

Boxford's Boomers & Beyond



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

January 2018

Goodbye 2017 and Hello 2018

Whew, another year has gone by and we're still here. I'm not going to say anything about winter so far because I don't want to be blamed for putting a hex on us so I'll just say "so far — it's been just winter as only winter can be in New England."

We hope last year was kind to everyone and wish the same in 2018. *Happy New Year everyone.*

Digital and Basic Hearing Seminar Wednesday, January 31st at 10:30 AM

A representative of the Digital Hearing Healthcare group out of Newburyport will be here on Wednesday, January 31st starting at 10:30 AM, to hold an Educational Seminar on tinnitus, hearing, dementia and total body health. Reservations are required and lunch will be served immediately following the seminar to those who attend.

The seminar will cover total body health which begins with understanding the connection between many health issues and how they impact each other. For example: do you hear with your ears or with your brain? How does osteoporosis, smoking, dementia, or diabetes relate to your hearing?

"Hiring A Contractor" Seminar Wednesday, February 7th at 11 AM

Are you planning on doing some major repairs to your home in the near future? Maybe you should join us at the upcoming "Hiring A Contractor" Seminar.

Hiring a contractor can be disastrous, especially in areas most people are unfamiliar with like electricity, carpentry, plumbing, etc. Is the person a fly-by-night contractor or are they reputable? Do they know the town laws, i.e., pulling permits, etc? Learn the ins and outs of what you should look for when hiring/interviewing a contractor to do work at your home.

Reservations are required and lunch will be served immediately

following the seminar for those who attend.

You Have Until March 31st To Apply For Boxford Property Tax Relief

You may be eligible to reduce all or a portion of the taxes assessed on your domicile if you meet the qualifications for one of the personal exemptions allowed under Massachusetts law. Qualifications vary but generally relate to age, ownership, residency, disability, income or assets.

You may be eligible for an exemption if you fall into any of the following categories:

- Legally Blind
- Veteran with a service-connected disability
- Surviving spouse of a service member or national guard member who died in combat or from combat injury or disease.
- Surviving spouse
- Senior Deferral
- Senior citizen age 70
- Circuit Breaker
- CPA

More detailed information about the qualifications for each exemption may be obtained from your board of assessors.

You may file an application if you meet all qualifications for a personal exemption as of July 1. You may also apply if you are the administrator or executor of a person who qualified for a personal exemption on July 1. Your application must be filed with the assessors on or before April 1, or 3 months after the actual bills were mailed for the fiscal year.

It is suggested that you attend the seminar mentioned below.

Boxford Property Tax Relief Seminar Wednesday, January 17th at 11 AM

On Wednesday, January 17th at 11 AM, Kristin Hanlon from our Assessor's Office will be here to talk about the Boxford Property Tax Relief program available to Boxford senior home owners. Reservations are required and lunch will follow for those who attend this seminar. COA van is available for this seminar.

COA Closed Monday January 1st and Monday, January 15th

LINE DANCING

With Bertha

Classes are held on Monday and 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 Lisa

Classes are held on Wednesdays at 9 AM. The cost is \$3.00 per person. Please call the COA for more information.

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

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

WEDNESDAY ZUMBA With Kym

Classes are held every Wednesday from 1:30 to 2:30 PM. Classes are \$3.00 per person.

All Ages and Walk-ins Welcome

GAME DAY (MAHJONGG) Wednesday at 1 PM

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. Call Doffy Falk at (978) 887-8495 for more information.

All 80+ Seniors Welcome

MIXED BAG ARTS & CRAFTS

Mixed Bag Arts & Crafts is currently on hold. We will resume it at a later date — probably spring but....

All Seniors 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..

Office of Senator

Bruce E Tarr

Constituent Services Advisor

Richard Curran's next meeting will be on Tuesday, January 16, 2018, between the hours of 1:00 TO 2:00 pm. No reservations required.

All Are Welcome

VETERANS SERVICES

Joe LeBlanc, our VA Rep will be here on the first and third Wednesday of each month between the hours of 9-11 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 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 by appointment only on the third Tuesday of each month starting at 10 AM with a maximum of 3 appointments. The next available day is Tuesday, January 16, 2018.

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

Facebook Assistance

Now that we've covered the basics (and more) on using Facebook — Maggie will now be available on a one-to-one basis to help you with your problems. This will be by appointment only. So, if you need help please call the COA to setup your appointment.

All Seniors welcome

CHANGING EVENTS

Acrylic and Watercolor Art Classes

With Mary Paganelli

Both Watercolor and Acrylic Art classes are now 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.

All Ages and Walk-ins Welcome

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. Tentative date is January 10th at 9:30 AM.

All 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 is usually the third Tuesday of the month starting at 9 AM. The next meeting is scheduled for Tuesday, January 23rd — Subject: The Hidden Life of Trees..

All welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9 AM. Facts and Figures has taken a winter hiatus and will resume in the Spring.

All welcome

Thursday Around Town Walks

Walks of 30 to 45 minute duration every Thursday, with a start time of 10 AM. "Thursday Around Town Walks" is taking a winter hiatus and will resume in the Spring..

All are welcome

**Boxford COA With
Collette Vacation****.Magical Rhine and Moselle
September 5 thru 14, 2018**

This is a 10 day magical excursion. You will visit Amsterdam, Cologne, travel on the Moselle River, Cochem, enjoy wine tasting, Koblenz, Rudesheim, Siegfried's Mechanical Music Museum, Mannheim, Speyer, Strasbourg, Titisee and some free time to sightsee on you own. Prices are Lower Outside Dble Rate \$4899/pp, Middle Outside Dble Rate \$5599, Upper Outside Dble Rate \$5899 and Suite Dble Rate \$8199. \$600 discount if booked by 1/5/18.

UK by Rail**September 15-24, 2018**

Highlights of this trip include Edinburgh, a Scottish Evening, Edinburgh Castle, St. Andrews, York London, a traditional English Pub Dinner and a few times where you will have choices of what to do. Book now and save \$200/pp. Cost (reflecting discount) is Dble \$3899/pp, Single \$4449/pp Triple \$3849/pp. Other charges may apply. A deposit of \$500/pp is due at time of reservation.

California Coast**September 9-16 2018**

Highlights include San Francisco, Choice of Cruise on San Francisco Bay or City Tour, Carmel-by-the-Sea, Monterey, 17 Mile Drive, Hearst Castle, Santa Barbara, Santa Ynez Wine Country, Hollywood, San Diego. Includes 10 meals, 6 Breakfasts, 4 Dinners. Also included Round trip Air, All taxes and fees and Hotel transfers. Per Person Rates are \$3629 Double, \$4679 Single, Triple \$3579.

**Boxford COA With
Best of Times****Enchanted Music of
Ireland****Thursday, March 8, 2018****Venus DeMilo, Swansea**

Starring Andy Cooney with special guest Shauna McStravock and featuring world class Irish Dancers — The Irish Pops Ensemble. The cost is \$92/pp which includes

transportation, lunch, show, tax and gratuity. Lunch consists of corned beef and cabbage or baked haddock. A deposit of \$20/pp is required at time of reservation and balance is due by February 28, 2018.

Nashville Country**Legends****Wednesday, April 11, 2018****Lake Pearl, Wrentham**

Hear songs of the greats like Johnny Cash, Brenda Lee, Tammy Wynette, Hank Williams and Glen Campbell and more. Cost is \$92/pp, which includes transportation, lunch, show, tax & gratuity. A choice of stuffed breast of chicken or baked scrod. A deposit of \$20/pp is due at time of reservation and balance is due by April 26, 2018.

The Everly Brothers & Simon & Garfunkel Tribute**Thursday, May 24, 2018****Lantana's, Randolph**

Starring the Guthrie Brothers who will bring you down memory lane with top hit songs from the Everly Brothers and Simon & Garfunkel. Cost is \$92/pp, which includes transportation, lunch, show, tax & gratuity. Lunch consists of Panko crusted chicken breast with all the trimmings. A vegetarian meal is also available. A deposit of \$20/pp is due at time of reservation and balance is due by April 26, 2018.

Maine Escapes**June 10th-12th, 2018****Bar Harbor, Boothbay Harbor and Acadia Nat'l Park**

Roundtrip Motorcoach Transportation, 2 nights waterfront lodging at Fisherman's Wharf, touring of Bar Harbor & Acadia Nat'l Park, 2 evenings of entertainment touring Boothbay Harbor. Cost: \$459/pp Dble, \$599/pp single. Deposit of \$50/pp due at time of reservation and balance due by April 30, 2018.

Eaglemania**June 19, 2018****Danversport Yacht Club**

Live in concert, Eaglemania is touted as

the World's Greatest Eagles Nationally Touring tribute group. Price is \$69/pp which includes lunch, show, tax and gratuity — transportation not included. Deposit of \$20/pp is due at time of reservation and balance is due by May 1, 2018.

Bobby Rydell Live**Tuesday, August 14, 2018****Venus DeMilo, Swansea**

Bobby Rydell, Live in concert — enjoy his chart busting hits which span his many years in the business. Cost is \$99/pp which includes transportation, lunch, show, tax & meal gratuity. Cost is \$99/pp and a deposit of \$20/pp is required at time of reservation. Balance is due by July 12, 2018.

Kenny & Dolly Tribute**September 12, 2018****Danversport Yacht Club**

Price is \$69/pp which includes lunch, show, tax & gratuity — no transportation. A deposit of \$20/pp is due upon reservation and final payment is due by August 1, 2018.

Eastern Caribbean Cruise**Feb 23rd-Mar 6th, 2019**

You have to see the flyer on this one. The package includes roundtrip transfers to NY City, an 11 day/10 Night Cruise on board NCI, Breakway. Many exclusive packages are included in this trip — see brochure for more detail. Prices range from around \$2000 to \$4000 per person and a deposit of \$400/pp is due upon registration to guarantee your stateroom. Early booking offer gets you a Free 1 Category Upgrade plus 2 extra entries in the Diamond Ring Raffle. Final payment is due by November 1, 2018.

Buddy Holliday Tribute**Thursday, Oct. 11, 2018****Lake Pearl—Wrentham MA**

Cost is \$92/pp which includes transportation, lunch, show, tax & gratuity. A deposit of \$20/pp is due at time of reservation and balance is due by Sept. 1, 2018.

Rod Stewart Tribute**By Rob Caudill****Thursday, Nov. 15, 2018**

Cost is \$92/pp which includes transportation, lunch, show, tax & gratuity. A deposit of \$20/pp is due at time of reservation, balance due by Oct. 1, 2018

Interested in any of the above travel packages or events? Pick up a brochure at the COA for more details on these exciting trips.

Boxford COA Activities

Congregate Lunches

Tuesday and Thursday

The Boxford COA serves Congregate Lunches on most Tuesdays and Thursdays throughout the school calendar year. The cost of the lunch is \$2.00 per person and luncheon is served at 11:30 AM. The monthly lunch menu can be found on the Town of Boxford's website at www.town.boxford.ma.us. Click on "Departments" and then click on "Council on Aging" in the drop-down menu. There you will find the current month's Menu along with the Van Schedule, Newsletter and Activities Calendar.

Reservations are required. Reservations must be made by 11 AM on a working day **before** the day of the lunch.

The COA van is available, at no cost, for those Boxford seniors who need a ride to and from the lunch. Please let us know at time of reservation if you require the COA Van Service.

Movie Time at the COA

(Movies subject to change)

Movies are shown immediately following the Thursday Congregate Lunch. If you wish to join us for lunch — reservations are required and the cost is \$2/pp. If you only wish to see the movie — there is no cost but you should call before to make sure we are definitely showing the movie advertised that day. Most of the movies shown at the COA are available to our seniors to borrow and watch in the comfort of your own home.

Jan 4: Surprise movie
Jan 11: Surprise movie
Jan 18: Surprise movie
Jan 25: No Movie

I'm going to try and dig out some of the "Old" movies — 1940/1950 era which is why we do not have movie names listed. Call if you want to find out what we're showing.

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 so don't hesitate to call.

Rusty Can, Byfield MA

Wednesday, January 24th

This is a new place I recently heard about and it came with great raves. I also heard it was written up in the Boston Globe. They are a BBQ place, serve ribs, steak tips, Mojo chicken, garlic shrimp,

pulled pork and much more. Some of these items are sandwiches and others are meals — all from the grill/pit. The plates come with the entre' and a choice of 3 sides, not clear what's served with the sandwiches. Sandwiches run about \$10 whereas plates run from \$10 to \$20. Reservations are required. The COA van will leave about 11:15 AM.

COA Winter Schedule

We put this on the joke page last month but this is for the seniors who don't read the joke page.

Rule of thumb: If Boxford schools are closed due to inclement weather, all activities at the COA are canceled for that day. Now, this doesn't necessarily mean that the COA offices are closed — it just means that if we had lunch or classes (any activity) scheduled for that day — they are canceled.

If you need to contact us that day for whatever reason — please call. If no one answers the phone — leave a message as we do monitor our voice messages during off hours.

A Holiday Luncheon Thank You

Last month, we had our Annual Holiday Luncheon over at the First Congregational Church Hall. It was a well attended event — we are estimating a total of about 200 seniors and volunteers. This event, is hosted by The Friends of the Boxford COA. Thank you Friends on behalf of the Boxford COA and the Boxford seniors.

Additions thanks go out to both the staff of the COA and their magnificent volunteers who worked tirelessly for days in preparations for the event, that day and in restoring the Senior Center back to its pre-event appearance. We truly appreciate all of you.

St James Church Bean Supper

Saturday, February 17th

Supper is served from 4 :00 –6:00 PM St James Church is located at 119 Washington Street in Groveland.

The menu includes hot dogs, baked beans(both pea and kidney), potato salad, macaroni and cheese, coleslaw and homemade desserts. Cost is \$8 for adults and \$4 for children under 12..

First Church Boxford Food Pantry

Located in the church's campus at 4 Georgetown Rd., the Food Pantry can help supplement food supplies for those in need.

For more info check out their facebook page or call the church office at 978-887-5841 and leave message on the food pantry extension.

Donations of non-perishables and personal hygiene products always welcome.

Friendship Soup Mix and Soup

Haven't tried this but it looks like it might taste good. It's also a nice hot meal for the winter.

Friendship Soup Mix — make ahead item for later use

- | | |
|--------------------------------------|-----------------------------|
| 1/2 c dry split peas | 1/4 c dry minced onions |
| 2 Tbsp. low sodium bouillon granules | 2 tsp. Italian seasoning |
| 1/4 c pearl barley | 1/2 c long-grain white rice |
| 1/2 c dry lentils | 1/4 c macaroni noodles |

In a clean, quart-sized jar, layer all the ingredients except the macaroni. Place the macaroni in a sandwich bag and place it on top of the other ingredients. Cover the jar tightly with a lid. You now have an easy to fix base for soup ready to be used anytime OR you can attach the following recipe and use it as a gift.



Friendship Soup Recipe


- 1 container Friendship Soup Mix
- 1 lb. lean ground beef or turkey
- 3 qts water
- 1 (28-oz) can diced tomatoes

Brown meat, drain and place in a large pot with water and tomatoes. Add soup mix except macaroni. Bring to a boil, reduce heat and simmer for one hour. Add macaroni and continue cooking for another 10 to 15 minutes.

Makes 12 servings. Each serving has 150 calories, 4 g fat, 12 g carbohydrate and 390 mg sodium.

COA Services Summary

- Boxford Van, used to transport groups of seniors on shopping trips or events. The cost for this is \$3.00 per person round trip unless otherwise stated. Rides to and from the COA are free to Boxford residents.
- Congregate Meals: Meals are served most Tuesdays and Thursdays at 11:30 at the Community Center. The cost is \$2.00/per person (price subject to change). Reservations must be made prior to 11 AM on the working day before the actual day of the lunch.
- Equipment Lending Program: The COA has medical equipment available for our seniors to borrow. We have wheelchairs, various types of walkers, canes, bath/shower seats, crutches and much more. We do not have hospital beds.
- File of Life and Yellow Dot: This is a history document to be used by emergency medical personnel in case of illness or injury. VERY HELPFUL TO THE EMERGENCY RESPONDERS.
- Forms and Assistance: The COA has applications for Five Wishes, Homestead Act, Fuel Assistance, Health Care Proxies and much more.
- Handyman: Our handyman is a "Jack of All Trades" and is willing to help with small jobs around the house. There is no charge unless he has to replace an item, i.e., travel time and cost of item.
- Health Screenings and Services: Regularly scheduled blood pressure and hearing screenings as well as monthly podiatry appointments are available thru the COA. Please refer to the Health Page in our Monthly Newsletter
- Massachusetts Senior Health Record: This booklet helps you keep a record of the medical services you receive.
- Meals on Wheels: Monday through Friday lunchtime meals are home delivered to eligible seniors on both a short and long term basis. Please call the Council on Aging for more information to see if you qualify.
- S.H.I.N.E.: "Serving Health Information Needs of Elders" will assist you with your health insurance concerns. Call the COA to schedule assistance from their representative.
- The File: This handy folder serves as a summary record of Financial Information, Investments and Insurance, Legal documents and Estate Management.
- Transportation—NEET (Northern Essex Elder Transportation Program): This program provides rides for senior citizens to medical and other necessary appointments. Arrangements should be made at least TWO business days in advance of the appointment by calling the Council on Aging office at (978) 887-3591. If the office is closed — please leave a message. The ride will be arranged and the VOLUNTEER DRIVER will contact you. A donation of 43 cents a mile (price subject to change) is requested to help support the program. You will be responsible for parking fees and/or tolls as these expenses are incurred. However, no one will be turned down due to the inability to pay. Checks should be made out to NEET and given to the driver. Please remember — reservations must be made through the COA and clients should not be calling the drivers directly.



WELLNESS CLINIC. The VNACare 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.



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.



PODIATRY: Dr. Richard Manolian is no longer associated with the Boxford COA due to a career opportunity on his part. We are working at finding a replacement for him but until then — we no longer have a podiatrist coming to the COA.



HEARING CLINIC: Tuesday, February 13th, 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.

10 Ways You Can Fight Arthritis

Fighting arthritis is about reducing joint pain, decreasing symptoms, and minimizing its intrusiveness in your life — all while maintaining mobility and independence.

It is a fact that there is no cure for most types of arthritis. But, it is not as hopeless as that sounds. You can fight arthritis. You can actually manage the disease as long as you are committed to the fight and are fighting the right way — doing the right things consistently.

Fighting arthritis is about reducing joint pain, decreasing arthritis symptoms, slowing disease progression and minimizing its intrusiveness in your life — all while maintaining joint function, mobility, independence and normalcy.

Here are 10 ways to approach the fight. You have heard of most, while some may seem irrelevant or unnecessary. To win the fight against arthritis, which translates to living well with it, you likely need to do all of these things regularly. The most essential element is commitment.

As you go through the ways to fight arthritis, it is important to remember that not all of them will have dramatic impact. In fact, the impact of some may be so subtle that you think it is not making any difference at all.

1. **Take Your Prescribed Medications:** Your doctor has likely prescribed meds to help control pain and other arthritis symptoms, as well as meds that may affect progress of the disease.
2. **Eat a Healthy Diet and Include Anti-inflammatory Foods:** A healthy diet is recommended for everyone. Eating healthy is a must and you should learn which foods are thought to increase inflammation and which foods reduce inflammation.
3. **Participate in Regular Exercise and Physical Activity:** This is important. Exercise, movement and physical activity are essential for strengthening muscles around the joints. It also helps to maintain or improve bone strength as well as overall strength and energy level. The COA has a number of weekly exercise programs. Call the COA for more information.
4. **Get Adequate Sleep — It's Essential:** Sleep problems are a reality for people who have arthritis. If this is a problem for you, be sure to discuss it with your doctor.
5. **Focus on Joint Protection During Daily Activities:** Improper body mechanics can increase pain in arthritic joints and possibly injure healthy joints. Joint protection includes using assistive devices when necessary and appropriate.
6. **Make the Effort to Lower Your Stress Level:** It has been suggested that stress may be a trigger for certain types of arthritis, such as rheumatoid arthritis.
7. **If You Need Help, Ask!** Physical limitations and functional limitations are part of living with arthritis. At some point it will likely be more difficult to do household chores, grocery shopping and yard work. Remember your friends and family members who said to ask if you need something? It's time to ask. It's part of fighting the effects of arthritis.
8. **Say "Yes" to Something Everyday:** Arthritis can be the great intruder. As things progress and worsen, you naturally begin to focus on what you can't do vs. what you can do. It is as important to fight this as it is to fight the physical aspects of the disease. Catch yourself as you are about to say no to something. Switch it up by saying yes instead. Yes, you will go for a walk (good exercise), yes to call your friend for a lunch outing, etc.
9. **Say "No" to Something Everyday:** Part of learning to live well with arthritis has to do with balance, meaning, knowing how to pace yourself and not overdo. There are physical limitations that are real and you must learn to respect that. It is not only okay to say "No" sometimes, it is necessary.
10. **Assess and Re-assess Your Struggles Constantly:** Recognize your struggles that are ongoing and which aspects of your life with arthritis need more attention. Is your pain not adequately controlled? Are you depressed? Are you isolated and lonely? Are you having trouble keeping up with your work inside the home or at your job? Are you having financial problems due to the cost of medical care and treatment? Do you feel that no one understands? Your doctor can be your first point of contact in trying to solve your problems — not all of them but he will be able to guide you or refer you to those who can. You can always call the COA for additional help.

Winter Seasonal Questions and Answers

Q: How do Eskimos make their beds?

A: With sheets of ice and blankets of snow.

Q: Why don't mountains get cold in the winter?

A: They wear snowcaps.

Q: What did the snowman say to the customer?

A: Have an ice day!

Q: What do you call a slow skier?

A: A slopepoke!

Q: Why did the farmer wear one boot to town?

A: Because he heard there would be a 50% chance of snow!

Q: Where does a polar bear keep its money?

A: In a snow bank!

Q: What do you call a snowman in the desert?

A: A puddle!

Q: How does an Eskimo stick his house together?

A: With igloo?

Q: What is a snowman's favorite breakfast?

A: Frosted Flakes!

Clean Senior Jokes

A guy is reading his paper when his wife walks up behind him and smacks him on the back of the head with a frying pan. He asks, "What was that for?" She says, "I found a piece of paper in your pocket with "Betty Sue" written on it." He says, "Jeez, honey, remember last week when I went to the track? "Betty Sue" was the name of the horse I went there to bet on." She shrugs and walks away.

Three days later he's reading his paper when she walks up behind him and smacks him on the back of the head again with the frying pan. He asks, "What was that for?" She answers, "Your horse called."

An out-of-towner drove his car into a ditch in a desolated area. Luckily a local farmer came to help with his big strong horse named Buddy. He hitched Buddy up to the car and yelled, "Pull, Nellie, pull!" Buddy didn't move. Then the farmer hollered, "Pull, Buster, pull!" Buddy didn't respond. Once more the farmer commanded, "Pull, Coco, pull!" Nothing. Then the farmer nonchalantly said, "Pull, Buddy, pull!" And the horse easily dragged the car out of the ditch. The motorist was most appreciative and very

curious. He asked the farmer why he called his horse by the wrong name three times. The farmer said, "Oh, Buddy is blind and if he thought he was the only one pulling, he wouldn't even try!"

An elderly woman had just returned to her home from an evening at church service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptized, in the name of the Lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell a scripture at you."

"SCRIPTURE?!" replied the burglar, "I thought she said she had an AXE and TWO 38's!"

For Our Seniors

- Respect your parents — they passed school without Google.
- My daughter wants a Cinderella-themed party, so I invited all her friends over and made them clean my house.
- Remember when you could refer to your knees as right and left? Instead of good and bad. AH — good times, EH!
- Growing old is hard work.... The mind says "yes" but, the body says "what the heck are you thinking."
- Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the channel.
- You know you're getting OLD when you can't walk past a bathroom without thinking, "I may as well pee while I'm here."

Aunty Acid

- Just because you're a Drama Queen doesn't mean I'm going to treat you like royalty.
- At the end of the day, I wish life would ask us "do you want to save the changes?"
- Do you ever wonder what your pet has named you?
- If you ever get caught sleeping in work, just lift your head and say, "And the Holy Spirit, Amen."
- The best thing about being over 60 is that we did all our stupid stuff before the invention of the Internet.
- The older I get, the more I realize that no one else has any idea what they're doing either.... And everybody is just pretending.
- If the cup is only half full... I suggest you buy a smaller bra.
- FACT: No one has ever "Jumped in the shower."

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
Vacant

COA Staff

Pam Blaquiere: *COA Director*
Elaine Spiro: *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 January Birthday lunch will be held on Thursday, January 25th at 11:30 AM. Please call the COA by Tuesday, January 23rd before 11 AM to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday this 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 January Seniors!

January Daily Observances Trivia

Trivia Holiday Observances information is taken from the Funky Holiday website at www.brownielocks.com



January 6th
Fruitcake Toss Day

January 14th
Dress Up Your Pet Day



January 21st
National Hugging 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



A halo only has to slip a few inches to become a noose.