



Boxford's Boomers & Beyond



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

March 2015

Spring Ahead

Time to Change Your Clocks

Yep — Saturday PM (March 7th) or Sunday AM (March 8th) it's time to move the clocks ahead. You lose an hour of sleep but the daylight seems longer. This is also the time to change the batteries in both the carbon monoxide and smoke detectors. If you have hardwired units — they also have batteries as backup so they need changing too. It also means spring is just around the corner — YEAH!!!!

St. Pats Holiday Luncheon

March 11th at Noon

First Congregational Church Hall

"Tis the wearing of the green" month and a good time to get your fill of a delicious corned beef and cabbage dinner.

The Friends of the Boxford COA is holding their annual St. Pats Luncheon and all Boxford COA seniors are welcome. Please call to make your reservations by Thursday, March 5th — **reservations are a must**. At time of reservation — if you would like to take advantage of our COA van service — please let us know so we can schedule pickups, etc.

This year we are serving "red" corned beef (my favorite) along with the usual trimmings of a boiled dinner such as cabbage, potatoes, carrots and turnips. We will also be serving baked ham for those who have not acquired the taste for corned beef. There will be plenty of appetizers to start your meal and end with some sort of delicious dessert.

Brian Cochran will be with us again to sing those wonderful Irish songs/melodies and get us laughing with his whimsical Irish tales.

De-Clutter and Organize Your Life!

Wednesday, March 18th at 11 AM

At the Boxford COA

A representative from The ElderInsider (JoAnne Thibault) will be here on Wednesday, March 18th at 11 AM for a De-Clutter and Organize Your Life presentation.

Do you have too much stuff? Do you really-really need all that stuff? When was the last time you used some of that stuff? Think

how you would feel when you sort through your "stuff" and organize your home, and your life.... You probably would feel pretty good! Learn tips on how to start the process!

Signups are required, seating limited, and lunch will be served after the presentation to those who attend. Please call the Boxford COA at (978) 887-3591 to sign up for this presentation.

Maple St. Bistro

(Formerly The Log Bridge Inn)

Tuesday, April 7th

This was once the Log Bridge Inn at the North Shore Regional Vocational School. Now they have merged with Essex Aggie and moved into a new building — it's called the Maple St. Bistro. As before, the school will send a bus to pick us up. If interested, you can call the Boxford COA now to make your reservation — seating is limited. Please let us know at time of reservation whether or not you will be coming in your own vehicle or in the school bus. The total cost is \$10/pp, (\$8/meal, \$1/driver tip, and \$1/food server tip).

Spofford Elementary School

Band Concert

Thursday, April 16th, 9:30 AM

The 6th Grade Bands and Chorus cordially invite you to attend their Boxford Senior Bands and Chorus Concert and Luncheon on Thursday, April 16th at the Spofford Elementary School. **Reservations are required by March 25th.** If interested, please call the Boxford COA now to make your reservation. The COA Van will be available for those who wish to take advantage of this service. Please let us know at time of reservations whether or not you want to use the van as seating will be limited.

COA's Antique Appraisal Day

Sunday May 3rd, 10 AM to 3 PM

What treasures do you have in the attic? Find out at the 1st Annual Antiques Appraisal Fair. Appraisers from Kaminsky Auction House will be on hand to evaluate up to 3 items per person. All appraisals are free with a suggested donation of \$10.00*. All participants who pre-register will be given a time slot for their appraisal. Bring photos of large objects to schedule an exclusive home visit for just \$25. Registration forms will be available at The COA, Town Hall and The Boxford COA website.

***All proceeds go to the Boxford Senior Center Building Fund.**

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

YOGA CLASSES With Mary

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

All Ages Welcome

ZUMBA With Kym

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

All Ages Welcome

HIKING

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

All Ages Welcome

GAME DAY (MAH JONGG)

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.

MIXED BAG (Knitting)

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

All Are Welcome.

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

Dick Curren, a Service Advisor from Senator Bruce Tarr's office will be at the Boxford COA on Tuesday, March 17th between the hours of 11 AM to 12:30 PM. He will be here to listen to your problems or concerns and, either immediately, answer your questions or get back to you at a later date with the answers.

All seniors 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

UPDATE

Electronic Gadget

Assistance

Until the Library issues are resolved, the COA is uncertain whether or not the Electronic Gadget Assistance will be available. But, we do have someone who might be able to help you with your problems. So give us a call, tell us your woes and we'll see what we can do to help you. This includes computers, e-readers, I-pads, smart phones and various apps.

All are welcome

CHANGING EVENTS

NEW—Acrylic Art Classes

A new 6-week session will start on March 16th, pending any unforeseen COA closings. The art teacher is Peter Grimshaw. The cost is \$30.00 for a 6 week course. Some art supplies will be provided — call the Boxford COA for more information.

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 March 23rd. Due to the confusing status of the Library, it has been decided to make the book of the month the selection of each member. The book of choice will be discussed and either recommend 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 Thursday, March 12th, 2015

All Seniors Welcome

COOKIN' WITH ANNA

Cooking' With Anna is scheduled for the 3rd Monday of the month. The next class will be held on Monday, March 16th at 9:30 AM. Please call the COA if you plan on attending.

All Seniors welcome

The Wonders of Science

The Science Behind The

Simple Bubble!

Tuesday, March 17th at 9 AM

A child can form one of nature's most amazing feats by making a bubble with soap and water appear with a simple breath. We'll explore the magical chemistry behind a simple bubble and see how that knowledge can be applied to structures as complex as cells. You'll learn nature's secret and discover some delightful applications of this knowledge. If you like bubbles, bring your questions, smiles and imagination.

All Ages Welcome

FACTS & FIGURES

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

All Ages Welcome

IMPORTANT INFORMATION

CHAIR YOGA With Lisa

Classes are held on Wednesdays at 9 AM. The cost is \$3.00 per person. Lisa had her operation, is doing well and expects to be back sooner than originally though. Until then, we have a replacement teacher to cover her classes. Please call the COA for more information.

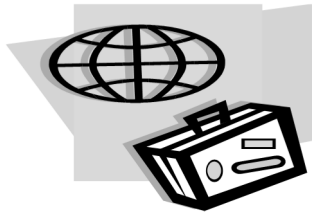
All ages welcome

Wood Carving Classes

Woodcarving is on winter hiatus and will resume in March or April 2015.

All ages welcome

Boxford COA Trips With Collette Vacation



Heart of the South April 19—26, 2015

Book now and save — Dbl \$2,179, Single, \$2,679, Triple \$2,149. Regular rates: Dbl \$2,279, Single, \$2,779, Triple \$2,249.. Cost includes round trip air from Logan, air taxes and fees/surcharges and hotel transfers. Not included — cancellation Waiver and Insurance of \$205.00/pp. Highlights of the trip include a journey through New Orleans, Baton Rouge, Natchez and Lafayette. In New Orleans you will visit the French Quarters, the Court of Two Sisters, the St. Louis Cemetery and much more. In Baton Rouge you will tour the State Capitol Building and learn about Governor Huey Long. Then off to Natchez where you'll go on a captivating tour of this pre-Civil War town. For more info — call the COA.

Alaska Adventure June 2—12, 2015

Fly out of Logan International Airport to Seattle Washington where you will spend a couple of days before boarding the Celebrity Solstice for your trip to Alaska. In Seattle, your sightseeing tour includes an elevator ride to the observation deck of the Seattle Space Needle, a duck boat tour, historic Pioneer Square, Pike Place Market and the restored waterfront area. The next step of your trip will be aboard the cruise ship. Your port of calls will include stops at Ketchikan, Tracy Arm Fjord, Juneau, Skagway and then Victoria, British Columbia. Book early and save \$100./pp. Prices range from around \$3900 to

\$3400/pp—double occupancy. Singles range from \$5500 to \$4850—single occupancy. Prices vary on your choice of cabins (Inside, Outside, Balcony). For more information, please call the COA or stop in for the brochure.

Mackinac Island Sept. 5—12, 2015

Featuring Greenfield Village & Henry Ford Museum, Edsel and Eleanor Ford House, Mackinac Island, The Grand Hotel, Chicago and Millennium Park. Rates are \$2,949/dble occup, \$3,949/single occup or \$2,919/triple occup. Book now and save \$100. Trip includes round trip air from Logan Int'l Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price — Cancellation Waiver and Insurance of \$205/pp.

Northern National Parks October 2-9, 2015

Featuring Yellowstone National Park and Grand Teton National Park. Your tour begins in Salt Lake City Utah and progresses to Jackson Hole Wyoming. Book now and save \$100/pp. Discount prices (at savings price) are \$2349/pp dble, \$3049/pp single, \$2319/pp triple.

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.

Europe River Cruises



Springtime Tulip Cruise 3/27/15 Departure, 9 days

Experience the color and glory of spring on this leisurely river cruise through the Netherlands and Belgium. Cost is \$2549.00/pp.

Classic Danube Cruise 4/20/15 Departure, 11 Days

Begin by spending two nights in a riverfront hotel in Wurzburg, an ancient Franconian wine town, before departing on a relaxing cruise along the Danube River. Float along the river through the Wachau Valley and small riverside towns on a seven-night cruise. Cost is \$3349.00/pp.

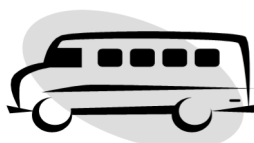
Rhine River Cruise 4/26/15 Departure, 9 days

Enjoy Holland and the Rhine Valley on this relaxing cruise and land tour. In Amsterdam, enjoy a city tour and canal cruise. Next, board your 4-star river cruise, your home for the next six nights. Cost is \$2849.00/pp.

Legendary Waterways of Europe 5/1/15 Departure, 16 Days

Cruise through five countries in the heart of Europe on this relaxing 14-night cruise. Let the waters of the Rhine, Moselle, Main and Danube carry you gently through Holland, Germany, Austria, Slovakia and Hungary, exploring striking vistas rich with history, culture, lore and traditions. Cost is \$5049.00/pp.

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.

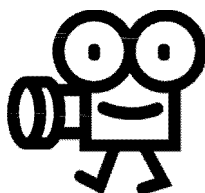
Thursday, March 19th

How about a good Italian meal Roma's Ristorante in Haverhill? Don't really care about Italian food — they also have a wide selection of chicken, fish and beef meals along with soups and salads. The van will be leaving the COA around 11:15 AM. Please call the COA if you are interested in going.

Congregate Lunches Tuesdays and Thursdays

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.

Movie Time at the COA Thursday, 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:

- Mar 5: The Theory of Everything
- Mar 12: The Quiet Man (John Wayne)
- Mar 19: Foxcatcher—Academy Award Nominee
- Mar 26: Birdman — Academy Award Nominee

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.

Coming attractions: American Sniper, Selma and Into the Woods. These DVD's are all on pre-order and will be shown at the COA when they become available.

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

Wednesday Night Dinners First Congregational Church Boxford MA



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.

Free Tickets To Mistral Concert Of Your Choice

Sunday, April 12th at 3 PM
Andover: South Church

The Gypsy Spirit: The merging of the melancholy, passion and abandon of Romany Folk tunes with the Classical traditions in major works of chamber music.

MONTI	<i>Czardas for flute & strings</i>
HAYDN	<i>Piano Trio No. 39, "Gypsy"</i>
RAVEL	<i>Tzigane (Gypsy) for violin & Piano</i>
BRAHMS	<i>Hungarian Dances for four hands</i>
	<i>Piano Quartet in G minor</i>

If you are interested — please call the Boxford COA at (978) 887-3591 to reserve your ticket. Each ticket coupon entitles you & guest (2 per ticket) to Mistral concert of your choice.

April 15th Is Getting Close

Community Action Inc. (CAI) participates in the IRS sponsored VITA (Volunteer Income Tax Assistance) Program which offers free tax help to low-to moderate-income people (generally \$53,000 and below). IRS certified volunteers receive training to help prepare basic and intermediate tax returns for those unable to do so themselves.

CAI's VITA site is located at 3 Washington Sq in Haverhill. Free tax preparation for those who qualify is available starting immediately through mid April. Massachusetts and Federal tax returns are prepared simultaneously. Returns are reviewed by a qualified coordinator and electronically filed.

Dark Chocolate Truffles Recipe

Rich and decadent chocolate truffles are surprisingly easy to make at home. Hand rolling chocolate truffles is a fun way to create your own sweet treats, or to make a special gift for the chocolate lover in your life or just for yourself because you deserve it.

Ingredients

- 1 lb dark chocolate, broken in small pieces (milk or white chocolate could work also)
- 1 cup of heavy cream
- 1 tsp flavor extract such as mint, coffee, orange, etc. optional
- Cocoa powder as needed

Prep time—30 minutes, cook time — 5 minutes



Place the broken chocolate in a mixing bowl. Put the cream on the stove in a heavy saucepan and bring to a simmer over medium heat. As soon as it comes to a simmer, quickly pour it over the chocolate and let it sit for 60 seconds. After 60 seconds, add the optional extract, and slowly stir the mixture. After a few minutes of stirring the melted chocolate and cream will come together to form a beautiful, shiny, thick chocolate mixture known as a “ganache.” Take a spatula and scrape down the sides of the bowl, cover and refrigerate for at least an hour, or until the ganache is firm enough to scoop.

Add about 1/2-inches of cocoa into a baking dish or plate. Scoop out about 1-oz portions (or whatever size you want) with a sorbet scoop or spoon and toss them into the cocoa; roll around to coat. You can do about 4 or 5 at a time. Transfer to a plate and keep refrigerated. Note: when shaping, you can leave the truffles a bit irregular as is traditional, or roll them a little in your hands to make them nice and round before tossing in the cocoa. The rolling will cause some messy hands but you'll figure out a delicious way to keep them clean!

Life Hacks

Trivia Bits of Info

Placing an envelope in the fridge for an hour will unseal it. A good tip to know if you forgot to include something.

Drinking two cups of water before meals can make you lose an average of 4.5 more pounds within 12 weeks.

When a price at Costco ends in \$.97 — it's their clearance price and that's the lowest it'll ever go.

Mosquito bite? Press a HOT spoon onto the bite. The heat will destroy the chemical that caused the reaction and the itching will stop.

Solve “Spot The Difference” puzzles instantly by crossing your eyes. The differences will appear immediately.
(I tried it and it works.)

When approaching a door, look for the hinges.
If you see them — pull.
If not — push.

This will help you avoid some embarrassing moments!

Holding a banana peel over 1 bruise (for 10-30 minutes), will remove it's color!

Falling air pressure causes pain in bird's ears, so if birds are flying low to the ground it almost always means a thunderstorm is coming.

VNA Care Network presents.....

Fewer Falls, Safer Seniors Program

A 6 Week Program at the COA

Starting Wednesday, May 6th at 1 PM

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 sessions will be as follows:

- May 6: Falls & Your Risks Talk — 1 -2 PM
 - May 13: Balance screenings — 1 -3 PM. Appointment necessary.
 - May 13: Orthostatic BP Screening—1 -3 PM. Appointment necessary.
 - May 20: Osteoporosis Screening: 1-3 PM. Appointment necessary.
 - May 27: Exercise—1-2 PM. Wear slacks & comfortable shoes.
 - 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
- Faith Theokas, RN (VNA) (888-663-3688 ext 1372)
- Maureen Sendrowski, RN, MPH (VNA) 888-663-3688, ext 5603



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 Faith Theokas RN, at 888-663-3688 , Ext. 1372. 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, call Renee at (508) 335-1675.



PODIATRY. Dr. Skinner will be here on **Tuesday, March 17th** starting at 9:00 am, the fee is \$30 per session. Dr. Skinner is available at the COA on a monthly basis. He is also available to provide routine foot care to homebound seniors in the area. The cost for a home visit is \$50.00 and is payable at the time of the visit. Please call the COA, at 978-887-3591 to schedule an appointment at the COA. For home visits ONLY, call his office at (781) 944-6024



HEARING CLINIC On Tuesday, March 10th 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 appt.

When Your Back Hurts

Don't let back pain knock you flat. Is your back hurting? You're in good company, in any 3-month period, about 1 in 4 adults in the US has at least one day of back pain, mostly in the lower back.

The back is a complicated structure, its center is the spine, which is made up of 33 bones called vertebrae stacked in a column. The nerves of the spinal cord run in a tunnel through the middle of those bones. Spongy discs between the vertebrae act as cushions. Ligaments and tendons hold everything together.

A lot of things can go wrong with your back. A strained muscle or a problem with a disc or a bone can cause pain. Back pain might also arise from a fracture or tumor. Much of the time, though, it's impossible to tell what's making your back hurt.

Your back naturally changes as you get older. Discs degenerate and arthritis may develop in the small joints of the back. Those changes may show up on an MRI or other types of imaging scans. But such changes to the back are also seen in a lot of people who don't have back pain. So it's hard to know if the changes are actually what's causing the pain.

People with obesity are more likely to have low back pain, as are people who smoke. Back pain is also more common in people who don't exercise much or in people who are mostly inactive but have occasional bursts of exercise.

The good news is most back pain goes away by itself. A new pain in the back can usually be treated with over-the-counter medications for the pain and staying away from the activity that is hard on the back — lifting, carrying, bending and twisting. The problem should then disappear over a few weeks.

But for some people, the pain continues. If your back hurts most of

the time for more than 3 months, you have chronic back pain. What doctors do about chronic pain depends on the source of the pain. Some chronic back pain requires prolonged medical attention. If the pain comes from a fracture or tumor, those problems can be treated. Surgery can help if the pain is caused by a ruptured (herniated) disc or certain other conditions like spinal stenosis (narrowing of the spine column, which can put pressure on the nerves) or degenerative spondylolisthesis (when one vertebra slips over another). But surgery isn't the right choice for everyone.

There are many treatment options for back pain, so be sure to talk to your health care provider about which approach is right for you. For most people, even chronic pain eventually clears up without surgery. The most important thing is not to let the pain take over. Research has shown that patients who stay active are better off. Just be sure to avoid activities that might strain the back. It's important not to succumb to the pain and become afraid of moving.

For a healthier back:

- Stay active and maintain a health weight
- Stretch before exercise or other strenuous physical activity
- Don't slouch when standing or sitting
- Make sure your work surface is at a comfortable height for you.
- Wear comfortable, low-heeled, shoes.
- If you must lift something heavy, don't bend over the item, instead, keep your back straight, bend at the knees and lift by putting the stress of your legs and hips.
- Talk with a health care provider to make sure you're getting enough calcium and vitamin D
- Don't smoke.

Maxine

The stats on sanity say that one out of every four persons is suffering from some sore of mental illness. Think of your three best friends. If they're OK...? (then it's you)

Why, in winter, do we try to keep the house as warm as it was in the summer when we complained about the heat?

Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

Why do croutons come in airtight packages? Aren't they just stale bread to begin with?

What color hair do they put on the driver's licenses of bald men?

I thought about how mothers feed their babies with tiny little spoons and forks, so I wondered what do Chinese mothers use, Toothpicks?

Is it true that you never really learn how to swear until you learn to drive?

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

Notes Left in Milk Bottles**Dear Milkman:**

I've just had a baby, please leave another one.

Please leave an extra pint of paralyzed milk.

Please don't leave any more milk. All they do is drink it.

Milkman, please close the gate behind you because the birds keep pecking the tops off the milk.

Sorry not to have paid your bill but my wife had a baby and I've been carrying it around in my pocket.

Sorry about yesterday's note, I didn't mean one egg and a dozen pints but the other way around.

Milkman, please put coal on the boiler, let dog out and put newspaper inside the screen door. P.S. Don't leave any milk.

My back door is open. Please put milk in fridge, get money out of cup in drawer and leave change on kitchen table in coins, because we want to play Bingo tonight.

Milk is needed for the baby. Father is unable to supply it.

Elderly Texting

An elderly couple, who had just learned how to send text messages on their mobile phones. The wife was a romantic type and the husband was more of a no-nonsense guy.

One afternoon the wife went out to meet a friend for coffee. She decided to send her husband a romantic text message and she wrote:

"If you are sleeping, send me your dreams. If you are laughing, send my your smile. If you are eating, send me a bite. If you are drinking, send me a sip. If you are crying, send me your tears. I love you."

The husband texted back to her:

"I'm on the toilet. Please advise."

A Bit Of Irish Humor and Folklore

When Irish eyes are smiling — they're up to something.

There are only two kinds of people in the world. The Irish and those who wish they were.

If you're lucky enough to be Irish, then you're lucky enough.

May the enemies of Ireland never eat bread nor drink whiskey, but be afflicted with itching without the benefit of scratching.

May the roof above us never fall in, and may we friends beneath it never fall out.

Where the tongue slips, it speaks the truth.

It is often that a person's mouth broke his nose.

A silent mouth is sweet to hear.

Don't give cherries to pigs or advice to fools.

Here's to me, and here's to you. And here's to love and laughter. I'll be true as long as you. And not one moment after.

You've got to do your own growing, no matter how tall your father was.

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 March Seniors. The March Birthday lunch will be held on Tuesday, March 31st 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!*

March Daily Observances Trivia



March 8th
Daylight Savings Begins

March 17th
St. Patrick's Day



March 29th
Palm Sunday

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

**Doing what you like is
freedom.
Liking what you do is
happiness**