



Boxford's Boomers & Beyond



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

February 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.

Lunch Bunch Trips

We are happy to report that the van is back! See below for our Lunch Bunch Trips for the month of February. Call us to reserve your spot. We will make a reservation for those who are going.

Red's Kitchen & Tavern
131 Newbury St., Rt 1 N, Peabody, MA
Thursday, February 10th

Meet @ COA 10:30 am, Van Leaves @ 11:00 am
Friendly and comfortable restaurant offering top quality food at a good value. Elegant dining room with sophisticated flare!

The Village Restaurant
55 Main St., Essex, MA
Thursday, February 24th

Meet @ COA 11:15 am, Van Leaves @ 11:30 am
Located in Essex, MA. Family run for over 20 years. Known for their amazing clams and fresh seafood.

High Tea!

Wednesday, February 16th, 2022
1:00 to 3:00 pm



Join us at the COA for an afternoon of elegance at our High Tea! Dress for the afternoon (Holiday: Valentine's Day)

enjoying your friends and catching up on your daily, weekly and even past year. We will be serving a variety of teas along with some light finger sandwiches, savory appetizers and dainty desserts. This event is capped at 25 guests so please call the COA to book your seat. (For Boxford Residents Only)

The period for filing Real Estate Tax Exemptions for residents who are eligible for **property tax relief** is currently ongoing.

Some of the programs available include:

- Legally Blind
- Disabled Veterans
- Seniors 65 years +, with low to moderate income
- CPA Surcharge Exemption

Anyone interested in applying for an exemption should contact the Assessors Office at (978) 887-6692, Monday – Thursday 8:00am to 4:30pm. **Applications will be accepted until April 1, 2022 for the current tax year.**

While supplies last, the COA is selling at home rapid test kits. Each kits contains 2 tests. They are \$10.00 per kit and there is a limit of 2 kits per household. Call the COA to check on availability. Cash or check made out to the Town of Boxford is accepted.



Save the Date!

Associate Justice Judge
Amy Lyn Blake

Wednesday, March 9th @ 10 am

Justice Blake will be here to explain the type of cases that they hear and in general terms and how they make decisions. Lunch to follow. Please call the COA to make your reservation

Booster Shots

If you are 65 and older and you are looking to schedule a booster shot, visit vaxfinder.mass.gov for a full list of locations. Many locations are booking appointments out a week. When looking at the portal, make sure that you pay attention to what the pharmacy/vax site is offering, either the Pfizer, Moderna or J&J. If you have no access to a computer or if you are having problems finding an appointment, please call the COA for assistance. We are more than happy to help anyone in need of assistance.



Council on Aging Winter Policy

In most instances the Council on Aging office **WILL** be open during inclement weather and power failures to handle the phones and any emergencies that arise. If Boxford Schools are closed there are no classes or activities at the Boxford COA.

Medicare Wellness Webinars

Tuesday, February 15th
10:00 am to 10:30 am

Nutrition and Healthy Dividends
Register Now @ bcbsma.info/Feb15

Monday, February 28th
2:00 pm to 2:30 pm

Boost Your Health with Better Sleep
Register Now @ bcbsma.info/Feb28

Open to all!

Sponsored By Blue Cross Blue Shields of Massachusetts

The COA will be closed Monday, 2/21 Presidents' Day !

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 & 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
No Yoga on Thurs., Feb. 10th
All ages welcome!

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, February 8th beginning at 9 am with Bob Spillman. Topic: "UFO's: Facts, Fantasies, and Future"
All adults welcome!

Chit Chat Coffee Hour

Join us on **Wednesdays @ 9:00 am** for coffee to catch up with old and new friends! Let's talk about funny stories and laugh a little! It is much needed. So stop by with some old memories and enjoy a cup of coffee. No reservation required. Just pop on in.

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.

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.

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.

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.

COA BOARD MEETING

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

Constituent Services Senator Bruce E Tarr Advisor, Mary Ann Nay

Mary Ann Nay's next meeting will be on Tuesday, February 15th from 9:00 am to 10:00 am. 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. February's office hours will be Friday, February 4th and Tuesday, February 15th. 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.

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.

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.

Trips with Best of Times Travel

Celtic Angels of Ireland

w/Celtic Knights Dancers and The Trinity Band Ensemble of Dublin

March 10th, 2022

@ Danversport Yacht Club,
Danvers, MA

The Celtic Angels of Ireland, comprising the best performers within the Irish musical tradition, will transport us to their homeland of Ireland. Some of the sweetest voices under heaven make up the Celtic Angels. Irish to the core and seasoned entertainers all. The Celtic Knight Dancers, featuring two former lead dancers of Riverdance, perform with athletic precision in routines that leave audiences breathless. The Trinity Band Ensemble of Dublin, round out the show with flawless interpretations of authentic Irish Traditional Instrumentals, and their backing of both singers and dancers is perfection. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Corned Beef and Cabbage or Baked Scrod. **Price: \$74pp.**

This is a drive yourself event.

Orlando Transit Authority

A Chicago Tribute Band!

The Music of Chicago Lives on!

May 25th, 2022

@ 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, 2022

(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, 2022

@ 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, 2022

@ 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.

Stay Tuned for More Fun Adventures!!

The Int'l VA Military Tattoo

Annapolis, MD & Williamsburg, VA

5 Days - 4 Nights

April 28th - May 2nd, 2022

Boston to Bermuda

8 Days - 7 Nights

May 20th - 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

The American Music Cities of Nashville & Memphis

5 Days - 4 Nights

September 22nd - 26th, 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



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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 February Birthdays, a very Happy Birthday!



February

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

1. What is the February birthstone?
2. What is the February flower?
3. T/F: February 1865 is the only month in recorded history not to have a full moon.
4. If you were born on the 6th of February, what would your zodiac sign be?
5. Which awards show normally occurs at the end of February?
6. Which fruit is recognised in the month of February?
7. Which legendary character is recognized on the 12th of February?
8. What animal predicts the weather on February second?
9. What country's New Year celebration often lands in February?
10. What huge celebration occurs in Brazil in February?

ANSWERS: (1) Amethyst (2) Violet (3) True (4) Aquarius (5) Academy Awards (6) Banana (7) Paul Bunyan (8) Groundhog (9) China (10) Mardi Gras

LOVE makes our friends a little dearer
JOY makes our hearts a little lighter
Faith makes our paths a little clearer
hope make Our live a little brighter
peace bring us all a little nearer.