



Boxford's Boomers & Beyond



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

January 2019



Happy New Year to All and Thank You

Happy New Year to all our seniors and friends. We hope your holidays were safe, happy and memorable. We also want to thank you for being you and the great support you have always given to the COA.

A special thank you to the Friends of the Boxford Council on Aging for the very successful holiday luncheon last month. In addition to the "Friends" a tremendous thanks to the Cole School and our many volunteers who cooked, served, decorated and cleaned up after the event. We could never have pulled it off without you. A special thanks to Stacy for her donation of the beautiful poinsettias provided to every attendee.

Hope you all had as good a time as we did.



Pizza Party and Fire Prevention 101 January 9th at 11:00 am

The Boxford Fire Departments liaison to the Boxford COA, Tyler Brown, will be here to speak on fire prevention and safety. He will also discuss on going programs done by their department to make sure your home is safe in the event of a fire.



Cell Phone Collection

Did you get a new cellphone for this holiday season? Cellphones can be recycled. Cellphones are made with precious metals, copper and plastics, all of which can be recycled to make new products. Bring your unwanted cell phones to the Senior Center and a donation will be made to the Northern Essex Elder Transport Inc. (NEET). NEET is a non-profit organization working with local COA's to recruit volunteer drivers to provide curb to curb transportation for our local seniors..

The Boxford Council on Aging also collects unwanted eyeglasses for the Lions Club.

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.

Are You at Risk?

You could be if you live alone—especially in Boxford where your nearest neighbor can barely be seen through the trees. And you could be if you are a caregiver for your loved one or spouse. Would they be able to call for assistance if something happened to you.

Boxford has a number of seniors who live alone or are caregivers and the COA is concerned for their safety. For your own safety we suggest you look into getting a "Personal Response Unit" (does have a monthly fee) or registering with the Boxford Police Department for Operation Concern. To join Operation Concern only requires a call to the Police Station to sign up. You give them your emergency contact numbers and you are good to go. From there it is your responsibility to call in daily to let them know you are okay. If they don't hear from you there is a procedure they follow where they first try to call you, they check with your contacts and if you cannot be accounted for they pay a visit to your home. The most important part of the program is that someone, on a daily basis, is expecting to hear from you, and if they don't, then you can feel secure in knowing someone is concerned for your whereabouts and safety.-

The COA will be closed Martin Luther King Day Monday, January 21st

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

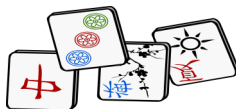
Walking the Trails in Wildcat™

Thursday mornings from 10 to 11 AM.

Wildcat Walks are on hiatus for the winter .

**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 is usually the third Tuesday of the month starting at 9 AM.

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 January the 8th and the topic will be OPEC

Cooking With Renee

Our next cooking class will be held on Monday January, 14th 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 January 9th 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, January 13th 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 January 15th by appointment

All seniors are welcome

Travel**Boxford COA With Collette Vacation****Tuscany & the Italian Riviera
May 3—10, 2019**

Highlights of this trip; Tuscan Estate, Florence, Choice on Tour, Siena, Tuscan Winery, Lucca, Pisa, Italian Riviera, Cinque Terre, Portofino. This is an 8 day, 10 meals (6 breakfasts, & 4 dinners) trip. Itinerary at a glance: Day 1 — overnight flight, Days 2-4: Hotel Paggeria Medicea/ Borgo di Artimino, Tuscany, Days 5-7: Grande Albergo Sestri Levante, Italian Riviera. On some dates, alternate hotels may be used. Book by November 5th and save \$200/pp. Current discounted rates are : double occup. \$3,899/pp, Single \$4,199/pp and Triple occup. \$3,869/pp. A deposit of \$500/pp is due upon reservation. Final payment is due by March 4, 2019. Deposits are refundable up until November 5, 2018. You can upgrade to Elite Airfare — see brochure for more details.

**Boxford COA With Best of Times****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. Early booking offer gets you a Free 1 Category Upgrade plus 2 extra entries in the Diamond Ring Raffle. Deposit due at booking. Final payment is due by November 1, 2018.

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 hits 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, at train ride on the Hobo Railroad and a gondola ride to the top of Loon Mountain. 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 at two hour cruise and luncheon on the Mount Washington in NH. followed by a show at the Flying Monkey. 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**

Atlantic City Boys
Wednesday, September 18 th
Ricky Nelson Remembered
Thursday, November 14th
Tribute Show
Johnny Mathis Christmas
Wednesday, December 4, 2019

White Mountain Christmas
Dec. 9-11

More trips/brochures are available at the COA.

Volunteer Opportunity Windrush Farm Make a difference!

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

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

Wednesday, January 2nd	Grocery Shopping
Thursday, January 3rd	Congregate Lunch
Tuesday, January 8th	Congregate Lunch
Wednesday, January 9th	Speaker and Pizza
Thursday, January 10th	Grocery Shopping
Tuesday, January 15th	Congregate Lunch
Wednesday, January 16th	Lunch Bunch
Thursday, January 22nd	Congregate Lunch
Wednesday, January 23rd	Grocery Shopping
Thursday, January 24th	Congregate Lunch
Tuesday, January 29th	Congregate Lunch
Wednesday, January 30th	Lunch Bunch



James Episcopal Church New England Traditional Bean Supper Saturday, January 19th from 4pm-6pm

Fair features baked goods, craft items, gifts, holiday decorations, raffles, knitted items, and olive-wood from Bethlehem.

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

Adults \$10 Children under 12 eat free.

Credit cards now accepted.

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

Belva Lockwood for President January 13, 2019 3 PM Gould Barn Topsfield Free Admission

"I cannot vote, but, I can be voted for!" says Belva Lockwood, the first woman admitted to the Supreme Court Bar.

Anne Barrett delivers a lively campaign speech detailing her fight to be admitted to the highest echelons of the American judiciary system, her early struggles as a woman breaking free of social conventions, and her 1884 presidential bid. Meet one of the most independent, educated and ambitious women of the 19th century.

Sponsored by the Topsfield Historical Society

CSI Fact or Fiction Boxford Town Library Saturday, January 19th 1pm-2pm

Do popular crime shows on television accurately depict the role of forensic science in solving crimes? Discuss the myths and realities of crime science investigations with Professor Michael Cross. You'll learn the strengths and limitations of modern forensics and have a chance to test your skills at crime solving!

Sponsored by the Friends of the Library



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 of the business day before the day of the lunch. The COA van is available to our Boxford residents, free of charge, to attend the luncheon.

January Menu

January 3rd

Pork rib patty, roll, mashed potatoes, vegetable and dessert

January 8th

Fish Sticks, roll potato wedges, vegetable and dessert

January 10th

Chili, rice, roll and dessert

January 15th

Macaroni and cheese, roll, vegetable and dessert

January 17th

Chicken veggie stir fry, roll, rice and dessert

January 22nd

Pulled pork, roll, potatoes, vegetable and dessert

January 24th

Chicken parmesan, roll, pasta, vegetable and dessert

January 29th

Hot dogs, sweet potato fries, broccoli and dessert

January 31st

Turkey, roll, mashed potatoes, gravy, vegetable

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.

Osteria Peppino Pizza

Topsfield

with Authentic Wood-Fired Pizza

Wednesday, January 16th



Great new place in Topsfield. Menu does include Pasta dishes, BBQ lamb, steak tips and sausage, salads and subs. Van will be leaving at 11 am. Call the COA to reserve your space.

A-1 Deli

Wednesday, January 30th

Another great place for lunch. We have been there a few times in the past. Van will be leaving the COA at 11:00 AM. Call the COA to reserve your space.



Recipe Corner

Easy Chicken and Rice Casserole

Yields: 4 Servings

Prep Time: 10 Minutes

Total Time: 1 Hour 30 Minutes

Ingredients

Extra-virgin olive oil for baking dish

2 cups white rice

2 cups low sodium chicken broth

2 (10.5 ounce) cans cream of mushroom soup

Kosher salt

Freshly ground black pepper

3 large bone-in, skin-on chicken thighs

2 tablespoons melted butter

2 teaspoons fresh thyme

1 clove garlic, finely minced

1 tablespoon freshly chopped parsley

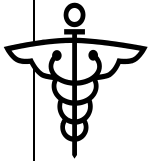
Preheat oven to 350 degrees and grease a 9" X 13' baking dish with oil. Add rice, onion, broth, and soup and stir until combined.

Place chicken thighs in rice mixture and brush with melted butter. Sprinkle with thyme and garlic and season with salt and pepper.

Cover dish with foil and bake for 1 hour. Uncover and bake 30 minutes more, until rice is cooked and chicken is golden.

Garnish with parsley 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.



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: 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.



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.

NOT ALL THIEVES ARE STUPID.

Note how seemingly innocent entries can bring about disaster.

1. Long -Term Parking:

Some people left their car in long term parking at the airport while away, and someone broke into their car. Using the information on the car's registration in the glove compartment, they drove the car to the people's home and robbed it. If you are leaving your car in long term parking do not leave the registration/insurance cards in it nor the garage door opener. This gives us something to think about with all our new technology.

2. GPS:

Someone had their car broken into while they were at a football game. Things stolen from the car included a garage door remote, some money and the GPS device. When the victims got home, they found that their home had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS device to guide them to the house. They then used the garage remote to open the garage door and gain entry to the house. The thieves knew that the owners were at the football game, they knew the time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they brought a truck to empty the house of its contents. Something to consider if you have a GPS-don't put your home address in it. Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS is stolen.

3. Cell Phones:

After her handbag was stolen, this lady changed her habit of how she entered names in her cell phone. Her stolen handbag contained her cell phone, credit card, wallet, etc. Twenty minutes after it happened she telephoned her "hubby" to let him know what had happened. He said he had received a text from her asking for their pin number which he texted back to her. When they rushed down to the

bank, the bank staff told them all the money had already been withdrawn. The thief had used the stolen cell phone to text "hubby" in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from the bank account.

4. Purse in the Grocery Cart Scam:

A lady went grocery shopping at a local mall and left her purse sitting in the children's seat of the cart while she reached for something off a shelf. Her wallet was stolen, and she reported it to the store personnel. After returning home she received a call from Mall Security to say they had her wallet and that although there was no money in it, it did still hold her personal papers. She immediately went to pick up her wallet, only to be told by Mall Security that they had not called her. By the time she returned home again her home had been broken into and burglarized. The thief knew that by calling and saying they were Mall Security, they could lure her out of the house long enough for them to burglarize it.

Moral Lesson:

Do not disclose the relationship between you and the people on your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Mom, Dad, Etc.

It is very important when sensitive information is being asked for by text that you call back and make sure that the person requesting the information is who you think it is.

Also when you are being texted by friends or family to meet them somewhere, be sure to call them back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet "family" and "friends" who text you.





Groups of Americans were traveling by tour bus through Holland .As they stopped at a cheese farm, a young guide led them through the process of cheese making, explaining that this cheese used goat's milk. Then she showed the group a lovely hillside where many goats were grazing. "these," she explained, "are the older goats, put out to pasture when they no longer produce." Curious, she asked the group, What do you do with your old goats in America?

One spry old gentleman answered, " They send us on bus tours!"

" The doctor told us we should try to reactivate our love life. So I asked my husband if he remembered how he used to nibble my ear—thinking that was a start anyway."

"Did it work?"

No. Herbert took all the romance out of it by getting out of bed to go after his teeth.."



What did the old tomcat say when the mice went by on roller skates?
Meals on Wheels

I don't mind having arthritis. It gives me a good excuse when the guy who cuts me off pulls up and wants to know why I gave him the finger.

"See those guys on the shuffleboard court ? They burn their old Jockey briefs. Then they give a trophy to the one who comes up with the wildest boxers! You should see those undershorts—Hawaiian florals, tiger stripes, sea cows, color prints of old movie queens. Anything goes!"

"What do they call all this?"

The Boxer Rebellion"



What do we like to be called?

WHOOPIES (Well-heeled Older People)

Opals (Older Persons with Active Lifestyles)

GRUMPIES (Grown -up Mature People)

OOMPAS (Old or Mature Person s with Affluence and Status)

What is the fastest way to get five old ladies ti swear a blue streak?

Get a sixth old lady to call out, "Bingo"



I used to have a mind like a steel trap.
Now it's more like a trap door.

Always read something that will make you look good if you die in the middle of it.

How do you spot an old optimist?

His glass is half full of teeth.

She was Packing Heat

A little old lady come out of the mall. As she is nearly to her car , she sees four young men opening the door and getting in.

"No you don't she yells, pulling a small pistol from her purse. Determined not to be intimidated she waves it at the fellow in the driver's seat.

The four guys jump out of the car and run off.

When the old lady gets into her car, she can't understand why her keys won't fit. Finally she realizes she is in the wrong car and gets out to find her own. In the correct car, she drives straight to the police station to report the four guys who were trying to steal someone else's car. Much to her delight she discovers that the police had been doing their job and the four would -be car thieves were already in custody.

As she nears the desk sergeant , she hears one of them shouting, " You have to believe us ,officer! A little old lady just pulled a gun on us and stole our car."



Found on Signs Along the Road

Dogs Can't Operate MRI Scanners
But Catscan

Our Mountains aren't just funny
They're hill areas

Turning Vegan
Would be a Big Missed Steak

Despite the High Cost of Living
It still Remains Popular

He Who Laughs Last
Didn't Get It

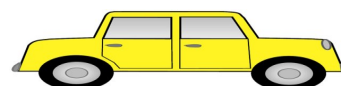
I Scream
You Scream The Police Come
It's Awkward

Life is Short
If You Can't laugh at Yourself
Call Me, I Will



Sticker seen on a bumper sticker in Palm Beach

When I get old, I'm going to move up north and drive slow.



Boxford Council on Aging
4 Middleton Rd
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Phone: (978) 887-3591

BULK RATE
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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 Blaquiére: *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 Luncheon will be held on Thursday, January 31st at 11:30 AM. Please call the COA by the end of the day on Tuesday, January 29th 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 December Celebrants!*

January Daily Observances



January 7th
I'm Not Going To Take It
Anymore Day

January 14th
National Dress up Your
Pet Day



January 24th
Belly Laugh 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

Points To Ponder



Surely the consolation of old age is finding out how few things are worth worrying over.
Dorothy Dix