



# Boxford's Boomers & Beyond



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

**July & August 2022**

## **BBQ on the Lawn!**

**Wednesdays, 07/13, 07/27, 08/03,  
08/10, 08/17, 08/24 & 08/31**

**@ Noon**



Join us on Wednesdays, 07/13, 07/27, 08/03, 08/10, 08/17, 08/24 & 08/31 @ Noon for BBQ on the lawn. **RESERVATIONS ARE REQUIRED AND NO WALK INS ARE ALLOWED.** If you are not on the List, we will have to turn you away. So we ask that you sign up asap. Reservations need to be received no later than 9 am on the day before the BBQ and the **price is \$5.00/pp**. The COA van is available at no cost for any Boxford senior who wishes to take advantage of this service. Masks must be worn on the bus. The menu consist of hamburgers and hotdogs with at least one type of Salad.

## **Garden Tea!**

**Wednesday, July 20th, 2022  
At 12:30 pm**

Join us outdoors at the COA for a Garden Tea! Dress in your fanciest summer attire. Get together with your friends to enjoy an afternoon outdoors in the fresh air, under the sun. We will be serving a variety of teas along with some light finger sandwiches, savory appetizers and dainty desserts.

Space is limited so please call the COA to book your seat.  
(For Boxford Residents Only)

## **Thrift Shop Shopping Along with Lunch**

**Thursday, July 28th, 2022 @ 9:30 am**

Our itinerary for the month of **July** will begin at Ruth's House onto Savers (Plaistow) and lastly to Kingston Community House. Lunch in Haverhill @ Mr. Mike's. Van pick up for anyone at FMV at 9:15 then onto the COA for a 9:30 pick up.

**Thursday, August 18th, 2022 @ 9:30 am**

Our itinerary for the month of **August** will begin at Trinity Church Thrift Shop in Melrose onto The Salvation Army in Saugus. Lunch in Saugus @ Prince Pizza. Van pick up for anyone at FMV at 9:15 then onto the COA for a 9:30 pick up.

(Participants are responsible for the \$3.00 van fee and their own meals.)

Space is limited so please sign up early.

## **Bridge**

We have had a bunch of interest in playing Bridge, a four-person card game. Join us on **Mondays @ 12:30 pm beginning July 11th**. You do not need to know how to play but if you are interested and would like to learn, we have someone who is willing to teach it.

## **Zumba**



Join our Zumba instructor, Shelby Stickney on **Thursdays** from **1:30 to 2:30 pm**. All ages welcome!

**A quick reminder that our VNACare Nurse is holding free monthly Wellness Clinic here at the COA on the Third Wednesday of the month during July & August! She is here from 11:00 am to 1:00 pm. Appointments are every 15 minutes so please call to make your appointment asap. She will take your blood pressure and speak to you about any concerns that you may have. Hope to see you next month.**

\*

**\*\*Beginning in September\*\***

## **"Writers Club"**

Beginning in September held on **Thursdays @ 1:00 pm**. Join Edith Fenton for her Writer's Club. Look further in this issue for a sample of her writing.

**\*\*SAVE THE DATE\*\***

**Meet Julia Child!  
Monday, October 3rd**

**Are you interested in playing Bocci or Corn Hole? We would like to start teams for these activities.**

**Want to play Bridge? We have had some individuals interested in playing. No experience needed as we have someone who is willing to teach you!**

**The COA will be closed Monday, 7/4 Independence Day!**



## Classes, Activities

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

#### **CHAIR YOGA With Mary**

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

#### **Strength Training Complexity Classes W/ Leah Miller**

Classes are held on **Mondays** from 9:00 to 10:00 am & **Thursdays** from 9:45 to 10:45 am. Classes are \$3.00/pp.  
All ages welcome!

#### **YOGA CLASSES With Mary**

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!



#### **Zumba**

Join our Zumba instructor, Shelby Stickney on **Thursdays** from 1:30 to 2:30 pm. All ages welcome!

#### **NEWS AND VIEWS**

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

#### **The Wonders of Science**

The Wonders of Science will be held on Tuesday, July 19th beginning at 9:00 am with Bob Spillman. Topic: "The Future of Energy". **There will not be an August Wonders of Science.**

All adults welcome!

#### **Watercolor Class**

Come join Brenda Sloane on **Wednesdays** 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.

**NO walk-ins allowed!**

#### **Book Club**

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



#### **Grief and Loss Support Group**

**\*\*Grief Group is taking a summer break and will return in the fall\*\***

Join us on the **3rd Thursday** of the month at 1:00 pm. Everyone experiences grief and loss in their own unique way. Attending this warm and confidential group may help! To register, please call the COA.

### **GAME DAY**

#### **Bridge**



We have had a bunch of interest in playing Bridge. A four-person card game. Join us on **Mondays @ 12:30 pm beginning July 11th**. You do not need to know how to play but if you are interested and would like to learn, we have someone who is willing to teach it.

#### **MAHJONGG**

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

#### **Bingo**

Join us in playing **Bingo!** Held weekly on **Thursdays** at 10:00 am. We are playing solely for fun. We will provide the weekly bingo cards. If you are interested in playing with us, please call the COA to sign up.

### **Services**

#### **WELLNESS CLINIC:**

The VNA Care Network and Elder Services will be holding their free Wellness Clinic on the **3rd Wednesday** of the month during July & August from 11:00 am to 1:00 pm at the COA. Appointments are held every 15 minute so please call the COA to schedule your appointment.



#### **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, a mask must be worn 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.

#### **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 **2nd Wednesday** of each month at 9:30 am @ the COA.

#### **Constituent Services**

**Senator Bruce E Tarr,**  
**Aide, Mary Ann Nay &**

**Representative Lenny Mirra**

Join them at their next meeting on Tuesday, July 12th & Tuesday, August 16th from 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. **July's office hours** will be Friday, July 1st and Tuesday, July 19th. **August office hours** will be Friday, August 5th and Tuesday, August 16th. You can sign up for the office hours at: <https://calendly.com/teamtram/officehours?month=2022-07> &

<https://calendly.com/teamtram/officehours?month=2022-08>

If you have trouble with zoom, please call Rep. Nguyen's Legislative Director at 617-722-2060 x5



## Places To Go/Things To Do

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

#### **The American Music Cities of Nashville & Memphis**

**September 22nd - 26th**  
(5 Days / 4 Nights)

Experience the history, heritage and culture of this toe-tapping journey to America's Music Cities of Nashville & Memphis, TN. Revel in the sounds of the blues, jazz, country, and good old rock 'n' roll. Experience the magical sights of the Grand Ole Opry, famous Beale Street in Memphis, and Graceland up close and in person. You'll be singing the sounds of the heartland well after your return home! Also included: Roundtrip airfare to and from Logan Airport, 3 night lodging at the Premier Gaylord Opryland Hotel in Nashville, TN., 1 night lodging in Memphis, TN., 8 Meals - 4 Dinners, 3 Breakfasts, 1 Buffet Brunch on the General Jackson, Best of Times Travel professional tour director, all touring as described and optional travelers insurance. **Price: Standard Rooms: \$2099pp/Double; \$2499pp/Single. Upgraded Atrium Rooms: \$2199pp/Double; \$2699pp/Single. Book early as space is limited!**

#### **Icons & Legends Concert The Ultimate Tribute Show** **July 19th, 2022**

**@ Fosters Lobsterbake**  
(York, ME)

Experience some of the greatest hits from some of the greatest entertainers of all time from Neil Diamond, Carole King, Karen Carpenter and more. The Icons & Legends Concert Tribute will have you dancing and singing your day away. Jozay and Patti perform this highly entertaining and energetic show that brings you the most memorable music from the decades known for their radio idols, pop-rock groups, and hit melody makers. 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: \$99pp.**

### **Shades of Buble'**

The No.1 Michael Buble' Tribute Show  
A Three Man Tribute to Michael Buble'  
**September 20th, 2022**  
**@ Danversport Yacht Club,**  
**Danvers, MA**

A Three-Man tribute to Michael Buble' brings the swinging standards and pop hits to the stage in an unforgettable high-energy concert event. Enjoy the big-band standards from the jazz era, classic hits from the 50's/60's/70's, as well as Billboard chart toppers from today in a high-energy concert event. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal Choice: Stuffed Breast of Chicken or Baked Scrod. **Price: \$74pp.**

**This is a drive yourself event.**

#### **The Beat Goes on!** **#1 CHER Tribute Show** (Featuring Lisa McClowry as Cher)

**November 17th, 2022**  
**@ Danversport Yacht Club,**  
**Danvers, MA**

The Music of the "Goddess of Pop" Cher Live with the #1 Tribute show in the world! Welcoming to the stage artist/Cher impersonator, Lisa McClowry capturing Cher's singing voice, look, walk, talk and mannerisms. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal Choice: Thanksgiving Dinner with the Fixings & Sides or Vegetable Lasagna.

**Price: \$74pp.**

**This is a drive yourself event.**

#### **Christmas with Paul Anka** **Special Holiday Tribute** (Featuring Lou Villano)

**December 6th, 2022**  
**@ Danversport Yacht Club,**  
**Danvers, MA**

An incredible Christmas Celebration as they bring the music of Paul Anka live to the stage with Lou Villo's - Christmas with Paul Anka. Paul Anka, is a Canadian singer, songwriter, and actor. Anka became famous in the late 1950s, 1960s, and 70s with hit songs like "Diana, Lonely Boy, Put your head on my shoulder" and more! This dynamic show will feature not only the greatest hits from Paul Anka but the chart topping hits he wrote for others

such as Buddy Holly, Frank Sinatra, Sammy Davis Jr., to name just a few. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal Choice: Chicken Parmesan or Baked Scrod. **Price: \$74pp.**

**This is a drive yourself event.**

#### **Salem Cross Inn Christmas** **With Yankee Candle & Bright Nights** **December 14th, 2022**

On our tour take in a little bit of history, combine it with incredible homemade food, throw in a little fun and laughter, top it off with amazing New England views, and you'll receive an experience that you won't forget. The Salem Cross Inn has established a reputation as one of the finest restaurants in New England. Then it's on to one of New England's most popular attractions, Yankee Candle. Visit the Bavarian Christmas Village, Yankee Candle's Alpine holiday town, and where it's always snowing in the Black Forest. Travel through the Waterfall Courtyard and Nutcracker Castle to visit with Santa in his Enchanted Toy Works! Enjoy time for shopping/browsing in this spacious flagship store. Then, it's on to the Greatest Holiday Light Display - Bright Nights! Enjoy a riding tour of Bright Nights at Forest Park in Springfield, MA. Includes Motorcoach Transportation (from most Boston/Worcester pick-up locations), Luncheon at the Historic Salem Cross Inn, Tax, Gratuity, Yankee Candle, Riding Tour of Bright Nights at Forest Park, & Best of Times Travel Tour Director, Tour Director Gratuity. Plated Luncheon Meal Choice at the Historic Salem Cross Inn: Roast Pork Loin w/ Apple Cider Sauce or Classic Yankee Pot Roast w/ Pan Gravy. Also Included: Soup du Jour, Rolls, Bread, Vegetable, Potato, Dessert, Coffee/Tea. **Price: \$119pp.**

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

**An American Bandstand**  
**New Year's Eve Day**  
**December 31st, 2022**

**More trips/brochures are available at the COA.**



### **Lunch Bunch Trips**

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

#### **Salem Lowe**

**201 Fort Ave., Salem, MA**

**Thursday, July 7th**

**Meet @ COA 10:15 am, Van Leaves @ 10:30 am**

Famously known for their Chop Suey sandwiches. Closing it's doors on August 14th, so join us in taking our last trip there.

#### **Causeway Restaurant**

**78 Essex Ave., Gloucester, MA**

**Thursday, July 21st**

**Meet @ COA 10:15 am, Van Leaves @ 10:30 am**

Known for their fresh seafood, massive portions and outstanding service.

#### **Skips Snack Bar & Hodgie's Ice Cream**

**92 E. Main St., Merrimack, MA**

**Thursday, August 11th**

**Meet @ COA 10:45 am, Van Leaves @ 11:00 am**

Known for their lovely atmosphere and friendly staff, delicious fresh seafood and are reasonably priced. Then take a short ride over to Hodgie's for an ice cream.

#### **Blue Marlin Grille**

**65 Eastern Ave., Essex, MA**

**Thursday, August 25th**

**Meet @ COA 10:45 am, Van Leaves @ 11:00 am**

Since 1998, Blue Marlin has offered the freshest seafood, produce and selection of meats.

**If from FMV and would like to be picked up there, please let us know when making the reservation. Pick up will be at the community building 15 minutes before meeting at the COA**

### **Grocery Shopping:**



**Tuesday, July 12th & July 26th**

**Tuesday, August 9th & August 23rd**

### **Georgetown Summer Concert Series 2022 Ice House Pavilion ~ American Legion Park Sundays 5-7 pm**

- 7/10 Woodland Protocol Mix of Rock, R&B, Country, Pop Refreshments: Justine's Baked Goods
- 7/17 2120 South Michigan Ave. Blues Refreshments: Fat Belly BBQ 7/24 4EverFab Beatles Tribute Band (Funded by Georgetown Cultural Council Grant) Refreshments: Kiwanis
- 7/31 Whiskey Horse Outlaw Country Refreshments: Justine's Baked Goods
- 8/7 The Band from UNCLE Oldies 50s/60s Rock Refreshments: Fat Belly BBQ
- 8/14 The Riverboat Stompers Swing/Dixieland/Jazz Refreshments: Justine's Baked Goods

- 8/21 The Johnny Cash Tribute Band Refreshments: Fat Belly BBQ
  - 8/28 Rain Date
- Anonymous Brewing serves Adult Beverages at all concerts.

### **HomeGrown Market**

**Sponsored by Topsfield Recreation &**

**Topsfield Council on Aging**

**On the 3rd Thursday of the Month  
(July 21st)**

**4:00 pm to 6:30 PM**

**Topsfield Town Common, Topsfield, MA**

Spend a summer evening at the Town Common supporting local "home grown" vendors & businesses, enjoy live music, food trucks and more!

**Free Admission and Plenty of Free parking!**

### **Volunteers Wanted**

The COA is looking for volunteers interested in offering classes or groups to meet weekly, monthly or even a one time presentation. We would like to offer craft classes, knitting, walking and biking groups. If you have a talent or expertise you would like to share give us call.

### **Help Needed at the COA**

**We need drivers for two vital programs! MOW and NEET.** Can you help make a difference in the lives of Boxford seniors? Call the COA @ 978-887-3591 for more information.

### **Become a Friend of the Council on Aging**

The Friends of the Council on Aging are actively seeking new members. The Friends are not only the fundraisers for the COA but they are responsible for numerous social and educational programs.

Want to know more - Call Pam at 978-887-3591

### **Vaccination Cards:**

Once you have been fully vaccinated, we at the COA are more than happy to make a copy of your card and hold it on file for you in case you may lose the original. Just stop on by at any time! You may also come by and update your copy if you have received your booster.

### **COA Van**

The van is available for rides to the COA for our classes and presentation. 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.

### **NEET**

NEET (Northern Essex Elder Transportation) has resumed its rides with mandated precautions. Everyone must pre-register! Contact the COA for info @ 978-887-3591.



## Funny Bone

I went down to the paint store  
to get thinner.  
It didn't work.

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When I get a headache I take two aspirin  
and keep away from children just like  
the bottle says.

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I hate it when I can't figure out how to  
operate the iPad and my tech support guy  
is asleep. He's 5 and it's past his bedtime.

---

Pulled out a nose hair to see if it hurt...  
judging by the reaction of the man asleep  
next to me on the bus, it seemed pretty  
painful.

---

My brother took going to jail really  
badly. He refused food, drinks. He spat  
and swore at whoever came near him and  
started throwing things everywhere.  
After that we NEVER played monopoly  
again.

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Today I learned that if you flip a canoe  
over you can wear it as a hat...because it  
is cap-sized.

---

The frantic young blonde calls out a May  
Day. "My pilot has had a heart attack and  
is dead and I don't know how to fly." She  
hears a voice over the radio saying: "This  
is Air Traffic Control and I hear you loud  
and clear. I will talk you through this and  
get you back on the ground. Everything  
will be fine! What is your height and  
position? The blonde says, "I'm 5'4" and  
I'm in the front seat." (After a long pause)  
"O.K." says the voice on the radio..  
"Now repeat after me."  
"Our father Who art in Heaven..."



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### **"ELVIS AND HEARTBREAK HOTEL, 1955": a very short story by Edith Fenton**

Elvis was locally famous, had just made Heartbreak Hotel, but still went out in public. We even invited him to our senior prom (he didn't attend). My boyfriend Charles and I were seated in a movie theater on Main Street when I noticed that Elvis was sitting in the seat to my left. He had on a cherry red sport coat. As we filed out of the theater, I was behind him. On Main Street, the lights were bright with people milling around. A girl passing by recognized Elvis and grabbed his sleeve. He looked down at her and said, "Cut me loose, cat". She swooned, "Oh, Elvis" and fell to the ground in a faint. An ambulance came and took her off. I assumed they were able to save her.



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



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

**COA Board Members**

Liz Murphy: Chairperson  
Judy Andersen: Secretary

*Members:*

Richard Shaw  
Steve Harvey  
Christina Eckert  
John Shirley  
Alicia Caron

**COA Staff**

Pam Blaquiére: COA Director  
Lisa Giugliano: Secretary  
Elaine Gould: Outreach Worker  
Cynthia Comeau: Van Driver

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

**Current Resident or**



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



**We would like to wish everyone who is celebrating their July & August Birthdays, a very Happy Birthday!**



## Fourth of July Trivia

1. When did the Fourth of July become a federal holiday?
2. How many people signed the Declaration of Independence on the Fourth of July?
3. Which president was born on the Fourth of July?
4. When did the Fourth of July become a paid federal holiday?
5. T/F: There are Fourth of July celebrations in other countries.
6. Which president was the first to hold a Fourth of July celebration at the White House?
7. Which newspaper first printed the Declaration of Independence?
8. When were fireworks first used to celebrate the Fourth of July?
9. T/F: Three of the first five U.S. presidents died on the Fourth of July.
10. How many people lived in the American colonies when the Declaration of Independence was signed?

**ANSWERS:** (1) 1870 (2) Two (3) Calvin Coolidge (4) 1938  
(5) True (6) Thomas Jefferson (7) The Pennsylvania Evening Post  
(8) 1777 (9) True (10) 2.5 Million

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."

*Make  
yourself  
a priority.*

At the end of  
the day,  
you're your  
longest  
commitment.