



**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

**AH, MARCH! THE PROMISE OF SPRING! WE CAN'T WAIT!**

IN APPRECIATION – Thank you to Lisa Blake of Blake Acupuncture for her donation of the new cube system in the Penny Mill. This provides a neater and more organized appearance and functionality.

**EXERCISE AND YOGA CLASSES – IMPORTANT ANNOUNCEMENT!!**

**Effective March 1<sup>st</sup>, we will institute a suggested donation of \$2.00 per class.** (This does not include Adrienne’s *Yoga and Mindfulness* class on Wednesday afternoon.) This is necessary for the FCOA to continue to offer monetary support to COA for programs and services. With the surrounding COA’s charging \$5.00 per class, this is still a bargain. **Use the black “lockbox” in the Greeter’s Area.**

MEMBERSHIP –170 members as of February 4th. Help us beat last year. It’s never too late to become a member. Tell your friends.

PENNY MILL THRIFT SHOP – If you haven’t shopped lately, check us out. We are getting many compliments on the appearance of our shop and the friendliness of our volunteers. Winter clothing, including our \$5.00 coats, are available until the beginning of April.

Get your 2026 calendar here...only ONE dollar, cheaper than the “dollar stores”.

Our hours are Monday through Thursday from 10:00 am until 2:00 pm.

SPRING CRAFT FAIR – Saturday April 25th, 9:00am-2:00pm. Reserve your table \$35, check or cash to FCOA. Email us at friendsamesburyseniors.org

**The following memorial donations were received recently:**

In memory of Larry Wheeler, beloved husband of Helen Wheeler, and father of the Wheeler family, from Anne Bryant, Bob and Cathy Gaudette, Nora and Peter Sheridan, Larry’s “Pool Buddies” at Merrimac COA, Anne Ferguson, Jim and Cindy Brown, Karen Shuman.

\*\*Memorial donations received after February 4th 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](mailto:amesburyfcoa68@gmail.com) or by phone 978-518-0377. Note that we do not have an extension at the Senior Center. Please leave a message and we will return your call. Our website is [friendsamesburyseniors.org](http://friendsamesburyseniors.org). Our address is at 68 Elm Street.**

Gratefully, Your FCOA Board