



Boxford's Boomers & Beyond



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

June 2022

Lyme Disease

Presented by Joan Fitzpatrick, RN of VNA Care
Monday, June 13th, 2022 @ 1:00 pm

Join Registered Nurse Joan Fitzpatrick for a presentation on Lyme Disease. Cause and treatment. Refreshments will be served. Call the COA to sign up.

"Postural Awareness"

Wednesday, June 15th @ 10:30 am

@ the Boxford COA

Speaker: Roisin Keon, Physical Therapist. She will discuss Postural Awareness which plays such a huge role in spine health, balance and shoulder function. It's never too late to improve your posture! **Lunch will follow this presentation for those who attend.** Please call the Boxford COA at (978) 887-3591 to make your reservation.

Thrift Shop Shopping Along with Lunch **Thursday, June 16th, 2022 @ 9:00 AM**

Join us for a special shopping trip to Frugal Fannies in Westwood, MA with lunch to follow. Our van will depart from the COA promptly at 9:00 am to head out to Frugal Fannies. Family owned fashion warehouse for women. Known for their top labels and famous name-brand clothing. We will be making a short stop for lunch on the way home. (Participants are responsible for the \$3.00 van fee and their own meals.)

Space is limited so please sign up early.

Effective Immediately

ALL checks for the Council on Aging MUST now be made out to the Town of Boxford and on the memo line please print Council on Aging per the request of our bank. This is for any donations and class fees.



BBQ on the Lawn!

**Wednesday, June 22nd, 2022
@ Noon**

(BBQ's this summer will take place every other week)

Join us for our first BBQ of the season on Wednesday, June 22nd @ Noon. This is not a weekly event. BBQ's will take place every other week beginning July 13th. **RESERVATIONS ARE REQUIRED AND NO WALK INS ARE ALLOWED.** 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 **cost of lunch 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.



Murder a' La Carte **Wednesday, June 29th @ 1:00 pm**

The Delvena Theatre Company will be presenting Murder a' La Carte. Who dunnit? An exciting, live, comedic, interactive murder mystery performance set in Luigi's Ristorante featuring Lynne Moulton, Joseph Zamparelli and Fran Baron in multiple roles. Come put your "super sleuth" on - having much fun along the way. Token prizes will be awarded.

Funded by the Boxford Cultural Council.
All are welcome! Call the COA to sign up.

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!

Give us a call at the COA to sign up at 978-887-3591.

The COA will be closed Monday, 6/20 Juneteenth Independence Day!

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 **Wednesdays** from **9:00 to 10:00 am**.
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, June 14th beginning at **9:00 am** with Bob Spillman. Topic: "Interesting Engineering"
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

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.

MAHJONGG

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

Services

WELLNESS CLINIC:

The VNA Care Network and Elder Services will be holding their free Wellness Clinic on the **2nd Tuesday** of the month from **11:00 am to 1:00 pm** at the COA. 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, June 14th 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. June's office hours will be Friday, June 3rd and Tuesday, June 21st. You can sign up for the office hours at:

<https://calendly.com/teamtram/officehours?month=2022-05>

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

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.



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, its 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**

Lunch Bunch Trips

See below for our Lunch Bunch Trips for the month of June. 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.

Hungry Traveler

98 Beach Rd., Salisbury, MA

Thursday, June 9th

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

A local family owned restaurant that serves seafood and prime rib along with other homemade mouthwatering meals.

Kowloon

948 Broadway, Saugus, MA

Thursday, June 23rd

Meet @ COA 11:25 am, Van Leaves @ 11:40 am

Third generation, The Wong family continues its tradition with providing top notch fresh, delicious cuisine in a traditional themed atmosphere.

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, June 14th

Tuesday, June 28th



Medicare Wellness Webinars

Tuesday, June 7th

2:00 pm to 2:30 pm

Nutrition Boosters and Busters for Longevity
Register Now @ bcbsma.info/June7

Wednesday, June 22nd

10:00 am to 10:30 am

Yoga Chair Stretches and Guided Relaxation Practice

Register Now @ bcbsma.info/June22

Open to all!

Sponsored By Blue Cross Blue Shields of Massachusetts



Asking for a COA member...

We are looking for donations from anyone that may have any diabetic test strips that they are no longer needed. Please drop them off at the COA anytime during business hours. Thank you! Any donations are greatly appreciated.

Topsfield Historical Society

Welcome's back The Strawberry Festival!

Saturday, June 11th, 2022

10:00 am to 4:00 pm (Rain or Shine)

On the picturesque Topsfield Town Common, Topsfield, MA

This year is the 53rd Annual Strawberry Festival. Family fun for everyone! Food, games and music. Over 60 fine artisans from art, glass, pottery and much more. Bowls and bowls of fresh strawberries, whipped cream and piles of shortcakes are prepared and served by our volunteer members.

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.

Effective Immediately

ALL checks for the Council on Aging MUST now be made out to the Town of Boxford and on the memo line please print Council on Aging per the request of our bank. This is for any donations and class fees.

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

Liz Murphy: Chairperson
Judy Andersen: Secretary

Members:

Richard Shaw
Steve Harvey
Christina Eckert
John Shirley
Alicia Caron

COA Staff

Pam Blaquiere: 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 June Birthdays, a very Happy Birthday!



BBQ TRIVIA

1. What percentage of people use their grill when its below freezing?
2. What is the most popular day to BBQ?
3. What is the most popular food to grill?
4. What city is known as the "Barbecue Capital of the World?"
5. The word "barbecue" has its roots in which language?
6. Who invented the charcoal briquette?
7. Approximately how many hot dogs do Americans eat on Memorial Day?
8. What type of grill do most Americans use: gas or charcoal?
9. When is National Barbecue Day?
10. T/F: Baby-back ribs got their name because they're shorter than spare ribs.

ANSWERS: (1) 33% (2) July 4th (3) Hamburgers (4) Lexington, North Carolina (5) Haitian & French (6) Elsworth Zwoyer (7) 150 million (8) Gas (9) July 13 (10) True

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."



*Life isn't about waiting for the storm to pass...
It's about learning how to Dance in the rain.*