

- **Book Discussion Group** - This popular group meets from 11 a.m. until Noon at the Senior Center every other Tuesday. New members are encouraged to come and check it out!
- **Quilting Group** –This group works on one project at a time. Quilts are donated to charities and raffled for fundraisers. Join in the fun every Wednesday from 10 a.m. to Noon.
- **Knitting Group** – "Knit2gether" meets every Tuesday afternoon from 1-3:30p.m. Join in the fun, have a few laughs, ask questions about a knitting project, get out of the house for a few hours. New members of all ages are welcome to attend.
- **Intergenerational Program** – Children from Small World Preschool visit the Senior Center the first Wednesday of every month at 9:30 a.m. Seniors and preschoolers work on a project together and share a refreshment. Come to join in the fun!
- **Single Friends United** - Join this exciting new group. The monthly meetings are held the 2nd Tuesday of every month at 1 p.m. at the Ipswich Senior Center. The purpose of the meetings are to enjoy each others' company, plan outings and events, and talk about the challenges of living alone. Please try to join and bring a friend. This group does not have any age or residency restrictions.
- **TRIAD** - TRIAD is a partnership involving senior citizens, law enforcement agencies, the fire department, and the local Council on Aging. The primary goal is to reduce the criminal victimization of older citizens and enhance the delivery of services to this population. TRIAD provides the opportunity for an exchange of information between law enforcement, support services and senior citizens. The Ipswich TRIAD group meets on a regular basis and has sponsored various programs including photo identification, File of Life, house numbering, safe shredding and home safety. Contact the Council of Aging for more information.
- **Caregiver Support Group** - Feeling as if your life is being consumed with caring for a loved one? You are not alone. This group meets the third Thursday of every month at 1 p.m. to share experiences, advice, or encouragement and to have a few laughs. Call Beth Wright, Group Facilitator, for more information.

- **Lifelong Learners' Group** - Join our group as we discuss first-rate lectures from TED Talks and other formats as a group. Homework is sent via email and completed prior to the group session. The group meets every other Thursday of each month from 10 a.m. - 11 a.m. There is no cost for this program - just a desire to use your brain cells and engage in stimulating conversations.