



Boxford's Boomers & Beyond



Boxford Council on Aging * 10 Elm St * Boxford, MA 01921 * (978) 887-3591

March 2024



Time to Change the Clocks! Sunday, March 10th @ 2:00 am

It's time to change your clocks (moving them ahead one hour) and to also replace your smoke and carbon monoxide detector batteries.

Massachusetts Department of Revenue Circuit Breaker Tax Relief Presentation Wednesday, March 6th @ 10:30 am

Oh behalf of Senator Bruce Tarr, Brian Lynch will be hosting a presentation on the updated Circuit Breaker Tax Relief for seniors. Lunch will be served after the presentation. Please call the COA to sign up @ 978-887-3591

Maple Street Café and Bistro Tuesday, March 12th

Join us at The Maple Street Café and Bistro located at the Essex Tech Voc. School. The café is run by students who learn and cook different menus daily. Menu choices are: Chicken Marsala, Salmon Risotto or Spaghetti Pomodoro Fresco. Cost is \$18.00pp. We have a reservation for 25 people and the COA van is available with limited seats. So call the COA asap to make your reservation and let us know what choice of entrée you would like. We will be collecting the cost of lunch when boarding the bus. If you are driving yourself or if you would like to pay beforehand, please stop on by and see Lisa. Seating is promptly at 11:00 am. Van will leave the COA at 10:30 am.

Rest Stop Ranch

A Respite Retreat Center & Accessible Gardens Wednesday, March 13th @ 11:00 am

There will be a representative from Rest Stop Ranch here to speak about their private gardens that are therapeutic for ones who have long term illnesses and for their care partners. Lunch will be served after the presentation. Please call the COA to sign up @ 978-887-3591

Gluten Free Chicken Stir Fry Class Tuesday, March 19th @ 11:00 am

Join Gloria in preparing a Gluten free stir fry dish. She will demonstrate how easy it is to make this meal. Please call the COA @ 978-887-3591 to sign up.

Masco St. Patrick's Day Senior Dinner (Along with a free raffle with assorted baskets) Wednesday, March 20th From 4:00 to 6:00 pm

Located at the Masco Cafeteria
20 Endicott Rd. Boxford, MA (This is a drive yourself event)
If you are interested in attending, please call the COA by
March 14th @ 978-887-3591 to make your reservation.
Hosted by the Masco Student Council.

Boxford Historical Society

Wednesday, March 20th @ 10:30 am

Robin Siegel from the Boxford Historical Society will be here for a brief talk about Boxford History! Lunch will be served after the presentation. Please call the COA to sign up @ 978-887-3591

****Save the date****

***Nun of This and Nun of That!* (Presented by The Delvena Theatre Company)**

Tuesday, April 2nd @ 1:00 pm



Now is the time for the 50th Class Reunion of St. Bartholomew's Parochial School. The "sisters" are excited to meet with their former students from the Class of 1957. The audience members, of course, are the reunion attendees. A good time will be had by all reminiscing about the old days and catching up with everyone. A fun, light-hearted comedy!
Funded by the Boxford Cultural Council.
All are welcome! Call the COA to sign up.

The West Boxford Improvement Society's 13th Annual Soup & Chowder Festival

Saturday, March 16th Lincoln Hall, 563 Main St., Boxford

5:00 to 6:30 pm

**Ticket's: Adults \$15 and Children 10 and Under \$6
(Tickets can be purchased at the door)**

All-you-can eat soups, chowders and yummy desserts. Bring your appetite and come early for the best selection. All proceeds will benefit local causes of Boxford.



The Wonders of Science

Wonders of Science will be held on **Tuesday, March 12th** beginning at **9:00 am** with Bob Spillman. Topic: "The Ten Most

Interesting Technology Innovations of 2023". Bob is such an intelligent, creative, enthusiastic person who has such interest in almost anything. His talks are so interesting that everyone looks forward to the next one. Come join Bob and listen to his next presentation.

"Stepping into Spring" on exhibit March thru May viewing at The Center at 10 Elm. Whether it be a picture, painting, quilt, they will exhibit it. Hosted by the Boxford Cultural Council. If you have any questions, you can email Sue at boxford.lcc@gmail.

FITNESS CLASSES & More!

CHAIR YOGA W/ Mary Van Abs

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

YOGA CLASSES W/ Mary Van Abs

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!

Strength Training W/ Pam Myers-Kinney

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

CHAIR YOGA W/ Mary Hargraves

Classes held on **Thursdays** from **11:00 am to 12:00 pm**. Classes are \$3.00/pp
All ages welcome!

Qigong W/ Mary Hargraves

Classes held on **Wednesdays** from **3:00 to 4:00 pm**. A system of coordinated body-posture and movement, breathing and meditation used for the purposes of health, spirituality, and martial-arts training. Classes are \$3.00/pp
All ages welcome!

NEWS AND VIEWS

News and Views meets **Tuesdays** (except the 2nd Tuesday of the month) at **9:00 am**. 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

Wonders of Science will be held on **Tuesday, March 12th** beginning at **9:00 am** with Bob Spillman. Topic: "The Ten Most Interesting Technology Innovations of 2023".
All adults welcome!

Book Club

Mystery Book discussion club is back. This club meets on the **4th Monday** of the month at **1:00 pm**. Next book is: *A Killing in the Hills* by Julia Keller.

Intergenerational Play Group

Our goal is to bring young children and seniors together for social gatherings, to build self-esteem and to have mental and physical fun and laughter! Run by Laurie Rowen and Denise Andrus - retired teachers of young children. This Group will be held on **March 20th @ 10:15 am**. Please call the COA to reserve your spot.

Watercolor Class

Classes will be held on the 2nd & 4th Wednesday of the month. Come join Brenda Sloane 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.

Grief Support Group

Held on the 2nd Tuesday of every month from **2:00 to 3:00 pm**. We will be offering a monthly grief support group to provide support and education to those experiencing or have experienced a loss. Anyone is welcome to join us.

GAME DAY

Bridge

Come along on **Mondays** from **1:00 to 4:00 pm**. **Beginners class will start @ 12:30**. Come and enjoy some hands with a group of friendly enthusiasts who are still finding new aspects to the game. The group is diverse enough to cater to more experienced players, while classes are run for those new to the game, as needed. All are welcome!

MAHJONGG

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

Afternoon Meet-Up Tuesday, Wednesday & Thursdays 3:00 pm to 4:15 pm

Drop in, meet new friends or catch up with old ones. Offering a number of activities (pool, board games, card games or even a puzzle), have a snack, a cup of coffee and have a conversation with one another.

Services

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, 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.

COA Van

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

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 **1st Monday** of each month at **4:00 pm @ the COA**.

Constituent Services

Mary Ann Nay, Aide to Senator Bruce E Tarr

Tuesday, March 19th 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. **March's office hours** will be **Friday, Mar. 1st and Tuesday, Mar. 19th**. You can sign up for the office hours at: <https://calendly.com/teamtram/officehours>. If you have trouble with zoom, please call Rep. Nguyen's Legislative Director at 617-722-2680

Social Days

Please Call the COA if you would like to sign up for any of these Events @ 978-887-3591

Mocktail Monday

Join us on **Monday, March 11th at 3:00 pm** for Mocktail Monday! A mocktail is a flavorful non-alcoholic drink, typically comprised of imaginative ingredients – shaken, stirred, or blended, just like their boozy counterparts. Closely mimicking a cocktail without the alcohol, a mocktail comes with several benefits.

Ice Cream Sundae Funday

Join us on the **Thursday, March 28th at 3:00 pm** to make your own Ice Cream Sundae! It typically consists of one or more scoops of ice cream topped with sauce or syrup and other toppings.

Podiatry

Dr. Bonni Berkowitz, DPM will be here on the **First Wednesday** of every month (03/06/24) from 9:00 - 11:00 am. We will be scheduling routine foot care appointments in 15 minute increments till filled up and cost \$45.00 per session. Please call the COA @ 978-887-3591. She is also available for house visits. Please call the COA for further notice.

Help Needed at the COA

Have a few extra hours in you week? Would you like to help out and volunteer for a good cause? Call the COA @ 978-887-3591 for more information.

Real Estate Tax Exemption Town of Boxford, MA

The period for filing Real Estate Tax Exemptions for residents who are eligible for **property tax relief** is currently ongoing. Some of the programs available include:

- Legally Blind
- Disabled Veterans
- Seniors 65 years + with low to moderate Income
- Seniors 65 years + who receive the State Circuit Breaker credit
- CPA Surcharge Exemption

Anyone interested in applying for an exemption should contact the Assessors Office at (978) 887-6692, Monday – Thursday 8:00am to 4:30 pm.

Applications will be accepted until April 1, 2024 for the current tax year.

More Services

SHINE

Need assistance with Medicare?
SHINE (Serving Health Insurance Needs of Everyone)

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. SHINE counselors will also assist if you find yourself enrolled in a plan that is not in your best interest by reviewing your coverage with you and helping to determine if you are qualified to make a change at this time of year.

To schedule a SHINE appointment, call the COA @ (978-887-3591).

NEET

Northern Essex Elder Transportation, Inc. This program provides rides for elders to medical appointments. Arrangements should be made 3 to 4 working business days prior to your appointment so that we have time to accommodate your ride. We ask that you provide 5 to 7 working business days for Boston and beyond rides. Registration is required by NEET for rides. We ask that if you are not registered with us, to please contact us @ 978-887-3591 as soon as you can to fill out the necessary paperwork. Our business hours are Monday thru Thursday, 8:30 am to 4:30 pm.

Meals on Wheels

Meals on Wheels (MOW), a federally funded nutrition program for eligible adults who are at least 60 years old, are unable to leave their homes without assistance, and cannot meet their daily nutritional needs. Available to eligible seniors by calling AgeSpan at 1-800-892-0890.

MOW Inclement Weather Cancellation

Meals on Wheels delivery may be canceled due to inclement weather or conditions when it may not be safe to be on the roads. Local television stations will announce delivery cancellations. You are always welcome to call the COA office to confirm cancellation of meals upon inclement weather @ 978-887-3591.

Equipment Lending Program

The COA has medical equipment for long - or short - term lending. Give us a call to see what's available to lend.

Ring & Ride

Ring & Ride is a free shared van service available to Boxford residents. It requires 24-hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical & shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Rowley Market Basket. For a brochure, contact the COA @ 978-887-3591.

Important Documents

Handicap Placards

The COA has applications for handicap placards available from Mass.gov.

File of Life Program

File of Life provides a health history document to be used by emergency personnel in case of illness or injury.

The File

A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Health Care Proxies

COA has fact sheets & Health Care Proxy forms available upon request.

Five Wishes

My Wish for: This packet is for the person you want to make care decisions for you when you can not. "The kind of medical treatment you want and don't want. How comfortable you want to be. How you want people to treat you. What you want your loved ones to know."

Trips with Best of Times Travel

The Beach Boys Ultimate Tribute Show

Featuring Still Surfin

April 25th, 2024

@ Castleton Windham, NH

A band that includes brothers and cousins who ingrained their group The Beach Boys are an American icon. The Beach Boys constructed the most intricate, gorgeous harmonies ever heard from a pop band. Celebrate "America's Band" with the ultimate Beach Boys tribute show featuring Still Surfin. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Apple Cranberry Stuffed Chicken or Vegetable Lasagna.

Price: \$89pp.

This is a drive yourself event.

Doors Open @ 11:30 am

The Jewels of the Med

The Ultimate European Vacation

Visiting Spain, France, Italy & Greece

(All Inclusive Package On Board the Norwegian Escape)

May 3rd - 17th, 2024

15 Days / 14 Nights

This is an unforgettable cruise, aboard a fantastic cruise ship sailing the Med, to some of the world's great cities. Hear echoes of ancient gladiators and relive the days of the Romans in the eternal cities of Florence and Rome. Visit one of the medieval wonders of the world – the leaning tower of Pisa. Visit the cathedrals and castles of Naples, or see life frozen exactly as it was thousands of years ago at the Pompeii ruins. Gaze up at the awe-inspiring spires of Gaudi's Sagrada Familia in Barcelona, and take in a romantic ride along the canals of Venice Italy.

Prices Starting at \$5399pp / Double Occupancy.



The Biltmore Estate & The Blue Ridge/Smoky Mountains

May 12th - 17th, 2024

7 Days / 6 Nights

Welcome to America's Largest Home – The Biltmore Estate. A power-packed program taking in the Blue Ridge Mountains of North Carolina, The Infamous Biltmore Estate with incredible commentary, the Biltmore winery, Touring of the Penn Dutch Country, an incredible Show at Sight and Sound Theatre, and so much more. This is a value packed program that will provide you memories of a lifetime!

Prices Starting at \$2049pp

Ricky Nelson Remembered

Performed by his identical twin boys:

Matthew & Gunner Nelson

May 23rd, 2024

@ Danversport Yacht Club,

Danvers, MA

"Rickey Nelson Remembered" is a unique multi media entertainment event featuring the live music of his hit songs performed by Ricky's own identical twin sons and includes never before seen big screen video footage of the NELSON family. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Stuffed Breast of Chicken or Baked Scrod.

Price: \$89pp.

This is a drive yourself event.

Doors Open @ 11:30 am

Rolling Stones

(Tribute Show)

June 20th, 2024

@ Danversport Yacht Club,

Danvers, MA

A Billboard ranked production with over 4,000 performances worldwide to it's credit. They bring an energetic and authentic performance to all the classic eras of the Rolling Stones, like no other show. This incredible show has been featured in dozens of national magazines, newspapers, and television shows. Don't miss out, this is a rare opportunity to see an amazing show.

Includes: plated luncheon, meal tax, gratuity & show ticket. Meal Choice: Chicken Parmesan or Baked Schrod.

Price: \$89pp.

This is a drive yourself event.

Doors Open @ 11:30 am

The Ultimate Jimmy Buffett Tribute

July 16th, 2024

@ Foster's Clambake Restaurant

(York, ME)

Grab your virtual "beach chair, your suntan oil, and your favorite drink", and get ready for a trip to the islands! They are the most requested Jimmy Buffett Tribute band in the country and perform not only all the great Buffett songs you love, they also play our favorite songs by Beach Boys, Paul Simon, Harry Belafonte and much more. 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: \$135pp.

Stay Tuned for More Fun Adventures!!

The Common Man - NH Gateway

July 23rd - 24th, 2024

Steely Dan Ultimate Tribute Show

August 22nd, 2024

Happy 2 Gather Band

Featuring songs from the 60's

September 19th, 2024

Lake George Balloon Festival 2024

September 20th - 22nd, 2024

Fall Foliage Day Trip

September 25th, 2024

Rod Stewart

The Ultimate Tribute Show

October 24th, 2024

The Sicilian Tenors

Downtown Abbey Special Live Concert

November 14th, 2024

Kenny & Dolly

A Smoky Mountain Christmas

December 5th, 2024

Lunch Bunch Trips

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

American BBQ
5 Railroad Ave., Rowley, MA
Thursday, March 14th
Meet @ COA 11:30 am
Pick up @ FMV 11:45 am

Enjoy true Southern BBQ alongside all your tavern favorites. Wood-smoked meats are the star of the menu and paired with classic sides. In addition to BBQ, the team has created a diverse menu with something for everyone from Entrée salads, burgers & sandwiches, to fresh seafood.

The Farm Bar and Grille
233 Western Ave., Essex, MA
Tuesday, March 26th
Meet @ COA 11:00 am
Pick up @ FMV 11:15 am

They welcome you to enjoy The Farm's delicious homemade fresh food, signature cocktails and lively atmosphere.

**Grocery Shopping:**

Tuesday, March 12th
&
Tuesday, March 26th

The Town of Boxford Announces New Small Repair Grant Program

The Town of Boxford's Small Repair Grants Trust is introducing the Small Repair Grant Program to provide up to \$7500 in grant funding to help qualifying seniors and residents with permanent disabilities make essential repairs and modifications to their homes for health and safety reasons and enable them to continue to age in place. This program will also help maintain the quality of Boxford's housing stock and enhance our community. Applicants must meet requirements to be eligible.

An application and detailed program information are available on the Town's webpage at www.town.boxford.ma.us/small-repairs-grant-trust. On Boxford 2.0, at the Boxford Town Hall and the Council On Aging at 10 Elm St.

Boxford Small Repair Grant Program

The Town Administrator's office

Boxford Town Hall
7A Spofford Rd,
Boxford, MA 01921

Recipe Corner**Mongolian Beef**

Total Prep/Cook Time: 25 Minutes

Ingredients:

1 tablespoon cornstarch
2 tablespoons reduced-sodium soy sauce
2 teaspoons sesame oil
1 tablespoon olive oil, divided
5 green onions, cut into 1-inch pieces

3/4 cup reduced-sodium chicken broth
1 tablespoon hoisin sauce
1 pound beef top sirloin steak, cut into thin strips
2 cups hot cooked rice

1.) In a small bowl, combine cornstarch and broth until smooth. Stir in the soy sauce, hoisin sauce and sesame oil; set aside. In a large nonstick skillet or wok, stir-fry beef in 1-1/2 teaspoons hot olive oil until no longer pink. Remove and keep warm.

2.) In the same skillet, stir-fry the onions in remaining olive oil until crisp-tender, 3-4 minutes. Stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir until thickened, about 2 minutes. Reduce heat; add beef and heat through. Serve with rice.



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.



PODIATRY: Dr. Bonni Berkowitz, DPM will be here at the COA on the **First Wednesday** of every month, 03/06/24 from 9:00 - 11:00 am. We will be scheduling routine foot care appointments in 15 minute increments till filled up and it cost \$45.00 per session. Please call the COA @ 978-887-3591. She is also available for house visits. Please call the COA for further notice.

Tri-Town Public Health Nurse: Tri-Town Public Health Nurse - Julia Lobel, BSN, RN will have regular office hours **Thursdays 9:00 am - 2:00 pm** at the new Boxford COA/Community Center. Lobel was hired through the public health excellence grant shared between the three towns and will offer community members outreach and education on a variety of health and wellness topics as well as looking to expand the FLU/COVID vaccination outreach that has been offered throughout the Tri-Town during the past several years. Do you have a medication question or other health related question? Stop by and check in with our nurse.

Nutrition for Older Adults

What is nutrition and why is it important for older adults?

Nutrition is about eating a healthy and balanced diet so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need so they can function and grow. They include carbohydrates, fats, proteins, vitamins, minerals & water.

Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as [osteoporosis](#), [high blood pressure](#), [heart disease](#), [type 2 diabetes](#), and certain cancers.

But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein.

What can make it harder for me to eat healthy as I age?

Some changes that can happen as you age can make it harder for you to eat healthy. These include changes in your:

- Home life, such as suddenly living alone or having trouble getting around
- Health, which can make it harder for you to cook or feed yourself
- Medicines, which can change how food tastes, make your mouth dry, or take away your appetite
- Income, which means that you may not have as much money for food
- Sense of [smell and taste](#)
- Problems chewing or [swallowing](#) your food

How can I eat healthy as I age?

To stay healthy as you age, you should:

Eat foods that give you lots of nutrients without a lot of extra calories, such as:

- Fruits and vegetables (choose different types with bright colors)
- Whole grains, like oatmeal, whole-wheat bread, and brown rice
- Fat-free or low-fat milk and cheese, or soy or rice milk that has added [vitamin D](#) and [calcium](#)
- Seafood, lean meats, poultry, and eggs
- Beans, nuts, and seeds
- **Avoid empty calories.** These are foods with lots of calories but few nutrients, such as chips, candy, baked goods, soda, and alcohol.
- **Pick foods that are low in cholesterol and fat.** You especially want to try to avoid saturated and trans fats. Saturated fats are usually fats that come from animals. Trans fats are processed fats in stick margarine and vegetable shortening. You may find them in some store-bought baked goods and fried foods at some fast-food restaurants.
- **Drink enough liquids,** so you don't get [dehydrated](#). Some people lose their sense of thirst as they age. And certain medicines might make it even more important to have plenty of fluids.
- **Be physically active.** If you have started losing your appetite, exercising may help you to feel hungrier.



ATM Instructions

A sign in the Bank Lobby reads: "Please note that this Bank is installing new Drive-through teller machines enabling customers to withdraw cash without leaving their vehicles. Customers using this new facility are requested to use the procedures outlined below when accessing their accounts.

After months of careful research, MALE & FEMALE procedures have been developed. Please follow the appropriate steps for your gender:

MALE PROCEDURE:

1. Drive up to the cash machine.
2. Put down your car window.
3. Insert card into machine and enter PIN.
4. Retrieve card, cash and receipt.
5. Put window up.
6. Drive off.

FEMALE PROCEDURE:

1. Drive up to cash machine.
2. Reverse and back up the required amount to align car window with the machine.
3. Set parking brake, put window down.
4. Find handbag, remove all contents onto passenger seat to locate card.
5. Tell person on cell phone you will call them back and hang up.
6. Attempt to insert card into machine.
7. Open car door to allow easier access to machine due to its excessive distance from the car.
8. Re-insert card the right way.
9. Dig through handbag to find diary with your PIN written on the inside back page.
10. Enter PIN
11. Press cancel and re-enter correct PIN.
12. Enter amount of cash required.
13. Check makeup in rear view mirror.
14. Retrieve cash and receipt.
15. Empty handbag again to locate wallet and place cash inside.
16. Write debit amount in check register and place receipt in back of checkbook.
17. Re-check makeup.
18. Drive forward 2 feet
19. Reverse back to cash machine.
20. Retrieve card.
21. Re-empty hand bag, locate card holder, and place card into the slot provided.
22. Give dirty look to irate male driver waiting behind you.
23. Restart stalled engine and pull off.
24. Redial person on cell phone.
25. Drive for 2 to 3 miles.
26. Release Parking Brake.

Ever Wonder Why

- Why the sun lightens our hair but darkens our skin?
- Why women can't put on mascara with their mouth closed?
- Why you never see the headline "Psychic Wins Lottery"?
- Why "abbreviated" is such a long word?
- Why doctors call what they do "practice"?
- Why lemon juice is made with artificial flavor, and dishwashing liquid is made with real lemons?
- Why the man who invests all your money is called a "Broker"?
- Why the time of day with the slowest traffic is called "Rush Hour"?
- Why there isn't a mouse-flavored cat food?
- Why Noah didn't swat those two mosquitoes?
- Why they sterilize the needle for lethal injections?
- Why don't sheep shrink when it rains?
- Why are they called apartments when they are all stuck together?
- If con is the opposite of pro, is Congress the opposite of progress?

Maxine's Back

Reason to smile:

They keep telling us to get in touch with our bodies. Mine isn't all that communicative but I heard from it the other day after I said, "Body — how'd you like to go to the six o'clock class in vigorous toning?" Clear as a bell my body said, "Listen fatty — do it and die."

My mind not only wanders — it sometimes leaves completely.

The nice part about living in a small town: When you don't know what you're doing, someone else always does.

The best way to forget all your troubles is to wear tight shoes.

Amazing!! You hang something in your closet for a while and it shrinks two sizes!

Short and Funny

I dialed a number and got the following recording:

"I am not available right now, but
Thank you for caring enough to call
I am making some changes in my life.
Please leave a message after the Beep.
If I do not return your call,
You are one of the changes."

Boxford Council on Aging
10 Elm St
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

John Shirley & Alicia Caron: Co-Chairperson
Judy Andersen: Secretary
Members:
Liz Murphy
Richard Shaw
Christina Eckert
Susan Arsenault

COA Staff

Pam Blaquiére: COA Director
Lisa Giugliano: Secretary
Kelly Trolander: Social 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.

The March Birthday Luncheon will be held on Thursday, March 21st at Noon. Please call the COA, no later than the end of the day on Monday, March 18th to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday that month.

Happy Birthday to our March Seniors!

MARCH 

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

March Facts:

- * March 10th Turn Your Clocks Ahead
- March 17th is St. Patrick's Day
- March 31st Easter Sunday
- Flower: Daffodil
- Birthstone: Aquamarine
- Zodiac signs:
 - Pisces - February 19 to March 20
 - Aries - March 21 to April 19

DAFFODILS

I WANDERED LONELY
AS A CLOUD
THAT FLOATS ON HIGH
O'ER VALES AND HILLS,
WHEN ALL AT ONCE
I SAW A CROWD,
A HOST, OF GOLDEN
DAFFODILS:
BESIDE THE LAKE,
BENEATH THE TREES,
FLUTTERING AND DANCING
IN THE BREEZE..

- WILLIAM WORDSWORTH -

