



# Boxford's Boomers & Beyond



**Boxford Council on Aging \* 10 Elm St \* Boxford, MA 01921 \* (978) 887-3591**

**February 2024**

**We have some very exciting news!**

**We have a Podiatrist!**

**Wednesday, February 7th, 2024  
from 9:00 to 11:00 am**



Join Dr. Bonni Berkowitz, Podiatrist, on Wednesday, 02/07. We will be scheduling routine foot care appointments in 15 minute increments until filled up, the cost is \$45.00 per session. Please call the COA @ 978-887-3591. She is also available for home visits by contacting the COA.

**Fresh Flower Valentine Arrangement  
Tuesday, February 13th, 2024 @ 10:00 am**

Join us in making a Valentine fresh floral arrangement. Bring your own pruning shears/scissors. Tape, container, flowers & greens provided. Cost of this event \$5.00 pp. Please call the COA @ 978-887-3591 to make your reservation.



**Valentine's Day Tea!  
Wednesday, February 14th, 2024  
@ 2:00 pm**

Join us for a Valentine's Tea party at the COA! Come celebrate with friends old and new! Wear your favorite hat and tea party attire. We will be serving a variety of teas along with some light finger sandwiches and dainty desserts. Call the COA to make your reservation @ 978-887-3591.



**Lunch W/ Boxford  
Police Chief Jim Riter  
Wednesday,  
February 21st, 2024  
@ 11:00 am**

Join the Police Chief to chat and ask any questions or concerns that you may have or just come visit and enjoy lunch. Please call to sign up as soon as possible.

**We are excited to announce that we are bringing  
back the monthly B-Day luncheon for those  
who are celebrating their Birthday in the cur-  
rent month! This month's luncheon will be  
held on Thursday, February 29th @ Noon.  
Please call to sign up.**



**For more info, take a look at the back page.**

**The COA will be Closed Monday, 02/19 Washington's Birthday!**

**Intergenerational Play Group**

**Seniors and Toddlers**

**Wednesday, February 28th, 2024  
9:30 to 10:30 am**

Our goal is to bring young children and seniors together for social gatherings, to build self-esteem and to have mental and physical fun and laughter! Run by Laurie Rowen and Denise Andrus - retired teachers of young children. You can call Mrs. Rowen @ 978-609-1328 if you have any questions. Please call the COA to reserve your spot.

**AARP Tax Prep Assistance**

**The Georgetown COA  
51 North St. Georgetown, MA**

Open to older adults and other moderate-income individuals, the AARP Income Tax Preparation Program will prepare & electronically file Federal & Mass. state returns. This year's program will include scheduled telephone intake appointments followed by scheduled same-day appointments to drop off documents and pick-up completed tax returns. You will receive a confirmation letter, specifying the time of your appointment & explaining what tax documents to bring with you. You do not need to wait until receiving all your documents before calling. For information pertaining to the Massachusetts Circuit Breaker tax credit program see page 3 of this newsletter. To schedule income tax preparation appointments, please call the COA at 978-352-5726 Mon - Thurs. after January 8.

**Good News for Seniors!**

Mass. Circuit Breaker Credit has more than doubled for 2023. This refundable credit may be as much as \$2,590 for qualified renters or property owners age 65 and over. In anticipation, be sure you have copies of your property tax bills/payments for all 4 quarters of CALENDAR 2023, and any water or sewer bills. Renters should calculate the total rent paid for 2023 and have the name and address of the landlord. You may be eligible for this credit even if you are not otherwise required to file a tax return.



## **FITNESS CLASSES** **& More!**

### **CHAIR YOGA**

#### **W/ Mary Van Abs**

Classes held on **Tuesdays** from **9:00 to 10:00 am**. Classes are \$3.00/pp  
All ages welcome!

### **YOGA CLASSES**

#### **W/ Mary Van Abs**

Classes are held on **Tuesdays** from **10:00 to 11:00 am** and **Thursdays** from **12:30 to 1:30 pm**. Classes are \$3.00/pp  
All ages welcome!

### **CHAIR YOGA**

#### **W/ Mary Hargraves**

Classes held on **Thursdays** from **11:00 am to 12:00 pm**. Classes are \$3.00/pp  
All ages welcome!

### **Qigong**

#### **W/ Mary Hargraves**

Classes held on **Wednesdays** from **3:00 to 4:00 pm**. A system of coordinated body-posture and movement, breathing and meditation used for the purposes of health, spirituality, and martial-arts training. Classes are \$3.00/pp  
**\*\*No Class on 02/14 & 02/21\*\***  
All ages welcome!

### **NEWS AND VIEWS**

News and Views meets **Tuesdays** (except the 2nd Tuesday of the month) at **9:00 am**. 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!

### **The Wonders of Science**

Wonders of Science will be held on **Tuesday, February 13th** beginning at **9:00 am** with Bob Spillman. Topic: "The Ten Most Interesting Technology Innovations of 2023".  
All adults welcome!

### **Book Club**

Mystery Book discussion club is back. This club meets on the **4th Monday** of the month at **1:00 pm**.

### **Watercolor Class**

**ATTENTION!! SCHEDULE CHANGE**  
Classes will be held on the 2nd & 4th Wednesday of the month beginning in February. Come join Brenda Sloane from **9:30 to 11:30 am**. The cost is **\$10.00 per class**. Materials needed are the responsibility of the student. Contact the COA for the suggested supplies list.

## **Grief Support Group**

Held on the 2nd Tuesday of every month from 2:00 to 3:00 pm. We will be offering a monthly grief support group to provide support and education to those experiencing or have experienced a loss.  
**\*\*Sorry but there will not be a Grief Support Group this Month\*\***  
Anyone is welcome to join us.

## **GAME DAY**

### **Bridge**

Have you ever played Bridge, even quite a few years ago? Come along on **Mondays** from **1:00 to 4:00 pm**. **Beginners class will start @ 12:30**. Come and enjoy some hands with a group of friendly enthusiasts who are still finding new aspects to the game. The group is diverse enough to cater to more experienced players, while classes are run for those new to the game, as needed. All are welcome!

### **MAHJONGG**

Come play Mahjongg on **Wednesdays** at **1:00 pm**.

### **Afternoon Meet-Up**

**Tuesday, Wednesday & Thursdays**  
**3:00 pm to 4:15 pm**

Drop in, meet new friends or catch up with old ones. Offering a number of activities (pool, board games, card games or even a puzzle), have a snack, a cup of coffee and have a conversation with one another.

## **Services**

### **VETERANS SERVICES:**

Joe LeBlanc, our VA Rep is available at the COA on the **1st Thursday** of each month and at **Town Hall** on the **3rd Thursday** of the month from **9:00 am - 11:00 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 Marylou Fierro. She is available on the **2nd Thursday** of every month, except during open enrollment. If you need to speak with a Shine Rep - please call the COA to set up a phone or email appointment with Marylou. We will relay the message to her and she will contact you at your designated time.

## **Grocery Shopping**

Grocery Shopping is available on the **2nd and 4th Tuesday** of every month. Pick-up starts at 9:15 am and you will have 1 hour to shop. The cost for this service is \$3.00/pp. One must be able to get on and off the bus on their own with no assistance, and you must be able to carry your own groceries. Please call the COA to reserve your seat no later than noon on the day before shopping.

### **COA Van**

The van is available for rides to the COA for our classes and presentations. These rides are at no cost. Rides for Lunch Bunch, grocery shopping and handicap medical rides have a fee involved. Handicap medical rides must be accompanied by a companion.

### **Phone Pals**

Are you bored staring at the same four walls, feeling alone, sad to not be able to get out and see anyone? Call the Boxford Council on Aging to request a Phone Pal. A friendly voice on the other end of the line can make a world of difference.

### **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.

### **COA BOARD MEETING**

The COA Board meetings are tentatively held on the **1st Monday** of each month at **7:00 pm @ the COA**.

### **Constituent Services**

#### **Mary Ann Nay, Aide to Senator Bruce E Tarr**

**Tuesday, February 20th 9:00 to 10:00 am** to voice your concerns and opinions and hear what's going on at the State House. No reservations required.  
*All Are Welcome*

### **State Rep. Tram Nguyen** **Virtual Office Hours**

State Rep. Tram Nguyen is holding office hours every month, on the first Friday from 10:00 - 11:00 am, and the third Tuesday from 5:00 - 6:00 pm, via Zoom. **February's office hours** will be **Friday, Feb. 2nd and Tuesday, Feb. 20th**. You can sign up for the office hours at: <https://calendly.com/teamtram/officehours>. If you have trouble with zoom, please call Rep. Nguyen's Legislative Director at 617-722-2680



## Social Days

**Please Call the COA if you would like to sign up for any of these Events @ 978-887-3591**

### Mocktail Monday

Join us on **Monday, February 26th at 3:00 pm** for Mocktail Monday! A mocktail is a flavorful non-alcoholic drink, typically comprised of imaginative ingredients – shaken, stirred, or blended, just like their boozy counterparts. Closely mimicking a cocktail without the alcohol, a mocktail comes with several benefits.

### Cold Weather Safety!

Just a reminder to make sure you have your **Cell Phones Fully Charged** with all your chargers accessible at all times, replace your flashlight batteries and have any necessary blankets and clothing available in case of an Emergency.

### Help Needed at the COA

Have a few extra hours in you week? Would you like to help out and volunteer for a good cause? We at the COA are in urgent need of a MOW driver on Thursdays and substitutes. Call the COA @ 978-887-3591 for more information.

### Winter Shoveling Help Needed

We are in much need of shovelers who are able to help out a senior with mobility issues this Winter after a snow storm. It consist of shoveling out a walkway. **This need is now desperate as we have not have had many returning volunteers.** Please consider helping out a senior in need. Your services are greatly appreciated.

### Council on Aging Winter Policy

In most instances the Council on Aging office **WILL** be open during inclement weather and power failures to handle the phones and any emergencies that arise. If Boxford Schools are closed there are no classes or activities at the Boxford COA.



## More Services

### SHINE

Need assistance with Medicare?  
SHINE (Serving Health Insurance Needs of Everyone)

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. SHINE counselors will also assist if you find yourself enrolled in a plan that is not in your best interest by reviewing your coverage with you and helping to determine if you are qualified to make a change at this time of year.

To schedule a SHINE appointment, call the COA @ (978-887-3591).

### NEET

Northern Essex Elder Transportation, Inc. This program provides rides for elders to medical appointments. Arrangements should be made 3 to 4 working business days prior to your appointment so that we have time to accommodate your ride. We ask that you provide 5 to 7 working business days for Boston and beyond rides. Registration is required by NEET for rides. We ask that if you are not registered with us, to please contact us @ 978-887-3591 as soon as you can to fill out the necessary paperwork. Our business hours are Monday thru Thursday, 8:30 am to 4:30 pm.

### Meals on Wheels

Meals on Wheels (MOW), a federally funded nutrition program for eligible adults who are at least 60 years old, are unable to leave their homes without assistance, and cannot meet their daily nutritional needs. Available to eligible seniors by calling AgeSpan at 1-800-892-0890.

### MOW Inclement Weather Cancellation

Meals on Wheels delivery may be canceled due to inclement weather or conditions when it may not be safe to be on the roads. Local television stations will announce delivery cancellations. You are always welcome to call the COA office to confirm cancellation of meals upon inclement weather @ 978-887-3591.

## Equipment Lending Program

The COA has medical equipment for long - or short - term lending. Give us a call to see what's available to lend.

### Ring & Ride

Ring & Ride is a free shared van service available to Boxford residents. It requires 24-hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical & shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Rowley Market Basket. For a brochure, contact the COA @ 978-887-3591.

## Important Documents

### Handicap Placards

The COA has applications for handicap placards available from Mass.gov.

### File of Life Program

File of Life provides a health history document to be used by emergency personnel in case of illness or injury.

### The File

A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

### Health Care Proxies

COA has fact sheets & Health Care Proxy forms available upon request.

### Five Wishes

**My Wish for:** This packet is for the person you want to make care decisions for you when you can not. "The kind of medical treatment you want and don't want. How comfortable you want to be. How you want people to treat you. What you want your loved ones to know."



## **Trips with Best of Times Travel**

### **Irish Celebration**

w/Andy Cooney, George Casey & Clara Fox.

**March 6th, 2024**

@ Danversport Yacht Club,  
Danvers, MA

The sights and sound of Ireland come alive with Andy Cooney and his Irish Celebration! This is a show that showcases Ireland's Music, song, comedy and dance as only Andy Cooney can bring it as he has for over 30 years! Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Corned Beef and Cabbage or Baked Scrod. **Price: \$89pp.**

**This is a drive yourself event.**

**Doors Open @ 11:30 am**

### **The Beach Boys Ultimate Tribute Show**

Featuring Still Surfin

**April 25th, 2024**

@ Castleton Windham, NH

A band that includes brothers and cousins ingrained their group The Beach Boys are an American icon. The Beach Boys constructed the most intricate, gorgeous harmonies ever heard from a pop band. Celebrate "America's Band" with the ultimate Beach Boys tribute show featuring Still Surfin. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Apple Cranberry Stuffed Chicken or Vegetable Lasagna.

**Price: \$89pp.**

**This is a drive yourself event.**

**Doors Open @ 11:30 am**

### **The Jewels of the Med**

The Ultimate European Vacation  
Visiting Spain, France, Italy & Greece  
(All Inclusive Package On Board the  
Norwegian Escape)

**May 3rd - 17th, 2024**

15 Days / 14 Nights

This is an unforgettable cruise, aboard a fantastic cruise ship sailing the Med, to some of the world's great cities. Hear echoes of ancient gladiators and relive the days of the Romans in the eternal cities of Florence and Rome. Visit one of the medieval wonders of the world – the leaning tower of Pisa. Visit the cathedrals and castles of Naples, or see life frozen exactly as it was thousands of years ago at the Pompeii ruins. Gaze up at the

awe-inspiring spires of Gaudi's Sagrada Familia in Barcelona, and take in a romantic ride along the canals of Venice Italy.

**Prices Starting at \$5399pp / Double Occupancy.**

### **The Biltmore Estate & The Blue Ridge/Smoky Mountains** **May 12th - 17th, 2024**

7 Days / 6 Nights

Welcome to America's Largest Home – The Biltmore Estate. A power-packed program taking in the Blue Ridge Mountains of North Carolina, The Infamous Biltmore Estate with incredible commentary, the Biltmore winery, Touring of the Penn Dutch Country, an incredible Show at Sight and Sound Theatre, and so much more. This is a value packed program that will provide you memories of a lifetime!

**Prices Starting at \$2049pp**

### **Ricky Nelson Remembered**

Performed by his identical twin boys:

Matthew & Gunner Nelson

**May 23rd, 2024**

@ Danversport Yacht Club,  
Danvers, MA

"Rickey Nelson Remembered" is a unique multi media entertainment event featuring the live music of his hit songs performed by Ricky's own identical twin sons and includes never before seen big screen video footage of the NELSON family. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Stuffed Breast of Chicken or Baked Scrod. **Price: \$89pp.**

**This is a drive yourself event.**

**Doors Open @ 11:30 am**

### **Rolling Stones (Tribute Show)**

**June 20th, 2024**

@ Danversport Yacht Club,  
Danvers, MA

A Billboard ranked production with over 4,000 performances worldwide to it's credit. They bring an energetic and authentic performance to all the classic eras of the Rolling Stones, like no other show. This incredible show has been featured in dozens of national magazines, newspapers, and television shows. Don't miss out, this is a rare opportunity to see an amazing show.

Includes: plated luncheon, meal tax, gratuity & show ticket. Meal Choice:

Chicken Parmesan or Baked Scrod.  
**Price: \$89pp.**

**This is a drive yourself event.**

**Doors Open @ 11:30 am**

### **The Ultimate Jimmy Buffett Trib**

**July 16th, 2024**

@ Foster's Clambake Restaurant  
(York, ME)

Grab your virtual "beach chair, your suntan oil, and your favorite drink", and get ready for a trip to the islands! They are the most requested Jimmy Buffett Tribute band in the country and perform not only all the great Buffett songs you love, they also play our favorite songs by Beach Boys, Paul Simon, Harry Belafonte and much more. Includes: transportation, plated luncheon, meal tax, gratuity & show ticket. Meal Choice: Whole boiled 1 1/4 lb. Lobster, Clam Chowder, Fresh Steamed Mussels, Fresh Maine Clams, Corn-on-the-Cob, Potatoes & Onions, Blueberry Cake, Rolls & Butter & Beverage or a 1/2 BBQ Chicken Dinner. **Price: \$135pp.**

### **Stay Tuned for More Fun Adventures!!**

**The Common Man - NH Gateway**  
**July 23rd - 24th, 2024**

**Steely Dan Ultimate Tribute Show**  
**August 22nd, 2024**

**Happy 2 Gather Band**  
Featuring songs from the 60's  
**September 19th, 2024**

**Lake George Balloon Festival 2024**  
**September 20th - 22nd, 2024**

**Fall Foliage Day Trip**  
**September 25th, 2024**

**Rod Stewart**  
The Ultimate Tribute Show  
**October 24th, 2024**

**The Sicilian Tenors**  
Downtown Abbey Special Live Concert  
**November 14th, 2024**

**Kenny & Dolly**  
A Smoky Mountain Christmas  
**December 5th, 2024**



## Lunch Bunch Trips

See below for our Lunch Bunch Trips for the month of February. Call us to reserve your spot. We will make a reservation for those who are going. Van cost is \$3.00pp and you are responsible to pay for your own meals.

**15 Walnut Tavern & Kitchen**  
**15 Walnut Rd., S. Hamilton, MA**  
**Thursday, February 8th**  
**Pick up @ FMV 11:00 am,**  
**Meet @ COA 11:15 am**

Local, fresh and made from scratch! 15 Walnut was created to be a home away from home featuring cozy seating and comfort food with a little edge. The menu boasts an abundance of wood-fired items, great burgers, sushi and salads, making it an easy spot for any occasion.

**Post**  
**16 Bay Rd., Hamilton, MA**  
**Thursday, February 22nd**  
**Pick up @ FMV 11:00 am,**  
**Meet @ COA 11:15 am**

Where flavor and passion meet! Their team of experienced chefs and friendly staff work hard to provide an exceptional dining experience for every guest.



## Grocery Shopping:

**Tuesday, February 13th**  
**&**  
**Tuesday, February 27th**

## **Real Estate Tax Exemption** **Town of Boxford, MA**

The period for filing Real Estate Tax Exemptions for residents who are eligible for **property tax relief** is currently ongoing.

Some of the programs available include:

Legally Blind  
 Disabled Veterans  
 Seniors 65 years + with low to moderate Income  
 Seniors 65 years + who receive the State Circuit Breaker credit  
 CPA Surcharge Exemption

Anyone interested in applying for an exemption should contact the Assessors Office at (978) 887-6692, Monday – Thursday 8:00am to 4:30 pm. **Applications will be accepted until April 1, 2024 for the current tax year.**

## **Recipe Corner**

### **Cherry Chocolate Chip Cookies**

**Prep Time: 10 Minutes**  
**Cook Time: 30 Minutes**

#### **Ingredients:**

**1 cup (2 sticks) butter, softened**  
**1/2 cup granulated sugar**  
**1 teaspoon pure vanilla extract**  
**1 teaspoon baking soda**  
**2 cup chocolate chips**

**3/4 cup packed brown sugar**  
**2 large eggs**  
**2 1/4 cup all-purpose flour**  
**3/4 teaspoon kosher salt**  
**3/4 cup chopped maraschino cherries**

**1.) Preheat oven to 350° and line two baking sheets with parchment paper. Using a hand mixer, beat butter and sugars until light and fluffy, about 2 minutes. Add eggs and vanilla and beat until combined.**

**2.) In a separate bowl, mix flour, baking soda, and salt. Stir into wet ingredients then fold in chocolate chips and cherries.**

**3.) Using a large cookie scoop, scoop cookies onto prepared baking sheets and bake until set, 12 to 15 minutes.**







**WELLNESS CLINIC:** The VNA Care Network and Elder Services will be holding their free Wellness Clinic on the **2nd Tuesday** of the month from **11:00 am to 1:00 pm** at the COA.



**PODIATRY:** Join Dr. Bonni Berkowitz, Podiatrist on Wednesday, 02/07/24 from 9:00 - 11:00 am. We will be scheduling routine foot care appointments in 15 minute increments till filled up and it cost \$45.00 per session. Please call the COA @ 978-887-3591. She is also available for house visits. Please call the COA for further notice.

**Tri-Town Public Health Nurse:** Tri-Town Public Health Nurse - Julia Lobel, BSN, RN will have regular office hours **Thursdays 9:00 am - 2:00 pm** at the new Boxford COA/Community Center. Lobel was hired through the public health excellence grant shared between the three towns and will offer community members outreach and education on a variety of health and wellness topics as well as looking to expand the FLU/COVID vaccination outreach that has been offered throughout the Tri-Town during the past several years. Do you have a medication question or other health related question? Stop by and check in with our nurse.

## Is your Medicare Plan best for you?

If you are currently enrolled in a Medicare Advantage Plan, you can make a change to your coverage from January 1 through March 31. This time is called the Medicare Advantage Open Enrollment Period. You can change your plan to a different Medicare Advantage Plan, or you can change to Original Medicare with a supplement and a Part D drug plan. There are differences with Medicare Advantage Plans and Original Medicare, and you want to be sure you're in the plan that best fits your health care needs and your budget. The changes you make become effective the first day of the following month. Remember that this enrollment period is only for people who already have a Medicare Advantage Plan. However, if you find yourself with any Medicare plan that is not beneficial for you, call SHINE any time during the year to determine what your options are at **978-683-7747**.

If you are considering a change, or considering review of your plan, your local SHINE counselor will review your plan with you while focusing on your best interest. Call The Boxford Council on Aging at **978-887-3591** for an appointment with a certified SHINE Counselor. SHINE is a federally funded program to help you navigate Medicare.

## Before a Winter Storm:

- Be informed by receiving alerts, warnings, and public safety information before, during, and after emergencies.
- Create and review your family emergency plan.
  - If you receive dialysis, medical treatments or home health care services, work with your medical provider to determine how to maintain care and service if you are unable to leave your home for a period of time.
- Assemble an emergency kit. Add seasonal supplies to your emergency kit, such as extra winter clothing and blankets.
- Prepare for possible power outages.
  - Fully charge your cellphone, laptop, and other electronic devices before a storm if power outages are expected.

- If your medical equipment uses electricity, talk to health care providers, utility company & your personal support network for options during a power outage. If you'll need assistance during an outage, talk to family, friends & your support network.
- Consider purchasing a generator to provide power during an outage. Follow the manufacturer's instructions and learn how to use it safely before an outage.
- Prepare your home for possible emergencies.
  - Remove dead or rotting trees and branches around your home that could fall and cause injury or damage.
  - Clear clogged rain gutters to allow water to flow away from your home. Melting snow and ice can build up if gutters are clogged with debris.
  - Ensure your smoke and carbon monoxide alarms are working and have fresh batteries.
  - Maintain heating equipment and chimneys by having them cleaned and inspected every year.
  - Make sure your home is properly insulated. Caulk and weather-strip doors and windows to keep cold air out. Install storm windows or cover windows with plastic from the inside to provide insulation.
  - Ensure you have sufficient heating fuel and consider safe backup heating options such as fireplaces or woodstoves.
- Ensure your vehicle is ready for safe winter driving. Keep the gas tank at least half-full and have a Winter Emergency Car Kit in the trunk.

## Some Important Contact Numbers:

National Grid: 800-322-3233

Boxford Police: (Non-Emergency) 978-887-8135  
(Emergency) 9-1-1

Boxford COA: 978-887-3591





**Hard of Hearing**

Morris, an 82-year old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm. A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied "Just doing what you said Doctor, 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said you got a heart murmur and be careful."

\*\*\*\*\*

**Testifying in Court**

If you ever testify in court, you might wish you could have been as sharp as this policeman. He was being cross-examined by a defense attorney during a felony trial. The lawyer was trying to undermine the policeman's credibility...

**Q:** "Officer - did you see my client fleeing the scene?"

**A:** "No sir, but I subsequently observed a person matching the description of the offender, running several blocks away."

**Q:** "Officer - who provided this description?"

**A:** "The officer who responded to the scene."

**Q:** "A fellow officer provided the description of this so-called offender. Do you trust your fellow officers?"

**A:** "Yes, sir. With my life."

**Q:** "With your life? Let me ask you this then officer, Do you have a room where you change your clothes in preparation for your daily duties?"

**A:** "Yes sir, we do!"

**Q:** "And do you have a locker in the room?"

**A:** "Yes sir, I do."

**Q:** "And do you have a lock on your locker?"

**A:** "Yes sir."

**Q:** "Now why is it, officer, if you trust your fellow officers with your life, you find it necessary to lock your locker in a room you share with these same officers?"

**A:** "You see, sir - we share the building with the court complex and sometimes lawyers have been known to walk through that room."

The courtroom erupted in laughter, and a prompt recess was called. The officer on the stand has been nominated for this year's "Best Comeback" line. I have no idea if this is a true story but if it is then he most certainly should win.

**The Three Little Pigs**

Three little pigs went out to dinner one night. The waiter came and took their drink order.

"I would like a sprite," said the first little piggy.

"I would like a coke," said the second little piggy. "I want beer, lots and lots of beer," said the third piggy.

The drinks were brought out and the waiter took their orders for dinner.

"I want a nice big steak," said the first piggy. "I would like the salad plate," said the second piggy. "I want beer, lots and lots of beer," said the third little piggy.

The meals were brought and a while later the waiter approached the table and asked if the piggies would like any dessert.

"I want a banana split," said the first piggy. "I want a cheesecake," said the second piggy. "I want beer, lots and lots of beer," exclaimed the third piggy.

"Pardon me for asking," said the waiter to the third little piggy, "But why have you only ordered beer all evening?"

"Well somebody has to go 'Wee, Wee, Wee, all the way home!'"

\*\*\*\*\*

**Getting' Old**

I feel like my body has gotten totally out of shape, so I took the advice from my doctor and joined a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

\*\*\*\*\*

**Little Johnny**

A new teacher was trying to make sure of her psychology courses. She started her class by saying, "Everyone who thinks they're stupid, stand up!" After a few seconds, Little Johnny stood up. The teach said, "Do you think you're stupid, little Johnny?" "No, ma'am, but I hate to see you standing there all by yourself!"

Little Johnny's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals. One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person. "Yes," said the policeman. "The detectives want very badly to capture him." Little Johnny asked, "Why didn't you keep him when you took his picture?"



**Boxford Council on Aging**  
**10 Elm St**  
**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**

John Shirley & Alicia Caron: Co-Chairperson  
Judy Andersen: Secretary  
Members:  
Liz Murphy  
Richard Shaw  
Christina Eckert  
Susan Arsenault

**COA Staff**

Pam Blaquiere: COA Director  
Lisa Giugliano: Secretary  
Kelly Trolander: Social Worker  
Cynthia Comeau: Van Driver

**The Friends of the Boxford COA, Inc.**



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

**The February Birthday Luncheon will be held on Thursday, February 29th at Noon. Please call the COA, no later than the end of the day on Monday, February 26th to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday that month.**

***Happy Birthday to our February Seniors!***



Past Monthly Newsletters are posted on the Town web. To access these Newsletters — go to [www.town.boxford.ma.us](http://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."

**February Facts:**

- February 14th is Valentine's Day
- February 19th is Presidents' Day
- February 29 is Leap Year Day
- Flower: Iris or Violet
- Birthstone: Amethyst
- Zodiac signs:  
Aquarius - January 20 to February 18  
Pisces - February 19 to March 20

