



Boxford's Boomers & Beyond



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

September 2020

The Boxford Council on Aging is committed to reopening our offices and programs in a way that promotes the health and safety of our residents, staff, volunteers and instructors. This includes the enforcement of "social distancing", the wearing of face masks, access to hand sanitizer and the following of all State Travel Orders. Currently several activities are being held outdoors under a large tent. As circumstances permit, we will increase our outdoor programming.

Please note that we miss all of you and know that many of you are really feeling isolated. While our building remains closed to the public, we are here most days and frequently check our messages. If you need a friendly voice to chat with, do not hesitate to call.

Some COA updates while we were away!

First, our elevator lift has been replaced, passed inspection and is ready to use.

Second, the floor upstairs has been replaced and looks amazing. We can not wait for you all to see it when the building reopens to the public.

Third, if you have driven by the COA, you may have seen a big white tent out by the picnic tables. We have started up some outdoor classes and slowly adding more. Classes are listed on page 2.

Registration is a MUST!!

Due to the high interest in classes, we anticipate that classes will fill quickly. If you are seriously interested in a class, we suggest you call the COA as soon as possible. No later than noon on the day before the class. **No walk-ins allowed!** If you have signed up for a class and you do not show up, you will be responsible for the cost. Please call us by noon on the day before the class to cancel. All equipment used during classes will be sanitized after each use.

Our building is **CLOSED** but the bathrooms will be available with a pass and will be sanitized after each use. **These classes are held rain or shine.**

Voting!

We have the option of voting in person or by mail. We hope that voting by mail will reduce lines on election day. To request a mail in ballot for the November election you should contact the town clerk @ 978-887-0710 before October 24th. In-person voting for the State Election is November 3rd. Early voting will take place over 14 days (10/17 - 10/30.)

Annual Town Meeting

Saturday, September 12th @ 10:00 am. Outdoors at Masconomet Regional High School.

Phone Pals

Are you bored staring at the same four walls, feeling alone in this COVID era, sad to not be able to get out and see anyone? Sign up for the COA's new program Phone Pals! Call the Boxford Council on Aging at (978) 887-3591 to request a Phone Pal. A friendly voice on the other end of the line can make a world of difference!



Flu Clinics

Wednesday, September 2nd @ the COA
Please call the COA for our time.

Tuesday, September 8th @ The East Fire Station
from 5:00 - 7:00 pm

Thanks to all of our wonderful volunteers that helped the COA during these difficult Covid times. We deeply appreciate all the time that you have graciously given to help keep Boxford seniors safe!



FITNESS CLASSES

There are only 12 people allowed per class due to State and Town guidance.

- **Registration is a Must!**
- **Masks must be worn at all times.**
- **The cost of each class is \$3.00 and should be placed in a sealed envelope with your name on it.**
- **Arrive 5 minutes before class to answer a brief questionnaire and to have your temperature taken.**
- **And lastly, please bring your own beverage.**

Tuesday's**CHAIR YOGA
With Mary**

Class is held on Tuesdays from 9:00 to 10:00 am.

**YOGA CLASS With
Mary**

Class is held on Tuesdays from 10:00 to 11:00 am.

**Strength Training
Complexity Class
W/ Leah
Miller**

Class is held on Tuesdays from 1:00 to 2:00 pm.
(This class is held per the instructors schedule)

**Thursday's****Strength
Training
Complexity Class
W/ Leah Miller**

Class is held on Thursdays from 9:00 to 10:00 am. (This class is held per the instructors schedule)

**YOGA CLASS
With Mary**

Class is held on Thursdays from 12:30 to 1:30 pm.



Other activities to be announced as permitted

And as a reminder (even though the building is closed to the public) we will be Closed on Labor Day, Sept. 7th!

Transportation

As of this moment, transportation is extremely limited. Our van driver is out on medical leave and NEET (Northern Essex Elder Transportation) has not resumed services. We do hope that these services will be back in operation shortly. Currently there is only transportation around the Merrimack Valley via Ring & Ride. They can be reached @ 978-469-6878. (Option# 3) You can also view their services online at www.MVRTA.com

Services**VETERANS SERVICES**

Joe LeBlanc, our VA Rep is available to answer any questions and concerns that you may have. His office is working remotely and can be reached at (978) 807-7286.

All Vets and/or families of Vets Welcome

**HEALTH BENEFITS
SHINE REP**

Our SHINE Rep is Marylou Fierro. 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.

When you have a free moment take a look at what's happening at the Boxford Council on Aging and The Center at 10 Elm!

Here are the links to reach us:

- <https://www.10elmfoundation.org/>
- **Instagram:** @10Elmfoundation
- **Facebook Page:** [Boxford Ma Council on Aging](#), & [The 10 Elm Foundation](#), don't forget to like our page to see what's happening at the COA.
- <https://www.ouractivecommunity.com/> Type in Boxford down at the bottom of the page where it says "Find Your Community"
- <https://www.town.boxford.ma.us/council-aging>

Why did the crow sit on a telephone pole?

He wanted to make a long distance caw.

Are people born with photographic memory?

Or does it take time to develop?

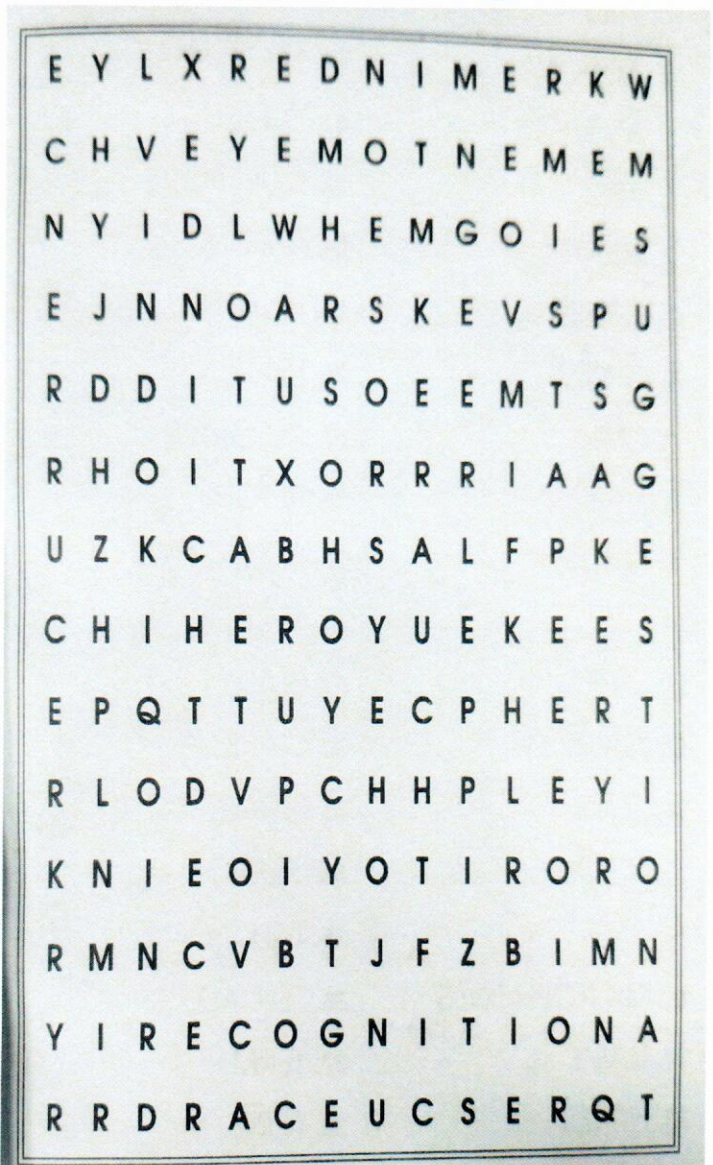
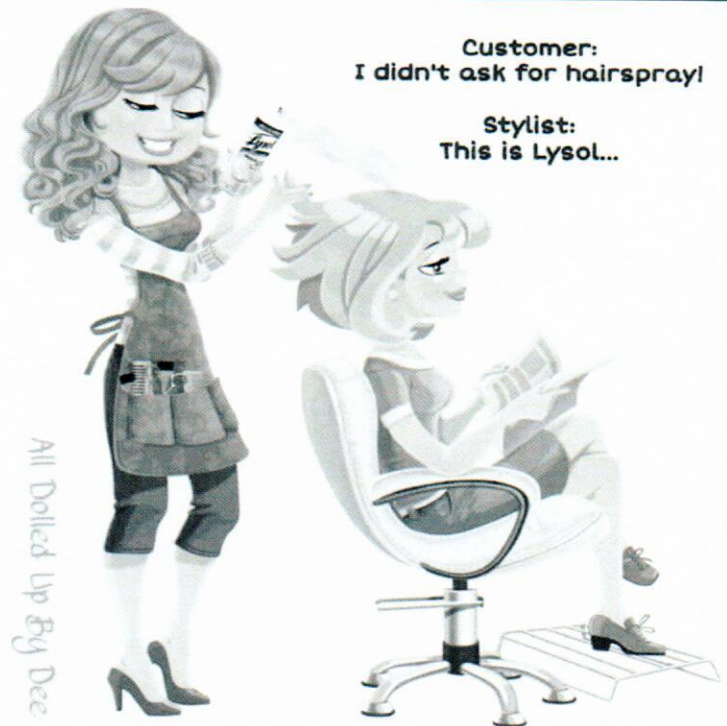
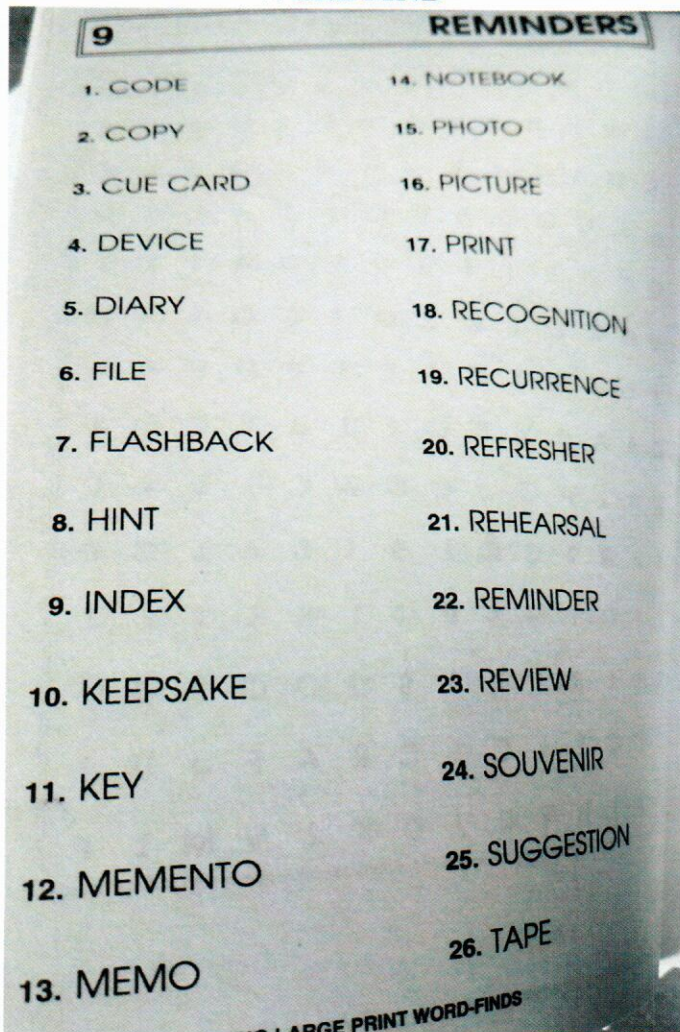
Has anyone else's gardening skills improved during this quarantine like mine have?

I planted myself on the sofa at the start of mid March and I've grown bigger ever since.

My childhood crush and I are finally getting married.

Me in August, and her in November.

WORDFIND



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Phone: (978) 887-3591

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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
Suzanne Cox: Vice-Chairperson
Judy Andersen: Secretary

Members:

Richard Shaw
Steve Harvey
Christina Eckert

COA Staff

Pam Blaquiére: COA Director
Lisa Giugliano: Secretary
Elaine Gould: Outreach Worker
Cynthia Comeau: Van Driver

The Friends of the Boxford COA, Inc.
You can access their website @:
<https://www.ouractivecommunity.com/boxford-ma.html>

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 September Birthday, a very Happy Birthday! And to the one's who have celebrated their birthdays in past months, Happy Birthday to you as well.



September Daily Observances

September 7th - Labor Day!

***September 13th-
Grandparent's Day!***



***September 19th - Nat'l
Dance Day!***

***September 25th - Nat'l
Lobster 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

