



FCOA NEWS

The mission of the "Friends" is to raise funds to enhance programs and services available to Seniors through the Council on Aging

Lee Ford President
R. Kathy Berman Treasurer
Claire Amirault Director Emeritus
Donna Collins Secretary
Jane Leach Member-At Large
Nora Sheridan Member-At-Large
Joan Merrill Member-At-Large
Cathy Spell Member-At-Large

FEBRUARY – TIME TO THINK ABOUT SPRING FLINGS AND CRAFT FAIRS

IN APPRECIATION – A Note from Kathy Berman

When counting my blessings for people and situations that make my life full, it occurs to me that we often overlook the commitment our exercise instructors make each week. Whether they are working in a professional capacity or volunteering their time, they make our lives healthier physically, mentally, and spiritually. So, I'd like to say Thank You especially to Carol, Jennifer, Paula, Rose, Sue, and Ilene, and Adrienne for your time bringing us wonderful classes.

MEMBERSHIP –149 members to date. We are halfway to our goal. Thanks.

PENNY MILL THRIFT SHOP – Management Request

Our hours are Monday through Thursday from 10:00 am until 2:00 pm. PLEASE DO NOT ENTER THE THRIFT SHOP IF NO ONE IS THERE. It is disheartening to come in for a shift to find that someone has dropped off a load of stuff, piled on the desk or left on the floor. Everything that comes into our shop must be sorted and checked for salability, then placed on shelves or hung up, or, in some cases, tossed out.

Our thrift shop is run entirely by volunteers of FCOA who work hard to maintain a neat shop, and they deserve the same respect you would afford other stores and clerks, like at Kohl's or Walmart or Goodwill.

You may contact Kathy Berman if you have any questions or issues regarding our policies. Our business card is on the door. Please take one for future reference. Thank you.

Contacting the FCOA

We can be reached at **(978) 518-0377**. Leave a message and we will return your call as soon as possible. Or, you may email us at friendsamesburyseniors.org. Although our address is at 68 Elm Street, we have Senior Center extension.

Memorial Contributions Received Recently:

In memory of Larry Wheeler, beloved husband of Helen Wheeler, and father of the Wheeler family, from Pam Gilday, Donna Collins, Kathy and Phil Berman, Melvin Webster, Lee Ford.

**Donations received after January 12th will appear in next month's column.

DONATION FORM – Friends of the Amesbury Council on Aging, Inc.

Name _____ Amount _____

Address _____

In appreciation of: Handyman Service _____ Tax Preparation _____ Snow Shoveling _____

**In Memory _____ or In Honor of _____ Person _____

**Provide Name and Address of Person or Family to notify of your donation.

Other donation _____ Please specify _____

Contact us at amesburyfcoa68@gmail.com or by phone [\(978\) 518-0377](tel:(978)518-0377)

Gratefully, Your FCOA Board