



Boxford's Boomers & Beyond



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

May 2016

Healthy & Successful Aging Wednesday, May 11th

Jo-Ann Thibault from the ElderInsider will be at the Boxford COA on Wednesday, May 11th at 11 AM to give a presentation on "Healthy & Successful Aging." Get the tips and tools to avoid mistakes and make smart decisions when it comes to your retirement life at this fun, motivational, empowering seminar.

What is Healthy and Successful Aging? Healthy aging goes beyond your physical well-being. Successful aging includes your mental well-being as well, and your ability to stay independent and in control of your choices as you age. This seminar will provide you with the information on how you can stay in control of your future, maintain your independence and make smart choices by educating yourself on options and resources available in the aging process. The more knowledge you have about your options, the more control you will have.

If you are interested in attending, please call the Boxford COA at (978) 887-3591 to sign up. Lunch will follow for the attendees, please let us know at time of reservation if you plan on attending the lunch.

Earth Day May 7th

Town Wide Clean-up

Please join the Boxford Village Garden Club and the Boxford Recycling Committee on Earth Day. Clean up your favorite roadside, playground, pond or stream creating a more beautiful Boxford. Bags for clean-up can be picked up at town hall 2 weeks before the event.

Drop off your bags of litter at the Recycling Center and have an ice cream treat at Town Hall.

Paper shredding will be available from 10:00 am to 1:00pm.

1 box (up to 1'x1'x2') of paper free per household

Annual Town Meeting Tuesday, May 10th Masconomet Auditorium 7 pm

Daytime Candidates Forum Monday, May 9th

Community Center/Senior Center 11:30 am

The COA will be hosting Daytime Candidates forum for those who prefer not to drive at night or are unable to attend the League of Women Voters forum.

Come meet the candidates for Board of Selectmen and find out what they envision for the future of Boxford. It is your opportunity to get your questions answered.

Please contact the Council on Aging at 978-887-3591 if you plan on attending so that sufficient seating refreshments can be provided.

House Safe is Your Home

The COA in collaboration with the Fire Dept. and our Visiting Nurse have instituted several programs to ensure your safety at home. We now have a team of 5 trained personnel who will come out to your home and look with an objective eye at ways you can make your home safer from both fires and falls. For additional information or to schedule a visit call the COA at 978-887-3591.

Save the Date Annual BBQ June 22nd

Regular BBQ's begin June 29th



May is Older American's Month

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month. This year's theme "Blaze a Trail" emphasizes the ways older adults are reinventing themselves through new work and new passions. It is a great time to learn new things, start exercising or volunteering in your community. Show us what you're made of.

Town Election May 17th 7 am -8 pm Town Hall



Van transportation is available for those needing a ride.

LINE DANCING

With Patty or Bertha

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

GAME DAY (MAH JONGG)

Wednesday's 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

The Great Group, sponsored by The Boxford Village Garden Club meets the 3rd Friday of the month at Four Mile Village but not limited to Four Milers. There are openings for seniors 80+ who would like to join the group. Call Doffy Falk at (978) 887-8495 for more information.

All 80+ Seniors 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.

MIXED BAG (Knitting)

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

All Are Welcome.

Office of Senator

Bruce E Tarr

Constituent Services

Advisor

Richard Curran will be at the COA on Tuesday, May 17th between the hours of 12:30 and 1:30 PM. No reservations required.

All Are Welcome

Gerry Maguire

VETERANS SERVICES

Gerry Maguire is our new VA Rep. Gerry will be here on Wednesday, May 11th between the hours of 11 AM to 2 PM. Call the COA to schedule an appointment.

HEALTH BENEFITS

SHINE With Judy Calnan

Our SHINE Rep. Judy Calnan, is currently unavailable due to family illness. If you need to meet with a SHINE Rep — please call the COA and we'll see what we can do. Or you can call Lisa Rose or Pat Parisi (Elder Services Merrimack Valley) at (978) 946-1374

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

FaceBook Assistance

Now that we've covered the basics (and more) on using Facebook — Maggie will now be available on a one-to-one bases to help you with your problems. This will be by appointment only. So, if you need help please call the COA to setup your appointment.

All Seniors welcome

CHANGING EVENTS

Acrylic and Watercolor

Art Classes

With Mary Paganelli

Both Watercolor and Acrylic Art classes are now held together on Mondays from 9:30 AM to 10:30 AM. The cost is \$8.00 per class. Materials needed are the responsibility of the student — we have a list of suggested supplies. If you have any questions, please call the COA.

All Ages Welcome

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. The next meeting is tentatively scheduled for Wednesday, May 11th at 9:30 AM.

All are Welcome

COOKIN' WITH ANNA

The next cooking class is scheduled to be held on May 16th at 9:30 AM. Please call the COA if you plan on attending.

All Seniors welcome

The Wonders of Science

The Wonders of Science is usually the third Tuesday of the month starting at 9 AM. The next meeting will be May 17th. We will be looking at some of the most spectacular incidents where proper use of science was either ignored, or improperly applied.

All Ages Welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9 AM. The next meeting will be held on May 10th and the discussion will be World Religions

All Ages Welcome

Wood Carving Classes

The Wood Carving Class with Fred Arakelian has resumed and is held every Wednesday starting at 9:30 AM. This is a fun class where you take a sorry looking block of wood and create an art object. Please call the COA if you are interested or would like more information.

All Ages Welcome

Boxford COA Trips

with Collette Vacation

Spotlight on New Orleans 5 Days, Departing 10/3/16

Highlights of this trip includes visits to the French Quarter, New Orleans School of Cooking, a Swamp Tour and the Court of Two Sisters. Prices are Double—\$2,049/pp, Single—\$2,449/pp, Triple \$2,019/pp. Included in price — Roundtrip Airfare, Air Taxes and Hotel Transfers. Not included in price — Travel Insurance of \$100.00. Deposit of \$250/pp is due upon reservations and final payment on August 4, 2016. See flyer for more information.

Discover Tuscany

9 Days, Departing 10/21/16

Highlights of this trip includes visits to Montecatini Terme, Florence, Lucca, Gothic Line, Siena, a Winery Tour, Pisa and San Gimignano. Included in price: Roundtrip Airfare, Air Taxes and Hotel Transfers. Not included in price: Travel Insurance of \$280.00. Prices are Double—\$3,299/pp, Single—\$3,469/pp, Triple—\$3,269/pp. Deposit of \$250/pp is due upon reservation and final payment is due on August 14th.. See flyer for more information.

with Best of Times

Ultimate Billy Joel & Elton John Tribute Show Tuesday, May 17th

Location — Danversport Yacht Club in Danvers MA. Cost is \$65/pp which includes luncheon and show — transportation not included. Artists Greg Ransom and Mike O'Brien have joined forces to create the Ultimate Tribute Show "Face to Face." Each artist performs a solo set with a five to six piece Rock N Roll band and then culminates the show with a set which features both of them playing together on two pianos trading off lyrics on each song they perform. Choice of meal is either chicken or fish which you must select at time of reservation.

The Superstars of Country Music Thursday, June 23rd At Venus De Milo in Swansea, MA

A tribute to the superstars of country music including Reba McEntire, Willie Nelson, Waylon Jennings, Johnny Cash and Dolly Parton put on by the Highwaymen and the Queens of Country. Price only \$89/pp which includes transportation, lunch and show. For more info — please call the COA.

A LobsterBake and Lighthouse Lovers Harbor Cruise

Thursday, August 25, 2016

The day begins with a bountiful Lobster-bake at the Clambake Seafood Restaurant in Scarborough ME. The menu consists of a whole boiled lobster, freshly dug steamed clams or baked had-dock with homemade seafood stuffing and crumbs on top. Plus clam chowda, Caesar salad, baked potato, rolls & butter, beverage & dessert. The cost is \$99/pp which includes transportation, lunch and cruise.

The cruise is a 90-minute, narrated, scenic cruise through the busy harbor and innermost islands to see lighthouses, forts, lobster boats, seals and sea birds.

Hay Day of the Big Bands & Pop Goes the Fourth With Roy Scott Big Band Tuesday, July 19th

Best of Times presents Pop Goes the Fourth and a return of the Hay Days of the Big Band era. The repertoire of the Ray Scott Big Band covers over 60 years of great music from the original classics of the Swing Era to the current hits of the Swing Revival. The summer concert features a wide range of favorites — swing, jazz, rock, pop, "cool" jazz, funk, bebop, blues and Latin. Price is \$79/pp which includes transportation, luncheon and show at Luciano's

Lake Pearl in Wrentham MA. The luncheon menu gives you a choice of boneless breast of chicken or fresh baked scrod. If you are interested — please call the COA for more information.

Autumn in Vermont Summit Lodge in Killington Sept 26-27, 2016

Cost is \$229/pp dble or \$259/single. Program includes luxury motorcoach, 3 meals, evening entertainment, Inn-Keepers Cocktail Party and tours in the surrounding area. A deposit of \$50/pp is required upon reservation and final payment is due on 8/15/16. If paying by credit card, payment in full is due upon registration.

Canadian Maritimes Cruise Sept 28th thru Oct 7th, 2016

Featuring Montreal, Quebec, Nova Scotia & More.

Cruising the shorelines of Canada as the leaves change color. This tour combines a 3 day land package visiting two of Canada's most historic cities with a fabulous Day cruise aboard Norwegian Cruise Line's ship the Dawn. Prices are according to accommodations and vary greatly. If interested — please call for more info or stop by and pick up one of our flyers.

Red Sox Plays Yankees In New York July 16th –17th

Main Level reserved seats at Yankee Stadium

Day 1

Depart mid-morning and arrive at Yankee Stadium in time for pre-game warm-up before the 4 o'clock game. After the game head to the Tarrytown Sheraton to relax, unwind and get a good night's rest.

Day 2

Head to New York City after an included breakfast where the Best of Times tour director points out some of the great sights NY is known for and then time to enjoy the city at your own pace.

Per Person: \$269 Double \$349 Single
A deposit of \$50 is due with reservation.

Boxford COA

Activities

Congregate Lunches

Tuesday and Thursdays

The Boxford COA serves Congregate Lunches on most Tuesdays and Thursdays throughout the school calendar year. The cost of the lunch is \$2.00 per person and luncheon is served at 11:30 AM. The monthly lunch menus can be found on the Town of Boxford's website. Go to the town's website (www.town.boxford.ma.us) click on "Departments" and then click on "Council on Aging" in the drop-down menu.

Reservations are required. Reservations must be made by 11 AM on a working day before the day of the lunch, i.e., Tuesday lunch — on Monday by 11 AM or if the COA is closed on the Monday before the lunch, then reservations must be made by 11 AM on the Thursday before the Tuesday lunch. Ditto with the Thursday lunch — by 11 AM on Wednesday. I know it's confusing but.....

The COA van is available, at no cost, for those Boxford seniors who need a ride to and from the lunch. Please let us know at time of reservation if you require the COA Van service.

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.

Lunch Bunch

Wednesday, May 18th

Butch's Uptown in Haverhill will be the target restaurant this month. We haven't been there before but have heard it's a good place to go. Prices are OK — sandwiches from \$7 to \$12 and Entrée's run from \$9 to 13. The van will leave the COA around 11:15 AM. Call the COA at (978) 887-3591 if you are interested in going. The cost of the van is \$3.00/pp.

We are open to try new restaurants. If you have a favorite restaurant, which is open for lunches — let us know.

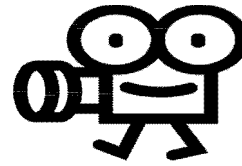
Garden Club Plant Sale

Saturday, May 14th

8:30 –1:30

The Boxford Village Garden Club will be holding their annual plant sale at Doffy Falk's, 2 Elm Street on May 14th. There will be perennials from club members gardens and annuals and herbs from a

local nursery for sale. The ways and means table will selling a collection of gardening supplies.



Movie Time At The COA

Thur. around 12:15 PM

May 5: Old Dogs
May 12: Max
May 19: The Room
May 26: The Finest Hours

13 Hours: The Secret Soldiers of Benghazi movies is on pre-order and is scheduled for shipment on June 7th so we'll schedule it for either the 9th or 16th of June. These movies are free to watch at the COA and, if owned by the COA, to borrow after it is shown where you can then watch it in the comfort of your own home. If you would like to see a specific movie — we are open to suggestions so call us and we'll see what we can do.

Summer Is Almost Upon Us

With the onset of summer and the month of June, there will be many changes at the COA. Some of our activities will take a summer hiatus and new ones will be added. Our Weekly Congregate Lunches will end in mid-June and the weekly BBQ's will start. On June 22nd, we will kick off the BBQ season with our Annual BBQ. The Annual BBQ is open to all Boxford COA seniors, Town of Boxford employees and all our volunteers. June 29th will be our first regular weekly BBQ which will continue throughout the summer and end sometime mid-September. So — be sure to fully read the June newsletter.

Wednesday Church

Dinners at 6:15 PM

At First Congregational Church

Dates for the upcoming First Congregation Church Wednesday Night Dinners in May are on the 11th and 25th. The cost per person is \$10.00, there is also a dollar cap of \$20.00 for families. If you have any questions, please visit their web site at www.firstchurchboxford.org.

Bean Supper

Saturday May 21st 4-6pm

All Saints Episcopal Church Groveland

The meal will include baked beans, hot dogs, potato salad, macaroni and cheese, coleslaw and homemade desserts.

Adults \$8 Children under 12 \$4

More information Available by calling 978-372-5531

Baked Whole Grain Penne with Fall Veggies

This is a tried and true recipe which comes to us from Beverly Mendes via her daughter-in-law via a recipe from the Food Network. Bev make a couple of the casseroles for the birthday lunch and it was a big hit. So make it and enjoy it.

<p>1/3 cup walnut pieces 1/2 cup grated parmesan cheese 4 cups thickly slices leeks (white & tender part) 1/3 cup all purpose flour 1 tsp freshly grated nutmeg 1 cup milk 1 (13.25 oz) package of whole grain penne</p>	<p>1/4 cup Italian parsley leaves 6 tbsp. butter 6 cups diced butternut squash ((1-1/2 to 2 lbs) 2 tsp minced fresh sage leaves 3 cups chicken broth Kosher salt & freshly ground pepper to taste 1/2 lb sharp cheddar cheese, grated</p>
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Preheat oven to 450 degrees F. Pulse walnuts, parsley & parmesan cheese in food processor until they look like bread crumbs and set aside. If you don't have a food processor, try a food grinder.

Melt butter in a Dutch oven over medium-high heat. Add leeks and squash and cook, covered, stirring occasionally until tender — about 5 minutes. Stir in flour, sage and nutmeg. Reduce heat, gradually add broth & milk. Simmer, stirring until thickened — about 5 minutes. Season with salt & pepper and remove from heat.

Cook pasta according to package directions, drain. Combine pasta with the vegetable mixture and cheddar cheese. Pour into a 9x13 inch casserole dish. Sprinkle with the walnut topping. Bake until the top is golden — about 25 minutes. Rest 5 minutes before serving.

Absolutely delicious. I asked Bev for the recipe at the Birthday luncheon because I enjoyed it so much. I was then asked by a number of seniors who attended the luncheon so here it is.

Volunteers Needed

Windrush Farm

Windrush farm is looking for Individuals to help lead horses or side walk for riders with disabilities

Times needed Monday –Friday 8:30am-6:30pm

Email at volunteer@windrushfarm.org or call 978-682-7855

Windrush Farm

5K Trail Race and Bring a Friend Night

Race the trails in the 1st annual 5K and/or learn more about Windrush and meet the horses while enjoying live music, a food truck and an beer and wine bar.

www.windrushfarm.org to learn more

Another Great Time Had By All

The 6th graders at the Spofford Elementary School did it again. They put on a great show and took very good care of the seniors who attended. Brunch was served this year — much to the pleasure of our seniors.

A very large **Thank You** to the Spofford Elementary School 6th graders for a wonderful time. Look-forward to next years concert.



Attention Veterans

Veterans Agent, Gerry Maguire has refurbished power chairs available at no cost to veterans in need of one.

Call Gerry at 978-688-9525

or email Gerry at gmaguire@northandoverma.go

Memorial Day May 30th



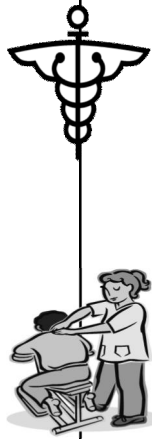
Memorial Day is a holiday for remembering those who died while serving in the country's armed forces. The holiday is observed every year on the last Monday of May. Veteran groups, along with private citizens and other groups, usually decorate the gravesites of veterans with a flag. Local communities usually hold parades and services at their local cemetery. It is also a great weekend to fly the American Flag to show respect for those who gave their life for our country.

Friendly Telephone Outreach Program

Would you like to receive a Friendly Telephone Call?

Friendly telephone calls are an easy way to say in touch. To keep up with what is happening in the community or just having someone to chat with. The COA would be happy to contact you on a regular basis.

If interested in this program — give Pam or Anna a call at (978)887-3591.



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 at the COA,, call Joan Fitzpatrick RN, at 888-663-3688 , Ext. 1326 or Faith Theokas at 888-663-3688 for the Four Mile Village appointment.. 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, May 4th starting at 9:00 AM The fee is \$30 per session which is payable at time of appointment. Checks should be made out to Dr. Manolian — no credit cards. Dr. Manolian is available at the COA on a monthly basis. Call the COA at (978)887-3591 to make an appointment or call Dr. Manolian's office for an office appointment at (978)887-8686.



HEARING CLINIC: Tuesday, May 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 appointment

Falls and Older Adults

What should you do if you fall?

A sudden fall can be startling and frightening. If you fall, try to stay as calm as possible.

Right after a fall:

1. Take several deep breaths to try to relax.
2. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
3. Decide if you're hurt before getting up. Getting up too quickly or in the wrong way could make the injury worse.

Getting up from a fall:

1. If you think you can get up safely without help, roll over onto your side.
2. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees and crawl to a sturdy chair or item which you can use to brace yourself.
3. Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor.
4. From this kneeling position, slowly rise and turn your body to sit in the chair.

If you're hurt or can't get up, ask someone for help or call 911. If you're alone, try to get into a comfortable position and wait for help to arrive. If you're a Four Miler and live in an upper unit — bang on the floor to try and get the attention of the person/family who lives downstairs. If you live downstairs and hear your neighbor coming in — yell at the top of your lungs, hoping to get their attention.

Causes and Risk Factors

Falls don't "just happen," and people don't fall because they get old-

er. Often, more than one underlying cause or risk factor is involved in a fall. A risk factor is something that increases a person's risk or susceptibility to a medical problem or disease.

As the risk factors rises, so does the risk of falling. Many falls are linked to a person's physical condition or a medical problem, such as a chronic disease. Other causes could be safety hazards in the person's home or community environment.

Risk Factors:

- Muscle weakness, especially in the legs is one of the most important risk factors.
- Your balance and your gait — how you walk — are other key factors.
- Blood pressure that drops too much when you get up from lying down or sitting can increase your chance of falling.
- Some people with postural hypotension feel dizzy when their blood pressure drops.
- Your reflexes may also be slower than when you were younger.
- Foot problems that cause painful feet, and wearing unsafe footwear can increase your chance of falling.
- Sensory problems can cause falls also.
- Not seeing well can also result in falls
- Other vision problems contributing to falls include depth perception, cataracts, and glaucoma.
- Confusion, even for a short while, can sometimes lead to falls.
- Some medications can increase a person's risk of falling because they cause side effects like dizziness or confusion
- The more medications you take the more likely you are to fall.

Although falls can happen anywhere, well over half of all falls happen at home. Falls at home often happen while a person is doing normal daily activities. Some of these falls are caused by factors in the person's living environment like a slick floor, a poorly lit stairway, loose rugs, clutter on the floor or stairs. Be careful and be aware of your surroundings.

Signs of the Times**Sign in a Shoe Repair Store**

"We will heel you,
We will save your sole,
We will even dye for you."

Sign Over A Gynecologist's Office

"Dr. Jones, at your cervix."

In A Podiatrist's Office

"Time wounds all heels."

On A Septic Tank Truck

"Yesterday's Meals On Wheels"

At An Optometrist's Office

"If you don't see what you're looking for,
you've come to the right place."

On A Plumber's Truck

"We repair what your husband fixed."
And
"Don't sleep with a drip. Call your plumber."

At A Tire Shop In Milwaukee

"Invite us to your next blowout."

On An Electrician's Truck

"Let us remove your shorts."

On A Maternity Room Door

"Push. Push. Push."

In A Veterinarian's Waiting Room

"Be back in 5 minutes. Sit! Stay!"

In A Restaurant Window

"Don't stand there and be hungry;
come on in and get fed up."

In The Front Yard Of A Funeral Home

"Drive carefully. We'll wait."

In A Chicago Radiator Shop

"Best place in town to take a leak."

Frivolous Thought Patterns

- My goal for 2016 was to lose just 10 pounds. Only 15 to go.
- Ate salad for dinner! Mostly croutons & tomatoes. Really just one big, round crouton covered with tomato sauce. And

cheese. Fine it was a pizza — I ate a pizza.

- How to prepare Tofu;
 1. Throw it in the trash.
 2. Grill some meat.
- I just did a week's worth of cardio after walking into a spider web.
- I don't mean to brag but.... I finished my 14-day diet in 3 hours and 20 minutes.
- A recent study has found that women who carry a little extra weight live longer than men who mention it.
- Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.
- Senility has been a smooth transition for me.
- Remember back when we were kids and every time it was below zero out — they closed school? Me neither.
- I may not be that funny or athletic or good looking or smart or talented — I forgot where I was going with this.
- I love being over 60. I learn something new every day And forget 5 other things.
- A thief broke into my house last night. He started searching for money so I woke up and searched with him.
- My dentist told me I need a crown. I was like: I KNOW! Right?
- I think I'll just put an "Out of Order" sticker on my forehead and call it a day.

For Once The Blondes Get Even

A trucker came into a Truck Stop Café and placed his order. He said "I want three flat tires, a pair of headlights and a pair of running boards."

The brand new blonde waitress, not wanting to appear stupid, went to the kitchen and said to the cook, "this guy out there just ordered three flat tires, a pair of headlights and a pair of running boards. What does he think this place is — an auto parts store?"

"No," the cook said. "Three flat tires mean three pancakes, a pair of headlights is two eggs sunny side up and a pair of running boards are 2 slices of crisp bacon."

"Oh — OK!" said the blonde. She thought about it for a moment and then spooned up a bowl of beans and gave it to the customer.

The trucker asked, "What are the beans for, Blondie?"

She replied, "I thought while you were waiting for the flat tires, headlights and running boards, you might as well gas up!"

For once — the blonde gets even!!!!

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

BULK RATE
PRE-SORT
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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.

The May Birthday lunch will be held on Tuesday, May 24th at 11:30 AM. Please call the COA the Monday (at the latest) 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 to our May Seniors!

May Daily Observances Trivia

Trivia Holiday Observances information is taken from the Funky Holiday website at www.brownielocks.com



*May 8th
Mother's Day*

*May 8th
VE Day 1940*

*May 21
Armed Forces Day*



*May 30th
Memorial Day*

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

You are on your own this month.
Think hard.