



Boxford's Boomers & Beyond



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

August 2016

In Support of The Boxford Giving Tree And Their Charter

During the month of August, the Boxford COA will be collecting school supply donations in support of The Giving Tree's drive to collect school supplies for local kids in need. It's tough enough for kids starting school but when you throw in they do not have the basic supplies for school — that makes it even more difficult.

The Giving Tree is specifically looking for single subject notebooks, crayons, markers, pens, pencils, pocket folder, glue sticks, colored pencils, erasers and even new backpacks.

Do you remember when you were getting ready to go back to school in September? Not only was there clothing shopping, especially if you grew a couple of inches that summer, but there was always the old "Pencil Box" which usually contained a ruler, scissors, pencils along with pencil sharpeners, erasers and other items which I can't remember at the moment (another senior moment). Do you remember how important it was to have these things? Well, it's still important for today's kids to have the tools needed and required in school. Your donation can help accomplish this.

"Facts and Figures"

Tuesday, August 9th at 9 AM

Topic: After The Conventions

This has been, and will continue to be, a hotly contested Presidential race. John Plate, a Boxford senior who chairs the Facts and Figures group, will be putting together various facts and information on the recent Democratic and Republican Conventions which will be presented at the next Facts and Figures meeting (Tuesday, August 9th) for discussion.

Although Boxford is considered a "Republican" town, there are many Democrats who live in Boxford and they are just as opinionated and fierce as the Republicans.

Regardless of your political affiliation — how about joining us at the COA for what could be a very lively and informative discussion. If you are interested — please call the COA at (978) 887-3591 All Boxford COA Seniors Welcome

Canine Demo Unit

By The Sheriff's Department

Wednesday, August 10th around 1 PM



On Wednesday, August 10th, after the BBQ, the Sheriff's Department will be here with their Canine Unit to demonstrate their dogs training, how they interact with their handlers and how they are used in crime prevention. Throughout and after the demonstration the trainers will be available to answer

questions.

If you wish to join us for the BBQ first — please call the COA and make your reservation by the end of Monday, August 8th. The BBQ is held at noonish and the cost is \$3.00 per person. If you wish to attend the demo only — reservations are requested so we can make sure we have sufficient seating separate from the BBQ diners. The COA van is available for the BBQ and Canine Unit Demo combination (pickup before the BBQ and dropped off after the demo) but not for the Canine Unit Demo only. To make your reservation — please call the Boxford COA at (978)887-3591.

Heads Up

September 2016 Apple Festival



Just a gentle reminder about the Apple Festival in September and that the COA will be reaching out to our seniors for help in making this a good year. Start thinking about what you would like to do. If you want to bake or cook something — great. If you want to do an Artsy/Crafty item — great. The

Apple Festival is scheduled for Saturday, September 17th (rain date 9/18). If you haven't donated in the past but would like to this year — give us a call. All donations welcome and appreciated.

LINE DANCING

With Patty or Bertha

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

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

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 from 10:30 to 11:30 AM. Classes are \$3.00 per person.

All Ages Welcome

GAME DAY (MAH JONGG)

Thursday 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

The Great Group, sponsored by The Boxford Village Garden Club meets the 3rd Friday of the month at Four Mile Village but not limited to Four Milers. There are openings for seniors 80+ who would like to join the group. Call Doffy Falk at (978) 887-8495 for more information.

All 80+ Seniors 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.

NEW ACTIVITY

MIXED BAG ARTS & CRAFTS

Every Tuesday at 12:30 PM is the COA's Mixed Bag Day. We will be working on various Arts & Crafts projects which will include jewelry, solariums, knitting, crocheting — whatever. Some projects will be a one day class where others might take multiple days to complete.

All Are Welcome.

Office of Senator

Bruce E Tarr

Constituent Services

Advisor

Richard Curran's next meeting will be on Tuesday, August 16th between the hours of 12:30 and 1:30 PM. No reservations required.

All Are Welcome

Gerry Maguire

VETERANS SERVICES

Gerry Maguire is our new VA Rep. Gerry will be here on Wednesday, August 17th between the hours of 11 AM to 1 PM. Call the COA to schedule an appointment.

All Vets or families of Vets Welcome

HEALTH BENEFITS

SHINE

If you need to meet with a SHINE Rep — call the COA to set up an appointment. Please refer to page 6 for more information on this program..

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

PC Assistance

The Boxford COA has a volunteer who can help you with your PC woes — whether it be hardware or some various types of software. If you need help and would like to set up an appointment — please call the COA.

All are welcome

FaceBook Assistance

Now that we've covered the basics (and more) on using Facebook — Maggie will now be available on a one-to-one to help you with your problems. This will be by appointment only. So, if you need help please call the COA to setup your appointment.

All Seniors welcome

CHANGING EVENTS

Acrylic and Watercolor

Art Classes

With Mary Paganelli

Both Watercolor and Acrylic Art classes are now held together on Mondays from 9:30 AM to 10:30 AM. The cost is \$8.00 per class. Materials needed are the responsibility of the student — we have a list of suggested supplies. If you have any questions, please call the COA. The Art Class is currently on summer hiatus and will return in the fall.

All Ages Welcome

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. The next meeting is tentatively scheduled for Wednesday, August 10th at 9:30 AM.

All are Welcome

COOKIN' WITH ANNA

Cookin' With Anna will be on summer hiatus and resume in October.

All Seniors welcome

The Wonders of Science

The Wonders of Science is usually the third Tuesday of the month starting at 9 AM. This group will be taking a summer hiatus. Please see the October Newsletter for more information.

All Ages Welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9 AM. The next meeting will be held on August 9th and the discussion will be a follow-up on the Presidential Conventions.

All Ages Welcome

Wood Carving Classes

The Wood Carving Class with Fred Arakelian has resumed and is held every Wednesday starting at 9:30 AM. This is a fun class where you take a sorry looking block of wood and create an art object. Please call the COA if you are interested or would like more information.

All Ages Welcome

Boxford COA Trips with Collette Vacation



Discover Tuscany 9 Days, Departing 10/21/16

Highlights of this trip include visits to Montecatini Terme, Florence, Lucca, Gothic Line, Siena, a Winery Tour, Pisa and San Gimignano. Included in price: Roundtrip Airfare, Air Taxes and Hotel Transfers. Not included in price: Travel Insurance of \$280.00. Prices are Double—\$3,299/pp, Single—\$3,469/pp, Triple—\$3,269/pp. Deposit of \$250/pp is due upon reservation and final payment is due on August 14th.. See flyer for more information.

Alaska Discovery Land & Cruise July 4 thru 16, 2017

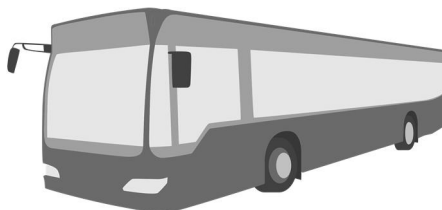
Highlights include visits to Fairbanks, Sternwheeler Discovery, Music of Denali Dinner Theatre, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Whittier, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan and Inside Passage. Costs varies depending on whether you have an inside cabin, outside cabin or balcony cabin. Please call the COA for more information or stop by for the brochure. A deposit of \$250/pp is due at time of reservation and final payment is due by March 3, 2017.

Boxford COA Trips With Best of Times

Canadian Maritimes Cruise Sept 28th thru Oct 7th, 2016 Featuring Montreal, Quebec, Nova Scotia & More.

Cruising the shorelines of Canada as the

leaves change color. This tour combines a 3 day land package visiting two of Canada's most historic cities with a fabulous Day cruise aboard Norwegian Cruise Line's ship the Dawn. Prices are according to accommodations and vary greatly. If interested — please call for more info or stop by and pick up one of our flyers.



Forever Motown Venus DeMilo, Swansea September 21, 2016

A non-stop, high energy trip down memory lane, featuring the best of Four Tops, Temptations, Supremes, Smokey Robinson, Stevie Wonder, Marvin Gaye and more. Performed by veteran entertainers, including former members of The Spinners and The Marvelettes, peppered with Broadway savvy performers. Price is \$89/pp which includes transportation, lunch (choice of baked schrod or chicken parmesan) and the show. A deposit of \$20/pp is due at time of reservation and balance due on 8/31/16.

Autumn in Vermont Summit Lodge in Killington Sept 26-27, 2016

Cost is \$229/pp dble or \$259/single. Program includes luxury motorcoach, 3 meals, evening entertainment, Inn-Keepers Cocktail Party and tours in the surrounding area. A deposit of \$50/pp is required upon reservation and final payment is due on 8/15/16. If paying by credit card, payment in full is due upon registration.

Silver Sizzle Review Luciano's Lake Pearl Wrentham November 18th, 2016

A splendid mix of dynamic song, thrilling dance performances and gut-busting comedy all performed by an 8 person cast all of whom are age 50 and older. This show features performances by former Radio City Music Hall Rockettes along with Great Comedy. Cost is \$89/pp and includes transportation, a holiday turkey dinner with all the fixings and a fantastic show. A deposit of \$20/pp is due upon reservation, balance due on 10/20/16.

Italian-American Christmas Danversport Yatch Club December 6, 2016

A Very Merry Italian Christmas with the O Sole Trio which is a vibrant musical ensemble featuring the lush voices of soprano Erin Shields, baritone Giuseppe Spoletini along with the versatile and virtuosic David Shenton on piano and violin. The cost if \$65/pp which includes a lunch (Chicken parmesan or baked scrod) and the show — **transportation is not included**. A deposit of \$20/pp is due at time of reservation and final payment is due by 11/17/16.

New Year's Eve Day Danversport Yacht Club Saturday, Dec. 31, 2016

Celebrate New Year's Eve Day at the Danversport Yacht Club featuring award-winning singer Lydia Harrell. Lydia will be performing a fun and fast paced show featuring some of the best songs from the 60's, 70's Motown, Broadway and so much more. Then you can dance your way into the New Year with this exceptional orchestra. Cost if \$75/pp which includes lunch (stuffed breast of chicken or baked scrod), orchestra, party favors and a Champagne Toast. A deposit of \$20/pp is due at time of reservation with balance due on 12/1/16.

Boxford COA

Activities

Weekly BBQ's

Wednesday's—Rain or Shine

During the summer, the Boxford COA has BBQ's every Wednesday for our seniors. The cost is \$3.00 per person and is served around noonish. The weekly BBQ menu will always consist of hamburgers and hotdogs with condiments and at least one kind of salad. The rest of the menu will depend on the whim of the COA staff and could include sausage or chicken, roasted potatoes, etc. — as I said earlier, at the whim of the staff.

Reservations are required. Reservations must be made by 9 AM on a working day before the day of the BBQ as we head out early on Tuesday's to do the shopping.

The COA van is available, at no cost, for those Boxford seniors who need a ride to and from the lunch. Please let us know at time of reservation if you require the COA Van service.

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.

Lunch Bunch Tuesday, August 16th

Headed out to the Maine Diner in Wells ME (again). We were scheduled to go last month but the signup was on the low side so we decided to cancel July and try again in August.

Along with a good looking menu they have a gift shop for browsing. The van will leave the COA around 10:00 AM. Call the COA at (978) 887-3591 if you are interested in going. The cost of the van is **\$4.00/pp**.

We are open to trying new restaurants. If you have a favorite restaurant, which is open for lunches — let us know.

Music at Eden's Edge Concerts First Baptist Church 221 Cabot St Beverly, MA

Free summer concerts for the community. Summer concerts will

be held on the following dates:

Tuesday, August 16 at 2 PM
Tuesday, September 13 at 2 PM

Reservations are not required for the above concerts.

Free Fun Fridays Sponsored by the Highland Street Foundation

The Highland Street Foundation has partnered with various cultural institutions to provide free admission to some wonderful treasures. Friday's in August:

Aug 5: Harvard Museum of Natural History
The Old State House
The Greenway Carousel
Springfield Museums
Historic Deerfield
Hancock Shaker Village
The Old Manse. The Trustees
Worcester Historical Museum

Aug 12 MIT Museum
The Museum of the NCAAA
Concord Museum
Garden in the Woods
Mahaiwe Performing Arts Center
Naumkeag, The Trustees
Emily Dickinson Museum
The Metropolitan Waterworks Museum

Aug 19: The Institute of Contemporary Art/Boston
: Edward M. Kennedy Institute
USS Constitution Museum
The Discovery Museums
Eco Tanum
The Children's Museum of Greater Fall River
New England Historic Genealogical Society
Fuller Craft Museum
Griffin Photography Museum

Aug 26: Franklin Park Zoo
Old Sturbridge Village
Freedom Trail Foundation
Museum of African American History
Norman Rockwell Museum
Berkshire Museum
Ventfort Hall Mansion and Gilded Age Museum
Cape Cod Museum of Natural History

Teriyaki Chicken Kabobs

New recipe but we had it at one of our July BBQ's. Easy to make and enjoyable to eat. This recipe serves 4 but we did the math on the recipe and served close to 50. Before trying — be sure to read COA Notes as we did not follow the recipe exactly and there are some hints and afterthoughts.

- 1 lb boneless skinless chicken breasts, cut into 1-inch cubes
- 3/4 cup Lawry's Teriyaki Marinade with Pineapple Juice (divided)
- 2 zucchini, cut into 1/2-inch cubes
- 1 red bell pepper, cut into 1-inch pieces
- 1 can (8 ounces) pineapple slices, drained and cut into 1-inch pieces

1. Place chicken in large sealable plastic bag or glass dish. Add 1/2 cup of the marinade; turn to coat well.
2. Refrigerate 30 minutes or longer for extra flavor. Remove chicken from marinade. Discard any remaining marinade. Alternately thread chicken, veggies and pineapple onto 8 skewers. If using wooden skewers — soak for at least 30 minutes.
3. Grill kabobs over medium heat 10 to 15 minutes or until chicken cooked through and veggies are tender, turning occasionally and brushing with remaining 1/4 cup marinade.

COA Notes:

OK — we added onions to the skewer mixture, got the small thin zucchinis and cut them in slices. We also thought about using pineapple chunks instead of slices and the after-thought was we should have used the chunks. Slices were cut into quarters. Pineapple juice was added to the basting marinade to thin it out and to add more flavor. The skewers consisted of meat/one each of veggie, meat, ditto on the veggies and ended with another piece of meat. This helped keep things from falling off the skewers — the grill cooks appreciated that. Oh — almost forgot — I sprinkled sesame seeds on them — don't know whether it improved the flavor of the dish but it did look good. This got excellent raves from those who commented on it and the following week we were asked if we were going to have them again.

What Does The Boxford COA Do???

Some of the residents of Boxford think that the Boxford COA is just a place for old people to go and eat. Sure, we serve meals but what better way for seniors to meet with their peers for lunch which is at an affordable price? It's a meal they don't have to cook and it's a meal they're eating. What better way for those who live alone to meet with their peers — called socialization. What better way for the COA staff to keep an eye on the seniors, at least those who are regulars, to notice changes in the seniors appearance or manner and who take appropriate action if we feel it's necessary???

And that's just a drop in the bucket!!!

For example, below is listed the weekly, or monthly, planned activities and/or services provided for our seniors.

- Art Classes
- Books & DVD's to borrow
- COA Van Transportation
- Congregate Meals and/or BBQ's
- Constituent Advisor—Bruce Tarr's Office
- Cooking Class
- Equipment Lending Program
- Exercise Programs (Line Dancing, Chair Yoga, Yoga & Zumba)
- Facts and Figures Group
- File of Life and Yellow Dot
- Forms and Assistance
- Friendly Visitor Program

- Grocery Shopping
- Handy-man
- Hearing Clinic
- Health Benefits Counseling
- Home Visits
- Intergenerational Programs
- Informational Presentations
- Massachusetts Senior Health Record
- Meals-on-Wheels
- Mystery Trips
- N.E.E.T. (Northern Essex Elder Transportation Program)
- News and Views Group
- Newsletter/Bulletin
- Operation Concern
- PC Assistance and Facebook Assistance
- Podiatrist
- Salvation Army Vouchers
- S.H.I.N.E.
- Seated Massage
- Special Functions
- The File
- Wonders of Science Presentation
- Wood Carving
- Veterans Services
- Visiting Nurse Association (Wellness Clinic)

This does not include the special support requested by either the seniors or their families or the odd requests we sometimes get.



WELLNESS CLINIC. The VNACare Network and Elder Services will be holding their free Wellness Clinics on the first and third Wednesday 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 at the COA, call Joan Fitzpatrick RN, at 888-663-3688, Ext. 1326 or Faith Theokas at 888-663-3688 for the Four Mile Village appointment.. 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, please call Renee at (508) 335-1675.



PODIATRY: Dr. Richard Manolian will be here, by appointment only, on Wednesday, **August 3rd** starting at 9:00 AM The fee is \$30 per session which is payable at time of appointment. Checks should be made out to Dr. Manolian — no credit cards. Dr. Manolian is available at the COA on a monthly basis. Call the COA at (978)887-3591 to make an appointment or call Dr. Manolian's office for an office appointment at (978)887-8686.



HEARING CLINIC: Tuesday, September 13th, 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 appointment

Mark Your Calendar

September 14th — 12:30 to 3 PM

FLU Shots

and

**Pneumonia Shots
Shots for Shingles**



Rite-Aid Pharmacy will be at the COA on Wednesday, September 14th to administer the flu, pneumonia and shingles shots. If you are interested in getting either the pneumonia and/or shingles shots — you must pre-apply by August 24th.

What do you need:

- **Flu Shot:** Your Medicare card and supplement card. There is a form you will need to fill out before your shot is given. You will also have the option for the higher dose which is recommended for people 65 and over.
- **Pneumonia Shot:** You must pre-register for this shot. The Boxford COA will have the necessary forms which you need to fill out. Rite-Aid will then contact your insurance carrier to determine whether or not there is a co-pay and, if so, how much that co-pay will be. You will be notified after this information is obtained of the amount due (if any) where you can give final authorization
- **Shingles Shot:** You must pre-register for this shot. The Boxford COA will have the necessary forms which you need to fill out. Rite-Aid will then contact your insurance carrier to determine whether or not there is a co-pay and, if so, how much that co-pay will be. You will be notified after this information is obtained of the amount due (if any) where you can give final authorization

SHINE Changes

(Serving the Health Information Needs of Elders)

Elder Services, Merrimack Valley is currently looking for a new SHINE Representative for our COA as Judy Calnan can no longer support the Boxford COA. We hope to have a new representative shortly who will be available to meet with our seniors at least one day a month or answer questions over the phone.

In the meantime — if you have questions to need to meet with a SHINE Rep — please call the Boxford COA at (978)887-3591 for an appointment. We'll get there yet!!

Grandma's Useful Tips

Immune system: Start each day with one tsp of honey and pinch of cinnamon in a cup of green tea . It protects the body from bacterial and viral issues.

Drinking water on empty stomach early in the morning cures....

1. Headache
2. Body pain
3. Diabetes
4. Constipation
5. All sort of eye ailments
6. Womb cancer
7. Ear, Nose, Throat disorders.

Skin Infections: Apply honey and cinnamon powder in equal parts on the affected area — cures eczema, ringworm and all types of skin infections.

Low Blood Pressure: Soak 8 almonds in water overnight. Next morning, remove the skin and grind almonds to a smooth paste. Boil the paste with glass of milk and drink warm.

Upset Stomach: Take a spoonful of honey with 1/4 tsp of cinnamon powder in a cup of ginger water. Cures stomach ache and also clears stomach ulcers from the root.

A Few Funny Things

If you don't swear while driving then you're not paying attention to the road at all.

If at first you don't succeed.... try doing it the way your wife told you.

You're never childless when you have a husband.

If there's a bar where everybody knows your name — you're probably an alcoholic.

Sometimes I drink a glass of water.... just to surprise my liver.

Why does toilet paper need a commercial? Who is not buying this item????

Do **NOT** wake up Mom!!! There are at least seven animals that eat their young. Your Mom may be one of them.

Common sense is a flower that doesn't grow in everyone's garden.

Ever look back and think of some of the people you dated or wanted to date in High School.... and see them on Facebook and think, "Whew! I dodged a bullet on THAT ONE!"

Don't die a virgin. Seriously, there are terrorists waiting for you up there.

Mensa Convention

There was a Mensa convention in San Francisco. Mensa as you probably know, is a national organization for people who have an IQ of 140 or higher. Several of the Mensa members went out for lunch at a local café. When they sat down, one of them discovered that their salt shaker contained pepper and their pepper shaker was full of salt.

How could they swap the contents of the two bottles without spilling any, and using only the implements at hand? Clearly, this was a job for Mensa minds.

The group debated the problem and presented ideas and finally came up with a brilliant solution involving a napkin, a straw and an empty saucer. They called the waitress over, ready to dazzle her with their solution.

"Ma'am," they said, "we couldn't help but notice that the pepper shaker contains salt and the salt shaker has pepper." But before they could finish, the waitress interrupted: "Oh, sorry about that."

She leaned over the table, unscrewed the caps of both bottles and switched them. There was dead silence at the Mensa table.

Kind of reminds you of Washington D.C., doesn't it?

Let A Smile Be Your Day

For the rich — there's Therapy
For the rest of us — there's chocolate

Once you lick the frosting off a cupcake it becomes a muffin.... And muffins are healthy. *You're welcome*

WARNING

Baiting deer is illegal
The corn pile is intended only for
squirrels, chipmunks and other such animals.
Any deer found eating this corn will be shot!!!

Aunty Acid

I'm thinking of callin in Ghostbusters coz I'm convinced I live in a Haunted House. Every time I look in the freakin' mirror, this old lady comes and stands in front of me and blocks out my reflection.

Celebrity Musings

I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue. "No good in a bed but fine against a wall.

- Eleanor Roosevelt

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible.

- George Burns

Santa Claus has the right idea. Visit people only once a year.

- Victor Borge

I was married by a judge. I should have asked for a jury.

- Groucho Marx

Be careful about reading health books. You may die of a misprint.

- Mark Twain

By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.

- Socrates

My wife has a slight impediment in her speech. Every now and then she stops to breathe.

- Jimmy Durante

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

BULK RATE
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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.

The August BBQ Birthday lunch will be held on Wednesday, August 31st at noonish. Please call the COA the Monday (at the latest) before the BBQ 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 to our August Seniors!

August Daily Observances Trivia

Trivia Holiday Observances information is taken from the Funky Holiday website at www.brownielocks.com



August 7th
Purple Heart Day

August 21st
Senior's Citizen Day



August 27th
"Just Because 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

One of the happiest moments ever is when you find the courage to let go of what you can't change!

