



Boxford's Boomers & Beyond



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

July 2015

Safety In Your Home Discussion And BBQ

Wednesday, July 15th

The Boxford Fire Department and The Friends of the Boxford COA will be hosting a BBQ at the COA on Wednesday, July 15th — seating limited and reservations are required.

The Boxford Fire Department will give a presentation on the importance of having **working CO and Smoke detectors** in your home, where they should be installed and how the Boxford Fire Department can and will help you in achieving this.

The Boxford Fire Department has, again, applied for a grant to fund the purchase and replacement of CO and Smoke Detectors in the homes of Boxford seniors on a first come first serve basis. Back in February, the Boxford Fire Dept. inspected many homes and replaced many devices for our seniors and it was such a success, they decided to apply for another grant to extend this service.

IMPORTANT CHANGES Ring & Ride Is Now Free To Boxford Seniors and Disabled Residents of Boxford

Way back when (approx. 2005), Pam Blaquiere and Alan Benson brought in Ring & Ride service for the seniors. You ask — what is Ring & Ride??? Ring & Ride is a curb-to-curb transportation service for our seniors and covers most of the Merrimack Valley area. This service allows our seniors to commute anywhere in Amesbury, Boxford, Georgetown, Groveland, Haverhill, Lawrence, Methuen, Newbury/Byfield, Newburyport, North Andover and West Newbury as well as to the Rowley Train Station and the Market Basket in Rowley. All the operating vans use a wheelchair lift-equipped MVRTA vehicles. No — it does not go Topsfield or Middleton as they are not in the Merrimack Valley area.

When Ring & Ride first started — the cost was \$2.00 each way but rides to and from the COA were free. Pam and Alan revisited the contract and decided to have this service free (both ways) to all Boxford seniors, 60 years and older, and disabled residents of Boxford. If you have any questions — please call the COA at (978)887-3591.

Help Wanted At The COA

The Boxford COA is looking for a one-day-a-week receptionist at

the COA. This position falls under the Boxford Tax Work Off Program. The work involves covering the phones (both incoming and outgoing), greeting seniors, taking requests for various appointments, filing, some data entry (if you have computer skills) and whatever else needs doing. As stated — this is only a one day a week position which is a Wednesday and the hours are from 9 AM to 1 PM. You could start immediately or in the fall — it's negotiable. Please call the Boxford COA at (978) 887-3591 if you are interested.

Mystery Ride Mystery Date in July

We have another Mystery Ride in the offering which includes transportation and free lunch. Reservations are required and are on a First-Come/First-Serve basis. If you didn't make the June trip — you certainly missed out on a delicious meal (which was free).

The Van will leave the COA around 11:30 and you should return by 2:30. We don't have a date yet but if you are interested going, depending on the date, please call the COA and we will contact you with the particulars once we find out ourselves..

It's Nice To Be Acknowledged

We, the COA staff and those seniors who have interacted with her for one thing or another, always knew we had someone special at the Boxford COA and finally she has been "officially" recognized for all the good work she does. Our COA Director, Pam Blaquiere, was formally honored on Wednesday, June 17th, as one of the state's Unsung Heroines by the Massachusetts Commission on the Status of Women (MCSW) at their annual award ceremony. Pam was nominated for the award by State REP. Leny Mirra and was presented with a congratulatory citation, recognizing the illustrious work she has done for the Boxford COA and commemorating her achievements.

"For many years, Pam has gone above and beyond her call of duty to providing seniors with vital services and wonderful events that bring together many in this community," stated Rep. Mirra. Rep. Mirra goes on to say, "She goes out of her way to help others because of her caring and generous spirit, often without notice or fanfare. It is her efforts in helping others and making our community a better place to live that I believe Pam is truly an Unsung Heroine."

As I said earlier — we all knew that but now it's official .

LINE DANCING With Patty

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 trailhead, 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) **Thursdays 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

Great Group, sponsored by The Boxford Village Garden Club, is on summer hiatus. 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.

Office of Senator

Bruce E Tarr

Constituent Services

Advisor

No date available for July 2015.

All Are Welcome

MIXED BAG (Knitting)

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

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. is at the COA on Wednesday's for appointments only, starting at 9:30 (three one hour appointments). If you would like to meet with her, please call the COA to make an appointment.

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

Acrylic Art Classes

The Acrylic Art Class has taken a summer hiatus and will resume sometime in September/October..

All ages welcome

BOOK LOVER'S CLUB

The Book Lover's Club is on summer hiatus. Please refer to the September Newsletter for when it will start up again.

All Readers Welcome

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. The next meeting will be held at the COA on Wednesday, July 8th at 9:30 AM.

All are Welcome

COOKIN' WITH ANNA

Cooking' With Anna which was usually scheduled for the 3rd Monday of the month is now on summer hiatus. See you in the fall..

All Seniors welcome

The Wonders of Science

The Wonders of Science is on summer hiatus. Please refer to the September Newsletter to see when it will resume.

All Ages Welcome

FACTS & FIGURES

Facts & Figures is taking a 6 month hiatus and should return around September 2015.

All Ages Welcome

Wood Carving Classes

On Wednesdays from 10 to noon, come and join this wonderful class on carving delicate wood figures with Fred Arakalien. Starting with a sad looking block of wood, you'll end up with a unique figurine — something you can be proud of. The next session will start in July. If interested in joining but unsure whether or not you'd like it — stop by and see him and his students in action. Fred would be more than happy to answer any of your questions. Cost is \$30 for 6 weeks.

All ages welcome

**Boxford COA Trips
W/Collette Vacation
Classic Christmas
Markets**

Nov. 29-Dec. 7, 2015

Featuring markets in Strasbourg, Wurzburg, Nuremberg, Munich and Innsbruck. Book now and save: Dbl \$2,999; Single \$3,199; Triple, \$2,969. Regular rates — increase by \$200.00. Trip Cost includes round trip air from Logan, Air taxes and fees/surcharges, hotel transfers. Not included — Cancellation waiver and insurance of \$260/pp. For more info — pick up the brochure at the COA.

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

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

**Boxford COA Trips
with Best of Times
The Pops At Tanglewood
With Keith Lockhart
& Bernadette Peters
Sunday, July 5th 2015
*Best of Times has
canceled this trip.***

**Isle of Shoals, Lighthouse
& Portsmouth Harbor
Cruise**

Tuesday, July 21st

Board the Victorian style M/V Thomas Lighton and experience the fascinating legends of the New Hampshire and Main seacoast. A great meal at the Portsmouth Gas Light Company with a little history to boot. Cost is \$99/pp which includes transportation, lunch and the harbor cruise. Down payment of \$10 at time of reservation and balance on June 22nd.

**THIS TRIP
WAS CANCELED
DUE TO LACK OF
EARLY SIGNUPS**

**Gloucester Harbor Cruise
Lobster Bake Cruise
Wednesday, August 19th**

**Holiday Pops Christmas
Matinee Show**

Saturday December 5th

Start out with a wonderful meal at Venezuela Waterfront Restaurant (choice of chix Parm or baked scrod) and then a wonderful matinee show at the historic Symphony Hall. Capture the magic of the Christmas season with the Boston Pops who will perform their signature Sleigh Ride as well as other Holiday classics. Cost is \$129/pp which includes transportation, luncheon and show. A deposit of \$10 is due at reservation and balance on Nov 5th.

**Christmas
at the Newport Mansions
Thursday, December 10th**

Come and see two of Newport's most elegant mansions decorated and on display during this wonderful season. Visits to The Breakers (grandest of Newport's summer "cottages") and The Marble House, decked out in yuletide finery. Lunch will be on your own at the famous Bowen's Warf area of Newport. The cost is \$69/pp which includes transportation, driving tour of Newport, admission to the Breakers and Marble House. It does not include lunch. A deposit of \$10 is due at time of reservation and balance on Nov 10th.

**New York City
Cruise to Nowhere**

December 11-13th, 2015

Trip includes : Motorcoach transportation, 2 night cruise aboard the Norwegian Breakaway, Tickets to the Radio City Rockette's, Admission to the September 11th Museum, All meals on board ship. Prices start at \$469 pp.

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

Enjoy the sultry, soulful voice of Lydia Harrell, dance to the Lovely Singer Orchestra and have a delicious meal (choice of Prime Rib or Baked Scrod). The cost is \$89/pp and includes transportation, luncheon, show, orchestra, party favors & champagne toast. A \$10/pp deposit is required at time of reservation and balance is due by November 30th.

Young Irelanders March 2016
At the Venus De Milo's

Tulips and Windmills Cruise
March 25 - April 4 2016

Romantic Danube River Cruise
August 9- 19 2016

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.

Tuesday, July 21st

Sticking with by the sea/water scenario — lets head out to Warren's Lobster House in Kittery ME. This has always been a favorite of our seniors and the salad bar is to die for. The van will be leaving the COA around 10:30 AM. ***Please call the COA if you are interested in going.***

If you find a restaurant that you liked, which is open for lunch — please let us know. We are always open to try new restaurants as long as they are reasonable.

Tuesday and Thursday Congregate Lunches

Congregate Lunches at the COA have stopped for the summer and will resume in September. Please refer to the September Newsletter for the exact date. But if you like coming to the COA to eat and have social time try coming to the weekly BBQ's — see below.

Summer BBQ Lunches

Every Wednesday — Noonish

\$3.00/pp and Reservations Required

Rain or Shine — our volunteer cooks will be manning the grills to cook the hotdogs and hamburgers that are always served at our weekly BBQ's. Other staples on the weekly menu are potato chips and pickles along with various condiments. Varying items served at the BBQ's will be a green salad, potato or pasta salad, an ice cream dessert (compliments of Betty Wright) and whatever. The whatever could be marinated chicken or sausage or fried zucchini or a ratatouille or stuffed zucchini or sweet & sour meatballs or *it depends*. The whatever or "it depends" will vary week to week on availability of donations from Boxford's veggie gardeners and market prices.

Don't forget — **reservations are required by the end of the preceding Monday.** The Boxford Van is available to those who wish to take advantage of this service.

Free Fun Fridays

Supported by Highland St Foundation

Free Fun Fridays offers visitors no cost admission to many of the

most treasured cultural venues in Massachusetts. Seven sites open for free each Friday.

July 3rd:

- Boston Children's Museum
- Heritage Museums & Gardens
- Falmouth Museums on the Green
- Amelia Park Children's Museum
- Naumkeag, Trustees of Reservations
- Old Manse, Trustees of Reservations

July 10th:

- Edward M Kennedy Institute
- Cape Cod Maritime Museum
- New Bedford Whaling Museum
- VolleyBall Hall of Fame
- Danforth Art
- New England Historic Genealogical Society

July 17th:

- Museum of Fine Arts, Boston
- Larz Anderson Auto Museum
- The Sports Museum
- Cape Ann Museum
- Children's Museum in Easton
- Tower Hill Botanic Garden

April 31st:

- The Institute of Contemporary Art/Boston
- Sandwich Glass Museum
- Cape Cod Museum of Art
- Garden in the Woods
- Wenham Museum
- American Textile History Museum
- The Eric Cable Museum

You can visit their website at www.highlandstreet.org/freefunfridays to see August's list of places you can visit or wait for the August Newsletter where we will publish the free places to visit on Fridays throughout August.

Georgetown Summer Concerts

Sad to say but there will not be any Summer Concerts in Georgetown this year due to a shortage of volunteers. Hopefully they will return next year.

Summer Is Here School Is Out

Please drive carefully. School is out and you will notice an increase in children riding their bike. You will also see a large increase in out of town bike clubs taking advantage of Boxford's roads. — that means many bikers at one time who aren't always very good at sharing the road.

Peanut Butter Cup Cookie Dough Brownies

Thanks to Shirley Hebb for giving us this recipe and for making a batch to be shared at our Congregate Lunch where it was received with great raves.

- 1 roll (16.5 oz) refrigerated Choc Chip Cookies
- 24 Lg Choc. Covered peanut butter cup candies
- 1 box (1 lb 2.4 oz) original supreme brownie mix along with required ingredients to make (water, oil & eggs called for on the box)

Directions:

1. Heat oven to 350 degrees, line 13x9 pan with foil, allowing foil to hang over sides of pan for easy removal after baking, spray lining with cooking oil spray.
2. Press cookie dough evenly in bottom of pan. Top with a single layer of peanut butter cups. Make brownies batter as directed on the box. Spread batter on top of peanut butter cups.
3. Bake 30-40 min. or until brownies are set around sides and toothpick inserted in center of brownies (not candies) comes out clean.
4. Cool in pan for 20 minutes. Remove brownies from pan by foil edges. Cool completely on cooling rack for about 1 hour.

Cut into 6 rows by 4 rows — 24 servings.

Thanks For All The Help!

We survived another Annual BBQ and as usual — we couldn't have done it without all the help we got from The COA Friends, our COA volunteers and the DPW guys. If I've said it once, I've said it a thousand times and I'll continue to say it — a lot of the things we do here — we couldn't do it without them. As usual, the Selectmen were here to either cook or help serve the food. As in past years, Peter Perkins continued to do great work at the grill.

The weather held out and was a great day for a BBQ. We're estimating we fed close to 300 guests that day. The food, as usual, was good and plentiful. Boomer did a fantastic job entertaining us with his toe tapping music.

The DPW and our COA volunteers started working long before the day of the BBQ. The DPW guys took care of the lawn area and trimmed the trees so they weren't hanging down over the tables. The day of the BBQ — they brought out and set up all the table and chairs only to return at the end of the day. Pre-BBQ day — our volunteers helped with all the pre-work which included making the salads (cleaning all the lettuce, etc.), baking some of the desserts, preparing the sliced cheese so it's easy grab at grill time, wrapping silverware and stacking the plates for easy taking. B-day, as in BBQ Day, involved taking all the linens, silverware, etc. and setting up the tables, making the cold beverages, prepping hamburgers, hotdogs and sausage for grilling plus a lot more that I can't even think of now. After the BBQ there was the cleanup — I'm not sure which is worst pre or post BBQ.

For those of you who attended — we hope you had a good time.

**Elder Services Of Merrimack Valley
and Meals-On-Wheels (MOW)**

For our homebound seniors and those recovering from various medical conditions, the Boxford COA has a program called Meals-On-Wheels (MOW) where (hot or cold) nutritional meals are delivered to the senior's homes — Monday thru Friday. Effective July 1st, this program will be administrated by Elder Services of Merrimack Valley Nutrition Program and the food will be prepared by Lindley Food Service. Derek Anderson has been hired by Elder Services to oversee this program. If you have any questions, please contact the COA for more information.

**Free Summer Concerts
Music at Eden's Edge**

Enjoy an afternoon listening to various music presentations supported by Music at Eden's Edge Organization. The free concerts are held at First Universalist Church of Essex, 57 Main St., Essex MA 01929 starting at 2 PM Free concerts are as follows:

July 14: The Edge of Greatness. A program that looks at three composers on the edge of greatness. (Franz Schubert, Maurice Ravel and Andrew Norman)

August 18: Whims of Fate. Each work on this program provides a look into each composer's preoccupation with mortality, either directly or indirectly. (Luigi Boccherini, Bohuslav Martinu, Sergei Rachmaninoff and Edward Elgar).



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 or more info, call Ann Morrison RN, at 888-663-3688 , Ext. 2461. 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.

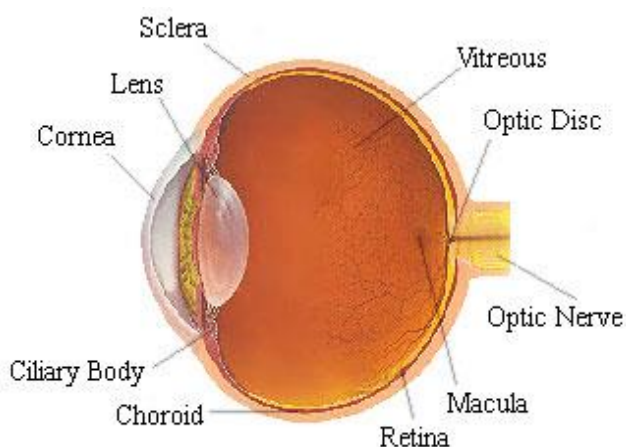


PODIATRY: Dr. Richard Manolian will be here, by appointment only, on Wednesday, August 5th starting at 9:00 AM The fee is \$30 per session which is payable at time of appointment. Dr. Manolian is available at the COA on a monthly basis. Call the COA at (978)887-3591 to make an appointment or call Dr. Manolian's office for an office appointment at (978)887-8686.



HEARING CLINIC: Tuesday, July 14th, 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

Keep Your Vision Healthy Learn About Comprehensive Dilated Eye Exams



People of all ages should have their eyesight tested to keep their vision at it's best. Even if your vision seems fine, the only way to know for sure that your eyes are healthy is to get a comprehensive dilated eye exam. Growing older puts you at risk for glaucoma, age-related macular degeneration and diabetic retinopathy — the most common cause of vision loss for diabetes. These eye diseases tend to arise without any warning at their earliest stages. By the time you notice vision loss — it usually can't be reversed. Timely treatment may let you keep more of your vision longer.

If you have diabetes, high blood pressure, or a family history of eye disease, you may need yearly comprehensive dilated eye exams earlier. African Americans have a higher risk and an earlier average onset of glaucoma compared to whites, and so are advised to have comprehensive dilated eye exams every 1 to 2 years starting at 40. Otherwise — yearly comprehensive dilated eye exams starting at age

60 are the most effective and thorough way to detect eye diseases so you can minimize vision loss.

A visual field test gauges the scope of what you're able to see. Looking straight ahead and with alternating eyes covered, you'll respond each time you see a light on the examiner's hand held at the periphery of your vision. A screen or apparatus might also be used. Loss of peripheral vision may be a sign of glaucoma, which damages the optic nerve responsible for carrying visual messages from the eye to the brain.

A visual acuity test detects how well you see at various distances. Looking at an eye chart about 20 feet away, you'll read aloud the smallest letters you see, first with one eye covered, then the other. The results can help assess disease progression or response to treatment and may reveal a need for low-vision aids.

Next, the eyes are dilated by placing drops in each eye to widen the pupil, which allows more light to enter the eye. A magnifying lens is used to examine the tissues at the back of the eye, including the retina (light-sensitive tissue), the macula (the central region of the retina required for straight-ahead vision), and the optic nerve. Damage to these areas may be a sign of diabetic retinopathy, glaucoma, or age related macular degeneration.

Tonometry measures the eye's interior pressure by sending a quick puff of air onto it's surface. High intraocular pressure is a risk factor for the optic nerve damage associated with glaucoma.

And that's it. You're good to go. You can watch the video at

www.net.nih.gov/eyeexam

for a glimpse of what your eye care provider can see during a comprehensive dilated eye exam.

As Only The Irish Can Tell A Story

Paddy had long heard the stories of an amazing family tradition. It seems that his father, grandfather and great-grandfather had all been able to walk on water on their 18th birthday. On that special day, they'd each walked across the lake to the pub on the far side for their first legal drink.

So when Paddy's 18th birthday came around, he and his pal Jim took a boat out to the middle of the lake, Paddy, stepped out of the boat and nearly drowned. Jim just barely managed to pull him to safety.

Furious and confused, Paddy went to see his grandmother. "Granny," he asked, "Tis me 18th birthday, so why can't I walk across the lake like me father, his father and his father before him?"

Granny looked deeply into Paddy's trouble blue eyes and said. "Because ye father, ye grandfather and ye great-grandfather were all born in December when the lake is frozen and ye were born in August — ya idiot."

Ramblings Of A Retired Mind

- I was thinking about how a status symbol of today is those cell phones that everyone has clipped onto their belt or purse. I can't afford one. So, I'm wearing my garage door opener.
- I also made a cover for my hearing aid and now, I have what they call blue teeth. I think!
- You know, I spent a fortune on deodorant before I realized that people didn't like me anyway.
- I was thinking about old age and decided that old age is "when you still have something on the ball, but you are just too tired to bounce it."
- I thought about making a fitness movie for folks my age and call it "Pumping Rust."
- I've gotten that dreaded furniture disease. That's when your chest is falling into your drawers!
- When people see a cat's litter box, they always say, "Oh, have you got a cat?" Just once I want to say, "No, It's for company!"
- Employment application blanks always ask who is to be notified in case of an emergency. I think you should write, "A Good Doctor!"
- Gentle thoughts for today — Birds of a feather flock together — and then poop on your car.
- A penny saved is a government oversight.
- The older you get, the tougher it is to lose weight, because by then — your body and your fat have gotten to be realllly good friends.
- The easiest way to find something lost around the house is to buy a replacement. *And ain't that the truth!*

- He who hesitates is probably right.
- Did you ever notice — the Roman Numeral for forty (40) is XL.
- If you can smile when things go wrong, you have someone in mind to blame.
- The sole purpose of a child's middle name is so he/she can tell when they are really in trouble.
- Aging — eventually you will reach a point when you stop lying about your age and start bragging about it.
- Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.
- One of the many things no one tells you about aging is that it is such a nice change from being young. Ah, being young is beautiful, but being old is comfortable.

The New Generation

Daughter: "Daddy, I'm coming home to get married. Take out your checkbook. I'm in love with a boy who is far away from me. I am in California and he lives in New York. We met on a dating website, became friends on Facebook, had long chats on Whatsapp, he proposed to me on Skype and now we've had two months of relationship through Viper. Dad, I need your blessings, good wishes, and a big wedding."

Father: "Wow! Really?" Then get married on Twitter, have fun on Tango, buy your kids on Amazon and pay through PayPal. And if you get fed up with your husband — sell him on Ebay."

Some Old — Some New

- I've decided I'll never get down to my original weight and I'm OK with that.... After all.... 7 lbs. 6 oz. is just not realistic!
- Sometimes late at night I dig a hole in the backyard to keep the nosey neighbor's guessing.
- Actually, I'm pretty sure chocolate tastes as good as skinny feels.
- I love my pillow because it gives me different hairstyles every day!
- Scientists have yet to explain how 300 people can be working at a Wal-Mart but only 4 registers will be open.
- One of the benefits of being my friend is that you can come to my house in your pajamas, no makeup and look like crap and I won't judge you..... Because I will also be in my pajamas, with no makeup and looking like crap.
- How can a man who can hit a deer at 200 yards, keep missing the toilet?
- Learn a lesson from your dog — no matter what life brings you, kick some grass over that crap and move on.
- When people tell me "you're gonna regret that in the morning" I sleep in until noon because I'm a problem solver.

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 Blaquiére: *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.

Happy Birthday to our July Seniors. The July Birthday BBQ lunch will be held on Wednesday, July 29th around noonish. 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!*

June Daily Observances Trivia



*July 4th
Independence Day*

*July 23rd
Gorgeous Grandma Day*



*July 30th
Cheesecake Day*

Past Monthly Newsletters are posted on the Town web. To access these Newsletters — go to www.town.boxford.ma.us. Click on Departments and select Council On Aging from the dropdown menu. The current Newsletter is listed on the front page but you can access the older ones by clicking on "Monthly Newsletters."



Things To Ponder

Do Not Regret Growing Old.
It's A Privilege Denied To Many!