



# Cape Ann Seniors on the

## OPENING THE DOOR TO FOOD, FITNESS AND FUN

FREE TRANSPORTATION AVAILABLE  
FOR ALL ESSEX RESIDENTS AGE 65+



# 2022 SCHEDULE

## THURSDAYS



**Grocery Shopping @**  
**Stop n Shop, Market Basket**  
**& Shaws & Gloucester Fish Markets**

**PICKUPS** from your home start @ **10:00 am**  
**RETURN** home starts @ **11:45 am**

**Reserve your free seat by calling CATA (978) 283-7916**

**Only 2 bags per person are allowed on the bus.**

Per the Governor's Executive Order, all riders must wear a face covering that completely covers their nose and mouth while using public transit. Please maintain a safe distance from others and stay home if you are not feeling well.

**Cape Ann Seniors on the GO is a collaborative effort of:**



**Essex Council on Aging**

Cape Ann Seniors on the GO is funded by:

**Massachusetts Community Health & Healthy Aging Fund and**

Beth Israel Lahey Health   
Beverly Hospital

Beth Israel Lahey Health   
Addison Gilbert Hospital