



Boxford's Boomers & Beyond



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

January 2022

High Tea!

Wednesday, January 26th, 2022

2:00 to 3:30 pm

Join us at the COA for an afternoon of elegance at our High Tea! Dress for the afternoon 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 lite finger sandwiches, savory appetizers and dainty desserts. Hosted by the 10 Elm Foundation. One must be fully vaccinated. Proof of vaccination must be shown at the door. This event is capped at 25 guests so please call the COA to book your seat.

Lunch Bunch Trips

We are happy to report that the van is back! See below for our Lunch Bunch Trips for the month of January. 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, January 13th

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, January 27th

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.

Chit Chat Coffee Hour



Join us on Wednesdays @ 9:00 am for coffee to catch up with old and new friends! Its been a long couple of years and this is a great opportunity. Let's talk about old funny stories and laugh a little! It is much needed. So stop by with some old memories and enjoy yourself.

No reservation required. Just pop on in.

Let's Shop!!!

We will be heading to the Burlington Mall on Wednesday, January 19th for some mall shopping. The COA van will be leaving at 9:30 and heading back at 1pm. Avoid the hassle of finding parking and enjoy a day out. (Please reserve your seat no later than January 17th). Seating limited to 7 people and mask are required for the whole trip.



The Council on Aging invites all Boxford residents over 60 to our programs and activities. If there is anything that makes it challenging for you or a loved one to participate (including but not limited to transportation, language, mobility, cost of program, hearing or visual issue) PLEASE contact us at 978-887-3591. We do not want to leave anyone out. This is a CONFIDENTIAL process.

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.



We have some good news!
The COA Van is back and running. Take a look in the Newsletter as to what is available for rides. Thank you all for your patience during the van issues.

Ring & Ride

Ring & Ride is a free shared van service available to Boxford residents. It requires 24-hour notice w/ reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical & shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Market Basket. For a brochure, contact the COA at 978-887-3591.

The COA will be closed Monday, 1/17 MLK Day!

FITNESS CLASSES & More!

CHAIR YOGA With Mary

Classes held on **Tuesdays** at 9:00 to 10:00 am. Classes are \$3.00/pp

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

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

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, January 11th beginning at 9 am with Bob Spillman. Topic: "Earth's Atmosphere and The Air We Breathe"
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 old 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. No reserved seats needed. We will provide the weekly bingo cards. You only need to bring any other supplies that you may use. 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, January 18th 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. January's office hours will be Friday, January 7th and Tuesday, January 18th. 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.



Did you hear about the cheese factory that exploded
in France?

There was nothing left but de Brie!

I can never take my dog to the park because the
ducks keep trying to bite him.

I guess that's what I get for buying a pure bread dog!

I couldn't believe the highway department called my
father a thief.

But when I got home, the signs were all here!

Did you hear about the painter who was hospitalized?

The doctors say it was due to too many strokes!

Why are crabs so bad at sharing?

Because they're all selfish!



Maxine Inspirational Quotes:

- Best friends are the people in your life that make you laugh a little louder, smile a little bigger and live better
- Open your heart and let the sunshine in
- Someday is not a day of the week
- There is a voice that doesn't use words
- Do something today that your future will thank you for
- Wisper words of wisdom

Did you hear about the first restaurant to
open on the moon?

It had great food, but no atmosphere!

What does a house wear?

Address!

You heard the rumor going around about butter?

Never mind, I shouldn't spread it!

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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 January Birthdays, a very Happy Birthday!



Reflection Questions For The Past Year:

- What are you most grateful for about this past year?
- What made you feel purposeful this past year?
- What 3 words best describe this past year?
- What new qualities, skills, superpowers did you discover about yourself this past year?
- What 1-3 words best captures your intention for the next year?

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

"As the New Year begins, it is a time for reflection — a time to release old thoughts and beliefs and forgive old hurts. Whatever has happened in the past year, the New Year brings fresh