



SENIOR SCOOP

· APRIL 2019 ·

Our Mission: *The Ashby Council on Aging (COA) is dedicated to enhancing the quality of life of Ashby senior residents by offering services that strive to promote each person's independence and healthy, successful aging.*

COA OFFICERS:

Nancy Catalini, *Chair*
Jo Helander, *Vice Chair & Treasurer*
Nadine Callahan, *Secretary*
Linda Stacy
Linda Mikkola
Peggy VanHillo
Gary Asher

Council on Aging Meetings: The Ashby Council on Aging meets on the second Wednesday of each month at 3:30 pm at the **COA Office, located in the Ashby Town Hall (Lyman Building) 895 Main St., 3rd floor.** Meetings are open to the public and all are welcome to attend.

Dates to Remember:

See inside for details and more events.

- APRIL 6th - LADIES' NIGHT at the ASHBY CONGO CHRUCH**
- APRIL 8th - COA WEEKLY WALK BEGINS**
- APRIL 8th - CHAT & CHEW at 873 CAFE**
- APRIL 6th - CPR TRAINING**
- APRIL 10th - SENIOR CITIZEN BREAKFAST AT NMRHS**
- APRIL 13th - BOYSCOUT SPAGHETTI SUPPER AT THE LEGION**
- APRIL 21 - LEGION MEAT RAFFLE**
- APRIL 21 - EASTER SUNDAY**
- APRIL 22 - TOWN ELECTION**
- APRIL 24th - VOLUNTEER AT THE COA**
- APRIL 25th thru 27th - NMRHS MUSICAL**
- APRIL 27th - ASHBY CLEAN-UP**
- APRIL 30th - SONGBIRDS AT ASHBY LIBRARY**
- MAY 1st - ESTATE PLANNING 101 at the ASHBY COA**
- MAY 4th - ANNUAL TOWN MEETING**
- JUNE 10th - STATE SENATOR ANNE GOBI VISITS THE ASHBY COA**

COA DIRECTOR: Corey Harju

Phone: 978-386-2424 (ext. 27)

Email: coa@ashbyma.gov

Office Hours: Wednesdays 9 - 12:00 or By Appointment

From the Director:

Dear Ashby,

The past few months have been very busy for your COA. The next month leading up to the Annual Town Meeting will prove to be just as busy. Members of the COA and I have attended every Board of Selectmen's Meeting and Finance Committee meeting since the end of January in an effort to make sure the Ashby Council on Aging is appropriately funded in fiscal year 2020. The COA is requesting an increase in the number of paid hours for the COA Director position. I covered the details of that request in the last newsletter so I won't bore you by repeating it all again here.

There are many Selectman and Finance Committee meetings between now and the Town Meeting in May when Ashby will vote to approve the FY2020 budget. The COA and I plan to be at each and every one of those meetings to continue the open dialogue between the COA and our town officials, and to ensure that the COA is adequately funded. Please join me at any of those meetings to show your support and learn more. Here are the dates for the upcoming meetings:

Ashby Board of Selectmen Meetings:

(Town Hall - 2nd Floor):

Wednesday, April 3rd @ 7:00

Wednesday, April 17th @ 7:00

Wednesday, May 1st @ 7:00

Ashby Finance Committee Meetings:

(Town Hall - 2nd Floor):

Tuesday, April 9th @ 7:30

Tuesday, April 23rd @ 7:30

If you can't make it to a meeting, please reach out to a Selectman or a FinCom member to let them know you support the COA. If you have questions about the COA's budget, or anything about the COA, please come to a COA meeting on the second Wednesday of the month, come to a Chat & Chew (Mondays starting April 8th), or simply reach out to a COA member. Thank you for your support of the COA and Ashby seniors!

Take care of each other ~ Corey Harju (Your COA Director)

JOIN THE ASHBY COA FOR
A WEEKLY WALK

Mondays beginning April 8th at 8:50 a.m. at Willard Brook State Forrest's Valley Road Trail

We will meet at the corner of routes 119 & 31 (Sheldon's) at 8:50 a.m. SIGN UP BY THE PRECEDING WEDNESDAY: 978-386-2424 ext. 27

- The walk will last approx. 1 hour
- **PLEASE ARRIVE ON TIME**
- All walking speeds are welcome - no one is left behind
- Keep in mind the trail is not paved and is, at times, uneven
 - Rain or shine
- Please dress appropriately and wear appropriate shoes
- Bring water, wear sunscreen, and don't forget your bug/tick repellent

Let's get outside and enjoy what Ashby has to offer!



NMRHS Student Council's:
**Senior Appreciation
Breakfast**



Wed., April 10th, at 8:30 a.m.

Bus transportation from Ashby to the High School will be provided by NMRHS. Registration required. Please contact the Ashby COA to register and for details by April 3rd: 978-386-2424 Ext. 27

Breakfast will be served in the Common Area at the High School followed by performances by NMRHS's award-winning band and chorus!

VOLUNTEERS NEEDED!

WED., APRIL 24th - 1:00 pm at the COA (Ashby Town Hall - 3rd Floor)

Your COA needs volunteers to help get our next newsletter ready for mailing. Everyone is welcome.

The Ashby COA & Ashby Free Public Library present:

Songbirds of the Northeast

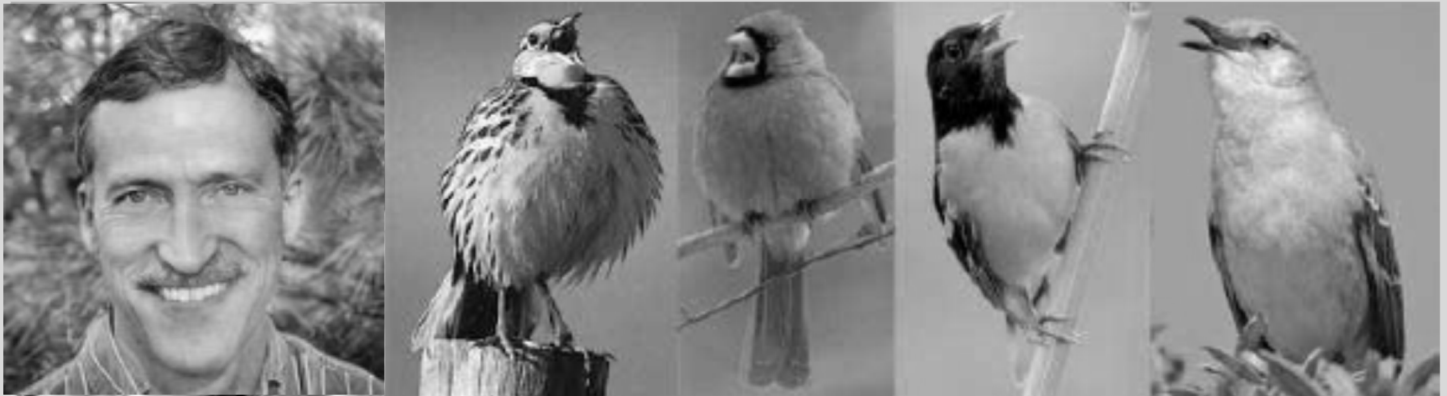
**Tuesday, April 30th @ 1:00
at the Ashby Free Public Library**

Join Naturalist and Educator, **John Root**, for a free presentation featuring both photographs and recordings of our region's songbirds. The role of song in these birds' lives as well as their diet, social behavior, and other adaptations for survival are discussed. Participants will learn how to:

- Provide attractive habitat for songbirds
- Recognize songbirds by their songs and calls

and discover intriguing details about songbird lives, adaptations & behavior.

Questions and comments are welcome throughout the hour presentation.

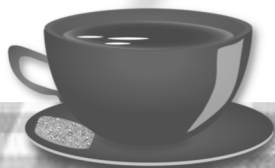


This program is supported in part by a grant from the Ashby Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. www.johnroot.net

CHAT & CHEW

**Mondays, starting April 8th
10:30 to 11:30 at the 873 Café
Join your COA for an informal
chat.**

**Back by
popular Demand!**



Whitney Rohrer, OT, of the Nashoba Nursing Service & Hospice and Nashoba Associated Boards of Health, presents to over 20 residents on the topic of Dementia at the COA on February 27, 2019.

**Introducing the ASHBY COA's
LITTLE FREE LIBRARY**

The COA's little library is a free book exchange located at the COA. It belongs to everyone and everyone can use it.

HOW IT WORKS:

Take a Book - If you see something you'd like to read, take it. When you're done, bring it back, pass it along, or donate it to a library.

Share a Book - Donate a book or two that you no longer need.

There are no fees and no membership required. Free for everyone!

Come check it out at the COA - Town Hall, 3rd floor.

The Ashby Town Hall is open:

Monday: 8:00 a.m. to 4:00 p.m.

Tuesday: 8:00 a.m. to 4:00 p.m.

Wednesday: 8:00 a.m. to 4:00 p.m. and 5:00 pm to 8:00 p.m.

Thursday: 8:00 a.m. to 12:00 p.m.

Friday: 9:00 a.m. to 12:00 p.m.



**FREE CPR COURSE
SATURDAY, APRIL 6, 2019 at 10:00 a.m.**



CLASS SIZE IS LIMITED - REGISTRATION IS REQUIRED (First come - first served)

Sign up at the Council on Aging by stopping by or call: 978-386-2424 ext. 27

Ashby Fire & EMS is offering "Heart Saver", a basic CPR course, for Ashby residents at no cost. An optional certification and card can be purchased at the end of the training for \$30. The class is held in Ashby. Call the COA to register and for details.

FREE TAX SERVICES

TAX PREPARATION & E-FILING

For individuals & families with incomes up to \$55,000

IRS-Trained and Certified Volunteers will prepare and e-file your taxes for free through MOC's Volunteer Income Tax Assistance Program (VITA).



WE WILL HELP YOU CLAIM TAX CREDITS INCLUDING:

- Earned Income Tax Credit
- Child Tax Credit & Additional Child Credit
- Credit for Other Dependents
- Credit for Child and Dependent Care Expenses
- Education Benefits
- MA Senior Circuit Breaker Tax Credit

WE PREPARE

- Both Federal and MA State tax returns
- Form 1040 with Schedule A, B, C, C-EZ, EIC
- MA Form 1 with required schedules
- Amended and prior year returns

BY APPOINTMENT ONLY:

Tuesdays, Fridays, Saturdays & Sundays
Hours vary dependent on day.

TO MAKE AN APPOINTMENT

CALL: 978-516-5052. Appts will be held at 49 Nursery Lane, Suite 201, Fitchburg

WHAT TO BRING

- Current photo ID (driver's license, state ID or student ID); Social security cards or ITINs for you, your spouse, and any dependents
- All wage and tax statements including the following forms: W-2, W-2G, any 1099 and any 1098; Any other tax document(s) you've received.
- Bank info for direct deposit (routing, account number).
- If you are unsure if VITA needs it, bring it along.

NMRHS SPRING MUSICAL:

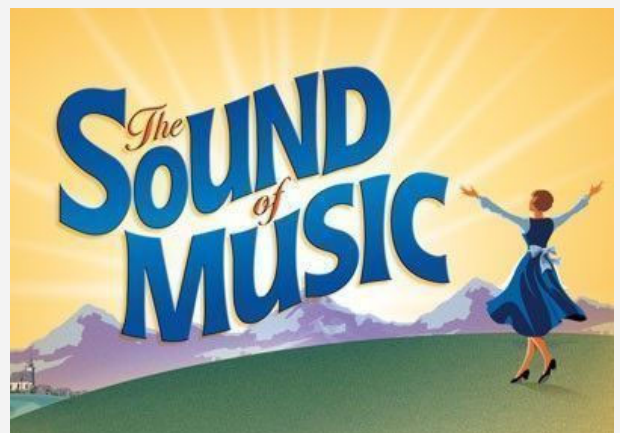
Thurs., April 25th, 7:00 to 10:00 pm

Fri., April 26th, 7:00 to 10:00 pm

Sat., April 27th, 2:00 to 5:00 pm

Sat., April 27th, 7:00 to 10:00 pm

Contact North Middlesex High School for ticket info & details: 978-597-8721



FROM THE DESK OF THE TOWN CLERK:

**Ashby's Annual Town Election
Monday, April 22nd, 12-7:30pm at
Ashby Elementary School**



Absentee ballots are available for the Annual Town Election. If you are physically unable to get out to the polls on Election Day or are going to be out of town that day you can still vote. The process is simple! To request an application for yourself or a relative, please call the Town Clerk's office (978) 386-2424 ext.10. Ballots can be mailed back but must arrive by the close of the polls on Election Day.

If you have any questions please give me a call. We want everyone to have the opportunity to vote!! Tiffany Call, Ashby Town Clerk! **978-386-2424 ext. 10**

**CARPOOL
vote**



GET A RIDE TO THE POLLS ON APRIL 22nd

Call Evie no later than **April 21st** to schedule a ride to the polls. If there is no answer, please leave a message with your name and **phone number.**

EVIE GLECKEL: 978-386-5394

A MESSAGE FROM YOUR TOWN NURSE:

Hello Ashby!

Got Spring Fever? Get OUTDOORS! With the warmer weather, make some time to get OUTDOORS and take advantage of nature's health benefits! Research says that being outside for as little as five minutes can lower your heart rate, blood pressure and cortisol (the stress hormone) production. Natural sunlight provides a free dose of Vitamin D which is essential for overall healthy body functioning. Taking a short walk OUTDOORS can improve your concentration, reduce stress and boost your mood. Remember to stop and smell the flowers as nature's 'aromatherapy' can help you feel calm and relaxed. Being out in the fresh air and sunshine can promote better sleep by reminding your body of its natural rhythms and sleep/wake cycles. So, find yourself a walking partner and establish a routine. Motivate each other to get OUTDOORS and keep building fit, active, healthy bodies!



**Tamara Bedard,
RN, Town Nurse,
and Community
Health Manager**



Ashby P.D. Tip of the Month

WHAT TO DO WHEN YOU FIND A DISCARDED SYRINGE:

As the snow begins to melt, most of us welcome the chance to emerge from our homes to embrace the spring weather.

The reality of the snow melting also presents a potential danger along the roadside, the litter of syringes improperly discarded the last few months. Due to the current opiate epidemic we have seen an increase in discarded syringes throughout our community the last few years. This is an unfortunate reality of today's society and everyone must be



extremely careful when dealing with these items.

If you discover a syringe along the roadway **DO NOT TOUCH IT** and **contact the Ashby Police Department**. If you are unable to remain at the location of the syringe please provide the dispatcher with an accurate location so an Officer may retrieve and properly dispose of it. **We can not stress enough the importance of not touching the syringe.** The risk of being stuck by an uncapped needle and contracting a potential disease is a real possibility. If you have any questions about this issue or others please contact the **Ashby Police Department at 978-386-5652.**



The Tip of the Month is prepared by Ashby Police Officer Erik Salo (pictured left). Officer Salo began his civilian law enforcement career in 1998 by attending the reserve police academy in Waltham. During this time Officer Salo has worked for various police agencies including: Fitchburg State University PD, Westminster PD and Shirley PD. Officer Salo was promoted to a full time Patrolman for the Town of Ashby in January 2017. Prior to his civilian police career Officer Salo served as a Military Policeman in the US Army from 1990-1996.

NEWS FROM SHINE:

THE FEDERAL POVERTY LEVELS HAVE INCREASED

As a result of increases to the Federal Poverty Level, Eligibility Guidelines for Public Benefits Programs in Massachusetts have changed. MassHealth has increased the income limits for several programs you may be eligible for. The income to be eligible for MassHealth Standard has increased from \$1,012 for a single person to \$1,041, for a married couple it has gone up to from \$1,372 to \$1,410. For another popular program MassHealth Buy-in (this would pay your Medicare Part B Premium) the eligibility income has gone up from \$1,366 to \$1,406 for a single person, and from \$1,852 to \$1,903 for a couple. These increases also apply to Full Extra Help a program from Social Security that helps pay for your medications. You can qualify for Partial Extra Help if your income is below \$1,561 for a single person and \$2,114 for a married couple. If you feel you may be eligible under these new income guidelines feel free to call the ASHBY COA to schedule a meeting with Ashby's SHINE Program Counselor.

The SHINE Program (Serving the Health Insurance Needs of Everyone) is a State Health Insurance Assistance program that provides free health insurance information and counseling assistance to Massachusetts residents with Medicare and their families.

Programs:

MEALS ON WHEELS

The Ashby COA through the Montachusett Opportunity Council provides meals to seniors who require assistance with meal preparation. Must be at least 60 years of age and homebound. Call the Ashby COA office at **978-386-2424 ext. 27** for more info.

Pick up your FREE File of Life Magnet at the COA office!

Emergencies can happen any time. Be prepared! Keep all your medical info in one place right on your fridge! Its easy and its free! Contact the COA or Ashby Fire Dept. today!



ASHBY MART SHUTTLE SERVICE

MART Shuttle Service is available to all eligible (60 years or older, or ADA qualified) individuals. Ashby residents may use the van Monday - Friday for medical appointments, social day care, and shopping. The van is available from 8:00 a.m. to 5:00. Riders must be scheduled by 2:30 p.m. the day before.

To APPLY and schedule use please call:

Jennifer Collins,

Monday - Thursday: 386-2501, ext. 11

MEDICAL EQUIPMENT AVAILABLE

Your COA has equipment available for you to borrow at no cost: wheelchairs, walkers, canes, chairs, tub stools, bed assist handles, and more! If the item you need is not available we can assist with locating it. Contact the COA office for availability: 978-386-2424, ext. 27

HAVE HEALTH QUESTIONS?

Ashby has a town nurse ready to help!

Tamara Bedard, RN:

978-772-3335 ext. 340

Ashby's Town Nurse is made possible by Ashby's membership in the Nashoba Associated Boards of Health.

MART to Boston & Worcester

MART provides transportation to Worcester & Boston. The shuttle service departs from Fitchburg Intermodal Center on lower Main St. across from Dunkin Donuts. Worcester shuttle leaves at 7:30am, 11:30am and 3:30pm. Cost is \$8.00 one way with Mart ID. Boston shuttle leaves at 7:30am, Noon and 3:00pm. Cost is \$10.00 one way with Mart ID. If you need a return ride please call MART at (978) 345-7711 (ext. 3) when you get on the bus. They will give you the different time options and you will be asked to call MART one hour before the time of your pickup.

SENIOR CITIZEN PROPERTY TAX WORK-OFF PROGRAM

This program allows Ashby homeowners, age 60+ to reduce property taxes by working for the Town of Ashby. Stop by the Assessors office at Town Hall for an Application!

The Ashby Council on Aging's Outreach Program

The purpose of the Outreach Program is to make contact with Ashby's senior citizens, determine their needs and interests, and meet those needs and interests through appropriate referrals, program development and advocacy. The COA Director can explain community programs and benefits, assist with applications to needed programs, aid elders in their search for services and act as an advocate and support for elders in need. If you or someone you know has questions or need help, please call the COA office at 978-386-2424 ext. 27.

BENEFITS CHECK-UP

Go to: **www.benefitscheckup.org** to quickly find federal, state and private benefit programs available to help you save money on prescriptions, health care, meals, utilities, taxes, and more. **A Free Service of the National Council on Aging**

Contact your Ashby COA for help with all your needs!

SNAP Benefits (food assistance), Fuel Assistance, Legal Aide, Medicare questions, medication costs, and more!
COA: 978-386-2424 ext. 27

FREE NOTARY SERVICES:

Call the COA to make an appointment:

978-386-2424 (ext. 27)

This is a free service provided by your COA.

Your Ashby COA is on Facebook!

Like us at: **@AshbyMACOA**



Like us on
Facebook

Services -



MEDICARE COUNSELING: The SHINE Program provides FREE, unbiased, health insurance counseling to all Mass residents with Medicare, their caregivers, and those approaching Medicare eligibility. For more information, or to meet with a counselor, contact the Ashby COA at 978-386-2424, ext. 27. Ashby's SHINE counselor is available the first Thursday of each month for appointments.

COMMUNITY SERVICES :

Community Legal Aid of Central MA (free):

(855) 252-5342 | www.communitylegal.org

Elder Helpline: Mon-Fri 9a-8pm, Sat 9am-1pm

(800) 243-4636 | TDD/TTY (800) 872-0166

Executive Office of Elder Affairs:

(800) 922-2275 Report Elder Abuse

Operating 7 days a week 24 hours a day.

Fitchburg Family Pharmacy: (978) 878-8465

FREE delivery of medications Monday-Friday.

Please allow 24 hours for delivery.

Fuel Assistance: Salvation Army (978) 342-

9407 New England Farm Worker's Council

(978) 342-4520

MassOptions: Free referral service

(844) 422-6277 | www.MassOptions.org

MOC Meals on Wheels: (978) 345-8501

Home delivered meals

Twin City Area Memory Cafe: (978) 400-8778

1st Wednesday of the month from 1:00pm -

3:00pm At Leominster Senior Center.

Contact: JoAnn Valois

COUNCILING & SUPPORT

CAREGIVER SUPPORT GROUP

Montachusett Home Care Corp.

680 Mechanics St., Leominster

(800) 734-7312

Meets 3rd Thursday of the Month

10:00—11:15 am

ALZHEIMER'S SUPPORT

The Highlands

335 Nichols Rd., Fitchburg

(978) 343-5368

Meets first Thurs. of the month 6 p.m.

WIDOWHOOD SUPPORT

Montachusett Home Care Corp.

Facilitator: Peter Silvia

(800) 734-7312

Meets Thursdays 2:00 p.m.

PARKINSON'S SUPPORT GROUP

Pepperell Senior Center

Meets 2nd Wednesday of the month 3:00-4:00; Call Su-

san: 978-433-0326

ASHBY CONGREGATIONAL CHURCH

(978) 386-5566

www.ashbycongregational.com

ASHBY FIRST PARISH CHURCH

(978) 386-5660

www.ashbyuu.org

ASHBY FIRE & EMS

FREE SMOKE DETECTOR CHECK-UP & REPLACEMENT PROGRAM

Contact the Ashby Fire Station to schedule an in-home check-up: 978-386-5522 (Mon - Fri, 7:00 to 5:00 pm) **CHANGE YOUR CLOCK = CHANGE YOUR BATTERIES!**

Free Community Supper

The First Baptist Church of West Townsend holds a free Community Supper on the last Wednesday of the month from 5:00 to 7:00 . The supper is open to anyone that could use a warm meal. 461 Main Street, West Townsend, MA. For information on the supper please call the church: 978-597-2641

Need Help with the Cost of Your Prescription Medications?? Prescription Advantage Can Help!

To find out if you're eligible, and for more information, contact the Ashby COA office to set up an appointment: 978-386-2424 (ext. 27).

Learn About Tai Chi

Fridays at 10:30 AM at the Fitchburg Senior Center
Studies have shown that regularly practicing Tai Chi benefits seniors by improving symptoms of arthritis and Parkinson's disease, reduces stress, provides overall pain relief, improves feeling of overall well-being, improves flexibility, lowers blood pressure and more! \$5/class

Please call the Fitchburg Senior Center for more information and to register: 978-829-1790

Events -

TOWNSEND SENIOR CENTER EVENTS:

April 10th: Virtual Dementia Tour

April 18: Wet Felted Morning Glories

April 27th: Earth Day Festival: The Friends of the Townsend Seniors welcome donations of puzzles and baked goods.

Please call the Townsend Senior Center for times, more information, and to register : 978-597-1710

ASHBY LEGION POST 361

MEAT RAFFLE

SUNDAY, APRIL 21, 2019 @ 1:30

Beef, Chicken, Seafood & More !!

Contact the Ashby Legion for more info:

(978) 386-7977 (Public Welcome)

ASHBY CONGREGATIONAL CHURCH COMMUNITY EVENTS:

April 6th @ 6:30 Ladies Night:

Learn Calligraphy (Free) OR

Flower Arranging 101 (\$20 for supplies). Please register by contacting the church: 978-386-5566

April 21st - Easter Service on the Ashby Town Common, at dawn, followed by Pancake Breakfast
Public welcome!

First Annual Great Ashby Cleanup Spring 2019

Saturday, April 27th, 9:00 - 12:00

Ashby Free Public Library

Keep Ashby Beautiful invites everyone in the Ashby community to participate in a town wide spring cleanup day!

Contact the Ashby Library to sign up & for more info.



Mini Flea Market The Finnish Center at Saima Park

67 Scott Road, Fitchburg, MA

Saturday, April 27 - 8:00^{am} - 12:00^{pm}

A mini flea market will be held at the April 27th Saima breakfast. All proceeds will go to the Scholarship Fund of Saima Park. Now is a good time to clean out those closets, garages, or cellars of any unused items. We cannot accept clothing or large items like furniture or appliances. Donations of items to make the flea market a success may be brought to any of the breakfasts before and including April 27th (day of the flea market). Other breakfasts are scheduled for January 26, February 23, and March 23.

Eino Kauppi will be available to collect the items.
Call Eino at 978-786-1980 with any questions.

FITCHBURG SENIOR CENTER EVENTS:

April 8th: AARP SAFE DRIVER COURSE -

You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). There are NO tests to pass. There is a fee for this class and space is limited.

April 3rd: The History and Benefits of Medical Cannabis

April 5th: Increasing Longevity while in the Home

April 10th: Hearing Assistance Technologies

April 24th - The History of the Rollstone Boulder

Please call the Fitchburg Senior Center for more information and to register: 978-829-1790

Ashby Boy Scouts' Annual

Spaghetti Supper

Sat., April 13th, 4:00 - 7:00

Ashby American Legion

\$7 per person



**Townsend Public Library's first
Open Mic Night!**

**Friday,
April 19th**

Musicians, comedians, visual artists, story tellers, and poets of all ages and skill levels are invited to share up to three pieces of their work.

Doors open at 6:30 for sign-up and the show starts at 7PM.
Coffee, tea, and snacks will be available.

For more info, contact the Townsend Library: (978) 597-1714


**Attracting Bees, Birds, and Butterflies
to Your Garden**

Stevens Memorial Library - Ashburnham
Monday, April 22nd at 7:00 p.m.



Join **Master Gardener Betty Sanders** as she explores pollinators and how to attract them. Contact the Ashburnham Library for more info: (978) 827-4115

APRIL 2019 COMMUNITY EVENTS

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
 <p>Earth Day</p>	1 April Fool's Day	2 Music with Mrs. Johnson 10:30 Ashby Library	3 COA Open 9:00 to 12:00	4 Cookbook Club 6:30 Ashby Library	5	6 CPR Training (Contact the COA for more info) Ladies' Night 6:30 Congo Church
7	8 COA WALK 8:50 a.m. Valley Rd CHAT & CHEW 10:30 873 Cafe	9	10 COA Open 9:00 to 12:00 COA MEETING 3:30 TOWN HALL NMRHS BREAKFAST 8:30	11 Drop Stitch Club 6:30 Ashby Library	12	13 Boy Scouts Spaghetti Supper 4:00 Ashby Legion TRANSFER STATION OPEN 9:00 to 1:00
14	15 COA WALK 8:50 a.m. Valley Rd CHAT & CHEW 10:30 873 Cafe	16	17 COA Open 9:00 to 12:00	18	19 Good Friday Open Mic Night 6:30 Townsend Library	20
21 EASTER Service on the Ashby Town Common at dawn, followed by Pancake Breakfast Ashby Legion Meat Raffle 1:30	22 Earth Day TOWN ELECTION 12-7:30pm AES COA WALK 8:50 a.m. Valley Rd CHAT & CHEW 10:30 873 Cafe	23	24 COA Open 9:00 to 12:00 VOLUNTEER AT THE COA 1:00 TOWN HALL	25 NMRHS Musical 7:00 Drop Stitch Club 6:30 Ashby Library	26 NMRHS Musical 7:00	27 Ashby Clean-up 9:00 - 12:00 Ashby Library TRANSFER STATION OPEN 9:00 to 1:00 Mini Flea Market Saima Park
28	29 COA WALK 8:50 a.m. Valley Rd CHAT & CHEW 10:30 873 Cafe	30 SONGBIRDS OF THE NORTHEAST 1:00 ASHBY LIBRARY	Know of an event that should be included in the next Scoop? Contact the Ashby COA and let us know! Phone: (978)386-2424 Ext. 27 Email: coa@ashbyma.gov			



Ashby Council On Aging

895 Main St., Box 11
Ashby, MA 01431

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*Distribution of this newsletter is made possible by a grant from the
Massachusetts Executive Office of Elder Affairs*



THE ASHBY COUNCIL ON AGING NEWSLETTER

SENIOR SCOOP

**The Ashby Council on Aging meets on the second
Wednesday of each month at 3:30 pm at the COA
Office, located in the Ashby Town Hall - 3rd floor.
Meetings are open to the public and all are welcome to
attend.**

**The next COA meeting is:
Wed., April 10th, at 3:30
Town Hall, 3rd Floor**