

Boxford's Boomers & Beyond



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

April 2019

An Event not to be Missed!

**Spofford Elementary
Brunch & Band Concert**

Wednesday, April 10th, 9:30AM

Reservations are required by Thursday, April 4th. This is a great time where the kids show off their musical talent. If you haven't been to one of their performances, you are really missing out on a great time! The COA Van is available for those who don't wish to drive.

Southern Essex County Registry of Deeds Presentation on Homestead Act Wednesday, April 3rd at 11 am

Do you currently have Homestead Protection on your home? If not make sure you attend this important seminar presented by Debbie Zelano, Customer Service Manager at the Registry of Deeds.

A declared estate of homestead shall protect against attachment, seizure, execution of judgement, levy or sale for the payment of debts to the extent of five hundred thousand dollars. In the case where both spouses are over 62 that coverage can be one million.

Lunch will be served following the presentation.
Please call the COA to sign up.

Fire Prevention 101—Session 2 Tuesday, April 16th at 11:00 am

The Boxford Fire Departments liaison to the Boxford COA, Tyler Brown, will be here to speak on how to operate a fire extinguisher. All participant's will have the opportunity to practice on how to properly use a fire extinguisher. He will also discuss ongoing programs done by their department to make sure your home is safe in the event of a fire. Following the presentation, the fire department will be hosting a lunch.

Please call the COA to sign up.

Vitamins & Supplements

Friends or Foes

Wednesday, April 17th @ 11:00AM

The Boston Globe claims that 4 out of 5 Seniors take vitamins and dietary supplements every day. Most are not regulated by the FDA! Many can be harmful, and most don't do what they claim to do. Are you harming yourself and paying high prices for these products? Dick Taylor has worked for over 40 years with the FDA and companies making dietary supplements and will explain the benefits and hazards of taking them, as well as how many aren't much different than quack medicines sold in the 19th Century. Bring along a list of what you are taking and let's discuss the pros and cons of various supplements. Lunch will be served.

Please call the COA to sign up.

Registry of Motor Vehicles Shifting Gears

Tuesday, April 30th @ 12:30PM

Join us to refresh your knowledge of rules of the road, defensive driving, and safe driving tips. Presented by the Community Outreach Coordinator, Michele Ellicks.

****Save the Date****

We're making Spring Planters

With Mary Ann Quirk and Paula Guilbault

Monday, May 6th @ 1:00PM

Cost \$10.00

Cost of this program is supplemented by the Friends of the COA

Senior Community Service Day Thursday, April 18th 9:00AM to 11:00AM @ The Community Giving Tree 572B Main Street Boxford, MA 01921

Register to help by calling the Boxford COA @ 978-887-3591. This will be a monthly activity that the COA will hold on the third Thursday of every month.

The COA Van is available for those needing transportation.

The COA will be closed Patriot's Day! Monday, April 15th

FITNESS CLASSES

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 Mary

Mary VanAbs, our regular yoga instructor, has taken over the Chair Yoga Classes which are now being held on Tuesdays at 9 AM. The cost is \$3.00/pp.

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

With Kampa

Wednesday mornings at 9:15. This is an indoor class. Cost per session is \$3.00/pp.

All Ages and walk-ins 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

ZUMBA With Kym

Classes are held every Wednesday from 1:00 to 2:00 PM. Classes are \$3.00 per person.

All Ages and Walk-ins Welcome

Strength Training Classes

Tuesday at 1 PM

Our licensed instructor, Donna Bonin will be here for the strength fitness classes. Cost is \$3.00/pp. Reservations are not required. Walk-ins welcomed.

All are welcome

NORDIC WALKING Class

Indoor Nordic Walking will be held on Mondays from 9:30 am to 10:30 AM. Poles available

All Ages and Walk-ins Welcome

Acrylic and Watercolor Art Classes With Mary Paganelli

Both Watercolor and Acrylic Art classes are 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.

GAME DAY

Wednesday 1pm (MAHJONGG)

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. The group is active October thru June. Call Doffy Falk at (978) 887-8495 for more information.

All 80+ Seniors 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 are welcome

The Wonders of Science

The Wonders of Science w/ Bob Spillman is on Tuesday, April 16th starting at 9:00 AM. Topic this month: "Future of Transportation"

All adults welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9:00 AM. The next Facts & Figures will be held on Tuesday, April 9th and the topic will be Brexit.

Cooking With Renee

Our next cooking class will be held on Monday, April 8th at 10:30 AM. This month's menu: Split Chicken and Almond Cookies! The cost to attend the cooking class is \$3.00.

If interested — ***we ask that you sign up for the class ahead of time so our cook can prepare enough food for all to enjoy after the class.***



Book Club

***Tea and Mystery, Book Discussion Group
Held on the 2nd Monday of every month
@ 1:00 PM***

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. The next meeting will be on Wednesday, April 10th at 9:30 AM.

All 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.

Constituent Services

Senator Bruce E Tarr

Advisor, Mary Ann Nay

Mary Ann Nay's next meeting will be on Tuesday, April 16th from 1:00 to 2:00 pm. No reservations required.

All Are Welcome

VETERANS SERVICES

Joe LeBlanc, our VA Rep is here on the first and third Thursday 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

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

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 on Tuesday, April 16th by appointment

All seniors are welcome



**Boxford COA w/
Collette Vacation
Bluegrass Country & Smoky
Mountains**

September 17-25, 2020

(9 Days-12 Meals: 8 Breakfast, 1 Lunch, 3 Dinners)

Highlights: Churchill Downs, Kentucky Derby Museum, Old Louisville Walking Tour, Choice on Tour, Buffalo Trace Bourbon Distillery, Lexington Horse Farms, Great Smoky Mountains Nat'l Park, Dolly Parton's Stampede and Dinner Show, Asheville, Biltmore Estate.

Included in price: Round trip air from Logan Int'l Airport, air taxes and fees/surcharges, hotel transfer. Not included in price: Cancellation waiver and insurance of \$275 per person.

Triple: \$2,919, Double: \$2,949: Single: \$3,849

**Iceland's Magical Northern
Lights**

March 9-15, 2020

(7 Days-10 Meals: 5 Breakfast, 5 Dinners)

Highlights: Reykjavik, Northern Lights Cruise, Golden Circle, Thingvellir Nat'l Park, Geyser, Gullfoss, Lava Exhibition Ctr, Vik, Seljalandsfoss, Skogar Museum, Skogafoss, Jokulsarlon Glacial Lagoon, Skaftafell Nat'l Park, Vatnajokull Glacier, Blue Lagoon.

Included in price: Round trip air from Logan Int'l Airport, air taxes and fees/surcharges, hotel transfers. Not included in price: Cancellation waiver and insurance of \$315 per person.

Triple: \$3,669, Double: \$3,699, Single: \$4,449

**Boxford COA With
Best of Times**

Mama Mia

**Ultimate Tribute to ABBA
Wednesday, April 24, 2019
Danversport Yacht Club**

Dancing Dream will perform ABBA's greatest hits from 1973-1983. Experience their hit songs such as "Dancing Queen", "Take a Chance on Me", "Mama Mia", "Waterloo" and many more. This is a transportation on your own event. Meal choices are stuffed breast of chicken or baked scrod.

Cost is \$69 per person. A \$20 deposit required at booking. Final payment due April 1st.

**The Edwards Twins
Sunday, May 19, 2019**

Lake Pearl Wrentham

**The Best Impersonators of
all the Biggest Stars**

This is a show not to be missed. I have seen them three times and they are truly the best at their trade. The Edwards' Twins impersonate both male and female stars including, Cher, Barbara Streisand, Lady Gaga, Bette Midler, Neil Diamond, Elton John, Stevie Wonder and many others. This trip is a Sunday Brunch with a buffet that looks tremendous. Cost including transportation is \$92.

Red Neck Tenors

**Wednesday, June 19, 2019
Danversport Yacht Club**

The 3 Redneck Tenors are a new breed of the "tenor genre". They were top finalists in America's Got Talent. These fellows sing all styles of music from pop to opera with a lot of fun and comedy thrown into the mix. This is a drive on your own event at the Danversport Yacht Club. Choice of Stuffed Breast of Chicken or Baked Scrod. Cost is \$69. \$20 due at booking. Final payment due May 19th.

**The Common Man
May 22-23**

Stay overnight at the homey, welcoming Common Man in Plymouth NH. Included in this trip are 3 meals: lunch, dinner and

breakfast. Enjoy a vineyard tour and wine tasting, a tour of Canterbury Shaker Village, a train ride on the Hobo Railroad and a gondola ride to the top of Loon Mountain. Cost is \$349 pp double occ; \$449 pp single. A \$100 deposit due at registration. Final payment due April 9th. Trip protection is available for \$25.

Michael Minor

Wednesday, July 17th

Singer, Ventriloquist, Comedian, and Celebrity Impressionist

Features a two-hour cruise and luncheon on the M/S Mount Washington in NH, followed by a show at the Flying Monkey. Cost is \$109 pp. A \$20 deposit due at registration with final payment due June 26th.

Spirit of Boston

Tuesday, July 30th

Come aboard and enjoy the most entertaining experience in Boston featuring a Grand Buffet. This two hour cruise on Boston's historic harbor is perfect for an afternoon getaway. One price includes all but drinks and photos. Stretch your legs topside at the patio deck or dance till you drop with Top 40's hits. After the cruise visit Faneuil Hall and Quincy Market.. Price is \$105 pp. A \$20 deposit due at signing. Final payment due July 10th.

**Other Upcoming Trips
With Best of Times**

Spectacular Saratoga

August 27-29, 2019 3 Days/2 Nights

Atlantic City Boys

Wednesday, September 18th

Ricky Nelson Remembered

Thursday, November 14th

Christmas New York Style

December 8-9, 2019 2 Days/1 Night

White Mountain Christmas

Dec. 9-11

Tribute Show

Johnny Mathis Christmas

Wednesday, December 4, 2019

Southern Caribbean Cruise

From New York

February 14-24 2020

Volunteer Opportunity Community Giving Tree

The Community Giving Tree was started back in 2002, when it's founders recognized that there were abundant resources to share with the families living a short distance from Boxford that were in need. They provide low income families with basic necessities such as clothing for babies, children and teens, diapers, toys, and baby equipment. Your donations help children grow and thrive. This will be a monthly voluntary event that the COA will be doing. This will be held on the third Thursday of every month.

Please Call the COA at 978-887-3591 to sign up to help.

Help Wanted at COA Meals on Wheels Substitutes

The COA is looking for Meals on Wheels substitute drivers to fill in when our regularly scheduled drivers are unavailable. Drivers receive a mileage stipend from Elder Services of the Merrimack Valley.



Council on Aging Van Schedule

Tuesday, April 2nd	Congregate Lunch
Wednesday, April 3rd	Speaker and Lunch
Thursday, April 4th	Congregate Lunch
Tuesday, April 9th	Congregate Lunch
Wednesday, April 10th	Spofford Pond Concert
Thursday, April 11th	Congregate Lunch
Thursday, April 11th	Grocery Shopping
Tuesday, April 16th	Speaker and Lunch
Wednesday, April 17th	Speaker and Lunch
Thursday, April 18th	Community Giving Tree
Thursday, April 18th	Lunch Bunch
Tuesday, April 23rd	Congregate Lunch
Wednesday, April 24th	Birthday Lunch
Thursday, April 25th	Congregate Lunch
Thursday, April 25th	Grocery Shopping
Tuesday, April 30th	Congregate Lunch

Masco Music Parents Document Shredding Fundraiser

**Located @ Masco High School Parking Lot
20 Endicott Road
Saturday, April 27th
9:00AM to Noon**

Come support the Masconomet Music program! Proceeds will help the students through master classes, enhanced music programs and awards.

Bring over any documents that you need shredded. Banker's box size or paper/plastic grocery bag \$5, Kitchen trash bag \$10, Contractor bag \$15

Music at Eden's Edge (Live music in an intimate setting)

**On Monday, April 1st
at the Barn @ Peirce Farm
(Witch Hill) @ 7:00 PM**

116 Boston Street Topsfield

-The Inside Story: Tutti Bassi—Music from the 16th to 18th Centuries

**On Monday, April 29th
at the Barn @ Peirce Farm
(Witch Hill) @ 7:00 PM**

116 Boston Street Topsfield

-The Inside Story: Clarinet & Friends

This is a Free event, but Reservations are required.
Call: 978-531-0100 Ext: 10 or visit: EDENSEDGE.ORG/CONCERTS

Little Red Schoolhouse



The Friend's of the Little Red Schoolhouse are restoring the 1845 building behind the Cole School.

If you or someone you know, has attended this school house, we would like to hear from you! The student's from Spofford Pond School are writing up a questionnaire so we can learn about your experiences. They are also going to interview you on camera so we can share your experiences with others. We are also looking for donations to help with restoring the windows. Any amount is appreciated.

Please contact Laurie Rowen @ 978-887-9279 or email her @ row-en.laurie@gmail.com.

Boxford Grange Community-Wide Live Auction @ Lincoln Hall

**Monday, April 29th
1:00PM Preview; 3:00PM Live Auction**

Live auction to help raise funds for it's planned enhancement of the Colby Park parking lot to the rear of the Lincoln Hall. Highlights of items to be auctioned include an original painting by well-known local artist, numerous gift certificates to local businesses, a private 2 to 3 hour flight time plane ride for up to 5 people from Beverly Airport, antiques and much, much more!! Light refreshments will be served. This is a Free event!

Boxford COA Activities

Congregate Lunches

Congregate Lunches are served every Tuesday and Thursday at 11:30 AM. The cost is \$2.00/pp and reservations are required by 11 am on the business day prior to the day of the lunch. The monthly lunch menu can be found on the Town of Boxford's website at www.town.boxford.ma.us.

The COA van is available to our Boxford residents, free of charge, to attend the luncheon.

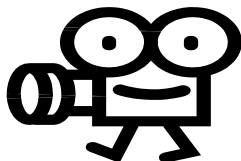
Movie Time at the COA

(Movies subject to change)

Most of the movies shown at the COA are available for our seniors to borrow and watch in the comfort of their own home. The "Thursday Movies" continuing through the spring. If you have a specific movie you would like to see or borrow and we don't have it in our collection — please let us know and we'll see what we can do.

March Movies:

April 4th: Walk the Line
 April 11th: DaVinci Code
 April 18th: Hairspray
 April 25th: The Devil Wears Prada



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.



The Winner's Circle Thursday, April 18th

Located in Salisbury, MA. From Soups and salads to sandwiches and pizza. Most famous for their fish chowder. Van will be leaving at 11 am. Call the COA to reserve your space.

Village Pancake House Wednesday, May 1st

In circa 1660, this central village house was originally built as an Early American Saltbox. Around 1850 it was remodeled into the Early American Colonial style you see today. Unlike so many historic buildings, this house has stood on its original location in Rowley for over 350 years. Cozy and intimate setting with delicious food and fabulous wait staff.

Recipe Corner

Classic Pot Roast

Yields: 2 Servings
Prep Time: 20 Minutes
Total Time: 3 Hours 10 Minutes

Ingredients:

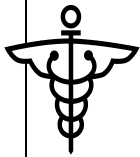
1 to 1 1/4 lb Boneless Beef Chuck Roast,
 Cut Into 2 Pieces
 1/2 Teaspoon Salt
 1/4 Teaspoon Pepper
 2 Tablespoons Gold Medal All Purpose
 Flour
 1 Tablespoon Vegetable Oil
 1 Small Onion, Chopped
 1 Stalk Celery, Cut Into 1/2 Inch Slices
 1 3/4 Cups Progresso Beef-Flavored
 Broth
 10 Baby Carrots
 6 Small Red or Yukon Gold Potatoes,
 Cut In Half

1.) Heat oven to 325F. Spray 8-Inch square (2-quart) glass baking dish with cooking spray.

2.) Season beef with salt and pepper; coat with flour. In 10-inch skillet, heat oil over medium-high heat. Cook beef in oil 5 to 7 minutes, turning occasionally, until brown on all sides.

3.) Place beef, onion and celery in baking dish. Pour broth over beef and vegetables. Cover; bake 1 hour 15 minutes. Turn beef over; add carrots and potatoes. Cover; bake 1 hour. Uncover; turn beef over and bake 30 to 35 minutes or until beef and vegetables are tender and broth is slightly thickened. Skim excess fat from broth, and serve.





WELLNESS CLINIC. The VNA Care 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 Tuesday from 11:00-12:15 PM at the COA. For the month of **April**, she will only be at the COA on **Tuesday, April 23rd**. For an appointment, please call Joan Fitzpatrick RN, at 888-663-3688, Ext. 1326. Walk-ins are welcome.



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.



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.



HEARING CLINIC: Unfortunately, we haven't had any luck in locating a hearing tests technician. 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.

8 Healthy Habits

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 alone.
- Please use designated parking areas.

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

- Cargill Field
- Witch Hollow Farm
- Boxford Common
- Boxford Town Forest Trails
- Kelsey Arboretum
- Alpers Woodlot Trail
- Spofford Pond School Trail

1.) Eat Healthy: The digestive system slows down with age, so high fiber fruits, vegetables and whole grains are as important as ever. As we get older, we are prone to dehydration. Drinking plenty of water is important to stay energized and sharp.

2.) Focus on Prevention: Preventative care visits, including health screenings for cholesterol levels, colon cancer, heart problems and more. Also it's very important to get vaccinations that can help prevent influenza and pneumonia.

3.) Get some sleep: Frequent waking and insomnia in the night are common among seniors. Turn the lights down in the evening to spur drowsiness and make sure your bedroom is comfortable, cool and quiet.

4.) Remember mental health: Keep your mind sharp...try some cross word puzzles, read and write and try new hobbies to stimulate your mind and engage with the world around you.

5.) Screen for vision changes: If you wear glasses, you should have your prescriptions checked every year for any changes and have your vision screened for any health issues.

6.) Socialize: Time spent with friends, family and grandchildren, help you feel connected. Those visits can also make you feel more upbeat, which is the best medicine at any age.

7.) Stay physically active: Exercise not only alleviates depression but improves energy and memory. An exercise program approved by a physician, long walks or short strolls can keep us healthy. Don't forget the Boxford COA, we offer a bunch of activities. So look them up on the second page of this bulletin and come check one out.

8.) Visit the dentist every six months: Our risk for cavities goes up with age. Plus, many mouth infections can be linked to serious health conditions, such as diabetes, heart disease and stroke.



A man walks into a library and asks the librarian for books about paranoia?
She whispers, "They're right behind you!"

Today at the bank, a lady asked me to check her balance.
So I pushed her over.

A man goes to the doctors with a bandage over both ears.
"What happened to your ears?" the doctor asks.
"I was ironing my shirt and the phone rang," the man says.
"And what happened to your other ear?"
"Just as I put the iron down, the phone rang again."



If you ever get cold, stand in the corner for a bit.
They're usually around 90 degrees.

A man noticed that his credit card had been stolen but didn't report it.
The thief was spending less than his wife!

Did you hear that Cher is joining the Spice Girls?
They're going to calling her Old Spice!

Two guys grow up together, but after college one moves to Maryland and the other to Texas. They agree to meet every ten years in Florida to play golf and catch up with each other.

At age 32 they meet, finish their round of golf and head for lunch. "Where you wanna go?" "Hooters." "Why Hooters?" "They have those servers with the tight shorts and the gorgeous legs." "You're on."

At age 42, they meet and play golf again. "Where you wanna go for lunch?" "Hooters." "Again? Why?" "They have cold beer, big screen TV's, and side action on the games." "Ok."

At age 52 they meet and play again. "So where you wanna go for lunch?" "Hooters." "Why?" "The food is pretty good and there's plenty of parking." "Ok."

At age 62 they meet again. After a round of golf, one asks "Where you wanna go?" "Hooters." "Why?" "Wings are half price and the food isn't too spicy." "Good Choice."

At age 72 they meet again. Once again, after a round of golf, one says, "Where shall we go for lunch?" "Hooters." "Why?" "They have six handicapped parking spaces right by the door and they have senior discounts." "Great choice."

At age 82 they meet and play again. "Where should we go for lunch?" "Hooters." "Why?" "Because we've never been there before." "Okay."

Found on Signs Along the Road

Don't stick your hand out that far.
It might go home with another car!

One tequila, two tequila, three
tequila, floor!

Sorry I misunderstood you, but in
my defense, I wasn't listening!

I dream of a world where chickens
can cross the road without having
their motives questioned.

To save time, Let's just assume
I'm never wrong!

You are not lost. You are here!

Welcome to Paradise, where it's always Happy Hour!

Don't grow up! It's a trap!

A recent study has found that women who carry a little extra weight...live longer than the men who mention it!



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
Christine Eckert

COA Staff

Pam Blaquiere: *COA Director*
Lisa Giugliano: *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 April Birthday Luncheon will be held on Wednesday, April 24th at 11:30 AM. Please call the COA by the end of the day on Monday, April 22nd to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday that 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 April Celebrants!*

April Daily Observances



APRIL FOOLS' DAY

April 1st—April Fool's Day!
April 15th—Patriot's Day!

April 19th—Passover Begins!
April 21st—Easter Sunday!



April 22nd—Earth Day!
April 26th—Nat'l Arbor 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



**If you want to make everyone happy,
don't be a leader....Sell Ice Cream!!!**