

Boxford's Boomers & Beyond



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

December 2016

Medicare Open Enrollment Ends December 7, 2016

What can I say — if you have waited until the last minute you took a chance you might be able to get some help. Give us a call and we'll see what we can do to help — no guarantees.

Old Colony Christmases Presentation Thursday, December 8th 12:30 PM

Dan Tremblay will be here to make a Presentation on Old Colony Christmases at 12:30 PM. There is no Congregate Lunch that day but lunch will be served to those who sign up for the Old Colony Christmases Presentation. Reservations are required and the COA Van will be available to those who do not wish to drive. Please call the Boxford COA to make your reservations by December 6th.

Annual Holiday Luncheon Wednesday, December 14th RESERVATIONS REQUIRED

The Annual Holiday Luncheon, which is hosted by The Friends of The Boxford Council On Aging, will be held on Wednesday, December 14th. The luncheon will be held at the First Congregational Church of Boxford's hall and we will start serving the meal around noonish. The meal will consist of roast turkey with all the trimmings along with ham — for those who are tired of turkey. The Gentleman Songsters, a barbershop group, will be our entertainers this year. 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. Priority will be given to Boxford residents and out of towners who are regular attendees at Boxford COA's classes/events.

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 is akin to not showing up at all as, by then, it's too late to offer someone else a seat. Please be considerate.

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

Grand Illumination Sunday, December 18th at 5 PM East Boxford Center

At press time, the COA was unable to obtain detailed information on this event. If you are interested in attending please contact the Historical Society at (978) 887-5078, or send an email to webmaster@boxfordhistoricalsociety.com or president@boxfordhistoricalsociety.com.

Arts & Crafts — Christmas Center Piece Monday, December 19th at 1 PM



The Friends of the Boxford COA will be hosting a class, with the assistance of The Topsfield Village Gardeners to make Christmas Center Pieces consisting of candles, a white birch container and fresh greens, flowers and berries.. Size of the class is limited,

priority is given to Boxford senior residents but all are welcome to sign up for the class. Cost is \$8.00 per center piece.

Please call the Boxford COA to sign up for this very popular class.

Masco Holiday Concert Wednesday, December 21 11:30 AM to 1 PM

You are cordially invited to attend a Holiday Concert at Masconomet Regional High School on Wednesday, December 21st between the hours of 11:30 AM and 1 PM. A complimentary boxed lunch will be served upon arrival. Seniors from the Tri-Towns are invited to attend. Reservations for this fantastic event must be received by December 8th. Please call the Boxford COA at (978) 887-3591 to make your reservations. The Boxford COA van will be available for those who wish to take advantage of this service.

COA Closed Monday December 26th, 2016 Monday, January 2nd, 2017

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

WEDNESDAY ZUMBA With Kym

Classes are held every Wednesday from 1:30 to 2:30 PM. With Kym. Classes are \$3.00 per person.

All Ages Welcome

MONDAY ZUMBA With Kathy

Classes are held every Monday from 11:15 to 12:15 PM Kathy. Classes are \$3.00 per person.

All Ages Welcome

CHAIR ZUMBA With Kathy

Classes are held every Tuesday, starting at 9 AM. Classes are \$3.00 per person and no pre-signup is required.

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.

All 80+ Seniors Welcome

MIXED BAG ARTS & CRAFTS

Mixed Bag Arts & Crafts will be not be scheduled in October because of all the other events happening. We will resume this program in November.

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

Richard Curran's next meeting will be on Tuesday, December 13th between the hours of 12:30 and 1:30 PM. No reservations required.

All Are Welcome

Gerry Maguire

VETERANS SERVICES

Gerry Maguire, our VA Rep, will be here every first Wednesday of the month for appointments only starting at 10 AM. If he doesn't have an appointment — he will not be here. Call the COA to schedule an appointment.

All Vets or families of Vets Welcome

HEALTH BENEFITS

SHINE REP

We now have a new SHINE Rep — Mary Lou Fierro. If you need to meet with a SHINE Rep — call the COA to set up an appointment. Mary Lou will be available by appointment only on the third Tuesday of each month starting at 10 AM with a maximum of 3 appointments.

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

Price Increase

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 \$10.00 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. Tentative date for December is the 21st at 9:30

All are Welcome

The Wonders of Science

The Wonders of Science is usually the third Tuesday of the month starting at 9 AM. The next meeting is scheduled for Tuesday, January 17th and the subject will be "Accidental Discoveries in Science."

All Ages Welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9 AM. But the next meeting will be held after the Inauguration on January 22nd and the subject will be on the US Senate.

All Ages Welcome

WOOD CARVING CLASSES

The Wood Carving Class with Fred Arakelian is now on winter hiatus and will resume in the spring.

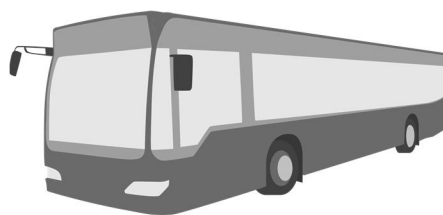
All Ages Welcome

**Boxford COA Trips
with
Collette Vacation****Mackinac Island
May 9—16, 2017**

Visit America's heartland on a journey through the coastal regions of the Midwest. The tranquil beauty of Mackinac Island and the Great Lakes region comes alive amid old-fashioned traditions. Hi-lites of this trip include Chicago, Millennium Park, Holland Tulip Festival, Grand Rapids, Mackinac Island, The Grand Hotel, Frankenmuth and a choice of Greenfield Village or Henry Ford Museum. Please refer to travel brochure for more information on this trip. Book now and save \$150.00 — double — \$2,999/pp, single — \$3,999 and triple — \$2,494/pp (prices include discount which is available with bookings thru November 9, 2016).

**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****Adam Trent — Magician
April 19th
Lantana's, Randolph MA**

Adam Trent — the Star of the Broadway hit show — The Illusionists and the #1 selling magic show in the world will be there to entertain you with his "slight of hand" and quick wit. Adam Trent has been described as "Justin Timberlake meets David Copperfield." Enjoy a lunch of either panko crusted chicken breast or a vegetarian meal. Cost is \$95.00/pp which includes lunch, show, tax & gratuity. See next months Newsletter for more information.

**A Patriotic Trip to
Washington DC
April 27 thru 30, 2017**

This trip includes Deluxe Motorcoach transportation, 3 nights hotel lodging at the Courtyard by Marriott Landover, MD, Six (6) meals (2 dinners, 1 lunch, 3 breakfasts including an evening at Toby's Dinner Theater). Admission to all Washington Touring Venues, Tour Mobile at Arlington National Cemetery, with the services of a highly experienced Best of Times Tour Director with you throughout the trip. Cost if \$549/pp dble occup or \$699 /pp single occup. A Trip Protection Program is available for a fee of \$75/pp. See next months Newsletter for more information.

**Stayin' Alive
The World's #1 Tribute to
the Bee Gees
May 23, 2017 at the
Danversport Yacht Club**

Stayin' Alive with the vocal match of Tony Mattina, Todd Sharman and George Manz, creates a realistic sense of hearing and experiencing the brothers' Gibb live in Concert. Cost is \$69/pp for the show and lunch — no transportation. Lunch is a choice of stuffed breast of chicken or baked scrod. See next months Newsletter for more information.

**New York City
May 19 thru 21, 2017**

There's nothing quite like the allure of New York City. The hotel (Roosevelt Hotel on Madison & 45th) is located in the heart of NY City midtown and is in walking distance many major sights. The cost, starting at, is 599/pp dble occup. The trips includes roundtrip Deluxe Motorcoach Transportation, lodging at the Roosevelt Hotel, full American buffet breakfast each morning at the hotel, a visit to the September 11th Museum and Memorial, a ferry ride to Liberty & Ellis Island w/ admission to the Statue of Liberty with a Best of Times Travel Tour Director. You will have plenty of free time to enjoy museums, shows, shopping, etc. Please see next months Newsletter for more information.

**Tall Ships—2017
Monday, June 19, 2017**

Boston will welcome crews and cadets from across the world for the Tall Ships Regatta. Which will have the sailing ships of the 18th and 19th centuries. The cost is \$95/pp which includes transportation and a meal choice at the Venezia Waterfront Restaurant of either Chicken Parmesan with Pasta or Schooner Atlantic Baked Haddock. Please refer to next months Newsletter for more info.

Boxford COA Activities

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 menu can be found on the Town of Boxford's website at www.town.boxford.ma.us. Click on "Departments" and then click on "Council on Aging" in the drop-down menu. There you will find the current month's Menu along with the Van Schedule, Newsletter and Activities Calendar.

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 or if the COA is closed on Monday, then the reservation must be made on Thursday. Ditto with Thursday lunch — by 11 AM on Wednesday unless the COA is closed on Wednesday. I know it's confusing but..... If you cancel your reservation the day of the lunch or after COA hours the working day before the lunch, or just don't show up, you are still responsible for the cost of that lunch.

The COA van is available, at not cost, for those Boxford seniors who need a ride to and from the lunch. Please let us know at time of reservation if you required the COA Van Service.

Movie Time at the COA (Movies subject to change)

Dec 1: Disney's Finding Dory (Children welcome)
Dec 8: No Movie
Dec 15: Miracle on 34th Street (1947 film)
Dec 22: A Bob Hope Christmas (60 minutes)
Dec 29: BFG (Best Friend Giant) Children Welcome

Movies are shown immediately following the Thursday Congregate Lunch. If you wish to join us for lunch — reservations are required and the cost is \$2/pp. If you only wish to see the movie — there is no cost but you should call before to make sure we are definitely showing the movie advertised movie that day. Most of the movies shown at the COA are available to our seniors to borrow and watch in the comfort of your own home.

Lunch Bunch Trips

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 res-***

ervations. The "Lunch Bunch" is open to all seniors so don't hesitate to call.

Wednesday, December 5th Stonewall Kitchen

We had plenty of interest so we're off to Stonewall Kitchen in December. There are still a few seats left so if you are interested — please call us.. If you've never been to Stonewall Kitchen — it's a place to go for small gifts such as jams, jellies, mustards, sauces, kitchen utensils and much more.

They have a luncheon area so you can both shop and then eat lunch — that is if you aren't too full from sampling all their goodies. Wan will leave the COA around 9:30 AM.

Please call the COA at (978) 887-3591 if you are interested.

New Exercise Classes at the COA

In November, Kathryn O'Brien held free introductory classes on Zumba Gold (Monday 11:15 AM) and Chair Zumba (Tuesday 9 AM). For those who took advantage of this freebie — the classes went well.

Starting the last week of November and continuing in December, Kathryn will continue holding these classes (same days and times) but the cost will be \$3.00 per person/per class. No pre-signups are required — just show up.

If you are unsure as to whether you'd like either of the classes — come in and observe. If you have questions — call the COA at (978) 887-3591.

New Year's Brunch Thursday, December 29th Boxford COA at 10 AM-ish

Help celebrate the coming of the New Year by joining us on Thursday, December 29th for a Holiday Brunch. Reservations are required as seating will be limited (we will be eating downstairs). Our menu will consist of juice, coffee and our delicious Breakfast Casserole — the same one we've served for the past several years.

The COA Van will be available if you wish to take advantage of this service. The cost is \$2.00 per person.

Don't forget to call for your reservation — seating limited.

Raspberry Mascarpone Tart

Crust: 1 pkg of Chocolate Oreo Cookie Thins
4 Tbsp. butter, melted

Preheat oven to 350 degrees. Process Oreo cookies in food processor until finely crushed; add melted butter and process until combined. Spoon crumbs into a 10" tart pan, patting into grooves along sides and finishing with the middle. Smooth and pat until evenly distributed. Place wire rack into rimmed baking dish; place tart pan on wire rack and bake on bottom rack of oven for 15 minutes. Remove and cool completely.

Filling: 2 1/2 Tbsp. cold water 2 tsp unflavored gelatin 2 eggs
1 Tbsp. granulated sugar 16 oz. Mascarpone Cheese 1 cup whipping cream
2 Tbsp. confectioner's sugar 1/2 cup white chocolate chips (melted and cooled a bit)
1/4 cup seedless raspberry jam, divided (melted and cooled a bit)

Place water in small dish; sprinkle unflavored gelatin over top and allow to soften for 10 minutes. Place eggs and sugar in a double boiler with 1/2 inch of water in bottom pan. Stir over medium-low heat for 10 minutes until thick. DO NOT ALLOW WATER TO BOIL or eggs will cook — just a very low simmer (see note). Add all of the mascarpone and gelatin, stirring until smooth. Turn off heat; set aside. Beat whipping cream and confectioner's sugar until soft peaks form. Gently fold into egg mixture. Divide in half. To one half add the white chocolate; to the other add 3 tablespoons of the jam; mix well. Pour white chocolate mixture over cooled crust and smooth out. Refrigerate for 10 minutes. Pour jam mixture over the top and smooth out. Refrigerate tart overnight covered.

Finishing:

2 pints fresh raspberries, rinsed and set out to dry. 1/2 cup semi-sweet chocolate chips
1/4 cup heavy cream 1 tsp raspberry gelatin
1 tsp Chambord (optional)

Remove tart from pan and place on serving dish. Place berries, hole side down on top of filling. Place berries in circles, until top is filled with berries. In a small microwaveable dish, mix raspberry gelatin and 1 teaspoon water; add remaining raspberry jam and Chambord (if using). Stir to combine and heat until jam is melted. Brush raspberries with jam mixture, being careful not to glaze crust. Place chocolate chips and cream in small microwaveable dish. Microwave for 30 seconds on high, then stir. Repeat until smooth. Spoon mixture into a plastic sandwich bag. Clip a tiny hole in corner and drizzle chocolate ganache over tart.

Delicious and thanks to Judy Stickney for sharing it with us.

Happy Holidays

The staff at the Boxford COA, the Boxford COA Board Members and The Friends of the Boxford COA would like to wish all our seniors a Merry Christmas, Happy Hanukkah, Happy Kwanza and Happy New Year!

Another year has come and gone – we have welcomed, with open arms, our new members and said our tearful good-byes to those we lost.

This is usually a happy and joyous time of the year for most folks but for some – it can be very lonely, sad or a very diffi-

cult time. This could be due to the recent loss of a loved one, whether it be a family member, friend or a beloved pet or the inability to travel to spend the holidays with their family members. This is the season of giving and giving does not necessarily mean something monetary. Giving of the heart and hand can be very special. So, put out your hand and give to those who will be alone for the holiday. Invite them into your home and heart to share your holiday with them. For those of you who fall into that category – accept the hand and the warmth offered. A gift from the heart is precious and shouldn't be ignored or refused.

To all – have a Happy, Joyous and safe and holiday.



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, **December 7th**, 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 12**, 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

Bursitis and Tendinitis

What is Bursitis and What is Tendinitis?

Bursitis and tendinitis are both common conditions that involve inflammation of the soft tissue around muscles and bones, most often in the shoulder, elbow, wrist, hip, knee or ankle.

Bursitis: A bursa is a small fluid-filled sac that acts as a cushion between a bone and other moving parts; muscles, tendons or skin. Bursae are found throughout the body. Bursitis occurs when a bursa becomes inflamed (redness and increased fluid in the bursa).

Tendinitis: A tendon is a flexible band of fibrous tissue that connects muscles to bones. Tendinitis is inflammation of a tendon. Tendons transmit the pull of the muscle to the bone to cause movement. They are found throughout the body, including the hands, wrists, elbows, shoulders, hips, knees, ankles and feet. Tendons can be small, like those found in the hand, or large, like the Achilles tendon in the heel.

What Causes These Conditions?

Bursitis is commonly caused by overuse or direct trauma to a joint. Bursitis may occur at the knee or elbow, from kneeling or leaning on the elbow longer than usual on a hard surface. Tendinitis is most often the result of a repetitive injury or motion in the affected area. These conditions occur more often with age. Tendons become less flexible with age, and therefore, more prone to injury. People such as carpenters, gardeners, musicians and athletes who perform activities that require repetitive motions or place stress on joints are at higher risk for tendinitis and bursitis who perform activities that require repetitive motions or place stress on joints are at higher risk for tendinitis and bursitis.

As an infection, arthritis, gout, thyroid disease, and diabetes can also bring about inflammation of a bursa or tendon.

How Are These Conditions Diagnosed?

Diagnosis of tendinitis and bursitis begins with a medical history and physical examination. The patient will describe the pain and circumstances in which pain occurs. The location and onset of pain, whether it varies in severity throughout the day, and the factors that relieve or aggravate the pain are all important diagnostic clues. Therapists and physicians will use manual tests called selective tissue tension

tests to determine which tendon is involved, and then will palpate (a form of touching the tendon) specific areas of the tendon to pinpoint the area of inflammation. X-rays to not show tendons or bursae, but may be helpful in ruling out bone problems or arthritis. In the case of a torn tendon, x-rays may help show which tendon is affected. In a knee injury, for example, an x-ray will show that the patella is lower than normal in a quadriceps tendon tear and higher than normal in a patellar tendon tear. The doctor may also use MRI (magnetic resonance imaging) to confirm a partial or total tear.

How Are Bursitis and Tendinitis Treated?

Treatment focuses on healing the injured bursa or tendon. The first step in treating both of these conditions is to reduce pain and inflammation with rest, compression, elevation, and anti-inflammatory medicines such as aspirin, naproxen, or ibuprofen. Ice may also be used in acute injuries, but most cases are considered chronic and ice is not helpful. Activity involving the affected joint is also restricted to encourage healing and prevent further injury.

Can Bursitis and Tendinitis Be Prevented?

To help prevent inflammation or reduce the severity of its recurrence:

- Begin new activities or exercise regimens slowly.
- Gradually increase physical demands following several well-tolerated exercise sessions.
- Exercise regularly.
- Strengthen muscles around the joint.
- Take breaks from repetitive tasks often.
- Stop activities that cause pain.
- Cushion the affected joint. Use foam for kneeling or elbow pads, etc. Apply grip tape or an oversized grip to golf clubs.
- Use two hands to hold heavy tools, use a two-hand backhand in tennis.
- Don't sit still for long periods.
- Practice good posture and position the body properly when going about daily activities.
- If a history of tendinitis is present — consider seeking guidance from your doctor or therapist before engaging in new exercises and activities.

The holidays are here.



Maxine Jokes/Sayings

- Remember when Christmas came AFTER Thanksgiving? Those were the days.
- Happy Holiday!!! Yes — once a year I can be nice but don't get use to it.
- My family's got more dim bulbs than a strand of dollar store Christmas lights.
- It's beginning to cost a lot like Christmas.
- There is nothing like a gift card to say "This is how much I'm willing to spend on you."
- The great thing about gingerbread men is that each one is a new chance to bit somebody's head off.
- It's a couple of days after Thanksgiving. If I start now — I can have my Christmas lights untangled by Valentine's Day.
- Hope your holiday is full of family and fun. Good luck combining these two.
- I've decided to bake this holiday. So don't tell me miracles don't happen.
- I wish a bright star would appear in the east over Washington D.C. We could use a few wise men up there.
- This year I asked Santa for better politicians. He said, "Fat chance!"
- Either I've got holiday spirit, or my doc has screwed up my meds again.
- With enough rum balls, any holiday can be jolly.
- Ah, Christmas Carols! The reason earmuffs were invented.
- Whoever wrote "I'm Dreaming of a White Christmas" never shoveled a walkway.
- There's nothing like sledding down a steep hill to find out what your health insurance covers.
- Those extra holiday pounds come in handy when you're sliding down the driveway on your butt.
- You know it's the holidays when you got Jack Frost nippin' at your nose and Jack Squat in your bank account.
- It's not "Happy Holidays" — it's "Merry Christmas" and don't give me any lip about it.

Aunty Acid

Can't have Maxine without Aunty Acid.

- I hear it's now offensive to say, "Merry Christmas." Well, if it

bothers you then.... "Merry Christmas" and "Merry Christmas" again.

- Santa has the right idea — visit people once a freakin' year and get out as quick as you can.
- Christmas is a race to see which gives out first.... Your money or your feet.
- My husband calls it "yelling" when I raise my voice.... But I call it, "motivational speaking for the hard of hearing."
- A wise man once said.... "I don't know.... Ask a woman."
- Christmas is a time when you get homesick, even when you are at home.
- Anyone who thinks men and women are equal has never seen a man trying to wrap a Christmas present.
- Dear Santa* — I would like a new Birthday Suit this year. My current one is old, wrinkled and sagging. *Thanks!*

Christmas Humor Quotes

- Dear Santa*, Please send me your credit card number. It's only fair since you're getting the credit for the gifts that you should start paying for them.
- Be naughty — save Santa the trip.
- Dear Santa*, I'm writing to let you know that I've been taught and it was worth it.
- When you stop believing in Santa — you get underwear.
- There are three stages of man; He believes in Santa Claus; He doesn't believe in Santa Claus, He is Santa Claus.
- Dear Santa*: For 2016, all I ask for is a Big Fat Bank Account and a slim body. Please don't mix them up like you did last year.

Christmas Pet

I made myself a snowball,
As perfect as could be,
thought I'd keep it as a pet.
And let it sleep with me.
I made it some pajamas,
And a pillow for its head,
Then last it ran away
But first — it wet the bed.

Snowman Soup

I was told that you've been good this year
I'm always glad to hear it
With freezing weather drawing near
You'll need to warm the spirit
So here's a cup of snowman soup
Complete with stirring stick
Add warm water, sip it slow
It's sure to do the trick!

Merry Christmas!



Boxford Council on Aging
4 Middleton Rd
Boxford, MA 01921
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
Vacant

COA Staff

Pam Blaquiére: *COA Director*
Elaine Spiro: *Secretary*
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 20th at 11:30 AM. Please call the COA by Monday the 19th before 11 AM 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
Pearl Harbor Day

Happy Holiday

Hanukkah—Dec. 24

Christmas—Dec. 25

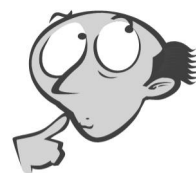
Kwanza—Dec 26



December 31st
Happy New Year



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

When proven wrong — the wise person will correct themselves and the ignorant will keep arguing.