



Boxford's Boomers & Beyond



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

January 2016

Educational Tinnitus and Hearing Seminar Wednesday, January 13th 10:30 AM

Digital Hearing Healthcare will be here to answer any questions you may have regarding Tinnitus, Hearing Loss, Hearing Aid costs and the importance of Annual Hearing tests. The seminar starts at 10:30 AM followed by a complimentary lunch at noon.

Topics of discussion include:

- Causes of tinnitus and hearing loss and common psychological effects of both
- Treatment options for tinnitus and hearing loss.
- Costs and maintenance of technology.
- The importance of annual hearing tests.
- What to look for in a hearing care professional.

All attendees will be entered to win TV EARS. If you are interested in signing up for this seminar — please call the COA at (978)887-3591 to make your reservation.

Boxford COA Winter Schedule

With winter here — the possibility of inclement weather is very high. As a "Rule of Thumb" — if there isn't any school in Boxford then all activities at the Boxford COA are canceled. 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.

FaceBook Classes With Maggie Tuesday, Jan 22nd and 29th

We will be continuing our FaceBook Classes with Maggie in January on Tuesday, January 22 and 29 at 1 PM. Classes will include connecting to and using FaceBook on computers, tablets and

lphones. The COA has a 6 laptops with Windows XP which you can use. If you want to borrow one of our laptops — please call to reserve one for your use.

Super Bowl Chili and Chicken Wing Cook Off/Kick Off Wednesday, February 3rd at the COA

Our Meatball Cook-off was such a success that we've decided to try another cook off to celebrate the upcoming Super Bowl 50 with a Chili and Chicken Wing Kick Off/Cook Off! (You don't have to be a football fan to enter this contest.)

Think you made the best chicken wings or chili around???? Are you willing to put your favorite recipe to the test by entering the contest??? Get your reservations in early and plan to join us on Wednesday, February 3rd to prove it! As with the Meatball cook-off, we'll have judges and ribbons for the First, Second and Third place contestants in both categories. You can choose to enter your recipe for chicken wings (spicy or not) or chili, or both! Bring your entry(ies), along with several copies of your recipe to the COA by 5 PM on February 3rd. Judging will take place promptly at 5:20 PM and we'll plan on eating all these delicious entries by 6 PM — so please bring enough to share. We suggest a minimum of 3 lbs. chicken wings and a standard crockpot full of chili.

The COA will provide breads, salads, desserts and drinks. The cost of \$5.00/pp, \$3.00 for children under 12 and free for all contest entrants. The public is welcome. Whether you are entering the contest or just coming to sample the goods — please make sure to call the COA at (978)887-3591 to make reservations as space is limited.

Upcoming February Events

February 9th: Combination Mardi Gras and Chinese New Year.
Mardi Gras falls on February 9th and Chinese New Year falls on February 8th.

COA Closed on Monday, January 18th (Martin Luther King Jr. Day)

LINE DANCING

With Patty or Bertha

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

All Ages Welcome

CHAIR YOGA With Lisa

Classes are held on Wednesdays at 9 AM. The cost is \$3.00 per person. Please call the COA for more information.

All Ages Welcome

YOGA CLASSES With Mary

Classes are held on Tuesday from 10 to 11 AM and Thursday from 12:30 to 1:30 PM. The cost is \$3.00 per class.

All Ages Welcome

ZUMBA With Kym

Classes are held every Wednesday at 10:30 AM. Classes are \$3.00 per person.

All Ages Welcome

HIKING

Tuesday, hikers will meet Steve Davis at trail-head, at 9:15 AM to explore local trails. For more information, please call BTA/BOLT at (978) 887-7031 or visit their web site at www.btabolt.org

All Ages Welcome

GAME DAY (MAH JONGG)

Wednesday's at 1 PM

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

All Ages Welcome

GREAT GROUP

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

HANDY MAN

Our handyman is willing to help with small jobs around the house — fixing light switches or changing locks. Please call the COA for info.

MIXED BAG (Knitting)

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

All Are Welcome.

Office of Senator

Bruce E Tarr

Constituent Services

Advisor

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

All Are Welcome

VETERANS SERVICES

Our local veteran's agent (Ed Mitchell) will be available at the COA on the first Wednesday of each month. His office hours are from 10 to 2 PM. Appointments are recommended but he will take walk-ins. Call the COA to schedule an appointment.

HEALTH BENEFITS

SHINE With Judy Calnan

Our SHINE Rep. Judy Calnan, is currently unavailable due to family illness. If you need to meet with a SHINE Rep — please call the COA and we'll see what we can do. Or you can call either Lisa Rose or Pat Parisi (Elder Svs Merrimack Valley) at (978) 946-1374

NEWS AND VIEWS

News and Views meets every Tuesday at 9:00 AM. Come and meet with your peers to discuss current events, town issues and whatever else is put on the table.. It's a fun time and many different topics are discussed.

All are welcome

PC Assistance

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

All are welcome

CHANGING EVENTS

BOOK LOVER'S CLUB

The next Book Lover's Club is tentatively schedule to meet on January 25th at 1 PM. Topic will be on upcoming Club Meetings and selection of books to read.

All Readers Welcome

Acrylic and Watercolor

Art Classes

With Mary Paganelli

CHANGES

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

All Ages Welcome

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. The next meeting is tentatively scheduled for Wednesday, January 13th at 9:30 AM.

All are Welcome

COOKIN' WITH ANNA

The next cooking class is scheduled to be held on January 25th at 9:30 AM. Please call the COA if you plan on attending..

All Seniors welcome

The Wonders of Science

The Wonders of Science is usually the third Tuesday of the month starting at 9 AM. Topic for January 19th will be Our Future In Space.

All Ages Welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9 AM. Topic for January 12th will be ISIL.

All Ages Welcome

Wood Carving Classes

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

All Ages Welcome

Boxford COA Trips W/Collette Vacation

Tropical Costa Rica March 17-25, 2016

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

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

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

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

Boxford COA Activities

Lunch Bunch Trips (Seating Limited)

Unless otherwise noted, \$3.00 per person covers the cost of taking the van. The cost of the meal or event is your responsibility. Seating is limited to 16 (unless you

plan on using your own vehicle) and reservations are required. ***Trips may be canceled due to lack of interest or inclement weather.*** Call the COA to make your reservations. The "Lunch Bunch" is open to all seniors so don't hesitate to call.

Lunch Bunch Wed., January 20th

With the winter now firmly upon us — our Lunch Bunch trips are close to home. So — how about going to Roma's Restaurant in Haverhill for some Italian food? The van will leave the COA around 11:15 AM. Call the COA at (978) 887-3591 if you are interested in going. The cost of the van is \$3.00/pp.

Congregate Lunches Tuesday and Thursdays

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

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

The COA van is available, at no cost, for those Boxford seniors who need a ride to and from the lunch. Please let

us know at time of reservation if you require the COA Van service.

Movie Time At The COA Thur. around 12:15 PM

- Jan 7: San Andreas (w/Dwayne Johnson)
- Jan 14: Topper (B&W) (Constance Bennet, Roland Young & Cary Grant)
- Jan 21: Topper Returns (same as above)
- Jan 28: Jurassic World

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

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

How about going out for a delicious home made meal locally? The First Congregational Church serves delicious meals between September and June. Dates for the upcoming First Church Wednesday Night Dinners are as follows:

- Jan 27
- Feb 10 and 24
- Mar 9 and 30
- Apr 13 and 27
- May 11 and 25
- June 8

The cost per person is \$10.00, there is also a dollar cap of \$20.00 for families. If you have any questions, please visit their web site at www.firstchurchboxford.org or call Nancy at 978-887-5841 for more information.

Boxford COA Services

Boxford Van

Boxford Van will transport groups of seniors to specific area such as shopping or events. The cost for this is \$3.00 per person round trip unless otherwise stated. Rides to and from the COA are free to Boxford seniors. Call the COA for more information.

Congregate Meals

Meals are served Tuesdays and Thursdays at 11:30 at the Community Center. This is a terrific way to make new friends, renew old acquaintances and receive a tasty nutritious meal for the nominal price of \$2.00 (price subject to change). Reservations must be made prior to noon the day before you will be attending.

Equipment Lending Program

The Council on Aging has medical equipment available including, bath seats, commodes, walkers, canes, crutches, and wheelchairs. Please contact us before you make an expensive equipment purchase, we may be able to assist you.

File of Life and Yellow Dot

This is a health history document to be used by emergency medical personnel in case of illness or injury. Available both in magnetic form for your refrigerator and in wallet size to be carried with you. A "File Of Life" sticker is applied to your door which informs the EMT's that you have a File of Life on your refrigerator. Yellow Dot is a health history document kept in your car's glove compartment for use by emergency personnel. The Yellow Dot on your rear window lets them know it is in the glove compartment

Forms and Assistance

The COA has applications for:

Five Wishes

Homestead Act

Fuel Assistance

Handicap Placards

Mass Health

Emergency Management

Health Care Proxies

Prescription Advantage

Specialized Telephone Equipment

We will be glad to provide you with these forms as well as assist you filling them out.

Handy-man

Our handy-man is a "Jacks of All Trades" and is willing to help with small jobs around the house — fixing light switches, or changing locks, etc.

Health Screenings and Services

Regularly scheduled blood pressure and hearing screenings as well as monthly podiatry appointments are available thru the COA. See the Health page for more details.

Massachusetts Senior Health Record

This booklet helps you keep a record of the medical services you receive, keeps you up to date with preventive health services available in the effort to help you better manage your health. This booklet should be taken with you when you visit your health care provider.

Meals on Wheels

Monday through Friday lunchtime meals are home delivered to eligible seniors on both a short and long term basis. Please call the Council on Aging for more information or to see if you qualify.

S.H.I.N.E.

"Serving Health Information Needs of Elders" will assist you with your health insurance concerns. Call us to schedule assistance from their representative.

The File

This handy folder serves as a summary record of Financial Information, Investments and Insurance, Legal documents and Estate Management.

Transportation NEET (Northern Essex Elder Transportation Program)

This program provides rides for senior citizens to medical and other necessary appointments. Arrangements should be made at least TWO business days in advance of the appointment by calling the Council on Aging office at 978-887-3591. If the office is closed please leave a message. The ride will be arranged and the VOLUNTEER DRIVER will contact you. A donation of 43 cents (price subject to change) a mile is requested to help support the program but you will be responsible for to pay for any toll and parking fees as these expenses are incurred. However, no one will be turned down due to the inability to pay. Please remember: reservations must be made through the COA and clients should not be calling the drivers directly.

If you have any questions concerning the above — please call us at (978) 887-3591. We would be more than happy to answer your questions.

Devil's Food Bundt Cake (repeat)

Cake:	2 cups all purpose flour	1 tsp salt	1 tsp baking powder
	2 tsp baking soda	1 cup hot coffee	3/4 cup unsweetened cocoa powder
	2 cups sugar	1 cup vegetable oil	2 large eggs
	1 cup milk	1 tsp vanilla	

Filling: 2 pkgs of instant chocolate pudding mix
1/2 cup dark chocolate chips

Frosting: 1 jar of Mrs. Richardson's Hot fudge

Directions:

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

My Apology

I really messed up on the December's Devil's Food Bundt Cake recipe which is why I'm repeating the recipe this month. Last month I gave credit to Heather Soltys (wife of Michael Stolyts) for the delicious Devil's Food Bundt Cake Recipe. First of all — notice the difference in the spelling of the last names — mistake one. Secondly — Mike's wife's name is Jennifer, not Heather — mistake two. But it did make for some interesting conversation between Jennifer and Mike. Third — it was Heather (got the first name right) Vaz, wife of Al Vaz, our Selectman — mistake three. But I'm going to put part of the blame on Al Vaz as he didn't get the recipe to me until mid day on Tuesday — which I told him I would be doing. The Newsletter was already done and ready for the printer but because the recipe was so good — I wanted to have it in the December Newsletter — bad idea. In a rush to get this in — there were mistakes made and we bypassed having it edited — another bad idea. As for my part in this — I'm claiming I had a "senior moment" and leave it at that.

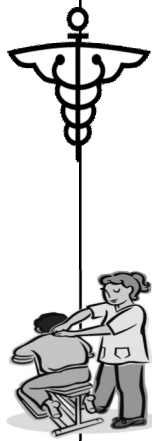
Thank You

The Boxford COA would like to thank The Friends Of The Boxford Council On Aging for the wonderful (and delicious) Holiday Luncheon they hosted last month. We would also like to thank all the volunteers who helped in many ways to make a successful event. First, we have our seniors who went shopping for turkey's before Thanksgiving when the cost per pound was good — that was Bertha Cheren, Bobbi Klein, Lee McMahon and Jack — the van driver

(turkey's were limited to 2 per customer). Our turkey cooks were Liz Murphy (she did 2), Judi Stickney, Judy Andersen, and Chris Cable — I am omitting staff help. Prepping/slicing the turkeys were Alden Clark and Lee McMahon. Working either in the dining area or the kitchen at the Church Hall were Bertha Cheren, Bobbi Klein, Lee McMahon, Maggie Rapti, Renee Parent, Christine Northrup, Fe Yako, Alden Clark, Lee McMahon, Joan Rollins (yep — our Joan) and Phyllis Raimo. Liz Murphy donated the basket we raffled off and made the adorable signs on each table reminding you about the COA Holiday Fair on December 20th. Here again — I have omitted the COA staff, The Friends of the Boxford COA and the Selectmen who were there to help. If I left anyone out — my apologies.

Feedback was good, our seniors enjoyed the meal along with the entertainment.

Missing in our list of helpers was MariAnne Quirk. MariAnne is the President of The Friends of The Boxford COA. She had a slight accident and broke her leg. She was released from her Rehab on the day of the Luncheon. MariAnne usually did a lot of running around and some food shopping — those tasks were covered by the COA Staff along with the other responsibilities we had. Bill Quirk was kind enough to pick up some of the food from the Cole Elementary School which was a great help to us. The only goof, on the COA's part, was we neglected to get any rolls/bread. We tried on our initial shopping trip but they didn't have any we liked so it was decided to try another store but when making out the list of things to purchase at the other store — it was left off the list so no bread — a lot of butter but no bread.



WELLNESS CLINIC. The VNACare Network and Elder Services will be holding their free Wellness Clinics on the first and third Wednesdays of each month from 9:00 to 11:00 AM at FMV and the fourth Wednesday from 11:00-1:00 PM at the COA. For an appointment at the COA, call Joan Fitzpatrick RN, at 888-663-3688, Ext. 1326 or Ann Morrison at 888-663-3688, Ext 2461 for the Four Mile Village appointment. Walk-ins are welcome.

SEATED MASSAGE. Renee Parent, a licensed massage therapist, has offered her gentle hands to relieve the stress and tension of any senior interested. Sessions are 20 minutes of relaxation in her massage chair for \$10. Renee is available most **Monday mornings**, by appointment only. To make an appointment, please call Renee at (508) 335-1675.



PODIATRY: Dr. Richard Manolian will be here, by appointment only, on Wednesday, January 6th starting at 9:00 AM. The fee is \$30 per session which is payable at time of appointment. Checks should be made out to Dr. Manolian — no credit cards. Dr. Manolian is available at the COA on a monthly basis. Call the COA at (978)887-3591 to make an appointment or call Dr. Manolian's office for an office appointment at (978)887-8686.



HEARING CLINIC: Tuesday, January 12th, starting at 9:30 AM, Nicole Kalukiewicz, from Rogers Hearing Solutions, will be here to give FREE hearing tests. Please call the COA to make an appointment.

Balance Problems

If you sometimes feel unsteady, stagger when you try to walk, teeter or fall, you may have a balance disorder. You can help identify a balance problems by asking yourself some key questions before seeing a doctor.

1. What is a balance disorder? It is a disturbance of the body systems controlling balance. This can make you feel dizzy, unsteady or as if they were spinning.
2. How common are balance disorders? In 2008, an estimated 33.4 million had a balance or dizziness problem during the past year.
3. Why is it important to have good balance? Having good balance means you are able to control and maintain your body's position, whether you are moving or still.
4. What are the symptoms of a balance problems? You may stagger when you try to walk, or teeter or fall when you try to stand up. You might experience dizziness or vertigo, falling or feeling like you're going to fall, lightheadedness, faintness, blurred vision and/or confusion or disorientation.
5. What types of balance disorders are there? BPPV (benign paroxysmal positional vertigo) is the most common one. There is also Labyrinthitis which is ear related and Meniere's disease.
6. How can balance disorders affect an older person? It can have serious impact as it is the most common reason why older people fall.
7. What causes balance disorders? Some are caused by the inner ear — the part of the inner ear that is responsible for balance is vestibular system.
8. Can medications cause balance problems? Yes, many prescriptions, such as those used to lower blood pressure can make a person feel dizzy. Other meds might damage the inner ear and they are called ototoxic. Groups of drugs that are more likely to be ototoxic include antidepressants, anti-seizure drugs (anticonvulsants), hypertensive (high blood pressure) drugs, sedatives, tranquilizers, anxiolytics (anti-anxiety drugs), aminoglycosides (a type of antibiotic), diuretics, vasodilators, certain analgesics (painkillers) and certain chemotherapeutics (anti-cancer drugs).
9. If my meds is causing a balance problem — what should I do? Ask your doctor if your meds is ototoxic or damaging to the ear. Ask if other meds can be used instead. If not — ask if dosage can be safely reduced.
10. How can I prevent infections that cause balance problems? An ear infection can cause balance problems. You can help prevent this by washing your hands frequently. Also, talk to your doctor about getting a yearly flu shot to stave off flu-related ear infections.
11. When should I seek help for a balance disorder? Ask yourself the following questions. If you answer "yes" to any of these, you should discuss them with your doctor. Do I feel unsteady? Do I feel as the room is spinning around me? Do I feel as if I'm moving when I know I'm standing or sitting still? Do I lose my balance and fall? Do I feel lightheaded or as if I might faint? Does my vision become blurred? Do I ever feel disoriented, losing my sense of time, place or identity?
12. What options do I have for treating a balance disorder? In some cases, you can help treat a balance disorder by seeking medical treatment for the illness that is causing the disorder. Exercises, a change in diet and some meds also can help treat a balance disorder.
13. Can diet and lifestyle changes help with a balance disorder? Your diet and lifestyle can help you manage certain balance related problems.
14. Are there exercises that can help with a balance disorder? Some exercises help make up for a balance disorder by moving the head and body in certain ways.

All in all — if you feel you have a balance disorder — first and foremost, see your doctor to discuss your current symptoms to help pinpoint the cause, be it medical problems or caused from the meds you are on. Once the cause has been diagnosed you can proceed with whatever is necessary to reduce (or eliminate) the various balance symptoms/problems.

I Am A Seenager

Just realized that I am a Seenager. (Senior teenager). I have everything that I wanted as a teenager, only 65 years later. I don't have to go to school. I don't have to go to work. I get an allowance (pensions). I have my own pad. I don't have a curfew. I have a driver's license and my own paid for car. I have and ID that lets me buy wine and beer. The people I hang around with are not scared of getting pregnant. And I don't have acne.

Life is great! Who could ask for anything more????

These are Fun.....

- I wish there was a way to donate Fat like you can donate Blood!
- Sometimes the thoughts in my head get bored, and go for a stroll out through my mouth. This is never a good thing.
- Never ask Google for Medical Advice. I have gone from mild headache to clinically dead in three clicks.....
- I love the kind of hugs where you can physically feel the sadness leaving your body.
- Some days, I just wish I had the wisdom of a ninety year old, the body of a twenty year old and the energy of a three year old.
- I told you that I DO NOT have Alzheimer's. I have "Some-Timers." Sometimes I remember and sometimes I don't.
- Good morning everyone! My body is up. The mind will follow sometime later today — hopefully.
- I've just been diagnosed with NCD. "NO CAN DO!"
- Well, I've finally reached the Wonder Years. Wonder where my car is parked? Wonder where I left my phone? Wonder where my sunglasses are? Wonder what day it is?
- I'm not short — I'm fun sized.
- Life is too short to be serious all the time. So, if you can't laugh at yourself, just call us and we'll laugh at you.
- The secret to happiness is a good sense of humor and a bad memory.
- They are NOT grey hairs! They are my WISDOM highlights!! I just happen to be extremely wise!
- I have a brain like the Bermuda Triangle. Information goes in, never to be found again!
- Ice Cream is clearly God's way of saying he likes us a little bit chubby.
- I may not be Wonder Woman, but I can do things that make you wonder.
- Good friends make bad days a little more bearable.
- So much to do.... No desire to do it!
- Losing weight doesn't seem to be working for me, so I'm going to concentrate on getting taller.

Painting The Porch

A young blonde girl in her late teens wanting to earn some extra money for the summer decided to hire herself out as a "Handy Woman" and started canvassing a nearby well-to-do neighborhood. She went to the front door of the first house and asked the

owner if he had any odd jobs for her to do.

"Well, I guess I could use somebody to paint the porch" he said. "How much will you charge me?" Delighted, the girly quickly responded "How about \$100?"

The man agreed and told her that the paint and brushes and everything she would need were in the garage.

The man's wife, hearing the conversation, said to her husband, "Does she realize that our porch goes ALL the way around the house?" No idea; but that's her problem. She quoted "the price" he responded. The wife replied, "You're right. I guess I'm starting to believe all those dumb blonde jokes."

A few hours later the blonde came to the door to collect her money. "You are finished already??" the surprised husband asked.

"Yes," the blonde replied, "and I even had paint left over so I gave it two coats."

Impressed, the man reached into his pocket for the \$100 and handed it to her along with a \$20.00 tip.

"Thank you," the blonde said, "And, bye the way, it's not a Porch, it's a Lexus."

For All You Golfers Out There

- Golf Sign: You are 150 yards from center of green. You are also 175 yards from a \$200 glass window. Choose your club Carefully!
- Golf Sign: — if you are not at this point one hour after teeing off you are playing too slow.
- Golf sign: You are 87 yards off line. Golf instruction available at our Pro Shop.
- Golfer's Instructions. 1) Swing, 2) Swear, 3) Look for ball, 4) Repeat.
- Golf proverb: May thy ball lie down in green pastures, not in still waters.
- You can hit a two acre fairway 10% of the time and a two inch branch 90% of the time.
- I was one under today! One under a tree, one under a bush, and one under the water.
- I shoot golf in the 70's. When it gets any colder than that, I quit.
- They call it golf because all the other four letter words were taken.
- Bob Hope: "If I'm on the course and lightning starts, I get inside fast. If God wants to play through, let him."
- The school teacher was taking her first golf lesson. "Is the word spelled p-u-t or p-u-t-t?" She asked the instructor. "P-u-t-t is correct," he replied. "Put means to place a thing where you want it. Putt means merely a vain attempt to do the same things."
- GOLF. The art of playing fetch with yourself!

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

BULK RATE
PRE-SORT
U.S. POSTAGE
PAID
Boxford MA 01921
PERMIT No. 123

Our mission is to improve the quality of life and encourage maximum independence for older adults by meeting their health, economic, social and cultural needs.

COA Board Members

Dick Taylor: *Chairperson*
Richard Shaw: *Vice-Chairperson*
Judy Andersen: *Secretary*
Members:
Suzanne Cox
Steve Harvey
Liz Murphy
Joan Tarleton

COA Staff

Pam Blaquiere: *COA Director*
Elaine Spiro: *Secretary*
Anna Barbieri: *Outreach Worker*
Jack Hawxwell: *Van Driver*

The Board usually meets at 9:30 on the second Wednesday of each month (see Page 2 for actual dates). All seniors and interested parties are welcome to attend. Only emergency meetings are held during the summer.

Current Resident or

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

The January Birthday lunch will be held on Tuesday, January 26th at 11:30 AM. Please call the COA the Monday (at the latest) before the lunch to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday this month, compliments of The Friends of the Boxford COA. Guests are welcome but will be responsible for paying the nominal cost of their lunch. *Happy Birthday to our January Seniors!*

January Daily Observances Trivia

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



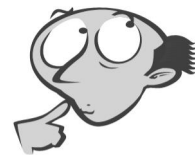
January 1st 2016
Happy New Year

January 18th
Martin Luther King, Jr
Day



January 31st
Appreciate Your Social
Security Check Day
(yep — there is an actual day for that)

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

**Life may not be the party
we hoped for, but while
we're here — we should
dance.**