



Boxford's Boomers & Beyond



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

December 2015

Holiday Luncheon Wednesday, December 9th at Noon

The Annual Holiday Luncheon, which is hosted by The Friends of The Boxford Council On Aging, will be held on Wednesday, December 9th. The luncheon will be held at the First Congregational Church of Boxford's hall and we will start serving the meal around noonish. Reservations are required and the COA van is available for those who do not wish to drive. This is one of the well attended events and we usually end up with a waiting list. So — if you make a reservation and find you can't attend — please call to cancel so we can offer your seat to someone else. Knowing days in advance you can't make it and canceling the morning of the luncheon doesn't cut it — it's just like not showing up at all.

There will be no other activities held at the COA on that day.

File Of Life Signup Day Tuesday, Dec.15th Noon At The COA

OK — if you read "All Of" last month's newsletter and not just the Funny Bone Page — you know something about the File Of Life. Well, this is a continuation of that subject. The COA and Boxford Fire Department will be here to give a small presentation on the File of Life and then assist you in making out the forms. As I said last month — this little form can be life saving and it's something you should have in case of emergencies.

If you are interested in coming to learn more about the File Of Life and to have assistance in filling it out — please call the COA to sign up. Lunch will be served at noon to those attending the presentation. The Presentation will start at 1 PM. We are asking you to sign up so we can make sure we have enough people on hand to help you in this process.

Topsfield/Boxford Village Gardeners Fresh/Dry Flower Arrangement Wednesday, December 16th at 1 PM

The Topsfield/Boxford Village Gardeners will be holding a class on Wednesday, December 16th at 1 PM. This cost of this class is only

\$5.00 per person, the balance being subsidized by The Friends Of The Boxford COA.

Join us for a fun afternoon as you learn a new but easy technique while creating a fresh/dry flower arrangement. You will create an arrangement of fresh greens and flowers in a lovely red sleigh for your beautiful Holiday Centerpiece. If you have gardening shears — please bring them.

Registration is required as class is limited so decide and call early. Please, please — if you sign up and find you can't make it — call to cancel as we expect to have a waiting list for this class.

Boxford COA Holiday Fair Sunday, December 20th 3-5 PM At the Community Center

Need any last minute gifts? Well, stop by the COA (Community Center) on Sunday. You'll find beautiful handmade gifts which you can purchase (nothing over \$20) for a hostess gift, teachers present, stocking stuffers. You can also sit and relax at our Hot Chocolate Bar and enjoy some sweet treats. There will be a Holiday Gift Basket Raffle along with a Children's Station where your children can make a beautiful keepsake ornament.

At 5 PM, join the Boxford Historic commission for Caroling and Christmas Merriment at the Grand Illumination.

Tuesday, December 22nd 11:45 AM to 1 PM Free Masco Holiday Concert

You are cordially invited to attend a Holiday Concert at Masconomet Regional High School on Tuesday, December 22nd from 11:45 AM to 1 PM. The talented Masco student musicians and singers will perform in the auditorium. A complimentary boxed lunch will be served upon arrival. Seniors from three of the Tri-Towns are invited to attend. Reservations for this fantastic event must be received by December 15th. Please call the Boxford COA at 978-887-3591 to make your reservation.

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 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)

Wednesday's 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.

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.

MIXED BAG (Knitting)

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

All Are Welcome.

Office of Senator

Bruce E Tarr

Constituent Services

Advisor

Richard Curran will be at the COA in January 2016. Please refer to the January Newsletter for date and time.

All Are Welcome

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. Judy Calnan, is currently unavailable due to family illness. If you need to meet with a SHINE Rep — please call the COA and we'll see what we can do. This is a busy time for the SHINE Counselors so don't put off until the last minute to get help before December 7th.

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

CHANGING EVENTS

BOOK LOVER'S CLUB

The next Book Lover's Club is tentatively schedule to meet in January. Please refer to the January Newsletter for more information.

All Readers Welcome

Acrylic and Watercolor

Art Classes

With Mary Paganelli

Both classes are held on Mondays. Acrylic classes — 9:30 to 10:30 AM and Watercolor — 11 AM to noon. 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

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, December 18th at 9:30 AM.

All are Welcome

COOKIN' WITH ANNA

The next cooking class is tentatively schedule to be held in January. Please refer to the January Newsletter for more information.

All Seniors welcome

The Wonders of Science

The Wonders of Science is usually the third Tuesday of the month. Due to the holidays in December, Wonders of Science will resume in January 2016. Topic for January will be Our Future In Space.

All Ages Welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month. Due to the holidays in December, Facts & Figures will resume in January 2016. Topic for January will be ISIL.

All Ages Welcome

Wood Carving Classes

The Wood Carving Class is now on winter hiatus. Fred Arakelian will return in the spring — sometime in April.

All Ages Welcome

Boxford COA Trips W/Collette Vacation

Tropical Costa Rica March 17-25, 2016

Highlights of this trip includes visits to San Jose Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstrations, Cano Negro Refuge, Zarcero and National Theatre. Book now and save \$100/pp. Prices are (including Book now savings) are Double—\$2,479/pp, Single—\$3,029/pp, Triple \$2,449/pp. Deposit of \$250/pp is due upon reservations and final payment on Jan 17, 2016. See flyer or more information.

Discover Panama: The Land Between the Seas April 21—29, 2016

Highlights of this trip includes visits to Gamboa Rainforest Resort, Embera Indigenous Village, Pacific Queen Panama Canal Cruise, Panama City, Miraflores Locks, Anton Valley and Playa Blanca. Book now and save \$100/pp. Prices are (including Book now savings) are Double—\$2,649/pp, Single—\$3,299/pp, Triple—\$2,619/pp. Deposit of \$250/pp is due upon reservation and final payment is due on Feb. 21, 2016. See flyer for more information.

More Trips Coming in 2016 so stop by to see the flyers.

Boxford COA Trips with Best of Times

New Year's Eve Day Trip Thursday, December 31st Sheraton 4 Points (Norwood)

Enjoy the sultry, soulful voice of Lydia Harrell, dance to the Lovely Singer Orchestra and have a delicious meal (choice

of Prime Rib or Baked Scrod). The cost is \$89/pp and includes transportation, luncheon, show, orchestra, party favors & champagne toast. A \$10/pp deposit is required at time of reservation and balance is due by November 30th.

Essex Tech

Essex Technical High School is a local Voc-tech school where you can go for numerous things at very low prices. The services offered below are run by students.

Maple St. Bistro: The Maple Street Bistro is open 11 AM to 12:15 PM, Wednesday thru Friday. Reservations are requested. Please call 978-304-4700, Ext. 2120 after 9 AM to make your reservations. Due to space limitations, the Bistro is by reservation only. The Boxford COA has gone there numerous times and the meals were great.

The Café and Maple Street Bakery: Hours are Tuesday thru Friday from 10:30 AM to 12:30 PM. They have a different menu than the Bistro. They have fresh baked goods and serve sandwiches and salads along with coffee. Their items sell out fast and are on a first come first serve basis.

Blooming Designs: This is a retail floral shop and are open on Tuesday and Thursdays Noon to 2 PM. Students work to develop their competency in floral design by creating floral arrangements that are then made available for the public to purchase. Floral designs available for sale include both specialty holiday as well as everyday designs. Also available in Blooming Designs are seasonal plants and tropical houseplants, most of which have been propagated, grown and maintained by students.

The Cosmetology Salon: The Salon is open on Thursdays and Fridays from 8 to 11:30 AM. Appointments can be made by calling 978-304-4700, ext. 3125. Services are by appointment

only. The Cosmetology department is a learning lab and all work is performed by the students.

Animal Grooming: The Grooming program is a learning lab and all work is performed by the students. Services students can provide include brushing, bathing, clipping nails, cleaning ears and breed clips based on student learning progression. To make an appointment, please call 978-304-4700, ext. 6201 and leave a message. A student will return your call to schedule an appointment within 72 hour. All grooming appointments must be accompanied by a copy of verification of rabies and distemper shots. While not required, it is recommended that all animals have the Bordetella vaccine as well.

Buttonwood Annual Festival of Trees 240 Water St. Haverhill, MA Nov. 27 thru Dec 13

The Festival of Trees is a holiday event celebrating the joy of the season. Local businesses and individuals donate a tree or wreath to be raffled off during this event with proceeds going to the Buttonwoods Museum. **Senior day is Saturday, December 5th from 10 AM to 5 PM. Coffee and snacks all day, entertainment at 1 and 5 PM.**

Winter Fest 2015 West Boxford Village & Lincoln Hall Sat., Dec. 5, 9 to 3 PM

This year's Winter Fest, sponsored by the West Boxford Improvement Society, will take place on Saturday, December 6th from 9 AM to 3 PM. Come to the West Village where you'll find pictures with Santa, raffles, wagon rides, face painting, ornament making, great food, craft vendors at the Yuletide Marketplace, Benson's ice cream, letters to Santa and so much more!. Get in the holiday spirit and come to the festival where you'll find

Congregate Lunches Tuesday and Thursdays

The Boxford COA serves Congregate Lunches on most Tuesdays and Thursdays throughout the school calendar year. The cost of the lunch is \$2.00 per person and luncheon is served at 11:30 AM. The monthly lunch menus can be found on the Town of Boxford's website. Go to the town's website (www.town.boxford.ma.us) click on "Departments" and then click on "Council on Aging" in the drop-down menu.

Reservations are required. Reservations must be made by 11 AM on a working day before the day of the lunch, i.e., Tuesday lunch — on Monday by 11 AM or if the COA is closed on the Monday before the lunch, then reservations must be made by 11 AM on the Thursday before the Tuesday lunch. Ditto with the Thursday lunch — by 11 AM on Wednesday. I know it's confusing but.....

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.

There will be no Congregate Lunches served on Thursday, December 10th, Tuesday, December 22nd, Tuesday, December 29th and Thursday, December 31st. Although on Thursday, December 31st, we will be serving brunch.

Movie Time At The COA Thursdays around 12:15 PM

Dec 3: White Christmas
Dec 10: Miracle on 34th Street (Colorized)
Dec 17: It's A Wonderful Life (Black & White)

These movies are free to watch at the COA and, if owned by the COA, to borrow after it is shown where you can then watch it in the comfort of your own home. If you would like to see a specific movie — we are open to suggestions so call us and we'll see what we can do.

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.

Due to other Holiday Events — we will not be having a separate Lunch Bunch excursion in December.

Maple St. Bistro Tuesday, December 1st

Time for an outing at the Maple St. Bistro in Danvers, MA. We

went there last year and the meal was absolutely fabulous. The meal is prepared and served by students of Essex Technical High School on Route 62 on the Danvers/Middleton line. Their bus will pick us up at the COA around 10:45 AM and the meal sitting is scheduled for 11:15 AM. The cost is \$11.00 person which includes meal and tips. This is due by November 24th. Reservations are required and seating is limited — so call early if you plan on attending. We will also keep a waiting list just in case of cancellations.

Holiday Shopping Excursions

Wednesday, December 2nd: Wrentham Village Premium Outlet Mall in Wrentham.. This is a little over an hours drive, the van will leave the COA around 9:30 AM and leave the Mall at 1:30 PM sharp — we don't want to hit the commuter traffic on the way home. There are places in the Mall to eat but you will be basically on your own once you get there. This trip could be canceled due to inclement weather or lack of interest. If interested — please call the COA to make your reservations. The cost of the van is \$3.00 per person.

Wednesday Church Dinners at 6:15 PM At First Congregational Church

The First Congregational Church Wednesday Dinners have resumed. They are now scheduled for every other week. December dinners are on December 2nd and 16th. The cost per person is \$10.00, there is also a dollar cap for families of \$20.00. If you have any questions, please visit their web site at www.firstchurchboxford.org or call Nancy at 978-887-5841 for more information.

Breakfast Brunch at the COA Thursday, December 31st at 10 AM

Help celebrate the coming of the New Year by joining us on Thursday, December 31st for a Holiday Brunch. Reservations are required as seating will be limited. The COA Van will be available if you wish to take advantage of this service. The cost is \$2.00 per person.

WARNING — Scam Phone Calls

We have received notice that the MA Department of Public Utilities (DPU) is warning customers/consumers about a phone "solar developer" scam.

The caller will appear to be from the MA DUP main telephone number (617) 305-3500 on caller ID systems. The caller may inform you that you owe money to the DPU (or other entity). You are advised not to provide the caller with any personal information and immediately hang-up.

You are encouraged to report the scam to the DPU's Consumer Division at 1-877-886-5066 and to the Boxford Police Department at 978-887-8135

Devil's Food Bundt Cake

This recipe is a keeper and comes to us from Heather Soltys (wife of Fireman Michael Stolyts). It has been tested by the seniors and passed with flying colors.

Cake:	1 cups all purpose flour	1 tsp salt	1 tsp baking powder
	2 tsp baking soda	1 cup hot coffee	3/4 cup unsweetened cocoa powder
	2 cups sugar	1 cup vegetable oil	2 large eggs
	1 tsp vanilla		
Filling:	2 pkgs of instant chocolate pudding mix		
	1/2 cup dark chocolate chips		
Frosting:	1 jar of Mrs. Richardson's Hot fudge		

Directions:

1. Preheat oven to 325 degrees F.
2. In large mixing bowl, sift together all dry ingredients. Add oil, coffee and milk — mix at medium speed for 2 minutes
3. Add eggs and vanilla and beat 2 more minutes. Expect batter to be thin.
4. Pour into a greased and floured Bundt pan or 2 9 inch round pans
5. Mix pudding with approx. 2-3 Tbs of water until thick, not runny. Add chocolate chips and mix together
6. Spoon mixture evenly around top of batter, crisscross with a knife, do not mix in.
7. Bake for about 45 minutes or 9" pans for about 30 minutes. Checking occasionally with toothpick.
8. Cool in pans for about 15 minutes and then cool completely on racks.
9. Transfer 1 jar of Mrs. Richardson's Hot Fudge to a microwaveable bowl and heat approx. 1 minute stirring until soft and spread melted fudge evenly over cake allowing it to drip down the sides.

**Continuing FaceBook Classes
With Maggie Rapti**

Interest is good in this class so we will continue to hold classes on FaceBook. Due to the holidays and other COA commitments, we will not have classes in December. Please refer to the January 2016 Newsletter for more information.

The COA has a loaner book, My Facebook for Seniors, Second Edition, written by Michael Miller, which is available to borrow. If you wish to order your own — Amazon has it for \$19.07 (Kindle \$9.99) or Barnes & Noble for \$19.54 (Nook \$11.99). On Amazon — you can get it for less but there are shipping charges involved so check out all prices before you order.

**Free Tickets To The Nutcracker
Thursday, December 10th at 10 AM
J. Everett Collins Center
for the Performing Arts in Andover**

Free tickets to The Nutcracker on December 10th at 10 AM at the J. Everett Collins Center for the Performing Arts in Andover, performed by the Northeast Youth Ballet group are available.

The Northeast Youth Ballet is a non-profit organization dedicated to providing educational opportunities to our youth and to promote the art of dance in our region.

We have been given 20 tickets for this performance and must confirm the attendance by December 8th. The COA van will be availa-

ble for this outing but the van only seats 16. If you are interested — please call the COA to make your reservations for both the Ballet and Van. Admittance to the Center is as a group — no individual tickets.

Holiday Greetings To All

Happy Hanukkah, Merry Christmas, Merry Kwanzaa, Happy Boxing Day to all from the Boxford COA Staff. If I missed any holidays — have a great one whatever it is.

This time of year brings back fond memories of holidays past — when you were children and, later, when you were adults. For those who married and had children of their own — enjoying the holidays all over again thru the eyes of their children, grandchildren and, maybe, even their great grandchildren.

Out of all the holiday seasons — the upcoming holidays can be very lonely and trying for some of our seniors. Their loved ones might live a great distance and travel is out of the question or they are no longer with us. It is time to reach out to those who will be alone this holiday season to help them make happy memories this year.



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 at the COA, call Joan Fitzpatrick RN, at 888-663-3688, Ext. 1326 or Ann Morrison at 888-663-3688, Ext 2461 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, December 2nd 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, January 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 appointment.

7 Days Left

Medicare Open Enrollment

October 15 thru December 7th

Still haven't done anything? Well — you can give us a call if you need help on changing your medication coverage — Pam (the COA Director) can run your meds to see what's the best policy for you and/or she can show you how to do it yourself.

If you need more serious help — you can call Elder Services of Merrimack Valley (Lisa Rose) at (978) 946-1374. She will do what she can over the phone and try to handle things that go beyond a phone call.

Introducing Mass Options

What is MassOptions: This is a new program which will help you seek services needed. Are you an elder looking for help such as in-home care? An individual with a disability seeking help to live independently? Or a family member or caregiver trying to locate services for a loved one? MassOptions can help! They're a free resource that links you to services that help you or a loved one live independently.

What Does MassOptions Do? MassOptions empowers you to make informed choices by making access to community services and supports easier. Trained specialists from MassOptions can give you fast, personalized attention. All you need to do is tell them about yourself or what you need to live independently. You can speak to a specialist at MassOptions, 7 days a week from 8 AM to 8 PM by phone toll-free at 844-422-6277 or by using the online chat feature at www.massoptions.org web site.

The MassOptions Network: MassOptions partners with a strong statewide network, including the Aging and Disability Resource Consortia (ADRC) and state agencies that provide services and supports. MassOptions is your link to information about a broad range of services including:

- Caregiver Support Services
- Care Management Services

- Community Life Services
- Coordinated Care Programs
- Day Services
- Education and Training Services
- Equipment and Supplies
- Financial Assistance Services
- Food & Nutrition Services
- Health and Therapeutic Services
- Housing
- In-Home Supports
- Mental Health Services
- Substance Abuse Services
- Personal Care Services
- Protective Services
- Transition Assistance
- Transportation Services.

Who are the MassOptions Partners?

- Aging & Disability Resource Consortia (ADRC)
- Aging Services Access Points (ASAPs)
- Area Agencies on Aging (AAAs)
- Independent Living Centers (ILCs)
- Department of Developmental Services (DDS)
- Department of Mental Health (DMH)
- Massachusetts Rehabilitation Commission (MRC)

What Mass. State Agencies Provide Community Services and Supports?

- Department of Developmental Services (DDS)
- Department of Mental Health (DMH)
- Department of Public Health (DPH)
- Department of Transitional Assistance (DTA)
- Department of Veteran's Services
- Executive Office of Elder Affairs (EOEA)
- Massachusetts Commission for the Blind (MCB)
- Mass. Commission for the Deaf and Hard of Hearing (MCDHH)
- Mass Rehabilitation Commission (MRC)
- MassHealth

The Parents Who Drugged Us

At my 50th high school reunion, a friend asked me, "Why didn't we have a drug problem when we were growing up?"

I replied that I had a drug problem when I was young: I was drug to church on Sunday morning. I was drug to church for weddings and funerals. I was drug to family reunions and community socials no matter the weather.

I was drug by my ears when I was disrespectful to adults. I was also drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or the pastor, or if I didn't put forth my best effort in everything that was asked of me.

I was drug to the kitchen sink to have my mouth washed out with soap if I uttered a profanity. I was drug out to pull weeds in mom's garden and flower beds. I was drug to the homes of neighbors to help mow the yard, repair the clothesline, and if my mother had ever known that I took a single dime as a tip for this kindness, my dad would have drug me back to the woodshed.

Those drugs are still in my veins and they affect my behavior in everything I do, say or think. They are stronger than cocaine, crack or heroin, and if today's children had this kind of drug problem, this world would be a better place. God bless the parents who drugged us, and for those that didn't, I'm really sorry.

Say What????

Just took a leaflet out of my mailbox informing me that I can have sex at 73. I'm so happy, because I live at number 71. So — it's not too far to walk home afterwards and it's on the same side of the street so I don't even have to cross the road.

Answering machine message, "I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call — you are one of the changes."

My wife and I had words — but I didn't get to use mine

Frustration is trying to find your glasses without your glasses.

Blessed are those who can give without remembering and take without forgetting.

The irony of life is that by the time you're old enough to know your way around — you're not going anywhere.

God made man before woman so as to give him time to think of an answer for her first question.

I was always taught to respect my elders, but it keeps getting harder to find one.

Every morning is the dawn of a new error.

Aspire to inspire before you expire.

Are You A Baby Boomer?

Do You Remember Any Of These?

1. The thrill of watching television for the first time — when there were only 3 TV channels — and it was so hard to choose what to watch! *Multiple TV's in one home — never!*
2. Where you were when JFK was shot... of MLK, Jr. or RFK.
3. Watching the first man walk on the moon with "one small step."
4. Do you remember Burma Shave?
5. Bryl Cream.... A little dab will do ya!
6. You were born before television, penicillin, polio shots, frozen foods, Xerox, contact lenses, Frisbees and The Pill.
7. You were born before radar, credit cards, laser beams and ballpoint pens.
8. Before panty hose, dishwashers (not counting the two legged ones), clothes dryers, electric blankets, air conditioners, drip-dry clothes and before man walked on the moon.
9. Back in the good old days.
 - GRASS was mowed
 - COKE was a cold drink.
 - AIDS were helpers in the Principal's office.

Then: Rolling Stones.

Now: Kidney Stones.

Then and Now

Payphones: The grandkids will never know the joy of finding a quarter in the coin return.

Princess Phone: I miss being able to slam my phone down when I hang up on somebody. Violently pressing "end call" just doesn't cut it.

TV's: When I was young — we had to walk to the TV to change the channel.

The 3 Stages of Life: You don't want to sleep but you have to. You want to sleep but you can't.. You don't want to sleep but you do.

Words: Did you know that women use about 30,000 words a day while men use only 15,000? It's because women have to repeat everything.

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 Blaquiere: *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 December Birthday lunch will be held on Tuesday, December 8th at 11:30 AM. Please call the COA the Monday (at the latest) 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 to our December Seniors!

December Daily Observances Trivia

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



*December 7th
National Pearl Harbor
Remembrance Day*

December 6: Hanukkah Begins

December 25: Christmas Day

December 26: Kwanzaa Begins

December 26: Canada Boxing Day



*December 28 & 29
National Chocolate 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