

Boxford's Boomers & Beyond



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

May 2018

Ultimate Walking Meditation

Free, 6 Week Exercise Program

Wednesdays, May 2nd thru June 6,

9:15— 10:15 AM

Ultimate Walking Meditation is a free six week course, starting on Wednesday, May 2nd. The one hour class will run from 9:15 AM to 10:15 AM at the Community/ Senior Center.

"Ultimate Walking Meditation" is a practice that trains you how to maintain a balanced stride when walking. You will build strength in your legs and increase stability. This class is a mindfulness program that improves balance, posture and, of course, progress in your walk. It includes Basic Tai-Chi, Qigong Movements and walking.

Boxford's

May Annual Town Meeting and Election

May 8: Annual Town Meeting will take place on Tuesday, May 8th at 7 PM in the Masconomet Auditorium.

May 15th: The Annual Town Election will take place on Tuesday, May 15th at Town Hall from 7AM until 8PM. The COA Van will be available to take seniors to and from the polls — around 1 PM

Town Meeting : Senior Housing Articles

Articles 18 and 19 at the May Town Meeting directly impact Seniors in Boxford. Both ask for Zoning changes to allow plans for a proposed Senior housing project to move forward in West Boxford on a parcel of 117 acres off Route 133 that proposes building up to 32 individual houses (64 living units) available only to Seniors. Article 18 and 19 only concern zoning. If passed, they would not approve the projects. Project approval would be at a later date and would need to follow the required town policies, regulations and approvals necessary for any housing project in Boxford. Your tax bill will not increase if the project is built. Instead, the homes would bring new tax revenues to the town. A presentation on these warrant articles is planned for Tuesday, April 24th at 7:00 pm at Lincoln Hall.

Candidates' Forum

Tuesday, May 1st 11:00

Come meet the candidates for selectmen and hear their views on the issues facing the town. There will be plenty of time for questions from the audience. A complimentary lunch will follow the forum so please let us know if you plan to attend. Call 978-887-3591

"Taking Control of Your Future — A Legal Checkup" Seminar Wednesday, May 16th, 11 AM

Do you have questions about Medicare/Medicaid, health care proxies or other probate issues? "Taking Control of Your Future: A Legal Checkup" is the Massachusetts Bar Association's resource guide on a wide range of legal issues affecting the lives of seniors. On Wednesday, May 16th at 11 AM, Attorney Margot Birke will give a presentation on the subject and be available to answer questions afterwards.

Reservations are required and lunch will be served, after the presentation, to those who attend. Seats are limited, so make your reservations early.

Long Term Pain—Non-Drug Treatments Wednesday, May 23rd at 11 AM

On Wednesday, May 23rd at 11 AM, Dr. Ellen Blomerth will be here to discuss Long Term Pain with Non-Drug Treatments. In this presentation, you can find out how you may be able to feel better, get better and use less medication. Learn about some simple positive and natural things that have been shown to help long term pain sufferers without the dangers of drugs and surgery. The presentation will end with a question and answer period.

Lunch will follow immediately for those who attend the presentation. Reservations are required and space is limited. Please call the COA to make your reservations as soon as possible.

Annual BBQ June 20th

COA Closed Monday, May 28th, Memorial Day

REVISED LINE DANCING

With Bertha

Classes are held on Thursday mornings between the hours of 10:00 – 11:00 AM. The cost is \$3.00 per class.

All Ages and Walk-ins Welcome

CHAIR YOGA With Lisa

Until further notice — Chair Yoga is on hiatus due to medical issues. We all wish Lisa good luck on her treatments and hope to resume classes as soon as possible. Classes were held on Wednesdays at 9 AM.

All Ages and Walk-ins 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 and Walk-ins Welcome

Ultimate Walking Meditation

6-week indoors course starts on Wednesday, May 2nd thru June 6, from 9:15 to 10:15 AM. Pre signup is requested.

All Are Welcome

Tai Chi With Kampa

Classes are held on Wednesdays at 10:15 AM. The cost is \$3.00 per person. Please call the COA for more information.

All Ages and Walk-ins Welcome

WEDNESDAY ZUMBA With

Kym

Classes are held every Wednesday from 1:30 to 2:30 PM. Classes are \$3.00 per person.

All Ages and Walk-ins Welcome

GAME DAY (MAHJONGG)

Wednesday at 1 PM

We have Rummikub, Scrabble, Yahtzee, Monopoly, Checkers, Cribbage, Mahjongg and much more. Video games — we have Wii.

All Ages and Walk-ins 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

MIXED BAG ARTS & CRAFTS

Mixed Bag Arts & Crafts is currently on hold. We will resume it at a later date — probably spring but....

All Seniors welcome

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.

Office of Senator

Bruce E Tarr

Constituent Services

Advisor, Dick Curran

Richard Curran's next meeting will be on Tuesday, May 15, 2018, between the hours of 1:00 TO 2:00 pm. No reservations required.

All Are Welcome

VETERANS SERVICES

Joe LeBlanc, our VA Rep is usually here on the first and third Wednesday of each month. 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 Mary Lou Fierro. If you need to meet with a SHINE Rep — call the COA to set up an appointment. Mary Lou will be available by appointment only on the third Tuesday of each month starting at 10 AM with a maximum of 3 appointments. The next available day is Tuesday, May 15..

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

Basics covered — Maggie will now be available on a one-to-one basis, appointment only to help you with your problems. 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 10 AM to around noon. **The cost is \$10.00 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 and Walk-ins Welcome

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. Tentative date is May 9th at 9:30 AM.

All welcome

NEWS AND VIEWS

News and Views meets most Tuesdays at 9:00 AM. Come and meet with your peers to discuss current events, town issues and whatever else is put on the table. It's a fun time and many different topics are discussed.

All welcome

The Wonders of Science

The Wonders of Science is usually the third Tuesday of the month starting at 9 AM. There won't be a Science Presentation in May. Please refer to the June Newsletter for more information.

All welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9 AM. The next Facts & Figures will be held on May 8th starting at 9:AM. The topic of discussion will be "Germany."

All welcome

"Walking the Trails in Wildcat"

Thursday mornings from 10 to 11 AM beginning on April 5th. In Wildcat Conservation there are 4 major trails plus minor side trails. Each week a different trail will be monitored at an easy pace for one hour or less. Please car pool as parking is limited (Herrick Rd entrance). Walk leader: Nancy Merrill. Walks weather permitted: rain/snow cancel walks.

All are welcome

**Brochures Available at
COA for all trips****Boxford COA With
Collette Vacation****Magical Rhine and Moselle
September 5 thru 14, 2018**

This is a 10 day magical excursion. You Prices are Lower Outside Dble Rate \$4899/pp, Middle Outside Dble Rate \$5599, Upper Outside Dble Rate \$5899 and Suite Dble Rate \$8199. \$750/pp due at time of reservation.

California Coast**September 9-16, 2018**

Includes 10 meals, 6 Breakfasts, 4 Dinners. Also included Round trip Air, All taxes and fees and Hotel transfers. Per Person Rates are \$3629 Double, \$4679 Single, Triple \$3579.

UK by Rail**September 15-24, 2018**

Book now and save \$200/pp. Cost (reflecting discount) is Dble \$3899/pp, Single \$4449/pp Triple \$3849/pp. Other charges may apply. A deposit of \$500/pp is due at time of reservation.

Boxford COA With**Best of Times****Montreal & Quebec
Getaway****Date Change July 10-13**

Explore two of Canada's great cities in this wonderful 4 day/3 night program. Prices: \$749/pp dbld, \$1049/single occup. A \$50/pp deposit confirms your reservation, CC - total due. Final payment due 7/21/18.

**The Everly Brothers & Simon & Garfunkel Tribute
Thursday, May 24, 2018****Lantana's, Randolph**

Starring the Guthrie Brothers who will bring you down memory lane with top hit songs from the Everly Brothers and Simon & Garfunkel. Cost is \$92/pp, which includes transportation, lunch, show, tax & gratuity.

Lunch consists of Panko crusted chicken breast with all the trimmings. A vegetarian meal is also available. A deposit of \$20/pp is due at time of reservation and balance is due by April 26, 2018.

Maine Escapes**June 10th-12th, 2018****Bar Harbor, Boothbay Harbor and Acadia Nat'l Park**

Roundtrip Motorcoach Transportation, 2 nights waterfront lodging at Fisherman's Wharf, touring of Bar Harbor & Acadia Nat'l Park, 2 evenings of entertainment touring Boothbay Harbor. Cost: \$459/pp Dble, \$599/pp single. Deposit of \$50/pp due at time of reservation and balance due by April 30, 2018.

Eaglemania**June 19, 2018****Danversport Yacht Club**

Live in concert, Eaglemania is touted as the World's Greatest Eagles Nationally Touring tribute group. Price is \$69/pp which includes lunch, show, tax and gratuity — transportation not included. Deposit of \$20/pp is due at time of reservation and balance is due by May 1, 2018.

Bobby Rydell Live**Tuesday, August 14, 2018****Venus DeMilo, Swansea**

Bobby Rydell, Live in concert — enjoy his chart busting hits which span his many years in the business. Cost is \$99/pp which includes transportation, lunch, show, tax & meal gratuity. Cost is \$99/pp and a deposit of \$20/pp is required at time of reservation. Balance is due by July 12, 2018.

Kenny & Dolly Tribute**September 12, 2018****Danversport Yacht Club**

Price is \$69/pp which includes lunch, show, tax & gratuity — no transportation. A deposit of \$20/pp is due upon reservation and final payment is due August 1.

Buddy Holly Tribute**Thursday, Oct. 11, 2018****Lake Pearl—Wrentham MA**

Cost is \$92/pp which includes transportation, lunch, show, tax & gratuity. A deposit of \$20/pp is due at time of reservation and balance is due by Sept. 1, 2018.

Rod Stewart Tribute**By Rob Caudill****Thursday, Nov. 15, 2018**

Cost is \$92/pp which includes transportation, lunch, show, tax & gratuity. A deposit of \$20/pp is due at time of reservation, balance due by Oct. 1, 2018.

Eastern Caribbean Cruise**Feb 23rd-Mar 6th, 2019**

You have to see the flyer on this one. The package includes roundtrip transfers to NY City, an 11 day/10 Night Cruise on board NCI, Breakway. Many exclusive packages are included in this trip — see brochure for more detail. Early booking offer gets you a Free 1 Category Upgrade plus 2 extra entries in the Diamond Ring Raffle. Final payment is due by November 1, 2018.

Just Added**Gloucester Harbor Cruise****Lobsterbake Cruise****Thursday July 26th**

A fabulous day at sea on the seeing the sites of Gloucester harbor, lighthouses and more. Dance to the music of top artists from the Boston area and enjoy a tremendous lobster buffet.. Cost \$109 pp.

Boston Pops Holiday Show**Thursday December 6th**

Lunch of Chicken Parmesan or Baked Scrod at the Venezia Waterfront Restaurant followed by reserved seating for the matinee at Symphony Hall. Cost is \$125

White Mountain Hotel**Christmas Vacation****December 2018**

This trip has always met with rave reviews So if you missed out in the past we suggest you sign up early. Call for details.

More trips/brochures are available at the COA.

Boxford COA Activities

Congregate Lunches

Tuesday and Thursday

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 menu can be found on the Town of Boxford's website at www.town.boxford.ma.us. Click on "Departments" and then click on "Council on Aging" in the drop-down menu. There you will find the current month's Menu along with the Van Schedule, Newsletter and Activities Calendar.

Reservations are required. Reservations must be made by 11 AM on the working day **before** the day of the lunch.

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.

Movie Time at the COA

(Movies subject to change)

Movies are shown immediately following the Thursday Congregate Lunch. If you wish to join us for lunch — reservations are required and the cost is \$2/pp. If you only wish to see the movie — there is no cost but you should call before to make sure we are definitely showing the movie advertised that day. Most of the movies shown at the COA are available for our seniors to borrow and watch in the comfort of your own home. The "Thursday Movies" will be taking a summer hiatus and return in September.

May 3: Jumanji
May 10: Phantom Thread
May 17: The Greatest Showman
May 24: The Big Sick
May 31: The Post



Lunch Bunch Trips

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.

Warren's Lobster House

Wednesday, May 30th

We've been there before. Now that the weather is good — we can stretch our wings and travel further on our Lunch Bunch Trips. Warren's Lobster House is a favorite of our seniors — food is good and prices reasonable. And — don't forget the huge salad bar. Please call the COA to make your reservations. The van will leave the COA around 10:45 AM

Bean Supper at St. James Episcopal Church, Groveland

Saturday, May 19, 4-6 PM

St. James Episcopal Church will be holding a Bean Supper on Saturday, April 21st, from 4 to 6 PM in the Parish Hall at 119 Washington St., Groveland, MA.

They will be serving baked beans, hot dogs, potato salad, macaroni and cheese, coleslaw and homemade desserts. Adults - \$10, Children under 12 - \$5. Credit cards accepted. For more info on this and other events at the church, please visit their website at www.saintjamesgroveland.org.

Help Wanted — Still Looking

N.E.E.T. (Northern Essex Elder Transportation Drivers:

The Boxford COA is looking for volunteers to drive our seniors to and from their various medical appointments. You will be reimbursed \$.43/mile for your effort after you submit a monthly trip log to NEET. Tolls and parking fees are paid by the senior at the time they are incurred. Appointment requests are usually received at least 2 working days before the appointment. Most appointments are fairly local — Danvers, Burlington, Peabody, etc. NEET will add additional auto insurance on your vehicle to cover passenger coverage at no cost to you. If interested — please call the COA for more information.

Windrush Farm:

Windrush Farm is looking for volunteers to assist their clients in the therapeutic riding classes.

- Join a vibrant community on a beautiful horse farm.
- Bond with inspirational riders and gentle horses.
- No horse experience necessary.

Please contact Windrush Farm if you are interested. You can call then at (978) 682-7855 or email them at volunteer@windrushfarm.org.

The Friends of the Boxford COA, Inc.

Launch an Interactive Website

The new website is designed to make it easier for you to become part of The Friends of the Boxford COA activity community (The Friends), as it will include a calendar of current and upcoming Boxford COA events. You will be able to see a visual display of events for the day, a description of each event and all event details, including time, location, and/or cost. Because the calendar is interactive, it's a great tool to use when you want to make plans to get together with your friends as you'll be able to click on any day in the calendar to see what's going on. We live in a digital world, and this new initiative is an important catalyst for keeping us all connected. The Friends are excited to bring this website to you which will be up and running sometime in May.

Easy Chicken Casserole

This is one way to use up your leftover chicken. This is an untried recipe but looks and sounds good.

Ingredients:

- 3 cups cooked chicken, roughly chopped
- 2 10.75-oz cans cream of mushroom soup
- 2 cups shredded cheddar cheese
- 3 cups finely crushed Ritz crackers

1. Preheat oven to 350 degrees Fahrenheit
2. Arrange the chicken in the bottom of a greased 9-by-13-inch casserole dish.
3. Spoon soup evenly over the chicken and top with shredded cheese.
4. Sprinkle the crushed Ritz crackers on top of the cheese.
5. Place in the oven and bake for about 35 to 40 minutes, until the casserole is hot and bubbling.

Then enjoy.



Hints for Unguided Short Walks

Walking is good exercise and walking with a friend is even better and safer. But walking safely and being properly prepared is of the utmost importance. Following is a list of good places to walk and tips of how to be properly prepared.

Doing it safely:

- Start with the buddy system. It's always good to walk with someone.
- Carry water and snacks in case walk is longer than planned
- Avoid seasonable "soft" trails to prevent trail erosion
- Walking stick recommended for balance, less fatigue afterwards.
- Wear appropriate footwear.
- Walk facing on-coming traffic.
- Stay on marked/designated trails.
- Pack out what you carry in.
- Check yourself for ticks after walks.
- Inform family/friends if walking along.
- Please use designated parking areas.

The following is a list of good places for short walks (1/2 hours) for seniors.

- Cargill Field
- Witch Hollow Farm
- Boxford Common
- W. Boxford Village from Colby Park
- Boxford Town Forest Trails
- Kelsey Arboretum
- Alpers Woodlot Trail
- Spofford Pond School Trail Alkd

- Wildcat
- Windrush (Call Janet at Windrush to arrange walk (978) 682-7855.

You can purchase a copy of the BTA/BOLT Guidebook which will have maps of all the suggest walking areas. Their website is:


www.btabolt.org



Honoring Our Fallen Veterans

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. It is traditional to fly the flag of the United States at half staff from dawn until noon.

Remembrance and Moments of Silence — People nationwide participate in parades and still partake in decorating graves with wreaths, flags and/or flowers. Many people will pause for moments of silence in memoriam.



WELLNESS CLINIC. The VNACare Network and Elder Services will be holding their free Wellness Clinics on the first and third Wednesday of each month from 9:00 to 11:00 AM at FMV and the first and third Thursday from 11:15-12:15 PM at the COA. For an appointment, please call Joan Fitzpatrick RN, at 888-663-3688, Ext. 1326. 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: Unfortunately, we haven't had any luck in locating a podiatrist. Please be patient and we'll let you know when this slot has been filled. It will be front page news. Thank you for your patience in this matter.



HEARING CLINIC: Tuesday, June 12th, 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.

Safe use of Medications

Tips for taking your medicines the right way every day

- Keep a list of all your medicines in a safe place. (the COA has File of Life and Yellow Dot for this purpose)
- Use a pillbox
- Put notes around the house to remind you to take your medicines every day.
- Talk to your doctor about all the medicines, remedies and vitamins that you use. Include all medicines you buy without a prescription. These are called OTC (over the counter) medicines and include things like cough syrup and antacids.

Questions to ask about your medicines

Ask these questions before you leave your doctor's office. Take your list of medications every time you visit your doctor. Be sure to write down your answers and keep them where you will see them.

1. What is the name of the medicine and why am I taking it?
2. What medical condition does this medicine treat?
3. How many times a day should I take this medicine?
4. How long will it take this medicine to work?
5. What should I do if I miss a dose?
6. Are there any side effects I should know about? When should I call if I am having side effects?
7. Can I safely mix this medicine with the remedies, vitamins and OTC drugs I am taking?

Each time you visit, be sure to ask your doctor if you still need to be taking all your medications. You are your best advocate and you should never feel awkward asking questions of your physician.

You and your pharmacist

Before you leave the pharmacy, be sure to :

- Check the label on your medicine.
- Be sure the bottle has your name on it.
- Make sure the directions are the same as your doctor said. If not tell the pharmacist.
- Ask for an easy open cap if you have trouble opening the bottle. Be sure to keep all medicines out of reach of children.
- And most important—make sure you can read and understand the directions on the container.

Sometimes a generic brand of the drug your doctor prescribed you is given, make sure you understand what brand name it is replacing

Frequently asked questions

Q I have been taking the same prescription medicine for years but it is not working like it did in the past. What is happening?

A. As you age, normal changes happen in the body. You lose water and muscle tone. Also, your kidneys and liver may not pass the drugs as quickly through your system. This means that medicines act differently in older people. You should speak to your doctor if you think the medicine is not working as it should.

Q. Why should I tell my doctor about the OTC Medicines I take?

A. Taking some OTC drugs with your prescriptions can be dangerous. For example, you should never take aspirin if you are on Coumadin. Some OTC drugs can lead to serious problems if used too often or with certain other drugs.

Q. I'm getting sick to my stomach a lot since I started my new pills. Some days I am so sick I think about not taking the new pill.

A. Talk to your doctor about any side effects before you stop taking any medicines. Your doctor may have tips that can help, such as eating a light snack with your pills. You may want to talk to your doctor about switching to a different medication.

New Season

We now have a new season in New England. It's called
Sprinter — winter in spring,

Writing Cursive

Someday we old folks will use cursive writing as a Secret Code!
(I couldn't even find Cursive in the font selection.)

Auntie Acid

You know what's sweeter than a child's laughter? The sound of
silence from not having any f kids.

If you mess with the kitty.....
You're gonna feel the claws!

My mind says I'm in my twenties.....
My body says — yeah, you wish!!!!

Lying about my age is easier now that I have trouble remembering what it is.

I'm going to be very busy in the AFTERLIFE.
The list of people I'm going to HAUNT grows every day.

Kitchen closed due to illness....
....I'm sick of cooking!!!!

Of course — Women don't work as hard as men.....
They get it right the first time.....

I painted a blue square in the backyard so
Google Earth thinks I've got a pool.

My four favorite food groups are:
Not good for you,
Bad for you,
Terrible for you, and
Get your affairs in order.

I think I'm allergic to chocolate
My ass and thighs are showing signs of swelling.

If you think women are the weaker sex, try pulling the bed
sheets back to your side.

Maxine

Someone asked me how old I am. I told them that a lady never
reveals her age.... and neither do I.

If your friends can accurately guess your age, you need to find
dumber friends.

We may be older but we're still "wonders of nature."
I dress for success. If everything's covered it's a success

The only way I'll drop ten pounds is if I shop in England

Dead Duck

A woman brought a very limp duck into the veterinary surgeon. As
she laid her pet on the table, the vet pulled out his stethoscope and
listened to the bird's chest. After a moment or two he shook his
head and sadly said, "I'm sorry, your duck Cuddles has passed
away"

The distressed woman wailed "Are you sure?" "Yes I am sure.
Your duck is dead" replied the vet.

She protested, "How can you be so sure? You haven't done any
testing on him or anything. He might just be in a coma.."

The vet rolled his eyes, turned and left the room. He returned moments later with a Labrador Retriever. The dog stood on his hind legs, put his paws on the table and sniffed the duck. He then looked at the vet and shook his head.

The vet took the dog from the room and returned with a cat. The cat jumped up on the table and sniffed the duck from head to foot. The cat sat back on his haunches, shook his head, meowed softly and left the room.

The vet looked at the woman and said, "I'm sorry but as I said this is 100% certifiably, a dead duck."

The vet then turned on his computer, hit a few keys and produced a bill, which he handed to the woman. The duck's owner, still in shock took the bill. "\$150 !" she cried. \$150 just to tell me my duck is dead.

The vet shrugged, "I'm sorry, If you had taken my word for it it would have been \$20 but with the Lab Report and the Cat Scan it is now \$150.

I called the Incontinence hotline — — They asked if I could hold please.

I don't do drugs — I get the same effect by standing up fast.

Time may be a great healer, but it's a lousy beautician.

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
Vacant

COA Staff

Pam Blaquiere: *COA Director*
Elaine Spiro: *Secretary*
Elaine Gould: *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 Thursday, May 31st at 11:30 AM. Please call the COA by Thursday, May 24th before 11 AM 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 3rd
National Two Different Colored Shoes Day

May 13th
Mother's Day



May 28th
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."

Points To Ponder



It's the friends we meet along life's road who help us appreciate the journey.