

Boxford's Boomers & Beyond

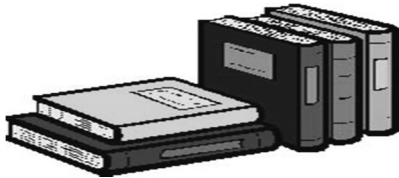


Boxford Council on Aging * 4 Middleton Rd * Boxford, MA 01921 * (978) 887-3591

February 2019

Council on Aging Winter Policy

In most instances the Council on Aging offices will be open during inclement weather and power failures to handle the phones and any emergencies that arise. If Boxford Schools are closed there will be no classes or activities at the Senior Center!



Tea and Mystery Book Discussion Group

Beginning Monday, February 11th @ 1:00 pm
(And will be held on the 2nd Monday of every month)

Join us at the Council on Aging for some tea, goodies and a lively discussion of mysteries facilitated by the Boxford Library's own Elizabeth Safford. At our first meeting we will share our favorite authors and get our first book assigned.

****All ages welcome****

Friends of the Boxford COA Meeting Wednesday, February, 6th @ 8:30 A.M.

We have lots to discuss and would love your input.

New Friends of all ages are always welcome.

Valentine's Luncheon Wednesday, February 14th!

Dress in your Red for this special occasion!

Sign up by calling 978-887-3591

Coast to Coast in 48 Hours

Wednesday, February 20th @ 11:00 am

Presented by Historian Anne Barrett

Charles Lindbergh's vision of coast-to-coast travel by plane and train in just 48 hours was only a dream until 07/07/29, when Transcontinental Air Transport's inaugural journey left NYC. Learn about evolution of transportation in America. Luncheon will be served following the presentation. Please call the COA at 978-887-3591 to reserve your space.

"Common Threads 2"

Volunteers who Knit or Crochet

The Council on Aging is once again making blankets for the **Community Giving Tree**. The Boxford COA will supply you with the yarn needed. If you are interested —The COA will be hosting a luncheon on Tuesday, February 13th to welcome the knitters to the volunteer group and to hand out the yarn. The COA will also have various blanket patterns for those interested.

Please call the COA @ 978-887-3591 if you are interested in joining this group and to let us know if you will be attending the luncheon. Our goal is to have as many blankets as possible ready to donate to the Community Giving Tree by Wednesday, March 20th!

Nordic Pole Walking Beginners Class

Starts Monday, February 4th at 9:30 am

Join Instructor Nancy Taylor and some of her students for step by step instruction in Nordic Pole Walking. COA has the equipment necessary for this class.

**Improve your posture,
Strengthen your mobility,
Reduce stress and make new friends!**

"Save the Date"

**Wednesday, March 13th @ 12:00 pm
Boxford's COA's Annual St. Patrick's Day
Celebration**

The COA will be closed President's Day! Monday, February 18th

Classes, activities and more!

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

NEW CLASS STARTS FEBRUARY 4th

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 welcome

The Wonders of Science

The Wonders of Science w/ Bob Spillman is on Tuesday, February 19th starting at 9 AM. Topic this month: "Most Interesting Technology Developments of 2018"

All adults 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 Tuesday, February 12th and the topic will be Tariffs

Cooking With Renee

Our next cooking class will be held on Monday, February 11th at 10:30 AM. 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.***

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. The next meeting will be on February the 13th 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, February the 19th 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, March the 19th by appointment

All seniors are welcome

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Boxford COA With
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, Baltimore 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, Geysir, 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 \$50 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 30 the

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

More trips/brochures are available at the COA.

Volunteer Opportunity**Windrush Farm**

Join a vibrant community, spend time with therapy horses and inspirational riders. Windrush Farm is looking for side walkers (no horse experience required) and horse handlers to assist in therapeutic riding lessons for children and adults with special needs.

Please contact 978-682-7855
volunteer@windrushfarm.org
 Windrush Farm
 479 Windrush Street, North Andover

Lockwood Forest Hike**38 Lockwood Lane****Sunday, February 24th****1:00 pm**

Join Greenbelt & BTA Bolt on a guided hike/snowshoe through Lockwood Forest. You'll discover a portion of the Bay Circuit Trail and learn about the conservation and ecology of the area. This event is Free! Register on line @ ecga.org/events

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, February 5th	Congregate Lunch
Wednesday, February 6th	Lunch Bunch
Thursday, February 7th	Grocery Shopping
Thursday, February 7th	Congregate Lunch
Tuesday, February 12th	Congregate Lunch
Wednesday, February 13th	Common Threads Lunch
Thursday, February 14th	Valentine Lunch
Wednesday, February 20th	Lunch & Speaker
Thursday, February 21st	Grocery Shopping
Tuesday, February 26th	Congregate Lunch
Wednesday, February 27th	Lunch Bunch
Thursday, February 28th	Congregate Lunch

James Episcopal Church
New England Traditional Bean Supper
Saturday, February 16th from 4pm-6pm

They will be serving baked beans, hot dogs, potato salad, macaroni and cheese, coleslaw and wonderful homemade desserts.

Adults \$10 Children under 10 eat free.

Credit cards now accepted.

St. James is located at 119 Washington St. in Groveland

Music at Eden's Edge

(Live music in an intimate setting)

On Monday, February 4th**at the Barn @ Peirce Farm****(Witch Hill) @ 7:00 PM****116 Boston Street Topsfield**

-Music Speaks!

On Monday, February 25th**at the Peabody Institute Library****(Sutton Room) @ 7:00 PM****82 Main Street Peabody**

-Close Encounters w/Music

These are Free event's, but Reservations are required.
 Call: 978-531-0100 Ext: 10 or visit: EDENSEDGE.ORG/CONCERTS

Devotion, Desire and Delirium**Saturday, February 9th @ 4:00pm****Andover, West Parish Church**

\$35.00 per person

The relationship between Robert Schumann, Johannes Brahms, and the woman they both loved, Clara Schumann, has been called the greatest love triangle of all time. Both Brahms and Schumann received endless creative inspiration from Clara, and the mutual love, respect, and admiration they felt for one another is well documented in hundreds of letters that have survived. This concert presents works from all three of these brilliant minds.

Korean Spirit & Culture**Saturday, February 16th @ 1:00pm****@ the Boxford Public Library**

Learn about the rich culture & delicious food of Korea in this visit from KSPP. This event will include two short documentary films. Following

Boxford COA Activities

Congregate Lunches

Congregate Lunches are served every Tuesday and Thursday at 11:30 AM. The cost is still \$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. Rule of thumb: If Boxford schools are closed on either day — no lunch will be served.

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" are back for the winter. 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.

February Movies:

February 7th: French Kiss
February 14th: Valentine's Day
February 21st: Never Been Kissed
February 28th: The Perfect Man



Illustration by [unintelligible]

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.



Bradford Tavern Rowley

Wednesday, February 6th

BT Restaurant is Unique with modern touches in a rustic setting, offering the finest steaks, freshest seafood and many daily specials. Van will be leaving at 11 am. Call the COA to reserve your space.

Gourmet Garden Danvers

Wednesday, February 27th

Outstanding Chinese cuisine offering the freshest and finest food. Van will be leaving the COA at 11:00 AM. Call the COA to reserve your space.



Recipe Corner

Slow-Cooker Creamy Tuscan Chicken

Yields: 8 Servings
Prep Time: 15 Minutes
Total Time: 2 Hour 25 Minutes

Ingredients:

2 1/2 cups Progresso Chicken Broth (from 32-oz carton)
1 tablespoon Italian Seasoning
1/2 teaspoon Salt
1/4 teaspoon Crushed Red Pepper Flakes
1 package (20 oz) Boneless Skinless Chicken Thighs, cut in 1 1/2 inch pieces
8 oz Uncooked Campanella Pasta (2 3/4 cups)
1/2 cup Drained Oil-Packed Sun-Dried Tomatoes with Herbs
1 package (8 oz) Cream Cheese, cut into cubes, softened
1 cup Shredded Parmesan Cheese (4 oz)
1 package (5 oz) Fresh Baby Spinach Leaves

1.) Spray 5-Quart Slow Cooker with Cooking Spray. In Slow Cooker, mix Broth, Italian Seasoning, Salt, and Pepper Flakes.

2.) Stir in Chicken. Cover; Cook on high heat setting 1 1/2 to 2 Hours or until Chicken is cooked through (at least 165 F). Stir in Pasta and Tomatoes. Cover; Cook on high heat settings for 25 to 30 minutes or until Pasta is tender, stirring twice.

3.) Stir in Cream Cheese & Parmesan Cheese until cheeses melt. Stir in Spinach until wilted. Let stand covered 5 to 10 minutes or until slightly thickened. Stir before serving.





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 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.



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: Tuesday, February 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.

Prepare for Inclement Weather/Power Outages:

February can be a cold/Icy and Snowy month! You want to make sure that you are ready for any inclement weather...especially during power outages.

Have an Emergency Kit Available:

Here is a list of things you should have on hand:

- Candles/Flashlights, battery operated radios, (make sure to replace the batteries so that they are fresh ones)
- Warm Blankets, Hats, Mittens & Extra Clothes
- Bottled water, non perishable foods, and your medication.
- And most importantly...register your phone/cell number with the Town of Boxford for Emergency information @ www.town.boxford.ma.us/subscribe
- Before any storm....be sure to charge your Cell Phones.

The MA "Circuit Breaker"

You may get a cash REFUND on your 2018 State Income Taxes!!

The Massachusetts "Circuit Breaker" tax credit program is for adults age 65 + whose property taxes and half of their water and sewer bills are more than 10% of their annual gross income (or for renters, if their rent is greater than 25% of their income) and who meet a few other rules. You may receive this refund even if you do not owe any state income taxes! You may also get this refundable tax credit if you also receive a local property tax exemption from your town's tax assessor.

The value of the refundable credit can be as high as \$1,100 for 2018 tax filers.

You must meet the following guidelines to qualify:

1. Must be 65 + by the end of 2018
2. Have income below the maximum levels in the chart:

FY 2018:

Single: \$58,000; HOHH: \$73,000; Married, filing jointly \$88,000
Married, filing separately: Not Eligible

3. Property must be residential in MA and is your primary residence.
4. The assessed valuation of your home CANNOT be greater than \$778,000 for the '18 tax year.
5. 10% if income rule for Owners; 25% rule for Renters

For help filing a tax return or amend the prior years return contact the Council on Aging @ 978-887-3591

The tax form needed to file is called: Form 1 and the schedule CB Form. This can be retrieved from the Dept. of Revenue web site: www.mass.gov/dor/forms

Brian Lynch from the Massachusetts Department of Revenue

**Thursday, February 21st at 1:00 PM
Georgetown Senior Center**

Brian will discuss the Senior Circuit Breaker Tax Credit. Discussion will include eligibility and qualifying criteria, one's CB Credit amount, and how to file.

Boxford Residents are encouraged to attend. We just ask that you let us know so we can give Georgetown an idea how many people to expect.

Tackling Clutter

February and March can be a good time of the year to tackle the unwanted clutter in your home. Clutter can be a hazard in some homes. Months like these, especially during cold and snow weather, one can get a bit lazy. It's good to stay busy and active. Grab a box or bag and go through your piles of paper, unwanted nick knacks and clothes. There are many places that take unwanted items.



Two men meet on opposite sides of a river. One shouts to the other "I need you to help me get to the other side!" The other guy replies "You are on the other side!"

Police officer talks to a driver: Your tail light is broken, your tires must be exchanged and your bumper hangs halfway down. That will be 300 dollars. - Driver: Alright, go ahead. They want twice as much as that at the garage.



I forgot my cell phone when I went to the toilet yesterday. We have 245 tiles.

Mr. and Mrs. Brown had two sons. One was named Mind Your Own Business & the other was named Trouble. One day the two boys decided to play hide and seek. Trouble hid while Mind Your Own Business counted to one hundred. Mind Your Own Business began looking for his brother behind garbage cans and bushes. Then he started looking in and under cars until a police man approached him and asked, "What are you doing?" "Playing a game," the boy replied. "What is your name?" the officer questioned. "Mind Your Own Business." Furious the policeman inquired, "Are you looking for trouble?!" The boy replied, "Why, yes."

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

Q: Why was six scared of seven?
A: Because seven "ate" nine.



"I've often been asked, "What do you old folks do now that you're retired?" Well..I'm fortunate to have a chemical engineering background and one of the things I enjoy most is converting beer, wine and vodka into urine. I do it every day and I really enjoy it."

Q: Did you hear about the man with a broken left arm and broken left leg?
A: Don't worry, he's "ALL RIGHT" now!

There's a blond and a brunette in a car. The brunette is driving while the blonde is in the passenger seat. They're going down a steep hill when the brunette realizes that the brakes don't work. The brunette tells the blonde that the brakes don't work and they will drive off the side of the cliff because they failed to stop. The blonde then replies, "Don't worry! There's a stop sign ahead."

I couldn't figure out why the baseball kept getting larger. Then it hit me!



Q: What starts with E, ends with E, and has only 1 letter in it?
A: Envelope

A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument.

Found on Signs Along the Road

"Hey buddy, where's the fire? Clocked you going 12 and five-eighths back there."

What happens to a frog's car when it breaks down?
It gets toad away.

"Men to the left because woman are always right"

It's bad manners to let vacation wait!

The road to success is always under construction!

Who needs Vitamin D?
I need vitamin SEA!!

Duct tape is like the force. It has a light side, a dark side, and it holds the world together



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 Blaquiére: *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 February Birthday Luncheon will be held on Thursday, February 28th at 11:30 AM. Please call the COA by the end of the day on Tuesday, February 26th 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 February Celebrants!

February Daily Observances



February 3rd—Super Bowl Sunday!

February 5th—Chinese New Year
February 9th—Nat'l Pizza Day
February 14th—Valentine's Day



February 18th
President's 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



**My entire life can be summed up
In one line...
Well, that didn't go as planned!
Darynda Jones**