo Atlantic Medical Response will be here to take your blood pressure and discuss any concerns you have.

**Hot Lunch:** Served each weekday at 11:20 at the Hilton Center. Suggested donation is $2.00 per meal for a person 60 and older. Reservations must be made two working days in advance. Please call to reserve: 978-462-2412.

**Home Delivered Meals:** Meals are available for homebound elders. Call Elder Services at 800-892-0890 extension 490 to make arrangements.

**SHINE:** Our counselor, Emily, holds office hours at the Center. Private appointments available - discuss your health insurance options and prescription plans. Call for your private appointment at 978-462-2412.

**Tax Assistance**

Tax Assistance is available from February 10th through April 13th. Appointments are required and are only available on Mondays. This is a volunteer service designed for those with limited income. Make your appointment by calling the COA - no walk-ins accepted. Stop by to pick up your Intake sheet. This must be filled out prior to your appointment. The following documents are required and **MUST** be brought to your appointment:

- Proof of identification (Photo ID) for primary & secondary taxpayer
- Proof of Social Security for you and your spouse, or 1099 SSA statement or letter from SSA
- If not on Medicare for at least part of the year, Form 1095, Affordable Health Care Statements
- Health Ins. Exemption certificate, if received
- All Federal & State Forms you receive by mail
- If you feel you are eligible for Mass Circuit Breaker Credit, bring copies of paid real estate taxes showing valuation, water & sewer charges OR amount of rent you paid in 2018.
- If you desire direct deposit of your refund, please bring a check or other bank document

**Please call us to schedule an appointment @ 978-462-2412**

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**THE MARKET AT OUR NEIGHBORS’ TABLE**

welcomes residents of Salisbury  
The friendliest store in town!

Fresh, healthy food available to anyone in need – **for FREE**! You can shop at no cost for fresh fruits, vegetables, milk, eggs, fish, chicken Healthy food is available to anyone in need for FREE! Wednesday, Group transport leaving Salisbury COA @ 12:30pm. Please sign up through our senior center or directly through Our Neighbors Table.

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**The Supplemental Nutrition Assistance Program/SNAP** is a nutrition program for families and individuals that meet certain income and resource guidelines. SNAP benefits help you buy nutritious food for you and your family. SNAP benefits are accessed with an [Electronic Benefit Transfer Card (EBT)](#). These cards are used the same way you would use a debit or ATM card. To see if you qualify make an appointment with our outreach coordinator at 978-462-2412.

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**Brown Bag Pick-Up**  
**Tuesday, February 4th @ 11:30am**  
**& Tuesday, March 3rd @ 11:30am**

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Salisbury Council on Aging Hilton Center  
43 Lafayette Rd. Salisbury MA 01952  
978-462-2412 epettis@salisburyma.gov
Birthday Celebration
The Friends of the Salisbury Council on Aging invite you to the Hilton Senior Center for a birthday celebration, with lunch & entertainment.

**Thursday February 20th @ 11:15**
& **Thursday, March 19th @ 11:15**
Reserve minimum one-week prior by calling 978-462-2412.

*Friends of the Salisbury Council on Aging.

Ice cream before Bingo @ NOON
Monday, February 24th
& Monday, March 23rd

MOVIE, PIZZA & DESSERT!
**February 5th & March 4th @ Noon**
Sponsored by Merrimack Valley Health

**February Movie will be “Green Book”**
(copy of description is available or see our flyer)
March movie is still open to suggestions

Call to register 978.462.2412

Sit Sip & Soup
**Wednesday, February 12th @ 11:30am**
Sit Sip & Soup is back again this month. In addition to enjoying a delicious bowl of soup, you can join our staff in a lively discussion on your ideas with our new Activities Coordinator Meghan. Space is limited - call to make your reservation. 978-462-2412. Wingate continues to support our community with traditional soups that features all the comforts of home.

**BOOK CHAT & REFRESHMENTS!!**
**Thursday, February 13th @ Noon**
Join Cara, from the Salisbury Public Library, for refreshments and a casual book chat. Stop by to share what you’re reading, hear about new titles and get suggestions for your next read. Haven’t read anything in a while? Join us anyway!! Please call to sign up 978-462-2412

Chili Cook-Off
**February 27th Noon**
Enter the cookoff with your very own favorite chili recipe and pick up your entry form no later than February 19th. Please list the main ingredients.
If you’re not an expert chili chef, you are still invited to join in the fun and sample the offerings.

Call to register 978.462.2412

2nd Annual Cookbook
We need you and your recipe(s)!
Limit of 2 please
Welcome back to those who submitted recipes for our first cookbook and Welcome to those who will submit a recipe for the first time! We are excited to create this second cookbook and look forward to working with everyone! There is a longer time frame to submit your recipe. You will proof read your own recipe(s) after we type them up, ensuring no mistakes! We are unsure of the printing cost for the book, as we are looking into different formats, but know that it will still be reasonably priced. Include all ingredients with complete instructions on how to prepare the recipe. We will add “submitted by” with your name. Please consider telling a small story about your recipe to be included in the book. Maybe you were even inspired by something you had at a restaurant or it is family favorite passed down from generations. We would love to read about it!!
Questions? Call Carol or Meghan @ 978-462-2412.

Wish List

<table>
<thead>
<tr>
<th>Paper Towels</th>
<th>Dust Buster</th>
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</thead>
<tbody>
<tr>
<td>Cleaning Products</td>
<td>Pencils</td>
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<tr>
<td>Coffee/Tea/Sugar</td>
<td>Thank You, Get Well, Sym Cards</td>
</tr>
<tr>
<td>Utensils/Plates/Napkins</td>
<td>Plastic rectangular tablecloths</td>
</tr>
<tr>
<td>Coffee Cups</td>
<td>Plastic round tablecloths</td>
</tr>
</tbody>
</table>

Assisted Living Center – Salisbury
Where you Can Have it All
Where you Can Afford it All
(978) 463-9809
Letter from Senator DiZoglio

Last year, we made progress on a host of issues important to our region:
• We took the initiative, in developing the Merrimack River District Commission, and are currently in the process of drafting a strategic plan for both long and short-term solutions for our beloved resource.
• My campaign finance bill, which increases transparency and accountability in the election process around campaign contribution sources and expenditures, was recently passed unanimously by the legislature.
• The passage of Student Opportunity Act will make unprecedented and necessary investments in our local public schools.
• We passed the PACT Act, I filed to bring us closer to providing epinephrine injector coverage for children in Massachusetts.
• I filed several bills designed to hold gas companies accountable for their actions.
While we accomplished much in 2019, there remains significant work to be done. I am excited to get to work on key issues including elder housing, health care and transportation. If you have any questions on a bill or legislative issue or ever need assistance, please feel free to contact me via email at diana.disoglio@masenate.gov or phone at (617) 722-1604. Yours in service, Diana

Our State Senator Diana DiZoglio Aide will hold office hours at our Senior Center the First Friday of the Month 10-11 am, Do Drop IN!

The Salisbury Tax Relief Work-off Abatement Program: This program recognizes that many senior citizens can provide a wealth of knowledge and skills from which the town could benefit in its various departmental needs, while providing the participating seniors with a much needed tax break.
The Town of Salisbury through the Council on Aging offers up to twenty Senior Citizen residents and twenty Veterans a $796 tax credit on their property tax bill in exchange for their volunteer service of 62.5 hours. Acceptance to the program is subject to the ability to place the applicant in available positions. Placements are based on the skills and interest of the applicant and the needs of town departments. Eligibility for acceptance is limited to Salisbury residents, age 60 and older, who own and reside in Salisbury. Please stop in and pick up an application.

“WELCOME!”
Meghan Fitzgerald
Activities Coordinator

On behalf of the staff and our seniors, we would like to welcome our new Activities Coordinator, Meghan Fitzgerald. Meghan is married, has 2 young children, and lives in Brentwood, New Hampshire. Meghan has previous experience developing intergenerational activities and looks forward to working with all of you! She will be at the senior center Monday through Thursday. We hope you will stop by, say hello, welcome Meghan and share any ideas you may have. We want to wish her every success in her new position here and we look forward to working with her.

NEET – Northern Essex Elder Transport Inc.
This non-profit organization provides rides for elders to medical and essential appointments outside our van route. Arrangements must be made at least two business days in advance by calling the COA office at (978) 462-2412. A donation of 45 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay.

Would you like to be a driver for NEET? Volunteer
Give the Gift of a Lift! Local seniors need your help with transportation for medical appointments and other important errands. You use your own car and receive mileage reimbursement plus supplemental liability insurance. Can you provide two rides a month? Call NEET at 978-388-7474. Visit www.driveforneet.org.

Thank You

We couldn’t do it without you!
Transportation: **COA Van** is available to seniors for transport to local appointments; The Van operates Monday, Tuesday from 8:30 am to 2:00 pm. On Wednesday the Van provides transportation to Market Basket Plaza and Wal-Mart Plaza in Seabrook. Pickup begins @ 9:00 a.m. The cost for shopping is suggested donation of $5.00 **not a required amount.** Confirm pickup time when you call. Make your reservations at least two working days in advance by calling (978) 462-2412.

**E-Z Trans:** Curb to Curb transportation for Salisbury residents for shopping, visiting friends, running errands, going to and from medical appointments, or to and from work, the E-Z Trans allows clients to commute throughout Merrimac Valley, this van service also accommodates wheelchair clients, program operates from 8 a.m. to 5 p.m. Monday through Friday. All participants must be certified through the MVRTA. Applications are available online or through the Senior Center. Reservations must be made at least 48 hours in advance by calling 978-469-6878 option 3. There is a variable rate.

**Become a Donor**
The Salisbury Council on Aging also relies on financial assistance from the community to support programs and activities at the Hilton Senior Center not covered under the budget. Please help us support the Council on Aging by making a donation that will help to support classes, programming, service and activities.

If you wish to make a donation, please complete the application form below.

Name: _____________________________________________________________________________________
In Memory of: ______________________________________________________________________________
Address: ___________________________________________________________________________________
City: _____________________________ State: _____________ Zip Code______ Telephone: ___________

Please mail this form to the Council on Aging, 43 Lafayette Rd. Salisbury, MA 01952   Thank You for your support!