



August 2026 At A Glance



Music After Lunch: Every other Wednesday in August. Music dates are August 5th and 19th at 12:30 p.m. Join us for an afternoon of laughter and fun singing with Michele in the Tiffany Room. See page 7 for details. Sign up in the Tiffany Room.



Come join us at the Council on Aging for a fun and lively game of Pokeno, where laughter and friendly competition go hand in hand. It's a great way to meet new people, enjoy some spirited games, and be part of a welcoming group that truly knows how to have a good time! The date is Thursday, August 6th at 12:30 p.m. See page 7 for details. Sign up in the Tiffany Room.



Join us for a delicious lunch at the Century House in Peabody, MA on Thursday, August 13th! Come enjoy great food, good company, and a relaxing afternoon with friends. All are welcome. The COA bus departs at 10:30 a.m. promptly! We hope you will come along! Sign up in the Tiffany Room. See page 9 for details.

Thursday, August 27th COME join us for a fun-field trip to the Brook Casino in Seabrook, NH! Come enjoy a day out with friends, exciting games and great company. The COA bus will leave the Tiffany Room at 9:30 a.m. promptly! Everyone is welcome, so sign up and don't miss the fun! See page 9 for details.

Coming Soon! Monday, September 14th - Mystic Valley Aging Services will present a **MEDICARE WORKSHOP** for Medicare.gov. We will learn how to navigate the Medicare website, there will be discussions on how to set up a Medicare.gov account, and there will be a document handed out to help each of us navigate the website from home. Look for details in the upcoming September newsletter. Save the date!

SNEAK PREVIEW! Coming in September: The COA will take a trip to see the Dahlias in Gloucester; we will be going to the Greater Boston Stage Theater to see the play "Shear Madness"; and we will be holding our Labor Day luncheon at the Knights of Columbus in Nahant. Look for details in our upcoming September newsletter.

Senior Center Trip Cancellation Policy

Please refer to each trip flyer for specific cancellation deadlines. Cancellations made after the posted deadline will only be refunded if a replacement participant can be found. No refunds will be issued for no-shows on the day of the trip.