



# Boxford's Boomers & Beyond



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

**June 2015**

## **Mystery Trip Wednesday, June 3rd**

Every so often, the COA will offer a Mystery Trip to somewhere. Well — it's that time again. Are you willing to take a risk and sign up for the Mystery Trip? Since it's in June — the chance of snow that day shouldn't be an issue.

On Wednesday, June 3rd, around 11:15 AM — the COA Van will leave the COA to a destination unknown to the passengers. There is no cost associated with this trip (lunch included).. Since it's a Mystery Trip — you must take the van and seating is limited. If you are interested — please call the COA at (978) 887-3591 to sign up.

## **2015 COA Annual BBQ Wednesday, June 24th at noon**



Summer is officially here and it's time for the Boxford COA's Annual BBQ which is hosted by The Friends of the Boxford COA. All Boxford COA seniors are invited along with the Town of Boxford employees and Boxford COA volunteers. We will be sending out invitations to those who have supported the Boxford COA in other various ways to show our appreciation.

The menu will consist of hamburgers, hotdogs and sausages hot off the grills. To go along with the grilled items, we will be serving potato salad, macaroni salad, homemade baked beans, cooked peppers and onions, green salad and whatever the COA staff decides to include on the table. We will also have plenty of pickles, chips, chopped and sliced onions, mustard, mayonnaise and ketchup. Dessert — no idea at this time but we're working on it.

For entertainment, our favorite, Boomer will be here with his large repertoire of easy listening music and toe tapping songs enjoyed by all generations.

As usual — RSVP and Reservations are required/appreciated. The COA Van will be available for those who wish to take advantage of this service so when making your reservation — please tell us if you want the van service.

## **New Podiatrist**

After the sudden loss of Dr. Kirk Skinner, we were able to find another Podiatrist to fill the Boxford COA needs. Dr. Richard Manolian of Topsfield will be here on the first Wednesday of each month. The service is for routine care only and payable by check/cash at time of appointment — the cost is \$30 (no insurance). All appointments are made thru the Boxford COA.

## **Summer Of 2015 COA Schedule Changes**

As usual, some of the regular activities at the COA will be taking a summer hiatus. The biggest one is the twice-a-week Congregate Lunches which will stop on June 18th and resume around September 15th — please refer to September's Newsletter for the exact date.

Other COA activities taking a summer hiatus are the Book Lovers Club, The Great Group, Wonders of Science, Cookin' With Anna, Acrylic Art Class, Facts and Figures, weekly movies and the regular monthly scheduled COA Board Meetings.

The last dinner at the First Congregational Church will be on June 10th and will resume in the fall.

The MahJongg group will move from Wednesday afternoons to Thursday afternoons — same time.

The Wednesday weekly BBQ Lunches will start up on July 1st and reservations are required. The cost for the BBQ's is still \$3.00/pp. The COA van is available for transportation to and from the COA for those who wish to take advantage of this service at no cost.

## **COA Summer BBQ's**

Starting on Wednesday, July 1st, we will begin the Wednesday summer BBQ's. The cost is \$3.00/pp and reservations are required. The menu will always consist of hotdogs and hamburgers hot off the grill along with side dishes. The side dishes will be at the whim of the COA staff. Nothing has changed — just another year. The COA van will be available for the BBQ's.

## **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](http://www.btabolt.org)

*All Ages Welcome*

## **GAME DAY (MAH JONGG)**

### **Wednesdays 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, meets at FMV on the 3rd Friday of the month. 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**

Tuesday, June 16th, from 10:30 to 11:30 AM

*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 usually meets on the 3rd Monday of the month. The next meeting will be held on June 15th at 1 PM The book of choice will be discussed and either recommended to other members of the Book Club or panned. If you have any questions, please call the COA.

*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, June 10th at 9:30 AM.

*All are Welcome*

## **COOKIN' WITH ANNA**

Cooking' With Anna is scheduled for the 3rd Monday of the month. The next class will be held on Monday, June 15th at 9:30 AM. Please call the COA if you plan on attending.

*All Seniors welcome*

## **The Wonders of Science**

### **CRISPR—A Tool For Editing Genes**

#### **Tuesday, June 16th at 9 AM**

In the past year or so, researchers have discovered that the bacterial system can be harnessed to make precise changes to the DNA of humans, as well as other animals and plants. This means a genome can be edited, much as a writer might change words or fix spelling errors.. Many predict a possible end to many hereditary diseases as it potentially makes gene therapy a reality. But an open letter from leaders in the biotech community was recently released in which it called for a stop in all research using CRISPR for editing human DNA. You will examine the reasons for their concern (hint: Jurassic Park) in time for the next Presidential election. It is important we understand their concerns in order to guide officials on whether to fund and regulate such research.

*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 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 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.

## **Gloucester Harbor Cruise Lobster Bake Cruise**

**Wednesday, August 19th**

Cruise Gloucester Harbor aboard the beautiful Beauport Princess. And enjoy the views of the city's historic skyline, working waterfront, Rocky Neck Art Colony and the famous Greasy Pole, America's first lighthouses and more. During the cruise, dance to the music of national recording stars. Then to top this off — you can enjoy their famous Lobsterbake. Buffet Menu. Enjoy such items as clam chowder, steamed lobster (1 per person) with drawn butter, BBQ chix breast, corn on the cob, red bliss potatoes, coleslaw and dessert. The cost is \$89/pp and includes transportation, cruise, luncheon, entertainment & dancing. A deposit of \$10 is due at reservation with balance on July 19th.

**Holiday Pops Christmas  
Matinee Show  
Saturday December 5th**

Start out with a wonderful meal at Venezia 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.

## 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.

### Wednesday, June 17th

The weather is nice now so how about someplace by the sea or near water? Before the traffic becomes too heavy — lets head out to Tides Restaurant & Pub on Nahant Beach. The prices looked reasonable, they have a regular menu, a lunch sized entrees menu and a gluten-free menu. The van will be leaving the COA around 11:00 AM. ***Please call the COA if you are interested in going.***

## Congregate Lunches Tuesdays and Thursdays Thru Thursday, June 18th

Lunches are served at the COA every Tuesday and Thursdays at 11:30 AM. The cost of the lunch is \$2.00 per person. Monthly lunch menus can be found on the Town of Boxford's web site or at the COA. Reservations **are required** and must be received by 11 AM of the preceding work day. Congregates lunch will take a summer hiatus and resume sometime in mid-September.

## Bean Supper St James Episcopal Church Saturday, June 20 — 4 to 6 PM

St. James is having a Bean Supper on Saturday, June 20, between 4 and 6 PM in the Parish Hall, 119 Washington St., Groveland, MA. They will be serving baked beans (both pea and kidney), hot dogs, potato salad, macaroni & cheese, Coleslaw and homemade desserts. Cost if \$8—adults, \$4—children under 12.

## Movie Time at the COA Thursdays around 12:15 PM

The COA has a large selection of DVD's and VHS tapes you can borrow to view at your leisure. If interested — just stop by the COA and sign out the movies you would like to borrow — no charge.

We've shown a lot of good movies this year which we hope you enjoyed. Planned movies for the month:

June 4: The Best of Me

June 11: The Hunger Games—Mocking Jay Pt 1

June 18: Big (Tom Hanks—2003)

The movies start immediately after the Congregate Lunch — roughly 12:15 PM. If you wish to join us for lunch — see Congregate Lunches article above.

Most movies/DVD's will be available to borrow after they are shown at the COA..

## Wednesday Night Dinners

### First Congregational Church Boxford

The First Congregational Church of Boxford serves dinners every Wednesday at 6:30 PM. The menu varies — you never know what they are serving until you get there — but the meals are delicious and well worth it. Cost per person is \$7.00 and no reservations are required—just show up. There will be a summer hiatus for these dinners — the last day for the Church Dinner will be on June 10th and will resume in September or October.

## 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.

June 26th:

- Tanglewood—Lenox
- Norman Rockwell Museum—Stockbridge
- The Mount: Edith Wharton's Home—Lenox
- Worcester Art Museum—Worcester
- MIT Museum—Cambridge
- Peabody Essex Museum—Salem
- The House of the Seven Gables—Salem

Visit their website ([www.highlandstreet.org/freefunfridays](http://www.highlandstreet.org/freefunfridays)) to see July's list of places you can visit or wait for the July Newsletter where we will printout the free places to visit on Fridays throughout July.

## VNA Care Network presents..... Fewer Falls, Safer Seniors Program The Remaining 2 Weeks

This is a free program, thanks to a grant from The Tufts Health Plan Foundation. The program consists of talks, screenings and more over a 6 week period. For those who attend all sessions — your name will be entered into a raffle for an American Express gift card and other prizes. The remaining sessions will be as follows:

June 3: Medication Review—1-3 PM. Appointment necessary.

June 10: Making Fall Prevention Work For You—1-2 PM

Raffles will be drawn on this day.

Information and appointments for Screenings:

- Boxford COA — 978-887-3591
- Maureen Sendrowski, RN, MPH (VNA) 888-663-3688, ext 5603.

**Homemade Mosquito Trap**

Haven't tried it but I've heard it works great.

**Ingredients:**

- 1 cup of water
- 1/4 cup brown sugar
- 1 gram of yeast
- 1 2-liter plastic bottle

**How:**

1. Cut the plastic bottle in half
2. Mix brown sugar with hot water. Let cool. When cold, pour in the bottom half of the bottle.
3. Add the yeast. No need to mix. It creates carbon dioxide which attracts mosquitoes.
4. Place the funnel part (upper part of bottle), upside down, into the other half of the bottle taping them together if desired.
5. Wrap the bottle with something black, leaving the top uncovered, and place it outside in an area away from your normal gathering area. Mosquitoes are also drawn to the color black.

Change the solution every 2 weeks for continuous control.

**Get Active, Wherever You Are**

You know that physical activity can help you live a longer, healthier life. But did you know you don't need to join a gym or use costly equipment to be physically active? No matter where you live, work or go to school, you can find ways to move more and sit less throughout your day. In addition to helping your health, you might have fun without spending a lot of money.

Moving more and sitting less can reduce your risk for many serious conditions, including heart disease, diabetes, osteoporosis and certain kinds of cancer. Some studies suggest that physical activity can have mental benefits as well, helping to relieve depression and maintain thinking abilities as you age. Healthful physical activity includes exercise as well as many everyday activities, such as doing active chores around the house, yard work or walking the dog.

Activities that cause you to breathe harder are called aerobic activities. These make your heart and blood vessels healthier. Aerobic activities include brisk walking, line dancing, Zumba, Yoga, swimming and playing some sports. Strengthening activities, like pushups and lifting weights, help make your muscles and bones stronger and can also improve your balance.

But even though many of us know that physical activity is a good thing, most adults nationwide don't meet even the minimum recommended amounts of physical activity. (That's at least 30 minutes of brisk walking or other moderate activity, 5 days a week.)

Why aren't we more active? Lack of time and location are high on the list of why we aren't more active. Boxford doesn't have sidewalks or street lighting which inhibits safe walking. Taking public transportation, like buses and trains, can help boost activity. But, here again, Boxford doesn't have public transportation.

Our environments have become less friendly to being active. Although our environment can affect how active we are, you can still look for new ways to use the world around you to add some movement to your day. If you're at work, try climbing the stairs instead of using the elevator. And get up from your chair and move around at least once an hour. Stand up and walk to a colleague's office instead of sending an email. Try standing instead of sitting when you're on the phone, or have "walking" meetings with co-workers instead of sitting in a conference room. And take a brisk walk on your lunch break to get some activity in. Or stop in at the Boxford COA to take some of their exercise classes like Line Dancing, Yoga, Zumba or Chair Yoga. These classes cost \$3.00/pp and no signups are required. If you're uncertain as to whether you'd like a certain class — stop in and take a look. Line Dancing classes are held on Monday and Thursday's between the hours of 10-11 AM. Regular Yoga classes are held on Tuesdays from 10 to 11 AM and Thursdays from 12:30-1:30 PM. Chair Yoga is held on Wednesday between the hours of 9-10 AM and Zumba classes, also on Wednesday, between the hours of 10:30-11:30 AM.

It's not really necessary to engage in vigorous activity like running to have beneficial health effects. Just 30 minutes of brisk walking most days, in at least 10-minute segments can have a positive effect. You have to look for opportunities to fit physical activity into your days.



**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 Maureen Sendrowski RN, at 888-663-3688 , Ext. 5603. 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, June 3rd 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 office appointment or call Dr. Manolian's office for a home visit 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

## Mature Drivers Is It Time???

Research shows that we tend to drive better as we age — up to a certain point.

Statistics tell us that the crash rate for mature drivers is relatively low due to the fact that most mature drivers tend to self-regulate by taking simple but important precautions. These self-imposed limitations may include driving only during daylight hours, staying home when weather conditions are poor, avoiding rush hour and driving less.

Owning a car and holding a license are privileges that come with a good deal of responsibility. We all have an obligation to be concerned about our driving.

### Warning Signs of Unsafe Driving:

Is it time to consider driving less or not driving at all? If you can honestly answer yes to many of the following questions, you might want to consider the alternatives of driving less or quitting altogether.

1. Do you often get lost on once familiar roads?
2. Do you forget the basics, such as putting on your headlights and wearing a seat belt?
3. Are you unsure of your parking skills? Can you parallel park and park in a straight line?
4. Are you unsure of your reflexes and reaction time? Is it difficult to react quickly in certain situations, e.g., braking to avoid a collision?
5. Do you have difficulty seeing clearly in the dusk and dark?
6. Do headlights from other vehicles obstruct your sight?
7. Are you easily intimidated by passing vehicles including trucks and motorcycles?
8. Do you have difficulty reading road signs?
9. Do you have difficulty following construction detours or

seeing the police officer on detail near construction zones?

10. Do you have difficulty seeing train crossing signals or hearing train whistles?
11. Do you have difficulty keeping up with the posted speed limit?
12. Do you get drowsy behind the wheel or have difficulty concentrating?
13. Do you have difficulty hearing other vehicles?
14. Are you now afraid of driving?

### Driving Evaluations:

Many hospitals, rehabilitation centers and occupational therapists offer driving evaluations. Several safety organizations offer other driver training. If you are unsure of your driving skills — you might want to check into this. The Registry of Motor Vehicles also offers free, one-hour safe driving workshops across the state. You can find these on the Massachusetts Registry of Motor Vehicles website under "Mature Drivers." [www.massrmv.com/rmv/seniors](http://www.massrmv.com/rmv/seniors)

If you have problems finding the information, please call the COA for assistance.

### Alternatives to Driving — What Are Your Options:

Living in Boxford is not easy for those who do not have a drivers license or friends/family whom they can rely on as we do not have public transportation. The COA has done what it can to make things easier in cases like this. There is Ring & Ride — a van service which will transport you to almost anywhere in the Merrimack Valley area at a cost of \$2/each way. (Brochures are available at the COA.). There is the NEET Program (Northern Essex Elder Transport) which will take our seniors to their medical appointments (including Boston). The COA Van is made available many times for our seniors who wish to attend various activities in Boxford, Flu Clinics, elections, activities at the COA, grocery shopping, etc. (see van schedule on the COA website)..

**Dear Ole Maxine**

If it's true that we are here to help others, then what exactly are the others here for?

Why did Kamikaze pilots wear helmets?

Whose cruel idea was it to put an "s" in the word "list"?

Why is it that no matter what color bubble bath you use, the bubbles are always white?

Is there ever a day that mattresses are not on sale?

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?

Why do people run over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it and then put it down to give the vacuum one more chance?

How do those dead bugs get into the enclosed light fixtures?

**2 AM Police Stop**

Ron Chestna, 89 years of age, was stopped by the police around 2 AM and was asked where he was going at that time of night.

Ron replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer asked, "Really? Who in their right mind would schedule a lecture at this time of night?"

Ron replied, "That would be my wife."

**Stages**

The old believe everything,  
The middle-aged suspect everything,  
The young know everything.  
- Oscar Wilde

Forty is the old age of youth;  
Fifty is the youth of old age  
- French proverb

**Staying Young**

Crossing the street in New York keeps old people young — if they

make it.  
- Andy Rooney

You can't help getting older, but you don't have to get old.  
- George Burns

The secret to staying young is to live honestly, eat slowly and lie about your age.  
- Lucille Ball

I refuse to admit that I am more than fifty-two, even if that does make my sons illegitimate.  
- Nancy Astor

I don't think I'll ever live to be a hundred.  
I've been fifty for twenty years now.  
- Helen Ksyepka

**Aging With A Smile**

When people tell you how young you look, they are also telling you how old you are.  
- Cary Grant

I don't know how you feel about old age....  
but in my case, I didn't even see it coming.  
It hit me from the rear.  
- Phyllis Diller

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After experiencing yet another computer glitch, Barb called her son over to troubleshoot.

"Mom," he said, "I keep telling you — you have to back up your hard drive!"

"I would, son," Barb replied, "If you would just show me how to put the damned thing in reverse!"

\*\*\*\*\*

An older motorcycle rider was stopped at a light at a crossroads one midnight. In a puff of smoke and a roar that drowned out the motorcycle engine, the devil appeared. Everyone in the area raced away in terror. Everyone, that is, but the old biker.

"Don't you know who I am?" the devil asked.

"Of course, I do. You're Satan."

"And that doesn't frighten you?"

"Why would it?" the biker replied, "I've been married to your sister for 45 years."

**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.*

**Happy Birthday to our June Seniors. The June Birthday lunch will be held on Tuesday, June 16th at 11:30 AM. Please call the COA the Thursday 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*

**D-DAY  
CONVOY**

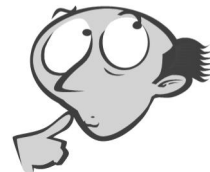
*June 6th  
D-Day*

*June 11—Corn on the Cob Day*

*June 16—Fudge Day*

*June 17—Stewarts Root Beet Day*

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."



**Things To Ponder**

***Your value does not decrease based on someone's inability to see your worth!***



*June 21st  
Father's Day*