



# Boxford's Boomers & Beyond



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

**August 2021**

## The COA building is now open to the public!

If you are not fully vaccinated, a mask must be worn indoors. We do respect everyone's privacy and your decisions on the vaccine but we still need to protect others.



### **The Center at 10 Elm!**

Thank you, thank you ALL! 10 Elm is a go! We want to thank everyone, young and old who came out to support the 10 Elm Foundation. We want to especially thank Liz, Christina and all of the 10 Elm crew for ALL their hard work, endless hours researching and applying for grants, attending all the board meetings and their commitment in getting us to where we are now. This is not a dream any more, its now a reality that our Seniors can enjoy. **Breaking Ground date is Wednesday, July 28 @ 11 am and BBQ to follow at the COA. (Reservations are a must for the BBQ)**

### **BBQ on the Lawn!**

**(which will take place every other week)  
Wednesdays, 07/28, 08/11 & 08/25  
@ Noon**

Join us on Wednesdays, 07/28, 08/11 & 08/25 @ Noon for BBQ on the lawn. This is not a weekly event. **RESERVATIONS ARE REQUIRED AND NO WALK INS ARE ALLOWED. If you are not on the List, we will have to turn you away.** So we ask that you sign up asap. Reservations need to be received no later than 9 am on the day before the BBQ and the **price is \$5.00/pp.** The COA van is available at no cost for any Boxford senior who wishes to take advantage of this service. Masks must be worn on the bus and while in line for food. The menu consist of hamburgers and hotdogs with at least one type of Salad.

### **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 and mask MUST be worn at all times while in the van.** Reservations are required. ***Trips may be canceled due to lack of interest or inclement weather.*** Call the COA to make your reservations.

#### **Grassfields**

**Thursday, August 12th**

Located in Andover, MA. Known for their generous portions, prompt service and friendly staff. Serving quality steak and seafood.

#### **Warren's Lobster House**

**Thursday, August 26th**

Located in Kittery, ME. Warren's houses a full-service bakery, a lobster pound capable of holding thousands of pounds of the delicious crustaceans, the Captain's Treasure Chest gift shop, the Lobster Trap Lounge, Pete's Stateline Sweets Candy Store and the famous Seacoast's Finest Salad Bar.

## **Classes & Activities:**

**Chair Yoga:** Tuesdays @ 9 am

**Yoga:** Tuesdays @ 10 am & Thursdays @ 12:30 pm

**Strength Training w/ Leah Miller:**

**Mondays & Thursdays @ 10 am**

**Mahjongg:** Wednesdays @ 1 pm

**Bingo:** Thursdays @ 10 am

**News & Views:** Tuesdays @ 9 am

**Grief & Loss Support Group:** 3rd Thursday of the month @ 1:00 pm.

**Wellness Clinic:** 2nd Tuesday of the month from 11 am to 1 pm. Appointments are held every 15 minutes so please call to schedule your appointment.

**Veteran Services:** 1st & 3rd Thursday of each month. Appointments can be made by calling 978-688-9525 (Joe) or walk-ins are welcome.

**Health Benefits Shine Rep:** Marylou is available on the 2nd Thursday of every month. She is still working remotely. She is available to speak to you by appointment only. Please call the COA to schedule your appointment. She can either email you the info that you need or she will call you at your designated time.

**Grocery Shopping:** 2nd & 4th Tuesday of every month. Pick up starts at 9am and you will have 1 hour to shop. Masks must be worn on the bus. You must be able to get in and out of the van on your own and must be able to carry your own groceries.

**COA Board Meeting:** Tentatively held on 2nd Wednesday of each month at 9:30 am @ the COA.

**Handy Man:** If your looking for any small jobs that need to be done, (changing locks, switching out light bulbs and more), give us a call to set up a time.

**Phone Pals:** Are you bored staring at the same four walls, feeling alone, sad to not be able to get out and see anyone? Sign up for the COA's new program Phone Pals! Call the COA to request a pal. A friendly voice on the other end of the line can make a world of a difference!





## **Boxford COA w/ Collette Vacation**

As of right now we have not scheduled any trips with Collette.

## **Trips with Best of Times Travel**

### **Maine Escapes Bar Harbor, Boothbay Harbor, & Acadia National Park 3 Days/2 Nights September 19th - 21st, 2021**

Join us on this amazing adventure featuring some of Maine's most highly acclaimed and picturesque areas. Be sure to take your camera as this trip provides some of the most spectacular views of nature to be found anywhere. Enjoy accommodations at the Boothbay Harbor Inn located on the water replete with amazing views of the harbor and village of Boothbay Harbor the "Boating Capital of New England". Absorb the sights and sounds of the forest, fill your lungs with the aroma of evergreen and salt air, revel in the panoramic views from atop Cadillac Mountain, and renew your spirit and appreciation of the world around us as we visit Acadia National Park. Enjoy some time browsing and shopping in the downtown waterfronts. Evening entertainment includes two nights at the Boothbay Harbor Inn. Included: roundtrip motorcoach transportation, 2 nights waterfront lodging @ Boothbay Harbor Inn, 4 Meals: 2 Deluxe Breakfasts, 2 Dinners, 2 evening entertainment, touring of Bar Harbor & Acadia National Park, luggage handling & taxes, tour director & step-on-guide gratuities. **Price: \$499pp Double, \$649pp Single Occupancy.**

### **The Home Again Carole King Tribute**

**Wed, September 22nd, 2021**  
(Live @ Danversport Yacht Club - Danvers)  
Carole King is arguably the most celebrated and iconic singer/songwriter of all time of the latter half of the 20th century in the US, having written or co-written 118 pop hits on the billboard. Deb De Lucca, joined by her band of seasoned musicians, take the audience on a

journey through Carole's impressive & expansive repertoire. **Home Again** is a true celebration of Carole King's anthology and captures the "Beautiful" spirit of a unique time in music history! \$72pp. Includes: plated luncheon, meal tax, gratuity, & show ticket. Meal choice: Stuffed Breast of Chicken or Baked Scrod. \*This is a drive yourself event\*

### **Simon Pearce Glassblowing & King Arthur Fall Foliage Trip w/ Queechee Gorge Thursday, October 7th, 2021**

Head North to Vermont and enjoy the fabulous fall foliage unfold before you on the hills and mountain tops of NH as we drive. First stop of the day will be Queechee Gorge for some amazing views of the area and surrounding foliage. From there we head to the headquarters of Simon Pearce and enjoy a fantastic meal at Mill Restaurant. They use local ingredients for their meals and the Vermont Cheddar Soup is mind-blowing! After lunch we will enjoy a guided tour of the factory and watch some hand made glassblowing in progress. Following our stay we will travel to the King Arthur Factory. Includes: Transportation, Lunch (Roasted Shetland Salmon or Tamarack Farms Lamb Burger), Touring, Tax & Gratuity. **Price: \$119pp**

### **A Country Christmas in Nashville, TN @ The Gaylord Opryland Hotel December 10th - 13th, 2021 (4 Days/3 Nights)**

Stay at the splendid Gaylord Opryland Hotel which is transformed into a winter wonderland like nothing you have seen before. The Opryland hotel is decorated with more than Three Million lights inside and out creating a magical holiday wonderland. Experience the Grand Ole Opry and a fabulous holiday show at the mother church of Country music, The Ryman Auditorium. Round trip air from Logan and roundtrip transport provided. Package includes 3 nights lodging, 7 Meals - 3 Dinner, 2 Breakfast, 1 Sunday Brunch, Gaylord Opryland Dinner Show, ticket for the Holiday show at Ryman, ticket to show at Grand Ole Opry, Tour of the Ryman and the Grand Ole Opry, admission to the Country Music Hall of Fame, guided tour of Nashville, General Jackson Showboat River Cruise and more. **Price: \$1999 Double**

### **An American Bandstand New Year's Eve Day Featuring the Tom LaMark Orchestra Friday, December 31st, 2021**

(@ Danversport Yacht Club - Danvers)

Our entertainment ringing in the New Year is the incredibly dynamic Tom LaMark Orchestra which covers over 60 years of great music from the original classics of the swing era, the Best in Ballroom Dancing, our favorite Line Dances, to the best of American Bandstand from the 50's, 60's, 70's and 80's. Sing along, dance along, and party strong to our live band. Their program will showcase some of the great songs from groups such as The Four Tops, The Beatles, Elvis, Patsy Cline and much, much more. So bring your dancing shoes and get ready to experience an American Bandstand's New Year's. Luncheon Choice: Baked Stuffed Chicken Breast or Baked Schrod. **Price: 105pp** \*This is a drive yourself event\*



### **Other Upcoming Trips With Best of Times**

**An American Bandstand**  
Tuesday, December 31st, 2021

**Orlando Transit Authority  
A Chicago Tribute Band**  
Wednesday, May 25th, 2022

**Niagara Falls**  
June 14th - 16th, 2022

**Shades of Buble`  
A Three Man Tribute to  
Michael Buble`**  
Tuesday, September 20th, 2022





## Transportation

The COA van is available for rides to a COA class, discussion group, event, to go grocery shopping, lunch bunches, our bi-weekly BBQ's and for anyone looking for a handicap medical ride. (The medical handicap rider must be accompanied by a companion.)

## NEET Rides

NEET (Northern Essex Elder Transportation) has resumed its rides with mandated precautions. Everyone must have completed a pre-registration form with NEET before booking a ride. Contact the COA for info @ 978-887-3591.



## Help Needed at the COA

**We need drivers for two vital programs! Meals on Wheels and NEET.** Can you help make a difference in the lives of Boxford seniors? Call the COA @ 978-887-3591 for more information.

## 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.

## 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

## 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 anything back.

## 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 for if by any chance you may lose the original. Just stop on by at any time!

## SAVE THE DATE

### Murder ala Carte

**Monday, September 20th @ 1:00 pm**  
Performed by Delvena Theatre Company.

## You Hold the Key to Help Others

By volunteering to drive as little as twice a month, you will ignite new friendships and support your entire community.

Mileage reimbursement and supplemental liability insurance provided.



Learn more and unlock this flexible volunteer opportunity. Visit [www.driveformeet.org](http://www.driveformeet.org) or call 978-388-7474.



## Free Fun August Adventures 2021

Highland Street Foundation is partnering with special Massachusetts Cultural Institutions to provide one free activity each day for 31 days. Along with no cost admissions to zoos, museums and carousels and more. For safety reasons, many of the participating venues have limited capacity and are required advanced registration. Please see the corresponding link below for registration.

<https://www.highlandstreet.org/programs/community-events/august-adventures>

**August 1st:** Commonwealth Shakespeare Company

**August 2nd:** Cape Cod Children's Museum

**August 3rd:** Capron Park Zoo

**August 4th:** Children's Museum of Greater Fall River

**August 5th:** Fitchburg Art Museum

**August 6th:** Fruitlands Museum, The Trustees

**August 7th:** Falmouth Museums on the Green

**August 8th:** Berkshire Museum

**August 9th:** New Bedford Whaling Museum

**August 10th:** The Greenway Carousel

**August 11th:** Springfield Museums

**August 12th:** Museum of African American History

**August 13th:** Worcester Art Museum

**August 14th:** Mass Audubon's Drumline Farm Wildlife Sanctuary

**August 15th:** AWSC Shark Center

**August 16th:** Children's Museum at Holyoke

**August 17th:** Institute of Contemporary Art/Boston

**August 18th:** Boston Children's Museum

**August 19th:** Eric Carle Museum of Picture Book Art

**August 20th:** Wenham Museum

**August 21st:** Larz Anderson Auto Museum

**August 22nd:** Peabody Essex Museum

**August 23rd:** Mass Audubon's Pleasant Valley Wildlife Sanctuary

**August 24th:** Decordova Sculpture Park and Museum, The Trustees

**August 25th:** Paragon Carousel

**August 26th:** Fuller Craft Museum

**August 27th:** Cape Cod Museum of Art

**August 28th:** Out Of The Park, Boston Red Sox & City of Boston

**August 29th:** Mass Audubon's Wachusett Meadow Wildlife Sanctuary

**August 30th:** Castle Hill, The Trustees

**August 31st:** John F. Kennedy Presidential Library and Museum

## Beacon Hospice, Inc.

(In conjunction with Holy Family Hospital) presents Moving Ahead: Dealing with Grief Bereavement Support Group. Join the group and learn what is holding you back from moving forward with your life after loss:

**Dates:** Thursdays, July 15th - August 26th. (Group will not meet on August 12th)

**Time:** 6:00 pm - 7:30 pm (Participants need to arrive before the main entrance doors close to 6:00 pm)

**Location:** Cremin Suite, Holy Family Hospital  
1 East Street, Methuen, MA 01844

### Registration Required

Call Lu Bonanno @ 978-837-3333 or email [lucille.bonanno@amedisys.com](mailto:lucille.bonanno@amedisys.com)  
(This is a free service to the community)



**Boxford Council on Aging**  
**4 Middleton Rd**  
**Boxford, MA 01921**  
**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  
Judy Andersen: Secretary

**Members:**

Richard Shaw  
Steve Harvey  
Christina Eckert  
John Shirley

**COA Staff**

Pam Blaquiere: 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 Summer Birthday, a very Happy Birthday!**



**Summer**

**7 Rules of Life**

- 1) **Smile:** It always works out at the end!
- 2) **Be Kind:** You have the power to make people feel good!
- 1) **Don't Give Up:** If it doesn't work the first time, find another way!
- 2) **Don't Compare:** Everyone's on a different journey!
- 5) **Avoid Negativity:** Avoid negative thoughts, situations & people!
- 6) **Make Peace with Your Past:** Focus on being present & creating a better future!
- 7) **Take Care of Your Body and Mind:** One struggles to survive without the other!

Past Monthly Newsletters are posted on the Town web. To access these Newsletters — go to [www.town.boxford.ma.us](http://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**

*We don't need to share  
the same opinions as  
other's, but we  
need  
To be respectful!*

