

Boxford's Boomers & Beyond



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

February 2018

"Hiring A Contractor" Seminar

Wednesday, February 7th at 11 AM

Are you planning on doing some major repairs to your home in the near future? Maybe you should join us at the upcoming "Hiring A Contractor" Seminar.

Hiring a contractor can be disastrous, especially in areas most people are unfamiliar with like electricity, carpentry, plumbing, etc. Is the person a fly-by-night contractor or are they reputable? Do they know the town laws, i.e., pulling permits, etc.? Learn the ins and outs of what you should look for when hiring/interviewing a contractor to do work at your home.

Reservations are required and lunch will be served immediately following the seminar for those who attend.

Maple St. Bistro

Tuesday, February 13

Finally — we have again been invited by Essex Tech School to a luncheon on Tuesday, February 13th for an 11 AM lunch. If you've attended this before — I don't have to say anything. If you haven't, you've missed a great time. The food is delicious, the students serve the meals and it's just a great time. Reservations are required, we will be taken to the school in a school bus but you can drive yourself. SEATING IS LIMITED. Cost is \$10.00/pp which includes the cost of the meal and tips for both driver and students.

Valentine Party And

Fall Safety Seminar by Arete Rehab

Wednesday, February 14th, 11 AM

Hosted by Visiting Angels

Falls are the leading cause of unintentional death and injury among seniors. On Wednesday, February 14th at 11 AM, Arete Rehab will be at the COA to discuss the top 7 actions you can take now to prevent falls later. This will be followed by participation in therapist-guided exercises, which includes a combination of lower and upper body strengthening as well as standing balance/stability exercises. If you choose to participate in the exercise portion of this seminar, we suggest you dress appropriately.

After the presentation, lunch will be served to those who attended. Reservations are required and the COA van is available to those who wish to take advantage of this service. Space is limited so make your reservations ASAP.

Property Fraud Watch Seminar

Wednesday, February 28th at 11 AM

Attend a free Property Fraud Watch Alert Notification presentation to learn how to protect your home from fraud and scams — your most valuable asset! Register of Deeds, John O'Brien, will be sending a representative from the Southern Essex District Registry of Deeds to explain the benefits of this FREE alert notification program and answer questions.

The seminar will be held on Wednesday, February 28th at 11 AM. Lunch will be served following the seminar to those who attended. Reservations are required and the COA van will be available for those who wish to take advantage of this service. Please call the COA to make your reservations.

Attention Cell Phone Users & Residents with Unlisted Telephone Numbers

For your safety and to keep you informed of what's happening during an outage or any other emergency situation in Boxford — PLEASE register your cell phone and/or unlisted home phone telephone number(s) with the Boxford Communications Department. The information collected is considered confidential and will only be shared with the Town of Boxford's Public Safety Agencies.

The Town of Boxford implemented a Telephone Notification System, commonly referred to as a "Reverse 911," which allows the Town to reach every resident and business within the town in emergencies or urgent situations. A good example of this would be our recent battle with power outages and road closings due to stormy weather.

To register your telephone numbers and email address — please fill out the "Telephone Notification System Resident Contact Information Form," which can be found on the Town of Boxford's website (www.town.boxford.ma.us). There is a form link on the front page under Frequently Requested Information called "Town Telephone Notification System" or click on "Department," select the Communication Department from the drop down screen where you will find another link to the form. The Boxford COA will also have these forms available for those who do not have online access. Have problems finding or filling out the form, call the COA for assistance.

LINE DANCING

With Bertha

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

All Ages and Walk-ins 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 and Walk-ins 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 and Walk-ins Welcome

Tai Chi With Kampa

Classes are held on Wednesdays at 10:15 AM. The cost is \$3.00 per person. Please call the COA for more information.

All Ages and Walk-ins Welcome

WEDNESDAY ZUMBA With Kym

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

All Ages and Walk-ins Welcome

GAME DAY (MAHJONGG) Wednesday at 1 PM

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

All Ages and Walk-ins 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 is currently on hold. We will resume it at a later date — probably spring but....

All Seniors welcome

HANDY MAN

Our handyman is willing to help with small jobs around the house — fixing light switches or changing locks. If handyman needs to replace an item, you will be responsible for the cost of the replacement and travel time. Please call the COA for info.

Office of Senator

Bruce E Tarr

Constituent Services Advisor

Richard Curran's next meeting will be on Tuesday, February 13, 2018, between the hours of 1:00 TO 2:00 pm. No reservations required.

All Are Welcome

VETERANS SERVICES

Joe LeBlanc, our VA Rep will be here on the first and third Wednesday of each month between the hours of 9-11 AM. Appointments can be made but walk-ins are also welcomed. He can be reached at (978) 688-9525.

All Vets and/or families of Vets Welcome

HEALTH BENEFITS

SHINE REP

Our SHINE Rep is 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. The next available day is Tuesday, March 20, 2018.

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 basis 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 10 AM to around noon. 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 and Walk-ins Welcome

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. Tentative date is February 14th at 9:30 AM.

All welcome

NEWS AND VIEWS

News and Views meets most Tuesdays 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 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, **February 20th** — Subject: Readable Science Books. For example, a casual but informative "A Crack in Creation" written by Jennifer Doudna, co-discoverer of the CRISPR gene editing system.

All welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9 AM. Facts and Figures has taken a winter hiatus and will resume in the Spring.

All welcome

Thursday Around Town Walks

Walks of 30 to 45 minute duration every Thursday, with a start time of 10 AM. "Thursday Around Town Walks" is taking a winter hiatus and will resume in the Spring..

All are welcome

Boxford COA With Collette Vacation

**Magical Rhine and Moselle
September 5 thru 14, 2018**

This is a 10 day magical excursion. You will visit Amsterdam, Cologne, travel on the Moselle River, Cochem, enjoy wine tasting, Koblenz, Rudesheim, Siegfried's Mechanical Music Museum, Mannheim, Speyer, Strasbourg, Titisee and some free time to sightsee on you own. Prices are Lower Outside Dble Rate \$4899/pp, Middle Outside Dble Rate \$5599, Upper Outside Dble Rate \$5899 and Suite Dble Rate \$8199. \$600 discount if booked by 1/5/18.

California Coast

September 9-16, 2018

Highlights include San Francisco, Choice of Cruise on San Francisco Bay or City Tour, Carmel-by-the-Sea, Monterey, 17 Mile Drive, Hearst Castle, Santa Barbara, Santa Ynez Wine Country, Hollywood, San Diego. Includes 10 meals, 6 Breakfasts, 4 Dinners. Also included Round trip Air, All taxes and fees and Hotel transfers. Per Person Rates are \$3629 Double, \$4679 Single, Triple \$3579.

UK by Rail

September 15-24, 2018

Highlights of this trip include Edinburgh, a Scottish Evening, Edinburgh Castle, St. Andrews, York, London, a traditional English Pub Dinner and a few times where you will have choices of what to do. Book now and save \$200/pp. Cost (reflecting discount) is Dble \$3899/pp, Single \$4449/pp Triple \$3849/pp. Other charges may apply. A deposit of \$500/pp is due at time of reservation.

Boxford COA With Best of Times

Enchanted Music of Ireland

Thursday, March 8, 2018

Venus DeMilo, Swansea

Starring Andy Cooney with special guest Shauna McStravock and featuring world class Irish Dancers — The Irish Pops Ensemble. The cost is \$92/pp which includes

transportation, lunch, show, tax and gratuity. Lunch consists of corned beef and cabbage or baked haddock. A deposit of \$20/pp is required at time of reservation and balance is due by February 28, 2018.

Nashville Country

Legends

Wednesday, April 11, 2018

Lake Pearl, Wrentham

Hear songs of the greats like Johnny Cash, Brenda Lee, Tammy Wynette, Hank Williams and Glen Campbell and more. Cost is \$92/pp, which includes transportation, lunch, show, tax & gratuity. A choice of stuffed breast of chicken or baked scrod. A deposit of \$20/pp is due at time of reservation and balance is due by March 26, 2018.

The Everly Brothers & Simon & Garfunkel Tribute

Thursday, May 24, 2018

Lantana's, Randolph

Starring the Guthrie Brothers who will bring you down memory lane with top hit songs from the Everly Brothers and Simon & Garfunkel. Cost is \$92/pp, which includes transportation, lunch, show, tax & gratuity. Lunch consists of Panko crusted chicken breast with all the trimmings. A vegetarian meal is also available. A deposit of \$20/pp is due at time of reservation and balance is due by April 26, 2018.

Maine Escapes

June 10th-12th, 2018

Bar Harbor, Boothbay Harbor and Acadia Nat'l Park

Roundtrip Motorcoach Transportation, 2 nights waterfront lodging at Fisherman's Wharf, touring of Bar Harbor & Acadia Nat'l Park, 2 evenings of entertainment touring Boothbay Harbor. Cost: \$459/pp Dble, \$599/pp single. Deposit of \$50/pp due at time of reservation and balance due by April 30, 2018.

Eaglemania

June 19, 2018

Danversport Yacht Club

Live in concert, Eaglemania is touted as

the World's Greatest Eagles Nationally Touring tribute group. Price is \$69/pp which includes lunch, show, tax and gratuity — transportation not included. Deposit of \$20/pp is due at time of reservation and balance is due by May 1, 2018.

Bobby Rydell Live

Tuesday, August 14, 2018

Venus DeMilo, Swansea

Bobby Rydell, Live in concert — enjoy his chart busting hits which span his many years in the business. Cost is \$99/pp which includes transportation, lunch, show, tax & meal gratuity. Cost is \$99/pp and a deposit of \$20/pp is required at time of reservation. Balance is due by July 12, 2018.

Kenny & Dolly Tribute

September 12, 2018

Danversport Yacht Club

Price is \$69/pp which includes lunch, show, tax & gratuity — no transportation. A deposit of \$20/pp is due upon reservation and final payment is due by August 1, 2018.

Buddy Holliday Tribute

Thursday, Oct. 11, 2018

Lake Pearl—Wrentham MA

Cost is \$92/pp which includes transportation, lunch, show, tax & gratuity. A deposit of \$20/pp is due at time of reservation and balance is due by Sept. 1, 2018.

Rod Stewart Tribute

By Rob Caudill

Thursday, Nov. 15, 2018

Cost is \$92/pp which includes transportation, lunch, show, tax & gratuity. A deposit of \$20/pp is due at time of reservation, balance due by Oct. 1, 2018.

Eastern Caribbean Cruise

Feb 23rd-Mar 6th, 2019

You have to see the flyer on this one. The package includes roundtrip transfers to NY City, an 11 day/10 Night Cruise on board NCI, Breakway. Many exclusive packages are included in this trip — see brochure for more detail. Prices range from around \$2000 to \$4000 per person and a deposit of \$400/pp is due upon registration to guarantee your stateroom. Early booking offer gets you a Free 1 Category Upgrade plus 2 extra entries in the Diamond Ring Raffle. Final payment is due by November 1, 2018.

Interested in any of the above travel packages or events? Pick up a brochure at the COA for more details on these exciting trips.

Boxford COA Activities

Congregate Lunches Tuesday and Thursday

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 the working day **before** the day of the lunch.

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.

COA Winter Schedule

We put this on the joke page last month but this is for the seniors who don't read the joke page.

Rule of thumb: If Boxford schools are closed due to inclement weather, all activities at the COA are canceled for that day. Now, this doesn't necessarily mean that the COA offices are closed — it just means that if we had lunch or classes (any activity) scheduled for that day — they are canceled.

If you need to contact us that day for whatever reason — please call. If no one answers the phone — leave a message as we do monitor our voice messages during off hours.

Movie Time at the COA (Movies subject to change)

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 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.

Feb 1: The Dark Tower (from Stephen King's book series)
Feb 8: Dunkirk (Oscar nominated film)
Feb 15: No Movie
Feb 22: No Movie

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

Butch's Uptown, Haverhill Wednesday, February 21st

Let's try this again. It's a good restaurant, we've been there before with great raves from those who went. We didn't make it in December due to a change in date so..... Here we go again. Reservations are required, so give us a call if you are interested. The van will leave the COA around 11:15 AM.

First Church Boxford Food Pantry

Located in the church's campus at 4 Georgetown Rd., the Food Pantry can help supplement food supplies for those in need.

For more info check out their Facebook Page or call the church office at 978-887-5841 and leave message on the food pantry extension.

Donations of non-perishables and personal hygiene products always welcome.

Bean Supper at St. James Episcopal Church, Groveland Saturday, February 17, 4-6 PM

St. James Episcopal Church will be holding a Bean Supper on Saturday, February 17th, from 4 to 6 PM in the Parish Hall at 119 Washington St., Groveland, MA.

They will be serving baked beans, hot dogs, potato salad, macaroni and cheese, coleslaw and homemade desserts. Adults - \$10, Children under 12 - \$5. Credit cards accepted. For more info on this and other events at the church, please visit their website at www.saintjamesgroveland.org.

4 Ingredient Broccoli Cheese Soup

This is an untried recipe but looks good and seems simple to make. It takes about 15 minutes to make and it says there are 350 calories per serving.

Ingredients:

- 10 to 12 oz of fresh broccoli, cooked (or already cooked in the frozen food section)
- 1 family sized cream of chicken soup
- 1 cup (or more to taste) of milk
- 2 cups shredded cheddar cheese

Directions:

Combine first 3 ingredients in a pot. Heat until warm. Add the cheddar cheese, stir and cook until the cheese is melted and mixture is hot. Add extra milk if you want a thinner consistency.

This recipe serves 4.

Got this recipe on line. Most of the comments were raves on this recipe. Other comments were they embellished on the recipe by adding additional seasoning of their choice and some added shredded carrots and boiled onions. So I guess you first have to make it



Boxford Burning Permits—2018

Burning permits are now on sale. The burning season is January 15th thru May 1st. Permits can be purchased online or at the East Fire Station — the cost is \$20.00. Rules and regulations for the 2018 season are as follows:

1. Burning is allowed only on the property designated on the permit.
2. All permits must be activated between 8AM and 12PM (noon) prior to burning. To activate your permit:
 - A. Call the Communication Department (978-887-8137). OR
 - B. Activate online by clicking on "\$PAY ONLINE" which is located on the Town's website just below the "Town of Boxford" header. From there — on "Select Bill Type" click on "Activate Burn."
3. Participant's are prohibited from burning before 10AM. All fires must be started between 10AM and 12 Noon.
4. Fires must be extinguished by 4PM. Burning after 4PM is prohibited.
5. Participants shall completely extinguish their fires, which include pulling the pile apart and extinguishing the coals.
6. Participants must make available a water supply such as a pressurized water pump can, a garden hose, and shovels or rakes nearby for controlling the fire.
7. Fires must be at least 75 ft. from any structure including sheds.
8. Fires must be attended at all times.
9. Participants may burn brush, cane, driftwood and forestry debris.
10. At no time are you allowed to burn grass, hay, leaves, stumps, construction materials, trash or other related items.
11. In case of high winds or otherwise dangerous conditions, this

permit is invalid as provided by law.

12. This permit does not release party from liability for damages.

Quick Tips for Avoiding Fraud


Criminals use clever schemes to defraud millions of people every year. They often combine sophisticated technology with age-old tricks to pressure people to send money or give out personal information on the spot.

Here are some practical tips to help you prevent fraud:

- Don't give out personal information. Be suspicious of anyone you don't know who asks for your Social Security number, birthday, credit card number, password or other personal data.
- Don't be intimidated — Be suspicious of calls or e-mails that want you to provide or verify personal information immediately. Answer that you are not interested and hang-up or don't reply.
- Monitor your accounts — review bank and credit card statements carefully and report unauthorized transactions to your financial institution immediately.
- Have your financial institutions notify you via email when large transactions occur. Most financial institutions provide this service where they will send you an email when a purchase or transaction occurs over a set dollar amount which you have set.
- Use a shredder — cut or shred credit offers, bank statements, insurance forms and other papers with personal information.

Upcoming March Events:

- **Wednesday, March 7th: Property Tax Relief Seminar.** This is a rescheduled seminar which was originally planned on January 17th but canceled due to inclement weather.
- Wednesday, March 14th — St. Pats Luncheon



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 first and third Thursday from 11:15-12:15 PM at the COA. For an appointment, please call Joan Fitzpatrick RN, at 888-663-3688, Ext. 1326. 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 is no longer associated with the Boxford COA due to a career opportunity on his part. We are working at finding a replacement for him but until then — we no longer have a podiatrist coming to the COA.



HEARING CLINIC: Tuesday, February 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.

Sound Health

Music Gets You Moving and More

Music has been around since ancient times. It is part of every known culture. It can get your foot tapping, lift your mood, and even help you recall a distant memory. Did you know that music can bring other health benefits? Scientists are exploring the different ways music stimulates healthier bodies and minds.

When you listen to or create music, it affects how you think, feel, move and more. Today, modern technologies are helping researchers learn more about how the brain works, what parts of the brain respond to music, and how music might help ease symptoms of certain diseases and conditions.

Your Brain on Music

The brain is a complex processing hub. It's the control center of your nervous system, the network of nerve cells that carry messages to and from your body and the brain. A healthy brain tries to make sense of the world around you and the constant information it receives, including sound and music.

Sound is an important and profound force in our lives. The more we exercise our sound processing in the brain, the better the brain becomes at making sense of sound and the world around us. Music does this more than any other sound.

Music and other sounds enter the ear as sound waves. These create vibrations on our eardrum that are transformed into electrical signals. The electrical signals travel up the auditory nerve to the brain's auditory cortex. This brain area interprets the sound into something we recognize and understand. But music affects more than the brain areas that process sound. Using techniques that take pictures of the brain, like MRI, scientists have found that music affects other brain areas. When music stimulates the brain, it shows up on brain images as flickers of bright light. Studies have shown that music "lights up" brain areas involved in emotion, memory, and every physical movement.

Music can help facilitate movement. NIH-funded scientists are investigating whether music can help patients with movement disorders, like Parkinson's disease. Patients with this condition slowly lose their

ability to walk and move over time. Studies have shown that when a certain beat is embedded in music, it can help people with Parkinson's disease walk. Another study is looking at how dance compares to other types of exercise in people with Parkinson's disease.

There's also evidence that music may be helpful for people with other health conditions, including Alzheimer's disease, dementia, traumatic brain injury, stroke, aphasia, autism, and hearing loss.

Building Strong Minds

Playing a musical instrument engages many parts of the brain at once. This can especially benefit children and teens, whose brains are still developing. Introducing music to young kids can positively influence their ability to focus, how they act, and language development.

Being musical may also protect you from hearing loss as you age. We naturally lose our hearing ability over time. In particular, it becomes harder to hear conversations in a loud environment. But researchers have found that musicians are better at picking out a person's voice in a noisy background.

Music Therapy

Listening to and making music on your own can bring health benefits. But some people may also benefit from the help of a board-certified music therapist. Music therapists are trained in how to use music to meet the mental, social, and physical needs of people with different health conditions.

Music In Your Life

Music can offer many health benefits, but it may not be helpful for everyone. Traumatic injuries and brain conditions can change the way a person perceives and responds to music. Some people may find some types of music overstimulating. Others may find that certain music brings up emotional or traumatic memories.

As scientists continue to learn more about music and the brain, try striking a chord for your health. Whether you're looking to boost your mood, stay connected to others, or improve symptoms of a health condition, add a little music to your life.

Aunty Acid Quotes

If you can't handle me at my worst then I completely understand
because I can't either.

Legend says that when you can't sleep, someone
is dreaming of you.

So — whoever you are, please freakin' stop!

You know that amazing feeling when you get into bed and go
straight to sleep, then wake up in the morning feeling fully re-
freshed and raring to go?

Yeah, me neither.....

I'm finally getting rid of my winter FAT.....
Now I've got spring rolls.

Selfies are a lot sadder when you think of them as "Alone-ies."

I feel sorry for onions.

They must think they're so ugly.... Because you start crying after
getting them naked!

Sure — I could go without coffee
.....but it wouldn't be pretty.

Men: If you don't look like Calvin Klein models
don't expect us ladies to look like Victoria Secret Angels.

Walt said he needed more space
So I locked him outside

Now A Word or Two From Uncle Walt

Aunty wanted a puppy,
I didn't want a puppy.
So we came to a compromise....
and got a puppy.

Always love a woman for her personality.
They have at least ten so you've got plenty to choose from.

A woman is helpless only when her nail polish is drying!

If you think women are the weaker sex,
try pulling the bed sheets back to your side.

I hate it when you offer someone a sincere compliment
about their mustache and suddenly,
she's not your friend anymore.

My Patience today is about as thin as my oldest pair of socks.

I haven't spoken to my wife in years....
I don't want to interrupt her!

And We Can't Forget Maxine

Go ahead.....
Take my advice.
I don't use it anyway

Instead of the John — I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first
thing every morning!!!!

Why don't hot flashes kick in when you really need them to?

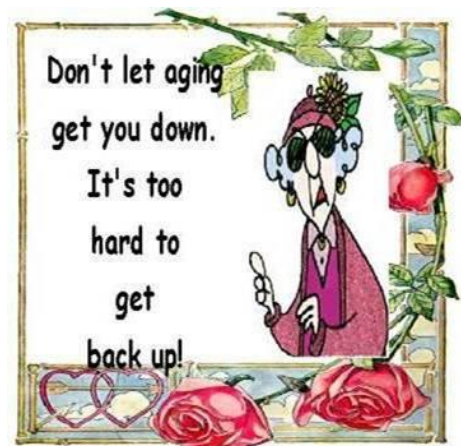
I finally found a diet that really works — it's called the price of food.

At my age a "balanced lifestyle"
means 50% aches and 50% pains.

Some men say a woman should come with an instruction manual.
Riiiiight —

when was the last time you saw a man read the instructions?

My idea of a Super Bowl is a toilet that cleans itself....

**Year End Reflections**

1. I just did a week's worth of cardio after walking into a spider web.
2. I don't mean to brag, but I finished my 14-day diet food in 3 hours and 20 minutes.
3. Senility has been a smooth transition for me.
4. Remember back when we were kids and every time it was below zero outside they closed school? Nah, me either.
5. I may not be that funny or athletic or good looking or smart or talented. Oops — I forgot where I was going with this.
6. I think I'll just put an "Out of Order" sticker on my forehead and call it a day.
7. Just remember, once you're over the hill you begin to pick up speed.
8. I love being over 65. I learn something new every day and forget 5 others.

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
Vacant

COA Staff

Pam Blaquiére: *COA Director*
Elaine Spiro: *Secretary*
Elaine Gould: *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 February Birthday lunch will be held on Thursday, February 15th at 11:30 AM. Please call the COA by Tuesday, February 13th 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 February Seniors!

February Daily Observances Trivia

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



February 1st
Spunky Old BROADs Day

February 13 — *Mardi Gras*
February 14 — *Valentine's Day*
February 16 — *Chinese New Year*



February 28th
National Tooth Fairy 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."

Points To Ponder



Yesterday is history.
Tomorrow is a mystery.
Today is a gift; that's why they call it the present.