

Boxford's Boomers & Beyond



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

March 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.

Daylight Saving Begins Sunday March 10th

Time to change clocks and batteries on your smoke and monoxide batteries too.

It's time to change your clocks (moving them ahead one hour) and replace your smoke and carbon monoxide detector batteries. Speaking of the smoke and monoxide detectors — check the dates of the units. If they are more than 10 years old — they should also be replaced. Testing them only tells you that the batteries are good — not the sensor itself. If unsure — call the Boxford COA and we will work with the Boxford Fire Department for a home inspection on your current units.

The Boxford Fire Department applied, and received, another grant allowing them to purchase and install battery operated detectors (at no cost) in the homes of our Boxford seniors. If interested — call the Boxford COA to sign up for an inspection and possible replacement of your battery operated detectors.

Southern Essex County Registry of Deeds Presentation on Homestead Act Wednesday, April 6th at 11 am

Do you currently have Homestead Protection on your home? If not make sure you attend this important seminar presented by Debbie Zelaano, Customer Service Manager at the Registry of Deeds.

A declared estate of homestead shall protect against attachment, seizure, execution of judgement, levy or sale for the payment of debts to the extent of five hundred thousand dollars. In the case where both spouses are over 62 that coverage can be one million.

**The Registry of Deeds will bring a copy of
your deed with them if you contact the COA
at 978-887-3591 by March 26th.**

Stroke Presentation

Wednesday, March 27th @ 1:00PM

Join us, at the Boxford COA, for a presentation given by our VNA nurse, Joan Fitzpatrick, to educate us on stroke prevention and ways to treat a stroke. Stroke is the fifth leading cause of death in the US and is a major cause of serious disability for adults. About 795,000 people in the US have a stroke each year.

Stroke is preventable! You may be able to prevent a stroke or lower your chances of having a stroke.

Stroke is treatable! Learn the signs of stroke, and call 9-1-1 right away if you think someone might be having a stroke. Getting fast treatment is important in preventing death and disability from stroke.

St. Pat's Luncheon

**Wednesday, March 13th, Noon
First Congregational Church Hall**

The Friends of the Boxford Council on Aging cordially invites the Boxford COA seniors to their annual St. Pat's Luncheon on Wednesday, March 13th. Reservations are required and the COA van will be available to those Boxford seniors who don't wish to drive.

The meal will consist of a typical boiled dinner with potatoes, cabbage, carrots, turnips and "grey" corned beef. As an alternative for those who don't care for corned beef — we will also be serving ham.

Brian Corcoran will be our entertainer again this year. Brian's repertoire of Irish songs and ballads is vast along with some fine Irish jokes. So — stay and enjoy a laugh or two and a lot toe tapping when he breaks into his vast selection of Irish songs.

**Masco St. Patrick's Day Dinner
Thursday, March 14th @ 4:00PM**

Masco Cafeteria
Please register @ the COA by
Monday March 14th

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

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 are welcome

The Wonders of Science

The Wonders of Science w/ Bob Spillman is cancelled for the month of March. Will resume in April. Stay tuned for the hot topic.

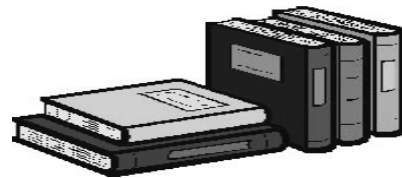
All are welcome

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, April 9th and the topic will be Brexit.

Cooking With Renee

Our next cooking class will be held on Monday, March 18th at 10:30 AM. This month's menu: Meatloaf, Green Beans and Puff Pastry Desert! 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.**



Book Club

Tea and Mystery, Book Discussion Group
Held on the 2nd Monday of every month
@ 1:00 PM

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. The next meeting will be on Wednesday, March 12th 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, March 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



**Boxford COA w/
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 \$100 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

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

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, March 5th	Congregate Lunch
Wednesday, March 6th	Lunch Bunch
Thursday, March 7th	Grocery Shopping
Thursday, March 7th	Congregate Lunch
Tuesday, March 12th	Congregate Lunch
Wednesday, March 13th	St. Patrick's Lunch
Thursday, March 14th	Congregate Lunch
Tuesday, March 19th	Congregate Lunch
Thursday, March 21st	Grocery Shopping
Thursday, March 21st	Congregate Lunch
Tuesday, March 26th	Congregate Lunch
Thursday, March 28th	Lunch Bunch

James Episcopal Church New England Traditional Bean Supper Saturday, March 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

Boxford's 10th Annual Soup & Chowder Fest Saturday, March 16th @ Lincoln Hall 5:00pm to 7:00pm Ticket's: \$12 adults \$6 Children (@ door)

This year's event will have a St. Pat's Day theme, and they will also be offering a 50/50 raffle. They welcome your soup or chowder donation, and ask that you drop it off at Lincoln Hall in the kitchen between 1 & 3pm on March 16th. If you are making a soup or chowder, we ask that you bring it in a crockpot (please write your name on the bottom). If you are interested in helping out or donating a soup, chowder or bread, please message them on Facebook. All proceeds from this event benefit the community of Boxford.

Music at Eden's Edge (Live music in an intimate setting)

**On Monday, March 4th
at the Barn @ Peirce Farm
(Witch Hill) @ 7:00 PM
116 Boston Street Topsfield
-The Inside Story: Boismortier Madness**

This is a Free event, but Reservations are required.
Call: 978-531-0100 Ext: 10 or visit: EDENSEDGE.ORG/
CONCERTS

Wilber's War Friday, March 29th @ 7:30 pm Peirce Farm 116 Boston Street, Route 1, Topsfield

A deeply personal story of one family and the impact of the war on a soldier fighting in the Pacific theater during WW II and his family on the home front. Author Hale Bradt.

Tickets \$10.00 in advance @ www.brownpapertickets.com
Veteran's are admitted free w/code: WWVet

Chocolate Fest! Trinity Church 124 River Road Topsfield, MA Sunday, March 17th From 2:00 PM to 4:00 PM

Fun for the whole family.
Chocolate Tasting! Including a Chocolate Fountain,
Chocolate Samples and many Raffles!



Adults \$10.00; Children \$3.00
Senior Tickets \$7.00 (see parish office)

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.

March Movies:

March 7th: Love Me Tender
March 14th: Honeymoon In Vegas
March 21st: Ocean's Twelve
March 28th: Casino Royale



Copyright © 2013 by Boxford COA

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.



Clam Box Of Ipswich Wednesday, March 6th

A nationally recognized landmark, located in Ipswich, MA. New England tradition serving generations of families only the finest in fried seafood for over 80 years! Van will be leaving at 11 am. Call the COA to reserve your space.

China King Super Buffet Haverhill Thursday, March 28th

Buffet includes many variations of food, including Chinese, Japanese, American, Italian etc. Van will be leaving at 11am. Call to reserve your space.



Recipe Corner

Traditional Boiled Dinner

Yields: 6 Servings

Prep Time: 10 Minutes

Total Time: 2 Hours 30 Minutes

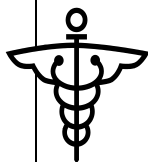
Ingredients:

1 Corned Beef Brisket with spice packet
(3 pounds)
1 teaspoon Whole Black Peppercorns
2 Bay Leaves
2 Medium Potatoes, peeled and quartered
3 Medium Carrots, quartered
1 Medium Onion, cut into 6 wedges
1 Small Head Green Cabbage, cut into 6 wedges
Prepared horseradish or mustard, optional

1.) Place the brisket and contents of spice packet in a Dutch oven. Add the peppercorns, bay leaves and enough water to cover; bring to a boil. Reduce heat; cover and simmer for 2 hours Or until meat is almost tender.

2.) Add potatoes, carrots and onion; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Add cabbage, cover and simmer for 15-20 minutes or until tender. Discard bay leaves and peppercorns. Thinly slice meat; serve with vegetables and horseradish or mustard if desired.





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 Tuesday from 11:00-12:15 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, April 9th 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.

Winter Dieting

Winter is a time of year that we tend to not watch what we eat. Comfort food is not always the healthiest choice! Keeping a healthy weight is worthwhile for any age. As we get older, it can get trickier. You might not be burning calories like you did when you were younger, but you can still take off the extra pounds.

- Burn more calories than you eat or drink
- Eat more veggies, fruits, whole grains, fish, beans and low fat dairy and keep meats and poultry lean
- Limit empty calories, like sugars and foods with little or no nutritional value
- Avoid fad diets because the results don't last

1. Stay strong: walking around your table a few times a day can help with keeping your heart moving. Strength training exercise's can help with your mobility.

2. Eat more protein like fishes, lean meats and whole eggs. This keeps you strong and keeps you full for a longer period of time.

3. Hydrate, hydrate, hydrate! Drink plenty of water daily. Sometime thirst itself is a hunger. As we get older, you may not be quick to notice when you're thirsty. We should be drinking at least 64 ounces of water a day.

Hydrating Dry Skin

If you struggle with dry skin in the wintertime, you're not alone! Although dry skin can occur in any season, skin tends to be the driest in the winter months because temperatures drop and humidity levels fall. What can we do to hydrate dry skin? Here are some tips!!

1) Use Daily Facial Moisturizers: Moisturizing you face is essential for keeping it smooth and soft.

2) Nourish Dry Hands: There are several effective ways to restore hydration to dry hands this winter, but we highly recommend using a hand cream that offers all-day care and protection.

3) Moisturize Your Lips: One of the best ways to avoid dry lips this winter is to keep them properly moisturized. The cold weather can dry them out and they can crack very easily. One quick way to hydrate them is to lick them but there is always a longer protection using a moisturizing lip balm.

4) Infuse moisture with a Humidifier: Cold weather means less humidity in the air and low humidity can cause skin to appear and be dry. An easy way to keep your air moisturized is investing in a humidifier. This will keep the air moist and your body hydrated.

Remember to keep yourselves hydrated by drinking plenty of water.

Cold Weather Safety

Older adults can lose body heat fast—faster than when they were younger. Changes in your body that come with aging can make it harder for you to be aware of getting cold.

1) Keep Warm Inside: Set your heat to 68-70F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.

2) Bundle Up on Windy, Cold Days: A heavy wind can quickly lower your body temperature. Check the weather for windy and cold days. On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time.

3) Illness, Medicines and Cold Weather: Some illnesses may make it harder for your body to stay warm.

*Thyroid problems can make it hard to maintain a normal body temperature.

* Diabetes can keep blood from flowing normally to provide warmth.

* Parkinson's Disease and Arthritis can make it hard to put on clothes, use a blanket, or get out of the cold.

Wear a heavier sweater, layering can make a huge difference by helping to retain body heat, Keep your feet warm, have a hat and scarf available, and make sure there are some heavy blankets available!



I waited and stayed up all night and tried to figure out where the sun was.
Then it dawned on me!

A guy calls the fire department and yells excitedly: "You have to come, now, there's a fire!" "OK sir, but please tell us how do we get to you." The man asks, puzzled: "What, you don't have them big red trucks anymore?"

I met a magical fairy yesterday who said she would grant me one wish. "I wish to live forever," I said. "Sorry," said the fairy. "That is the only wish that I'm not allowed to grant." "Fine," I said, "then I want to die the day after Congress is filled with honest, hard working, bipartisan men and women who act only in the people's best interests!"
"You crafty little bugger!," replied the fairy.

Hello doctor, can you look at my laptop?
Why? - It looks like it caught a virus.

Two snails are chatting on the sidewalk. "I'll have to cross the road," says one. - "Well, be careful," says the other one, "there's a bus coming in an hour."

What would you call a person who had no body and no nose? - Nobody knows.

A robber robs a bank, gets all the money and is about to leave, but before that he asks a customer who's lying on the floor, "Have you seen me rob this bank?" - "Yes, sir," says the customer and gets promptly shot. - "Have you seen me rob this bank?" the robber asks another customer. - "Absolutely not, sir, but my wife here saw everything!"

I don't feel like I'm getting older...It's more like my warranty has expired and my parts are wearing out.



I couldn't believe that the highway department called my dad a thief.
But when I got home, all the signs were there.

Did you hear about the painter who was hospitalized?
Reports say it was due to too many strokes.

Did you hear about the calendar thief?
He got 12 months; they say his days are numbered.

An elderly man thinking his wife was losing her hearing went about 20' behind her and asked "Can you hear me sweet-heart?" No reply. Moved to 10' and inquired again. No reply. 5' and not a word. A few inches behind her ear, he asked "Can you hear me honey"? His wife said "for the fourth time, Yes."

It's a wonder we survived our childhood. We teathed on lead paint. We rode out diphtheria, scarlet fever, the measles, and whooping cough. You hit me over the head with a cast-iron dump truck, and I flipped a jack knife into your palm while playing mumblety-peg. And now they worry about kids swallowing plastic eyes from stuffed toys!

Found on Signs Along the Road

Do I lose when the police officer says papers and I say scissors!

Why did the donut visit the dentist? To get a new filling.

What happens when a cop gets into bed? He becomes an undercover cop!

You've got to go down a lot of wrong roads...to find the right one!

The road to success is always under construction!

We all feel wistfulness or regret about roads not taken.

Heaven to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy moley!



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.

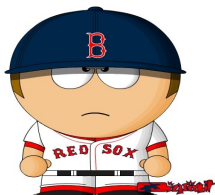
The March Birthday Luncheon will be held on Wednesday, March 27th at 11:30 AM. Please call the COA by the end of the day on Monday, March 25th to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday that month, compliments of The Friends of the Boxford COA. Guests are welcome but will be responsible for paying the nominal cost of their lunch. *Happy Birthday to our March Celebrants!*

March Daily Observances



March 1st—Nat'l Peanut Butter Day!
March 2nd—Dr. Seuss's Birthday!

March 17th—St. Patrick's Day
March 19th—Nat'l Let's Laugh day!



March 28th—Major League Baseball Opening 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



In the middle of every difficulty, lies opportunity.
—Albert Einstein