



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

Manchester-by-the-Sea, Massachusetts 01944-1399

Telephone (978) 526-7500 • FAX (978) 525-6441

hammondn@manchester.ma.us

September 2015

Nancy Hammond
Director of Senior Services

MANCHESTER COUNCIL ON AGING VAN SCHEDULE



MONDAY	9:00 to 2:00
TUESDAY	9:00 to 3:00
WEDNESDAY	9:00 to 3:00
THURSDAY	9:00 to 3:00
FRIDAY	9:00 to 2:00

24 hour notice is requested for transportation

(978) 526-7500



COUNCIL ON AGING MISSION

By keeping our elders as integral members of the community and supporting them through community services, resources and intergenerational activities, we endeavor to improve their well-being and enjoyment of life.

MANCHESTER COA EVENTS/TRIPS

SEPTEMBER

- 9/2 Wegman's 11:00
- 9/9 The Village Restaurant 11:30
- 9/11 Malls 9:30
- 9/14 Low Vision Meeting @ The Plains 1:00
- 9/15 Zumba resumes 10:00 @ the Chapel
- 9/16 Sam Adams Brewery 10:00
- 9/18 Trader Joe's 9:30
- 9/22 Lunch of the Month @ The Chapel 12:15
- 9/23 Mystery Ride 1:00
- 9/25 Walmart 9:30
- 9/28 Monday Movie Matinee 1:30 @ Newport Park
- 9/30 Russell Orchards 9:30

OCTOBER

- 10/2 Christmas Tree Shops 9:30
- 10/6 Coffee with the Office of Consumer Affairs 10:00
- 10/7 Manchester Historical Museum 10:00
- 10/9 Malls 9:30

PREREGISTRATION IS NECESSARY FOR ANY AND ALL ACTIVITIES OR TRIPS.

CANCELLATION POLICY: REFUNDS ARE ONLY AVAILABLE FOR CANCELLATIONS MADE UP TO 48 HOURS BEFORE EVENT.

FYI-There is a Special Town Meeting in the Memorial School Auditorium. Wednesday 9/9 at 7:00 pm, check in starts at 6:15 pm.

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PLEASE SEND US YOUR EMAIL ADDRESS SO YOU CAN RECEIVE THIS NEWSLETTER VIA EMAIL. ALL EMAIL INFORMATION WILL REMAIN CONFIDENTIAL. PLEASE FORWARD YOUR INFORMATION TO:
hammondn@manchester.ma.us

MONTHLY MALL & TRADER JOE'S SHOPPING TRIPS
MARKET BASKET SHOPPING-THURSDAY
ZUMBA-TUESDAY— YOGA-WEDNESDAY

COA BOARD MEETING:

Postponed until October due to
Special Town Meeting

TRIAD MEETING:

9/15/15 @ 9:30 am
@ Town Hall, Room #5

FRIENDS OF THE COA MEETING:

9/22/15 @ 4:30 pm
@ The Plains Community Room