

Boxford's Boomers & Beyond



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

April 2022

Due to the Town BOH Emergency Order, all must show proof of being FULLY vaccinated in order to participate in any classes/events that are held during COA hours.

"Spring Fever"

How to safely increase mobility and endurance after a long winter of being stuck inside!

Wednesday, April 13th @ 10:30 am

**Presented by Roisin Keon
(Lunch to follow presentation)**

The Boxford Village Garden Club

Will be holding a food drive on Wednesday, April 13th from 2:00 pm to 6:00 pm at the First Church parking lot, 4 Georgetown Rd. Boxford, Ma.

Lockwood Forest Walking Tour

**Saturday, April 2nd and April 9th
10:00 am**

Have you ever wondered about the history of the mill ruins on Lockwood Lane? Join the Document Center for a morning walk in Lockwood Forest and learn about the sawmill that once stood on this site and the nearby Rowley Village Forge ironworks archaeological site, which is listed on the National Register of Historic Places. Registration is required.

Please email: boxforddocs@gmail.com to reserve your spot. \$15.00 suggested donation.

Thrift Shop Shopping along with Lunch

Wednesday, April 20th, 2022

9:30 am to 2:00 pm

Join us for a day of shopping at some thrift shops with lunch to end the day of adventure. Our itinerary will begin with van pick up at FMV at 9:00 then onto the COA for a 9:15 pick up. Our adventure will begin at our first stop at Goodwill in Danvers, then onto the Box Top Shop in Topsfield and lastly to Neat Repeats in Groveland. Lunch will then follow at Pub 97 in Groveland.

Space is limited so please sign up early.

The COA will be closed Monday, 4/18 Patriots' Day !

High Tea!

**Wednesday, April 27th, 2022
1:00 to 3:00 pm**

Join us at the COA for an afternoon of fun at our 2nd High Tea! Dress your fanciest. We had a great turnout in February that we decided to host another! Get together with your friends to enjoy an afternoon of chit chat and elegance. We will be serving a variety of teas along with some light finger sandwiches, savory appetizers and dainty desserts.

Space is limited so please call the COA to book your seat. (For Boxford Residents Only)



Boxford Earth Day

(Presented by the Boxford Village Garden Club and the Boxford Recycling Committee)

Saturday, April 30th, 2022

11:00 am to 3:00 pm

Help Eliminate Litter! Collect litter around town. Drop off at the recycling center, behind the Town Hall and receive a Free Benson's Ice Cream Sundae! No household trash permitted. Event will run rain or shine.

Paper Shredding: 11:30 am - 2:30 pm

1 box (1'x1'x2')

Free per resident

We have some new classes beginning in April!

Book Club w/Elizabeth Safford will meet once a month on a Monday @ 1:00 pm.

(First Book Title will be: A is for Alibi by Sue Grafton) First meet will be 04/25/22

Zumba w/Shelby Stickney on Wednesdays @ 9:00 am. First Class begins 04/13/22

Watercolor Classes w/Brenda Sloane on Wednesdays from 9:30 am to 11:30 am.

Class is \$10.00 per class. Contact the COA for material list. Class begins 04/13/22

Classes, Activities

FITNESS CLASSES & More!

CHAIR YOGA With Mary

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

Strength Training Complexity Classes W/ Leah Miller

Classes are held on **Mondays 9:00 to 10:00 am & Thursdays from 9:45 to 10:45 am**. Classes are \$3.00/pp.
All ages welcome!

YOGA CLASSES With Mary

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!

WHAT'S NEW Join our new Zumba instructor, Shelby Stickney on **Wednesdays** at **9:00 am**. First class begins on 04/13/22.

NEWS AND VIEWS

News and Views meets **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 will be held on Tuesday, April 12th beginning at **9 am** with Bob Spillman. Topic: "The Wonders and Magic of Math and Bob will prove it"
All adults welcome!

Watercolor Class

WHAT'S NEW Join our new instructor, Brenda Sloane on **Wednesdays** 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 supplies needed. First class will begin on 04/13/22.

Book Club

WHAT'S NEW Our Tea and mystery, book discussion club is back. This club meets once a month on a Monday at 1:00 pm. First discussion will meet on 04/25/22. (First Book Title will be: **A is for Alibi** by Sue Grafton)



Grief and Loss Support Group

Join us on the **3rd Thursday** of the month @ **1:00 pm**. Everyone experiences grief and loss in their own unique way. Attending this warm and confidential group may help! To register, please call the COA.

GAME DAY

Bingo

Join us in playing **Bingo!** Held weekly on **Thursdays** at **10:00 am**. We are playing solely for fun. We will provide the weekly bingo cards. If you are interested in playing with us, please call the COA to sign up.

MAHJONGG

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

Services

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. Appointments are held every 15 minute so please call the COA to schedule your appointment.



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 9:00 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, a mask must be worn 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.

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.

COA BOARD MEETING

The COA Board meetings are tentatively held on the **2nd Wednesday** of each month at **9:30 am** @ the COA.

Constituent Services Senator Bruce E Tarr

Aide, Mary Ann Nay & Representative Lenny Mirra

Join them at their next meeting on Tuesday, April 19th from 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. April's office hours will be Friday, April 1st and Tuesday, April 19th. You can sign up for the office hours at:

<https://calendly.com/teamtram/officehours?month=2021-12>

If you have trouble with zoom, please call Rep. Nguyen's Legislative Director at 617-722-2060 x5

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.



Places To Go/Things To Do

Trips with Best of Times Travel

Orlando Transit Authority

A Chicago Tribute Band!

The Music of Chicago Lives on!
May 25th

**@ Danversport Yacht Club,
Danvers, MA**

The music of 2016 Rock 'n' Roll Hall of Fame inductees **Chicago** spans more than four decades and includes **Five #1 Albums** and **20 Top-Ten Hits**. **Orlando Transit Authority** presents a flawless replication of three decades of inspired music in a show that includes nearly every charted song that captures the hearts of traditionalist **Chicago** fans. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Stuffed Breast of Chicken or Baked Scrod.

Price: \$74pp.

This is a drive yourself event.

Niagara Falls

(With Niagara-On-The-Lake, Winery Tour and Tasting & Baseball Hall of Fame!)

June 14th-16th

(3 Days / 2 nights)

Head out to Niagara Falls, Canada, arriving that evening at the Hilton Niagara Falls Fallsview. Enjoy some free time the first afternoon at the indoor pool or visit the area before our evening activity. Enjoy a true Canadian treasure dinner & show at The Greg Frewin Dinner & Magic show. On Day 2 visit one of the area's great wineries complete with a tour and tasting. On Day 2 Visit Cooperstown/Baseball Hall of Fame and so much more. Also included: Best of Times Travel professional tour director, all touring, luggage handling, taxes and gratuities.

Price: \$539/Double; \$669/Single.

Passport or Passport Card is Required for this trip!

The McCartney Years

(Live Concert)

June 15th

**@ Danversport Yacht Club,
Danvers, MA**

Endorsed by the late Beatles Promoter, Sid Bernstein as "The Best on The Scene", and Paul McCartney's

Wings guitarist, Denny Laine gives his own personal accolade - "Fantastic!". Over 30 Top Hits spanning more than twenty albums, from the Beatles to Wings...from "Yesterday" to "Live and Let Die". It's like traveling back in time, and seeing Paul McCartney at the height of his career in the Seventies! Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Stuffed Breast of Chicken or Baked Scrod.

Price: \$74pp.

This is a drive yourself event.

The Patsy Cline Tribute Show

June 23rd

**@ Danversport Yacht Club,
Danvers, MA**

The legendary Patsy Cline comes to life once again in the national touring show Memories of Patsy. This incredible tribute concert takes its audience on a trip back in time to the days when the amazing singer graced the stages of America. The songs are woven into the very fabric of American music and the voice is spectacular. Some great tunes are: Crazy, Walkin' After Midnight, I Fall to Pieces, She's Got You and much more. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Stuffed Breast of Chicken or Baked Scrod.

Price: \$74pp.

This is a drive yourself event.

The American Music Cities of Nashville & Memphis

September 22nd - 26th

(5 Days / 4 Nights)

Experience the history, heritage and culture of this toe-tapping journey to America's Music Cities of Nashville & Memphis, TN. Revel in the sounds of the blues, jazz, country, and good old rock 'n' roll. Experience the magical sights of the Grand Ole Opry, famous Beale Street in Memphis, and Graceland up close and in person. You'll be singing the sounds of the heartland well after your return home! Also included: Roundtrip airfare to and from Logan Airport, 3 night lodging at the

Premier Gaylord Opryland Hotel in Nashville, TN., 1 night lodging in Memphis, TN., 8 Meals - 4 Dinners, 3 Breakfasts, 1 Buffet Brunch on the General Jackson, Best of Times Travel professional tour director, all touring as described and optional travelers insurance.

Price: Standard Rooms: \$2099pp/Double; \$2499pp/Single. Upgraded Atrium Rooms: \$2199pp/Double; \$2699pp/Single. Book early as space is limited!

Stay Tuned for More Fun Adventures!!

Boston to Bermuda

8 Days - 7 Nights

May 20th - 27th, 2022

New York Finger Lakes & Wine Country

with Turning Stone Resort & Casino
3 Days - 2 Nights

May 25th - 27th, 2022

Icons & Legends Concert Tribute Show

Featuring songs from Neil Diamond, Carole King, Karen Carpenter, Johnny Cash and much more.

July 19th, 2022

Shades of Buble'

Tribute Show

September 20th, 2022

Cher...The Beat Goes On

Tribute Show

November 17th, 2022

Christmas with Paul Anka

Tribute Show

December 6th, 2022

Salem Cross Inn Christmas **December 14th, 2022**

An American Bandstand

New Year's Eve Day

December 31st, 2022

More trips/brochures are available at the COA.

Lunch Bunch Trips

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

Olive Garden

**153 Andover St., Danvers, MA
Thursday, April 14th**

Meet @ COA 10:30 am, Van Leaves @ 10:45 am

Known for their freshly baked bread sticks and famous house salad. They have something for any appetite.

The Double Bull Taphouse

**Located at the Northshore Mall, Peabody, MA
Thursday, April 28th**

Meet @ COA 11:00 am, Van Leaves @ 11:15 am

Indoor/outdoor Taphouse that offers a unique menu, over 50 types of beers and a wide variety of games like pinball, bocce, shuffle board and darts.

Grocery Shopping:

Tuesday, April 12th

Tuesday, April 26th



Medicare Wellness Webinars

Monday, April 11th

2:00 pm to 2:30 pm

Food and its Healing Effects

Register Now @ bcbsma.info/Apr11

Wednesday, April 27th

10:00 am to 10:30 am

Eight Happiness Boosting Strategies

Register Now @ bcbsma.info/Apr27

Open to all!

Sponsored By Blue Cross Blue Shields of Massachusetts

Rest-Stop-Ranch

202 Haverhill Rd. Topsfield, MA

The Rest-Stop-Ranch is looking for seasonal part-time job and volunteer opportunities workers. Perfect for people who enjoy meeting all ages and abilities in our garden, and are able to commit to helping host guests, once or twice a week, March - November, 25 weeks. Tuesday, March 22nd, is the start date for training seasonal volunteers in the garden. They are now accepting applications and interviewing folks interested in joining them in the garden, once-a-week or once-a-month! Pre-register now at Programs@rest-stop-ranch.org

Borrowed Equipment:

We are now taking back any equipment that anyone has borrowed from us if you are no longer in need of it. We are very low on wheel chairs as well as transport chairs. We thank you for holding onto these borrowed items during the pandemic and we are now allowed to accept it back.

****Please leave the office a message if you are leaving any returned equipment outside, so that we can remove it from our borrowed list. Thank you!****

****While Supplies Last****

The Town of Boxford has acquired additional rapid at-home Covid antigen tests that will be available for residents at no cost. The iHealth Covid-19 antigen rapid kits each contain 2 tests. Due to the limited number of tests currently available, residents will be limited to 4 kits per household. Boxford senior residents can pick up test kits during regular business hours.

Become a Friend of the Council on Aging

The Friends of the Council on Aging are actively seeking new members. The Friends are not only the fundraisers for the COA but they are responsible for numerous social and educational programs.

Want to know more - Call Pam at 978-887-3591

Vaccination Cards:

Once you have been fully vaccinated, we at the COA are more than happy to make a copy of your card and hold it on file for you in case you may lose the original. Just stop on by at any time! You may also come by and update your copy if you have received your booster shot.

NEET

NEET (Northern Essex Elder Transportation) has resumed its rides with mandated precautions. Everyone must pre-register! Contact the COA for info @ 978-887-3591.

Volunteers Wanted

The COA is looking for volunteers interested in offering classes or groups to meet weekly, monthly or even a one time presentation. We would like to offer craft classes, knitting, walking and biking groups. If you have a talent or expertise you would like to share give us call.

Help Needed at the COA

We need drivers for two vital programs! MOW and NEET.

Can you help make a difference in the lives of Boxford seniors? Call the COA @ 978-887-3591 for more information.

COA Van

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



Funny Bone



As you get older you've got to stay positive. For example, the other day I fell down the stairs. Instead of getting upset, I just thought, "Wow the was the fastest I've moved in years!"

I'm so old that multiplications used to be called "Times Tables".

You know your getting old when "Friends with Benefits", means someone who can drive at night.

Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.

So Excited!

Our loan was approved. We're closing on a full tank of gas this weekend.

I'm at a place in my life where errands are starting to count as going out!

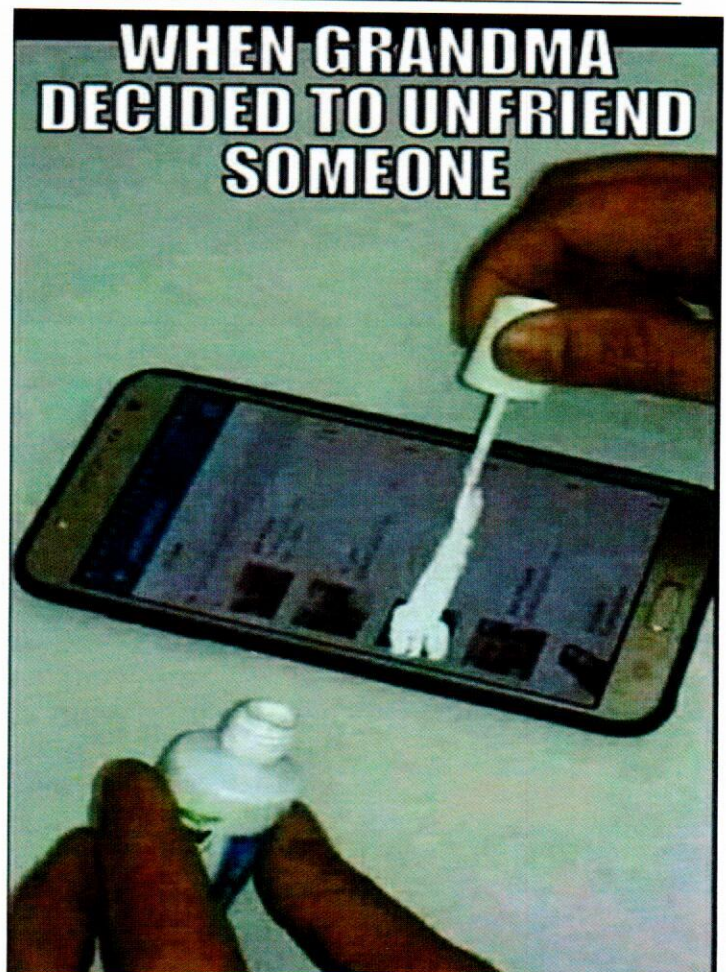
I don't always go the extra mile, but when I do, it's because I missed my exit.

I just did a weeks worth of cardio after walking into a spider web.

I don't mean to brag, but I finished my 14 -day diet food supply in 3 hours and 20 minutes.

A thief broke into my house last night. He started searching for money, so I got up and stated searching with him.

My kids kept asking me to drive them to this and that, so I finally put an "Out of Order" sticker on my forehead.



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

Liz Murphy: Chairperson
Judy Andersen: Secretary

Members:

Richard Shaw
Steve Harvey
Christina Eckert
John Shirley
Alicia Caron

COA Staff

Pam Blaquiére: COA Director
Lisa Giugliano: Secretary
Elaine Gould: Outreach 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.



We would like to wish everyone who is celebrating their April Birthdays, a very Happy Birthday!



APRIL

SPRING TRIVIA

1. What is the first day of spring called?
2. Which type of meat is traditionally popular in spring?
3. T/F: The fall and spring equinoxes are the only two times during the year when the sun rises due east and sets due west.
4. How many hours of daylight and darkness are there on the first day of spring?
5. What is the average spring temperature?
6. What year in spring had the most amount of rainfall?
7. How much did it rain that year?
8. T/F: Sense of smell can be more acute in spring.
9. What year had the coldest spring?
10. T/F: The first day of spring in the Southern Hemisphere is also the first day of spring in the Northern Hemisphere.

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."



**"If you can dream it,
you can do it."**

ANSWERS: (1) Vernal equinox (2) Lamb (3) True (4) 12 Hours (5) 46°F (6) 1947 (7) 13 inches (8) True (9) 1962 (10) False, First day of fall.