

Chesterfield Council on Aging

January 2023 Newsletter



Chesterfield COA & Community Center
400 Main Road, PO Box 7
Chesterfield, MA 01012

Jan Gibeau, Director
coa@townofchesterfieldma.com
413-296-4007

January Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 Advanced Tai Chi 9:30am Foot Clinic 10am	3 Chair Yoga 10am Mah-Jongg 1pm	4 Consortium Mtg. 10am Tai Chi 1pm	5 Grab' N' Go Meal 11:30am	6 Smooth Moves 9am Strength for Life 10am
9 Advanced Tai Chi 9:30am	10 Chair Yoga 10am Mah-Jongg 1pm	11 Monthly Breakfast 9am Tai Chi 1pm	12 Brown Bag 10am Grab' N' Go Meal 11:30am Family Game Night 6:30-8:30pm	13 Smooth Moves 9am Strength for Life 10am
16 Advanced Tai Chi 9:30am	17 Chair Yoga 10am Mah-Jongg 1pm	18 Tai Chi 1pm	19 Grab' N' Go Meal 11:30am	20 Smooth Moves 9am Strength for Life 10am
23 Advanced Tai Chi 9:30am COA Board Mtg. 10am Art Class 1pm	24 Chair Yoga 10am Mah-Jongg 1pm	25 Tai Chi 1pm	26 Grab' N' Go Meal 11:30am Peg Whalen iPhone Class 2-4pm	27 Smooth Moves 9am Strength for Life 10am
30 Advanced Tai Chi 9:30am Art Class 1pm	31 Chair Yoga 10am Mah-Jongg 1pm			

Help us narrow the Digital Divide!
We need your feedback!
All tech users and non-users



An important survey will be mailed to all senior households in early January. We are asking that you take the time (10-15 minutes) to complete it and mail back to us (there will be a self-addressed, stamped envelope to do so).

The survey will also be available online: (<https://tinyurl.com/3pkwfxk7>) Additionally, if you would like to respond to this survey over the phone, please feel free to call the senior center at **413-296-4007**.

The purpose of the survey is to gather information for future technology programming. We want to hear from tech users and non-tech users. During the pandemic we heard much about the digital divide – older adults' lack of use of technology – and the hardship this can cause. Your answers will provide us with the best information about how to help older adults use technology in the way they choose.

Some comments from folks we have heard in our travels:

"I can do this from the comforts of home, especially if it is snowing!" This was from folks who do an online zoom exercise class and another individual who was looking at rental properties for an upcoming move.

"We were able to fix them (passwords) and she showed me the security settings. Reviewing the security issues was the biggest thing. But now, I can use the calendar on my phone, and get notification of upcoming events! It has helped me simplify my daily life and provided me a lot of comfort knowing my safety was intact."

This mailing is being funded by the Service Incentive Grant from the Executive Office of Elder Affairs of MA through the Northern Hilltown Consortium (7 hilltowns – Williamsburg, Westhampton, Chesterfield, Goshen, Plainfield, Cummington and Worthington). Thank you for taking the time to respond to the survey. If you have any questions or concerns, please contact the senior center at 413-296-4007.

Foot Care with Piper Sagan

January 2, March 6, May 1, July 3
10am

Piper Sagan, a RN and Certified Foot Care Specialist, provides professional foot care for older adults. Piper's practice is well known in the hilltowns and elsewhere. For people with diabetes, poor circulation, painful corns or calluses or maybe thickened, overgrown toenails that have become unmanageable, it's often much safer to have a professional do the job. Plus, it's nice to relax, have a good massage and enjoy some TLC. An appointment at the Community Center is \$50 and a home visit is \$80. If you are interested **call Piper at 413-522-8432**.



Art in 2023 with Lena Garcia

Lena will be offering a variety of art classes and workshops!

A Taste of Oil Painting Workshop -Winter 2023
Winter Watercolor Class - Jan 2023 (see below)
Oil Painting Class - April 2023
Shadow Puppetry Workshop - Spring 2023

⇒ **Winter Watercolor Class: Mondays 1-3pm**
Jan. 23– March 29 (9 classes).

Come and play with watercolor! Each class will have a demonstration time, and then will dive into a new project.



Participants will learn techniques like wet into wet, wet on dry, dry brushing and washes. Geared toward beginners, the goal of the class is to explore this medium and try something new! All new projects. Return students welcomed. People from all communities are welcome to attend. Partially funded by a grant from HVES. Suggested donation of \$10/ class. Chesterfield Community Center, 400 Main Rd. Supply list provided upon registration. Register at www.lenagarcia.com

PITCH Anyone?

Want to start a weekly pitch game at the Chesterfield Senior Center? Come and have some fun playing an old card game favorite. A nice round table with comfortable chairs is available in the 'Nook,' lower level of the Community Center. It's a game that's easy to learn. No dues or fees, just plain fun.



Please let your interest be known to Jan Gibeau: 413.296.4007. Hope to see you there!

Getting Through the Winter: "Second Thursday Family Game Night"

Thanks to the Friends of the Chesterfield Library Board, you are invited to come to the Community Center to play cards, dominos and other games. You might also want to bring your favorite or the new one you got as a holiday gift.

Puzzles are also available and there is always one "in progress" that anyone can work on.



Dates: Jan 12, Feb 9 and Mar 9, Thursday nights 6:30-8:30pm at the Community Center, 400 Main Road. For questions or more information call 296-9201. **Because we are meeting during flu season, masks are encouraged but not required.*

Save the Date: February 12

Matt York Brings Johnny Cash to Chesterfield

Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003. He'll discuss Cash's emergence as a groundbreaking artist in the 1950's, his marriage to June Carter and many of his other career highlights. York was recently nominated for the Boston Music Award for Best Country Artist and his album *Gently Used* was just named one of Worcester Magazine's best albums of 2022. This program is supported in part by a grant from the Chesterfield Local Cultural Council, a local agency which is supported by the Mass Cultural Council.



Sidetracked Sings Out

Everyone had a good time as Sidetracked provided a great concert of many familiar and new songs that left the audience humming and tapping. A great way to get ready for Thanksgiving. No, they did not do the "Turkey Trot". Not needed.



Hilltown Choral Society offers final concert

The Hilltown Choral Society held its last concert at the Chesterfield Community Center after performing throughout the Hilltowns and other communities for almost 40 years. Over 44 people joined the chorus, including past members who had been part of the group in earlier years. They will be missed.



Reading with Sarah

Fuzz: When Nature Breaks the Law, is the title of Mary Roach's latest book about popular science. In it she zeroes in on what is going on in efforts to deal with animals and plants that are troublesome for us humans.

Some chapter titles give an inkling of where she takes us and also show off her humor: Maul Cops, A Spot of Trouble, and The Gulls of St Peter's to name a few. Attracted by the bright yellow cover with a graphic bear mouthing a trash sack, I found a chapter very pertinent to us hilltowners: Breaking and Entering and Eating. How do you handle a hungry bear? Roach goes right up to each player in the human critter conflicts and parses out worst and best practices.

The author's persistence in getting to the heart of who's doing what to whom coupled with her wise-cracking sense of humor makes for a reading experience ridiculous and heartbreaking by turns. We meet many birds, as well as elephants, monkeys, leopards, insects, and even bears in conflict with our species. We get to meet people with job titles like certified danger tree assessor and bird scarer.

Roach has appended a short section titled The Fuzzy Trespasser, Resources for Homeowners. I really enjoyed Mary Roach's sensibility and sense of humor as she takes the reader around the world to explore her topic. If you do too, you can check out some of her previous works like *Gulp*, *Adventures on the Alimentary Canal* and *Stiff: The Curious Lives of Human Cadavers*.

Chesterfield Historical Commission Corner

Horses Help at Harvest Time

Thomas Dzuba of Florence sunk his teeth into a crunchy MacIntosh apple as he sat, legs swinging, on the back of a wooden wagon, pulled by a team of draft horses. The wagon gently bumped and

jolted its way out of the Ireland Street Orchard, picking up families laden with bushels of the fruit. For those who enjoy picking their own apples, Fred and Mildred Chick have arranged for their neighbor, Henry Sarafin and his team of Belgian horses, Mobey and King, to give wagon rides down into their orchard and to return pickers and their harvest to the apple shed.

Sarafin and his team will be on hand at the orchard, located about three miles west of Route 143 on Ireland Street, every Saturday and Sunday through the month of October. The wagon ride is free, courtesy of the Chicks, who hope to attract families to an autumn outing to enjoy both the ridge top scenery and the apple crop. This is the first year that the Chicks have leased and operated the orchard themselves, although they have tended the apple stand across from their home for several years. Chick retired last December and decided to take over the apple operation himself when it appeared that no one was planning to care for the crop.

Visitors to the orchard are welcome to enjoy a picnic lunch and to browse in Mrs. Chick's Country Crafts and Antiques gift shop across Ireland Street. Right now, crisp Macs are ripe for picking, soon to be followed by Red and Golden Delicious apples. Later in the season, the orchard will offer winter varieties including Romes and Northern Spies.

Already, the horse-drawn wagon ride is attracting eager pickers. Mrs. Chick said that last weekend, despite summerlike weather, as many pickers came as might on a crisp October foliage day. The chicks expect to harvest 5,000 bushels of apples this fall.

"It seems to be a hit," Mrs. Chick remarked of the orchard and the transportation. "We've been working our fool heads off but now that the apple season is finally here, it feels like a holiday celebration."

For Henry Sarafin, a sawyer at Rossi Corporation, hauling wagon loads of people through the orchard is "a good chance to rest." He and his team will be at the orchard every weekend from 11 a.m. until 5 p.m.



Apple pickers at Ireland Street Orchard in Chesterfield can pick heavier loads of the fruit now that Henry Sarafin and his horses Mobey and King are there to help with the carrying.

**Adapted from a Daily Hampshire Gazette article by Sandra Doucette 8/27/84. Reprinted with permission from the Daily Hampshire Gazette.*

Happy Birthday in January!

Beverly Sunderland, Edward Breau, Judy Terry, Martha Liimatainen, Judy Press, Noel Rogers, Eunice Dauterman Maguire, Lucille Bartus, Lisa D Martineau Shaw, Kevin Cotnoir, Heidi Pruzynski, Bert Church Jr., Marianne Hoag, Kent Hicks, Beverly Pomeroy, Lynn Hicks, Janet McCann, William Miller, Sally Kolodziej, Mary Heon, Geoffrey Hitzig, Christine Ciccarello, Debra Blanchard, Eileen McGowan, Russell Peotter, Deborah Thibault, Thomas Dawson-Greene, Carl Cignoni, H. Brooks Ryder, William McVeigh, Georgeann Michalowski, Beverley Henricksen, Mary Ellen Frye, Pierre Brisson, Joseph Bartus, Carole Bergeron, Charles Nugent



The Chesterfield Council on Aging benefits from your support for our programs for Chesterfield seniors!

I would like to contribute to the Chesterfield COA. My contribution of \$_____ is attached.

(Please make out your check to "Town of Chesterfield" and write "COA programs" in the memo line; mail to Janice Gibeau, Director, Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)

Name _____ Telephone _____

Address _____

Email _____

Thank you for helping support Chesterfield seniors!



Out and About this Winter

Art in 2023 with Lena Garcia- Register Now!

Winter Watercolor Class

Jan. 23– March 27 (9 classes)

Mondays 1-3pm

Register at www.lenagarcia.com

Coming next: A Taste of Oil Painting Class

Shadow Puppetry Workshop



LENA
GARCIA

Becoming Winter / Restorative Yoga Workshop

Sunday, January 22 (Snow Date Jan 29th) 3-5:30 PM,
Parish House, 21 Main Street, West Cummington

Judy Messer will guide you in a process of becoming fearless in the darker, cooler season of winter by helping you to let go while finding your own natural rhythm. Following this restorative yoga there will be journaling and teatime to conclude the practice. This transcending yoga takes place on the floor. Please bring a yoga mat, blanket, pillowcase, journal, and warm clothing. To make a reservation call Judy Messer at 413-221-3012. Check her out at judymesser.com. Funded by a HVES grant.

Being Mortal Discussion Group

Thursdays, Feb. 2nd through March 2nd, 1-2:30pm
John James Memorial Hall, 42 Main St. Goshen
Upstairs Dining Room

The Goshen COA is excited to announce that Peg Whalen will be offering a five session discussion group based on the book by Atul Gawande named *Being Mortal*. Through riveting, honest, and humane stories this book shows that the ultimate goal is not a good death but a good life- all the way to the very end. It is about maintaining dignity, independence, and quality of life as we age. It is recommended (but not required) that you read the book which is available at local libraries, on Kindle or Nook, and there is an audiobook version. Please register by emailing Peg at pegwhalenworkshops@gmail.com or calling/texting her at 413-404-4566. Messages left should include your name, cell/home phone number, and your email address. Adults of all ages from all towns are welcome to register.

Matt York Brings Johnny Cash to Chesterfield

Sunday, February 12th at 2pm
Chesterfield Community Center
400 Main Rd. Chesterfield

Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003. York was recently nominated for the Boston Music Award for Best Country Artist and his album *Gently Used* was just named one of Worcester Magazine's best albums of 2022.



Romance will be in the air! But first...

Thanks to Rachel Seneca in the DA's office – a font of knowledge about scams, especially those we are seeing in our towns. Here are two to watch for.

Soon it will be Valentine's Day, when the advertisements remind us to love, give, and eat chocolate. I'm certainly in favor of all three. But there is also the scammer who is faking it on romance!

The scammer will reach you on social media, dating sites and the like, start a conversation, get to "know you", flatter you some, then start asking for money. They say "It would be so nice if you could send me some money to come visit you! I would pay but am a little behind because my father had to have surgery." They may ask to wire money, or send a gift card with the pin.

Now wouldn't ya know it – the second scam is asking you to send some cryptocurrency to pay for their trip to meet you or maybe to invest. Recently we have seen a lot of headlines about this digital (not real!) money. The Federal Trade Commission has a good website about crypto, and includes this no-nonsense message: "If you meet someone on a dating site or app, and they want to show you how to invest in crypto, or asks you to send them crypto, that's a scam."

Read the FTC site for more info:

consumer.ftc.gov/articles/what-know-about-cryptocurrency-and-scams#paying

Stay safe,

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com; 413-268-2228

January's Good News

By Deb Hollingworth

How did Medicare get so complicated? It was created in 1965 as Medicare A & B and stayed that way for almost 40 years. Medicare D (for Rx) was added in 2006 to subsidize the cost of our prescriptions. Medicare is a Federal benefit we get when we turn 65 if we've paid our 40 quarters (10 years) into social security, or if we are married to someone who has. Medicare also is the main insurance for the disabled collecting social security disability benefits.

Medicare A covers hospital costs and some home care benefits. Medicare B covers everything else like doctor visits, lab tests, medical treatments. Medicare A is free, Medicare B has a monthly premium that is usually deducted from our social security benefit, so we often forget we are paying for it. Medicare C is another name for Medicare Advantage plans that began about 20 years ago and were originally called Managed Care plans because that's what they do. They manage our Medicare A&B benefit. And more recently these plans began to include Rx coverage. If you enrolled in a Medicare Advantage plan, it managed your Medicare A & B and D.

You'd think this would simplify things, but it didn't. And this is where it gets complicated: Medicare Advantage plans are offered by private insurance companies like BlueCross, Health New England, United/AARP, Tufts, etc. and are for profit enterprises. These Advantage plans come in many variations, with different benefits like dental, hearing, vision, subsidy for your gym membership. But let's remember, they manage your Medicare benefit. And in most cases, you must have a referral for medical treatments, sometimes prior authorization for care, and they can decline to cover the treatment/hospital/doctor you want.

Advantage plans have co-pays for all services. If you're healthy an Advantage plan is not expensive, but if you're not healthy, those co-pays can quickly add up. So if you decide to supplement your Medicare A & B...and D, it can get complicated.

Would you like to receive your newsletter, in color, by email instead of snail mail?

If so, please email Kristen at **regionalcoanews@gmail.com** to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!



January Tech Tip

By Peg Whalen



I want to share an experience I had so that others can benefit from my misadventure. Recently, I traveled to Philadelphia by train to see family. I had two carry-on bags with me and my laptop in a separate case. I briefly left my seat, so to keep the laptop safe, I tucked it overhead between two carry-on bags. Later, when I was exiting the train, I got distracted. Yup, you guessed it. I left the laptop behind.

Losing the laptop device was frustrating but could be replaced at some expense. The information loss was a tragedy. Before leaving, I had not backed up the files, photos, and programs on the laptop. I know better! It happened anyway. What should I have done? I could have used one of the "clouds", like Microsoft OneDrive, Google Drive, Apple iCloud, or my external hard drive at home. Most of my information is lost: taxes, medical records, technology workshop handouts, pre-retirement work. So, even seasoned users of technology lose equipment and computer information. Backup your information in case of device loss, viruses, scams, equipment failure. If you do not know how to protect electronic information, find assistance with ways to stay safe.

The Regional COA Newsletter benefits from your support!

I would like to contribute to the COA Newsletter. My contribution of \$_____ is attached.

(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)

Name _____ Telephone _____

Address _____

Email _____

Thank you for helping support this vital resource for our seniors!

Resource Directory



Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call 911 or the Safe Passage Hotline	888 345-5282
National Suicide Prevention Lifeline	800 273-8255
Elder Abuse Hotline	800 922-2275
First Call for Help , Information and Referral Resources	800 339-7779
Fuel Assistance , Application and Recertification	800 370-0940
Hilltown Elder Network – HEN (sponsored by Hilltown CDC)	413 296-4536, ext. 120
Veterans' Service Officer: Williamsburg - Dan Nye or Steve Connor	413 587-1299
Westhampton – Joe Henning	413 207-3541
Plainfield – Brian Brooks	413 772-1571

Food Services

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
SNAP, Supplemental Nutrition Assistance Program (Food Stamps)	413 552-5400
Or call Chesterfield COA, 296-4007 or Williamsburg Sr. Ctr, 268-8410 for assistance	
Hilltown Food Pantry , Goshen Town Hall – Diane Drohan, Director	413 268-7578 Weds. 1-3
Meal Site , Williamsburg Senior Center Café	413 268-8419 Mon-Thurs
Meals on Wheels , Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St., Northampton	413 586-6564
Grab and Go Meals: Chesterfield COA, Thursdays, 11:30	413 296-4007
Cummington COA, 2 nd & 4 th Tuesdays, Noon	413 634-2262
Goshen COA, 3 rd Tuesday, 11:30	413 268 9354
Westhampton COA, 3 rd Thursday, Noon	413 387-3960
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336 or 586-6564

Health Services

Highland Valley Elder Services , Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center , Medical & Dental	413 238-5511, ext. 131
Hope Nurse , Mary Kane	413 238-5511, ext. 322
HealthWise Community Health Worker, Ellie Mathias	238-5511, ext. 322
Podiatrist , Dr. Michael Coby at Williamsburg Senior Center	413 268-8407
Call to schedule alternating (odd) months at the Senior Center	
Foot Care , Piper Sagan, RN. - Williamsburg or in-home visits	413 268-8407
Cummington, call Ann Eisenhour	413 634-2243
Goshen & Chesterfield, Call Piper for appt.	413 522-8432
Westhampton, call Deb Dean	413 667-5363
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Lorraine York-Edberg	413 773-5555, Ext. 2275
Chesterfield, Deborah Hollingworth	413 296-4007 or 268-8317
Williamsburg, Deborah Hollingworth	413 268-8407
Mass Health & New Health Coverage	
Buliah Mae Thomas at Hilltown Comm. Health Ctr.	413 667-2203

Transportation Services

PVTA Dial-A-Ride (Tickets sold at Williamsburg Senior Center, 413 268-8407)	866 277-7741
Hilltown Easy Ride Van and Driver Pool , Ed Pelletier	413 296-4232
Westhampton Transportation , appts. or shopping, Louise Jasionkowski	413 527-5134
Williamsburg Medical and Carpool rides , call to schedule	413 268-8407

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Kerry Normandin	413 268-8236, ext. 118
Plainfield COA , Polly Ryan	413 212-1581
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Melissa Wilson	413 268-8410
Worthington COA , Phyllis Dassatti	413 238-5962

Chesterfield Council on Aging
400 Main Road, P.O. Box 7
Chesterfield, MA 01012

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Chesterfield COA

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Dee Cinner



Jan Gibeau, Director
Lorrie Childs, Data/Financial
Accounting Manager
Kristen Estelle,
Newsletter Designer

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

On the Road Again... 2023 Trips



Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291, francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

Multi Day April 23-29, 2023. Myrtle Beach Show Trip. Five shows—Legends in Concert, Carolina Opry Show, The Man of a Thousand Voices, Anthems of Rock and an evening show at the Alabama Theater. There will be a stop at the Airborne and Special Operations Museum in Fayetteville, NC. This 7 day trip includes bus transportation, driver gratuities, all hotels and most meals for \$829. Get a \$25 discount if paid in full by **January 30, 2023**. Contact Francine to reserve your seat.

Day Trip May 18. Beatles Show- Ticket to Ride - A 4- piece band that plays high quality, exacting renditions of songs written by the Beatles spanning their entire decade together. Self-Drive to the Log Cabin. Arrive 11:15am. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNCS for \$120 by **February 1st**, so we can get good seats. Mail to the address above.

Day Trip May 22. Staying Alive- A Tribute to The Bee Gees. Five-course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$120 due by February 1st, so we can get good seats. Mail to the address above.

Day Trip May 31. Oh What A Night! And Resorts World Casino- An exciting musical revue show from Las Vegas features hits from Franki Valli & The Four Seasons. Luncheon buffet and \$25 bonus slot play at the Casino in the Catskills, NY included. Make payment to FNCS for \$132 due by **February 21st**. Mail to the address above.

Day Trip July 20. Lake George Cruise- Take a 2 ½ hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. A stop at the Lake George Outlets. Make payment to Landmark Tours for \$TBD due **April 21st**. Mail to the address above.

Day Trip August 10 Garden in the Woods- This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Roast Prime Rib of Beef or Baked Atlantic Salmon. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$120 due **June 10th**. Mail to the address above.

Multi Trip September 10-12. Nantucket Island. Three days to two nights. Includes ferry to and from the island, guided tour of the island and all access pass to historical sites. Cost TBD. Make payment to First Choice for \$748 p/p double occupancy due **June 21st**. Mail to the address above.

Day Trip September. BIG E. A YEARLY favorite. Make payment to FNCS for \$TBD by **August 1st**. Mail to the address above.