



Boxford's Boomers & Beyond



Boxford Council on Aging * 4 Middleton Rd * Boxford, MA 01921 * (978) 887-3591

April 2015

**Maple St. Bistro
At Northshore Voc. Tech
Tuesday, April 7th**

The COA is going to lunch at the new Northshore Regional Vocational School formed by the merging of Northshore Voc Tech and Essex Aggie. Lunch is prepared and served by the culinary arts students and we can attest to the fact that the meals are fabulous. As before, the school will send a bus to pick us up at the COA at 11 AM for a meal at 11:30 AM. If interested, you can call the Boxford COA now to make your reservation — seating is limited. Please let us know at time of reservation whether or not you will be coming in your own vehicle or in the school bus. The total cost is \$10/pp, (\$8/meal, \$1/driver tip, and \$1/food server tip).

**DATE CHANGE
Spofford Elementary School
Band Concert
Tuesday, April 14th, 9:30 AM**

Due to the many no-school days, the Spofford Elementary School had to rearrange their activity schedules — hence the change in date. The 6th Grade Bands and Chorus cordially invite you to attend their Boxford Senior Bands and Chorus Concert and Luncheon on Thursday, April 14th at the Spofford Elementary School. Reservations are required by Friday, April 3rd. If interested, please call the Boxford COA now to make your reservation. The COA Van will be available for those who wish to take advantage of this service.

**COA's Antique Appraisal Day
Sunday May 3rd, 11AM to 5 PM**

What treasures do you have in the attic? Find out at the 1st Annual Antiques Appraisal Fair. Appraisers are from Kaminsky Auction House. Registration forms enclosed in this issue and will be available at The COA, Town Hall and the Boxford COA website. **See Insert.**

**Save the Date
Monday, May 4th
Candidate's Forum**

Our annual Candidates forum will be held on Monday May 4th at 11:30 upstairs at the COA.. Lunch will be served following the forum. Bring your questions for the candidates.

**VNA Care Network presents.....
Fewer Falls, Safer Seniors Program
A 6 Week Program at the COA
Starting Wednesday, May 6th at 1 PM**

This is a free program, thanks to a grant from The Tufts Health Plan Foundation. The program consists of talks, screenings and more over a 6 week period. For those who attend all sessions — your name will be entered into a raffle for an American Express gift card and other prizes. The sessions will be as follows:

- May 6: Falls & Your Risks Talk — 1 -2 PM
 - May 13: Balance screenings — 1 -3 PM. Appointment necessary.
 - May 13: Orthostatic BP Screening—1 -3 PM. Appointment necessary.
 - May 20: Osteoporosis Screening: 1-3 PM. Appointment necessary.
 - May 27: Exercise—1-2 PM. Wear slacks & comfortable shoes.
 - June 3: Medication Review—1-3 PM. Appointment necessary.
 - June 10: Making Fall Prevention Work For You—1-2 PM
- Raffles will be drawn on this day.

Information and appointments for Screenings:

- Boxford COA — 978-887-3591
- Faith Theokas, RN (VNA) (888-663-3688 ext 1372
- Maureen Sendrowski, RN, MPH (VNA) 888-663-3688, ext 5603

**Elder Law and Estate Planning Seminar
With Attorney Elaine Dalton
Wednesday , April 15th, 11 AM**

Have questions about wills, trusts and other necessary legal documents than this is a must attend session. Attorney Elaine Dalton will clarify issues like the difference in Revocable and Irrevocable trusts, health care proxies and I have seen Elaine's presentation and she explains legal issues in an easily understandable manner .

Luncheon will be served to all who attend.

**Woodcarving is Back
New Session starts April 15th
10AM**

LINE DANCING With Patty

Classes are held on Monday and Thursday morning between the hours of 10:00 – 11:00 AM. The cost is \$3.00 per class.

All Ages Welcome

YOGA CLASSES With Mary

Classes are held on Tuesday from 10 to 11 AM and Thursday from 12:30 to 1:30 PM. The cost is \$3.00 per class.

All Ages Welcome

ZUMBA With Kym

Classes are held every Wednesday at 10:30 AM. Classes are \$3.00 per person.

All Ages Welcome

HIKING

Tuesday, hikers will meet Steve Davis at trail-head, at 9:15 AM to explore local trails. For more information, please call BTA/BOLT at (978) 887-7031 or visit their web site at www.btabolt.org

All Ages Welcome

GAME DAY (MAH JONGG)

Wednesdays at 1 PM

We have Rummikub, Scrabble, Yahtzee, Monopoly, Checkers, Cribbage, Mah Jongg and much more. Video games — we have Wii.

All Ages Welcome

GREAT GROUP

Great Group, sponsored by The Boxford Village Garden Club, meets at FMV on the 3rd Friday of the month. Call Doffy Falk at (978) 887-8495 for more information.

MIXED BAG (Knitting)

Every Tuesday at 9:30 AM is the COA's Mixed Bag Day.

All Are Welcome.

HANDY MAN

Our handyman is willing to help with small jobs around the house — fixing light switches or changing locks. Please call the COA for info.

Office of Senator

Bruce E Tarr

Constituent Services

Advisor

NO April office hours

VETERANS SERVICES

Our local veteran's agent (Ed Mitchell) will be available at the COA on the first Wednesday of

each month. His office hours are from 10 to 2 PM. Appointments are recommended but he will take walk-ins. Call the COA to schedule an appointment.

HEALTH BENEFITS

SHINE With Judy Calnan

Our SHINE Rep. is at the COA on Wednesday's for appointments only, starting at 9:30 (three one hour appointments). If you would like to meet with her, please call the COA to make an appointment.

NEWS AND VIEWS

News and Views meets every Tuesday at 9:00 AM. Come and meet with your peers to discuss current events, town issues and whatever else is put on the table.. It's a fun time and many different topics are discussed.

All are welcome

UPDATE

Electronic Gadget

Assistance

Until the Library issues are resolved, the COA is uncertain whether or not the Electronic Gadget Assistance will be available. But, we do have someone who might be able to help you with your problems. So give us a call, tell us your woes and we'll see what we can do to help you. This includes computers, e-readers, I-pads, smart phones and various apps.

All are welcome

CHANGING EVENTS

NEW—Acrylic Art Classes

A new 6-week session will start on May 11th, The art teacher is Peter Grimshaw. The cost is \$30.00 for a 6 week course. Some art supplies will be provided — call the Boxford COA for more information.

All ages welcome

BOOK LOVER'S CLUB

The Book Lover's Club usually meets on the 3rd Monday of the month. The next meeting will be held on April 27th. Due to the confusing status of the Library, it has been decided to make the book of the month the selection of each member. The book of choice will be discussed and either recommend to other members of the Book Club or panned. If you have any questions, please call the COA.

All Readers Welcome

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. The next meeting will be held at the COA on Thursday, April 16th at 9:30 AM.

All are Welcome

COOKIN' WITH ANNA

Cooking' With Anna is scheduled for the 3rd Monday of the month. The next class will be held on Monday, April 27th at 9:30 AM. Please call the COA if you plan on attending.

All Seniors welcome

The Wonders of Science

3D Printers

A Surprising Innovation

Tuesday, April 21st at 9 AM

A child can form one of nature's most amazing feats by making a bubble with soap and water appear with a simple breath. We'll explore the magical chemistry behind a simple bubble and see how that knowledge can be applied to structures as complex as cells. You'll learn nature's secret and discover some delightful applications of this knowledge. If you like bubbles, bring your questions, smiles and imagination.

All Ages Welcome

FACTS & FIGURES

Facts & Figures is taking a 6 month hiatus and should return around September 2015.

All Ages Welcome

IMPORTANT INFORMATION

CHAIR YOGA With Lisa

Classes are held on Wednesdays at 9 AM. The cost is \$3.00 per person. Please call the COA for more information.

All ages welcome

Wood Carving Classes

New Class starts Wednesday, April 15th

Fred Arakalien is back from his winter vacation and eager to teach you how to carve delicate wood figures. Cost is \$30 for 5 weeks.

All ages welcome

Boxford COA Trips

With



Collette Vacation

Alaska Adventure

June 2—12, 2015

Fly out of Logan International Airport to Seattle Washington where you will spend a couple of days before boarding the Celebrity Solstice for your trip to Alaska. In Seattle, your sightseeing tour includes an elevator ride to the observation deck of the Seattle Space Needle, a duck boat tour, historic Pioneer Square, Pike Place Market and the restored waterfront area. The next step of your trip will be aboard the cruise ship. Your port of calls will include stops at Ketchikan, Tracy Arm Fjord, Juneau, Skagway and then Victoria, British Columbia. Book early and save \$100./pp. Prices range from around \$3900 to \$3400/pp—double occupancy. Singles range from \$5500 to \$4850—single occupancy. Prices vary on your choice of cabins (Inside, Outside, Balcony). For more information, please call the COA or stop in for the brochure.

Mackinac Island

Sept. 5—12, 2015

Featuring Greenfield Village & Henry Ford Museum, Edsel and Eleanor Ford House, Mackinac Island, The Grand Hotel, Chicago and Millennium Park. Rates are \$2,949/dble occup, \$3,949/single occup or \$2,919/triple occup. Book now and save \$100. Trip includes round trip air from Logan Int'l Airport, Air Taxes and Fees/ Surcharges, Hotel Transfers. *Not included in price — Cancellation Waiver and Insurance of \$205/pp*

Northern National Parks

October 2-9, 2015

Featuring Yellowstone National Park and Grand Teton National Park. Your tour begins in Salt Lake City Utah and progresses to Jackson Hole Wyoming. Book now and save \$100/pp. Discount prices (at savings price) are \$2349/pp dble, \$3049/pp single, \$2319/pp triple.

Classic Christmas Markets

Nov. 29-Dec. 7, 2015

Featuring markets in Strasbourg, Wurzburg, Nuremberg, Munich and Innsbruck. Book now and save: Dbl \$2,999; Single \$3,199; Triple, \$2,969. Regular rates — increase by \$200.00. Trip Cost includes round trip air from Logan, Air taxes and fees/surcharges, hotel transfers. Not included — Cancellation waiver and insurance of \$260/pp. For more info — pick up the brochure at the COA.



Boxford COA Trips with Best of Times

Tanglewood and the Pops
Featuring Keith Lockhart and Special Guest Bernadette Peters.

Sunday, July 5th 2015

Lunch at HuKeLau of Prime Rib or Stuffed chicken. \$139

Isle of Shouls and Lighthouse Cruise

Date to be determined

Board the Victorian style M/V Thomas Loughton and experience the fascinating legends of the New Hampshire seacoast. Lunch at the Grill at the Gas Light. \$99 includes it all.

Gloucester Harbor Cruise Harbor and Lobster Bake

Cruise

Wednesday, August 19th,

Cruise Gloucester Harbor aboard the beautiful Beauport Princess. And see views of the city's historic skyline, working waterfront, Rocky Neck Art Colony and the famous Greasy Pole, America's first lighthouses and more. To top this cruise off enjoy the famous lobsterbake. \$89

Holiday Pops Christmas Matinee Show

Saturday December 5th

Matinee Show and Luncheon at the Venezia Waterfront Restaurant. Meal choice of chicken parmesan or baked scrod. \$129 includes show luncheon and transportation.

Christmas at the Newport Mansions

Date TBD

\$69 includes transportation, driving tour of Newport, admission to the Breakers and Marble House. Lunch on your

New York City Cruise to Nowhere

December 11-13th , 2015

Trip includes : Motorcoach transportation, 2 night cruise aboard the Norwegian Breakaway, Tickets to the Radio City Rocketts, Admission to the September 11th Museum, All meals on board ship. Prices start at \$469 pp.

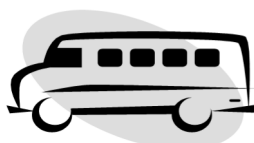
Coming in 2016

Young Irelanders March 2016
At the Venus De Milo's

Tulips and Windmills Cruise
March 25 - April 4 2016

Romantic Danube River Cruise
August 9- 19 2016

Lunch Bunch Trips (Seating Limited)



Unless otherwise noted, \$3.00 per person covers the cost of taking the van. The cost of the meal or event is your responsibility. Seating is limited to 16 (unless you plan on using your own vehicle) and reservations are required. ***Trips may be canceled due to lack of interest or inclement weather. Call the COA to make your reservations.*** The "Lunch Bunch" is open to all seniors so don't hesitate to call.

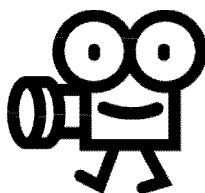
Tuesday, April 21st

Lets try the Bradford Inn again. We had scheduled it in February but our continued bouts of snow storms forced us to cancel that excursion. Their luncheon menu is priced reasonably and the food is good — we've been there before. The van will be leaving the COA around 11:15 AM. ***Please call the COA if you are interested in going.***

Congregate Lunches Tuesdays and Thursdays

Lunches are served at the COA every Tuesday and Thursdays at 11:30 AM. The cost of the lunch is \$2.00 per person. Monthly lunch menus can be found on the Town of Boxford's web site or at the COA. Reservations **are required** and must be received by 11 AM of the preceding work day.

Movie Time at the COA Thursdays around 12:15 PM



The COA has a large selection of DVD's and VHS tapes you can borrow to view at your leisure. If interested — just stop by the COA and sign out the movies you would like to borrow — no charge.

We've shown a lot of good movies this year which we hope you enjoyed. Planned movies for the month:

- Apr 2: Boyhood
- Apr 9: No Lunch but showing Whiplash
- Apr 16: Into The Woods
- Apr 23: No Lunch but showing Wild
- Apr 30: Hobbit—Battle of 5 Armies

The movies start immediately after the Congregate Lunch — roughly 12:15 PM. If you wish to join us for lunch — see Congregate Lunches article above.

Coming attractions: American Sniper and Selma. These DVD's

are all on pre-order and will be shown at the COA when they become available .

Movies/DVD's will be available to borrow after they are shown at the COA.

Wednesday Night Dinners First Congregational Church Boxford MA



The First Congregational Church of Boxford serves dinners every Wednesday at 6:30 PM. The menu varies — you never know what they are serving until you get there — but the meals are delicious and well worth it. Cost per person is \$7.00 and no reservations are required—just show up.

April Is Here Have You Filed Your Taxes Yet???

If you haven't filed your taxes yet — it's time to stop procrastinating. Community Action Inc. (CAI) participates in the IRS sponsored VITA (Volunteer Income Tax Assistance) Program which offers free tax help to low-to moderate-income people (generally \$53,000 and below). IRS certified volunteers receive training to help prepare basic and intermediate tax returns for those unable to do so themselves.

CAI's VITA site is located at 3 Washington Sq in Haverhill. Free tax preparation for those who qualify is available starting immediately through mid April. Massachusetts and Federal tax returns are prepared simultaneously. Returns are reviewed by a qualified coordinator and electronically filed.

Circuit Breaker Tax Credit



You may qualify for cash or credit from the state if you pay rent or property taxes. The Mass Circuit Breaker tax program is for those 65 and older whose property taxes (or 25% of their rent)

exceeded 10% of their annual income and who met other qualifying criteria. You can file now for tax year 2014 and, at the same time file retroactively for the last three years. Contact your tax professional or the Mass Department of Revenue customer service line at 1-617-887-6367 for more information.

Irish Soda Bread

For those of you who attended the St. Pat's Luncheon and tasted the delicious Soda Bread put out on each table — here is the recipe. It comes from Maryanne Quirk (President of The Boxford Council On Aging) who got it from a friend who got it from her mother who grew up in Ireland.

Ingredients:

3 eggs	4 cups flour
1 cup sugar	3 tbsp. caraway seeds
1 stick butter (melted)	1-3/4 to 2 cups raisins—coated with flour
2 tsp baking powder	1-1/4 cup milk
1/2 tsp baking soda	1 cup sour cream



Preheat oven 400 degrees — cream eggs and sugar until smooth. Gradually add dry ingredients alternating with wet ingredients. Fold in raisins that have been coated with flour (helps to evenly distribute them throughout the bread) — fold in caraway seeds.

Lightly grease 4 small loaf pans and flour them. Bake at 400 for 40 minutes — depending on your oven. For one large loaf, bake at 425 for 15 min. then lower temp to 375 and bake for about 45 minutes more.

Cool loaves for 15-20 minutes in the pan then turn out and cool an additional 30 minutes.

SHINE

SHINE(Serving the Health Information Needs of Elders) is a volunteer program that helps people with Medicare , or those who are Medicare eligible, with their health insurance needs. SHINE Counselors:

Provide information on Medicare health insurance as well as Medicare Prescription Drug plans.

Compare Supplemental Plans, Medicare Advantage Plans and Prescription Drug Plans.

Enroll clients in plans.

Screen clients for Federal and State subsidies and assist with applications for those eligible.

Boxford's SHINE counselor is available on Wednesdays by appointment. To make an appointment call 978-887-3591.

File of Life

The File of Life is a mini medical history that you can attach to your refrigerator, keep in your purse or your wallet. List your meds, ailments, allergies etc. so that if something should happen to you and you are unable to communicate with the EMT's or other rescue personnel , the list will speak for you. It will give the emergency room staff a head start in treating you, and could save your life. The File is available at our office and we will be happy to assist you in filling them out.

Free Concert Tickets

Sunday, April 12th at 3 PM

Andover's South Church

The Gypsy Spirit: The merging of the melancholy , passion and abandon of Romany Folk tunes with the Classical traditions in major works of chamber music.

If interested please call the Boxford COA at 978-887-3591 to reserve your ticket. Each ticket coupon entitles you and a guest admittance into the concert.

Legal Assistance

Massachusetts Senior Legal Helpline through the MA Office of Elder Affairs provides free legal advice and referral services to those over 60 in most areas of civil law, including Social Security, veterans benefits, Mass Health, Medicare, consumer issues, unemployment, foreclosures, power of attorney, bankruptcy, evictions, utilities, etc.

Call 1-866-778-0939. If you voicemail, please leave your name, telephone number and the town where you reside and you will be called back within two business days.

Scams

Follow a series of common sense to protect yourself from scams.

Don't open your door to strangers.

Don't give out personal information at your door or on the phone

Don't give any donations on the spot.

Don't answer the phone if you do not recognize the number.

Know that the following are never going to call you:

The IRS

Medicare

Your grandchild looking for bail money.

National Pajama Day

April 16th

Wear your pajamas to the Senior center today and all activities and lunch will be free. Lunch reservations need to be made by 11 AM on the 15th



WELLNESS CLINIC. The VNACare Network and Elder Services will be holding their free Wellness Clinics on the first and third Wednesdays of each month from 9:00 to 11:00 AM at FMV and the fourth Wednesday from 11:00-1:00 PM at the COA. For an appointment or more info, call Faith Theokas RN, at 888-663-3688 , Ext. 1372. Walk-ins are welcome.



SEATED MASSAGE. Renee Parent, a licensed massage therapist, has offered her gentle hands to relieve the stress and tension of any senior interested. Sessions are 20 minutes of relaxation in her massage chair for \$10. Renee is available most **Monday mornings**, by appointment only. To make an appointment, call Renee at (508) 335-1675.



PODIATRY. Dr. Skinner will be here on **Wednesday, April 8th** starting at 9:00 am, the fee is \$30 per session. Dr. Skinner is available at the COA on a monthly basis. He is also available to provide routine foot care to homebound seniors in the area. The cost for a home visit is \$50.00 and is payable at the time of the visit. Please call the COA, at 978-887-3591 to schedule an appointment at the COA. For home visits ONLY, call his office at (781) 944-6024



HEARING CLINIC On Tuesday, May 12th starting at 9:30 AM, Nicole Kalukiewicz, from Rogers Hearing Solutions, will be here to give FREE hearing tests. Please call the COA to make an appt.

The Perks of Peanut Butter

You have to love it when a good-for-you food tastes good. That's exactly the case with peanut butter (or any nut butter, for that matter). Peanut butter is loaded with so many healthy-promoting nutrients, including vitamin E, magnesium, iron, selenium and vitamin B6. Research shows that people who regularly eat nuts and nut butter, including peanut butter, are less likely to develop heart disease and type 2 diabetes.

Plus, peanut butter is so versatile — what other food transitions seamlessly from breakfast to lunch to dinner to snack and dessert? Check out those tasty recipes to see just how easy it is to incorporate the healthy spread in your diet.

If the taste alone isn't enough to make you a fan, consider some of the health benefits . The creamy spread can help:

Satisfy appetite, PB's combo of fiber (about 2 grams per tbsp.) and protein (around 4 grams per tbsp.) packs a powerful appetite-suppressing punch. A study in the *British Journal of Nutrition* found that people who ate peanuts or peanut butter for breakfast experienced a significant reduction in the desire to eat for up to 12 hours. It might be because peanut butter was associated with an increase in the production of PYY, a feel-full hormone, the researchers found.

Slim you down. Because peanut butter helps control appetite, it might not come as a surprise that it may help you slim down. Nut eaters tend to have a healthier body mass index (BMI) than nut skippers, according to research.

Protect your pumper. Peanuts are an excellent source of unsaturated fats, which help lower bad cholesterol. Women who ate at least five servings of nuts per week (one serving

was defined as 1 ounce of nuts or 1 tbsp. of peanut butter) had a 44 percent reduced risk of heart disease compared to women who rarely ate nuts (a Harvard University Nurse's Health study).

Gives you gorgeous skin and hair. Peanuts contain biotin, a B vitamin necessary for long, luscious locks and overall scalp health, it also offers vitamin E, which nourishes the skin and protects it from the damaging UV rays.

Manage type 2 diabetes. Peanuts, and their buttery spread, are naturally low in carbs, so they can help prevent blood sugar spikes and they're a perfect food for people with type 2 diabetes and can help prevent sugar spikes.

Of course, you can't spoon your way through the whole jar (sorry!). Any peanut butter buff knows that the pick is high in calories (nearly 100 per tbsp.), so it's best to limit yourself to a two-tablespoon serving size.

Not all PB's are created equal, so when you're shopping, look for natural varieties made without added partially hydrogenated oils (trans fats) and other suspect ingredients.

Peanut butter vs Almond Butter. Almond butter has a bit more fat than peanut butter but that includes more monounsaturated fat and about half the amount of saturated fat. Almond butter also has more fiber and fewer carbohydrates, so it has about the same number of calories as peanut butter.. Almond butter has more minerals with the exception of selenium and peanut butter contains more B vitamins. Both contain phytosterols, which are the plant versions of animal cholesterol, may help to reduce elevated cholesterol levels in humans. Both peanut and almond butter can be used as sources of protein and healthy fats. Just be sure to look at the ingredients labels to look for any added sugars or other ingredients you may not desire.

Another Blonde Joke

Bob, a handsome dude, walked into a sports bar around 9:58 PM. He sat down next to a blonde at the bar and stared up at the TV.

The 10 PM news was coming on. The news crew was covering a story of a man on the ledge of a large building preparing to jump. The blonde looked at Bob and said, "Do you think he'll jump?"

Bob said, "You know — I bet he'll jump."
The blonde replied, "Well, I bet he won't."
Bob placed a \$20 bill on the bar and said, "You're on!"

Just as the blonde placed her money on the bar, the guy on the ledge did a swan dive off the building, falling to his death.

The blonde was very upset, but willingly handed her \$20 to Bob saying, "Fair's fair. Here's your money."

Bob replied, "I can't take your money. I saw this earlier on the 6 PM news, and so I knew he would jump."

The blonde replied, "I did too, but didn't think he'd do it again."

Bob took the money.....

Pregnant at 71

A woman went to the doctor's office where she was seen by one of the younger doctors.

After about four minutes in the examination room, she burst out screaming as she ran down the hall. An older doctor stopped her and asked what the problem was, and she told him her story. After listening, he had her sit down and relax in another room.

The older doctor marched down the hallway back to where the young doctor was writing on his clipboard. "What's the matter with you" the older doctor demanded. "Mrs. Terry is 71 years old, has four grown children and seven grandchildren, and you told her she was pregnant?"

The younger doctor continued writing and without even looking up said....

"Does she still have the hiccups.....?"

Quotable Quotes

Thirty-five is a very attractive age. Society is full of women who have (of their own free choice) remained thirty-five for years.
.....Oscar Wilde

I cut my own hair now. I got sick of barbers because they talk too

much. And too much of their talk was about my hair falling out.

.....Robert Frost

My wife was afraid of the dark.... Then she saw me naked and now she's afraid of the light.

.....Roger Dangerfield

As you get older, the pickings get slimmer, but people don't.

.....Carrie Fisher

You're at that age when everything Mother Nature gave you, Father Time is taking away.

.....Milton Berle

The face I see is furrowed now.

In fact, it's rather ruddy.

Revlon and Clinique just won't do.

I need a can of putty.

.....Jane Thomas Noland

Old Jokes for Old Folks

Horace was, as usual, up to his old complaints. "If you ask me, these young kids with all of their pierced ears and noses and tongues and other places have ruined going to the beach with a metal detector.

Age is a very high price to pay for maturity. (Tom Stoppard)

A little old lady was sitting on a park bench in Miami Beach when a man walked over and sat down on the other end of the bench. After a few moments, the woman asked, "Are you a stranger here?"

The man replied, "I used to live here many years ago?"

"So, where have you been all these years?"

"In prison," he said.

"Why were you in prison?"

He looked at her and very quietly said, "I killed my wife."

"Oh," said the woman, "So you're single....."

The Bright Side Of Aging

- Less peer pressure
- No penalty for IRA withdrawals
- Nothing left to learn the hard way
- No time for procrastinating

Boxford Council on Aging
4 Middleton Rd
Boxford, MA 01921
Phone: (978) 887-3591

BULK RATE
PRE-SORT
U.S. POSTAGE
PAID
Boxford MA 01921
PERMIT No. 123

Our mission is to improve the quality of life and encourage maximum independence for older adults by meeting their health, economic, social and cultural needs.

COA Board Members

Dick Taylor: *Chairperson*
Richard Shaw: *Vice-Chairperson*
Judy Andersen: *Secretary*

Members:
Suzanne Cox
Steve Harvey
Liz Murphy
Joan Tarleton

COA Staff

Pam Blaquiére: *COA Director*
Elaine Spiro: *Secretary*
Anna Barbieri: *Outreach Worker*
Jack Hawxwell: *Van Driver*

The Board usually meets at 9:30 on the second Wednesday of each month (see Page 2 for actual dates). All seniors and interested parties are welcome to attend. Only emergency meetings are held during the summer.

Current Resident or

This newsletter was made possible by a grant from the Executive Office of Elder Affairs.

Happy Birthday to our April Seniors. The April Birthday lunch will be held on Tuesday, April 28th at 11:30 AM. Please call the COA the Thursday before the lunch to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday this month, compliments of The Friends of the Boxford COA. Guests are welcome but will be responsible for paying the nominal cost of their lunch. *Happy Birthday!*

April Daily Observances Trivia



April 1st
April Fool's Day

April 15th
Income Taxes Due



April 16th
Nat'l Wear Your PJ's To
Work Day



Past Monthly Newsletters are posted on the Town web. To access these Newsletters — go to www.town.boxford.ma.us. Click on Departments and select Council On Aging from the dropdown menu. The current Newsletter is listed on the front page but you can access the older ones by clicking on "Monthly Newsletters."



Things To Ponder

**Old people shouldn't eat health foods.
They need all the preservatives they can
get.**

Robert Orben