

Boxford's Boomers & Beyond



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

March 2022

Due to the Town BOH Emergency Order, all must show proof of being FULLY vaccinated in order to participate in any classes/events that are held during COA hours.

**Associate Justice
Amy Lyn Blake**

Wednesday, March 9th @ 10 am

Justice Blake will be here to explain the type of cases that they hear and how they make decisions. Throughout Justice Blake's years of education, she attended and graduated from one of the top schools studying law. She has worked and represented many parties in domestic relations law, attorney for the child and conciliator rising from associate to partner. She also currently serves on the Board of Editors of the Boston Bar Journal and as an associate editor of the Massachusetts Law review. In 2008, Governor Deval Patrick appointed her to the Family & Probate Court and in 2014, Governor Patrick appointed her to the Appeals Court. Come spend a morning listening to this amazing woman's career journey.

Lunch to follow. Please call the COA to make your Reservation.

**The West Boxford Improvement Society's
10th Annual Soup & Chowder Festival
Saturday, March 12th
Lincoln Hall, 563 Main St., Boxford
5:00 pm to 6:30 pm**

**Ticket's: Adults \$12 and Children 10 and Under \$6
(Tickets can be purchased at the door)**

All-you-can eat soups, chowders and yummy desserts. If anyone would like to showcase their soups, chowder or desserts, please call Glen @ 978-994-0430. All proceeds will benefit local causes of Boxford.

**Mini St. Pat's Luncheon
Wednesday, March 16th, Noon
At The Boxford COA**



The Boxford Council on Aging cordially Invites our Boxford seniors to our Mini St. Pat's Luncheon on Wednesday, March 16th.

The meal will consist of a typical boiled dinner with potatoes, cabbage, carrots, turnips and "grey" corned beef.

Reservations are required and seats are limited. The COA van is available to those Boxford seniors who don't wish to drive.

**Masco Tri-Town Concert
Tuesday, March 29th, 2022
(Masco Auditorium)**

Time of the event and more info to follow. The COA van is available to anyone who wishes not to drive. To sign up, please call the COA by Tuesday March 22nd

**Time to Change the Clocks!
Sunday, March 13th**



It's time to change your clocks (moving them ahead one hour) and to also 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.

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.

****Save the Date****

**"Spring Fever"
How to safely increase
mobility and endurance after a long
winter of being stuck inside!
Wednesday, April 13th @ 10:30 am
Presented by Roisin Keon
(Lunch to follow presentation)**

Happy St. Patrick's Day!

FITNESS CLASSES & More!

CHAIR YOGA With Mary

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

Strength Training Complexity Classes W/ Leah Miller

Classes are held on **Mondays & Thursdays** from 9:45 to 10:45 am.
Classes are \$3.00/pp.
All ages welcome!

YOGA CLASSES With Mary

Classes are held on **Tuesdays** from 10:00 to 11:00 am and **Thursdays** from 12:30 to 1:30 pm. Classes are \$3.00/pp
No Yoga on Thurs., Mar. 10th
All ages welcome!

NEWS AND VIEWS

News and Views meets **Tuesdays** at 9:00 am. Come and meet with your peers to discuss current events, town issues and whatever else is put on the table. It's a fun time and many different topics are discussed. All are welcome!

The Wonders of Science

The Wonders of Science will be held on Tuesday, March 8th beginning at 9 am with Bob Spillman. Topic: "2021 Most Interesting Ideas in Science"
All adults welcome!

Chit Chat Coffee Hour

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

Grief and Loss Support Group

Join us on the **3rd Thursday** of the month @ 1:00 pm. Everyone experiences grief and loss in their own unique way. Attending this warm and confidential group may help! To register, please call the COA.

GAME DAY

Bingo

Join us in playing **Bingo!** Held weekly on **Thursdays at 10:00 am**. We are playing solely for fun. We will provide the weekly bingo cards. If you are interested in playing with us, please call the COA to sign up.

MAHJONGG

Come play Mahjongg on **Wednesdays @ 1:00 pm**.

Services

WELLNESS CLINIC:

The VNA Care Network and Elder Services will be holding their free Wellness Clinic on the **2nd Tuesday** of the month from 11:00 am to 1:00 pm at the COA. Appointments are held every 15 minute so please call the COA to schedule your appointment.



VETERANS SERVICES

Joe LeBlanc, our VA Rep is available at the **COA** on the **1st Thursday** of each month and at **Town Hall** on the **3rd Thursday** of the month from 9:00 am - 11:00 am. Appointments can be made, but walk-ins are also welcomed. He can be reached at (978) 688-9525. **All Vets and/or families of Vets Welcome.**

HEALTH BENEFITS SHINE REP

Our **SHINE Rep** is **Marylou Fierro**. She is available on the **2nd Thursday** of every month, except during open enrollment. If you need to speak with a Shine Rep - please call the COA to set up a phone or email appointment with Marylou. We will relay the message to her and she will contact you at your designated time.

Grocery Shopping

Grocery Shopping is available on the **2nd and 4th Tuesday** of every month. Pick up starts at 9:00 am and you will have 1 hour to shop. The cost for this service is \$3.00/pp. One must be able to get on and off the bus on their own with no assistance, a mask must be worn and you must be able to carry your own groceries. Please call the COA to reserve your seat no later than noon on the day before shopping.

COA Van

The van is available for rides to the COA for our classes and presentation. These rides are at no cost. Rides for lunch bunch, grocery shopping and handicap medical rides have a fee involved. Handicap medical rides must be accompanied by a companion.

Phone Pals

Are you bored staring at the same four walls, feeling alone, sad to not be able to get out and see anyone? Call the Boxford Council on Aging to request a Phone Pal. A friendly voice on the other end of the line can make a world of difference.

NEET

NEET (Northern Essex Elder Transportation) has resumed its rides with mandated precautions. Everyone must pre-register! Contact the COA for info @ 978-887-3591.

COA BOARD MEETING

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

Constituent Services

Senator Bruce E Tarr

Aide, Mary Ann Nay &

Representative Lenny Mirra

Join them at their next meeting on Tuesday, March 15th from 9:00 to 10:00 am to voice your concerns and opinions and hear what's going on at the State House. 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. March's office hours will be Friday, March 4th and Tuesday, March 15th. You can sign up for the office hours at:

<https://calendly.com/teamtram/officehours?month=2021-12>

If you have trouble with zoom, please call Rep. Nguyen's Legislative Director at 617-722-2060 x5

HANDY MAN

Our handyman is willing to help with small jobs around the house - fixing light switches or changing locks. If handyman needs to replace an item, you will be responsible for the cost of the replacement and travel time.

Please call the COA for info.

Help Needed at the COA

We need drivers for two vital programs! MOW and NEET. Can you help make a difference in the lives of Boxford seniors? Call the COA @ 978-887-3591 for more information.

Volunteers Wanted

The COA is looking for volunteers interested in offering classes or groups to meet weekly, monthly or even a one time presentation. We would like to offer craft classes, knitting, walking and biking groups. If you have a talent or expertise you would like to share give us call.

Trips with Best of Times Travel

Celtic Angels of Ireland

w/Celtic Knights Dancers and The Trinity

Band Ensemble of Dublin

March 10th, 2022

@ Danversport Yacht Club,

Danvers, MA

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

This is a drive yourself event.

Orlando Transit Authority

A Chicago Tribute Band!

The Music of Chicago Lives on!

May 25th, 2022

@ Danversport Yacht Club,

Danvers, MA

The music of 2016 Rock 'n' Roll Hall of Fame inductees **Chicago** spans more than four decades and includes **Five #1 Albums** and **20 Top-Ten Hits**. **Orlando Transit Authority** presents a flawless replication of three decades of inspired music in a show that includes nearly every charted song that captures the hearts of traditionalist **Chicago** fans. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Stuffed Breast of Chicken or Baked Scrod.

Price: \$74pp.

This is a drive yourself event.

Niagara Falls

(With Niagara-On-The-Lake, Winery Tour and Tasting & Baseball Hall of Fame!)

June 14th-16th, 2022

(3 Days / 2 nights)

Head out to Niagara Falls, Canada, arriving that evening at the Hilton Niagara Falls Fallsview. Enjoy some free time the first afternoon at the indoor pool or visit the area before our evening activity. Enjoy a true Canadian treasure dinner & show at The Greg Frewin Dinner & Magic show. On Day 2 visit one of the area's great wineries complete with a tour and tasting. On Day 2 Visit Cooperstown/Baseball Hall of Fame and so much more. Also included: Best of Times Travel professional tour director, all touring, luggage handling, taxes and gratuities.

Price: \$539/Double; \$669/Single.

Passport or Passport Card is Required for this trip!

The McCartney Years

(Live Concert)

June 15th, 2022

@ Danversport Yacht Club,

Danvers, MA

Endorsed by the late Beatles Promoter, Sid Bernstein as "The Best on The Scene", and Paul McCartney's Wings guitarist, Denny Laine gives his own personal accolade - "Fantastic!". Over 30 Top Hits spanning more than twenty albums, from the Beatles to Wings...from "Yesterday" to "Live and Let Die". It's like traveling back in time, and seeing Paul McCartney at the height of his career in the Seventies! Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Stuffed Breast of Chicken or Baked Scrod.

Price: \$74pp.

This is a drive yourself event.

The Patsy Cline Tribute Show

June 23rd, 2022

@ Danversport Yacht Club,

Danvers, MA

The legendary Patsy Cline comes to life once again in the national touring show Memories of Patsy. This incredible tribute concert takes its audience on a trip back in time to the

days when the amazing singer graced the stages of America. The songs are woven into the very fabric of American music and the voice is spectacular. Some great tunes are: Crazy, Walkin' After Midnight, I Fall to Pieces, She's Got You and much more.

Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Stuffed Breast of Chicken or Baked Scrod. **Price: \$74pp.**

This is a drive yourself event.

Stay Tuned for More Fun Adventures!!

The Int'l VA Military Tattoo

Annapolis, MD & Williamsburg, VA

5 Days - 4 Nights

April 28th - May 2nd, 2022

Boston to Bermuda

8 Days - 7 Nights

May 20th - 27th, 2022

New York Finger Lakes & Wine Country

with Turning Stone Resort & Casino

3 Days - 2 Nights

May 25th - 27th, 2022

Icons & Legends Concert

Tribute Show

Featuring songs from Neil Diamond, Carole King, Karen Carpenter, Johnny Cash and much more.

July 19th, 2022

Shades of Buble'

Tribute Show

September 20th, 2022

The American Music Cities of Nashville & Memphis

5 Days - 4 Nights

September 22nd - 26th, 2022

Cher...The Beat Goes On

Tribute Show

November 17th, 2022

Christmas with Paul Anka

Tribute Show

December 6th, 2022

Salem Cross Inn Christmas

December 14th, 2022

An American Bandstand

New Year's Eve Day

December 31st, 2022

Lunch Bunch Trips

See below for our Lunch Bunch Trips for the month of March. Call us to reserve your spot. We will make a reservation for those who are going. Van cost \$3.00pp and you are responsible for your own meals.

Grassfields

207 N Main St., Andover, MA

Thursday, March 10th

Meet @ COA 10:45 am, Van Leaves @ 11:00 am

Known for their generous portions, prompt service and friendly staff. Great food at a reasonable price.

Cracker Barrel

1795 Andover St., Tewksbury, MA

Thursday, March 24th

Meet @ COA 10:15 am, Van Leaves @ 10:30 am

A homegrown business dedicated to treating their guests to the very best - delicious, hand-prepared fare that's sourced with love and served with a smile.

The van is leaving early so that you have some time before lunch to browse their gift shop.

AgeSpan

(Formerly Elder Services of Merrimack Valley, Inc.)

Meals on Wheels

The federally funded Nutrition Program offers a well balanced meal to adults through home delivered services. Meals are more than just a hot lunch. Drivers ensure a daily visit to an elder, offering a warm smile, a kind word, and a well-being check. The Home Delivery Meal program serves adults, at least 60 years of age or qualified adults with disabilities who are determined to be "homebound" (unable to leave the home except for doctor's appointments, medical emergency services, Elder is isolated due to living alone with no caregiver or provider at home between the hours of 11 am - 1 pm and also when an Elder is released from the hospital and needs meals immediately on a short term basis) and unable to prepare a balanced meal. There is no cost for the home delivered meals, however a \$2.00/meal donation is suggested. Donations directly support the provision of meals to hundreds of elders in the community every day. For more information about the Nutrition Program you may call the Boxford COA @ 978-887-3591.

Medicare Wellness Webinars

Thursday, March 17th

10:00 am to 10:30 am

Active Aging Nutrition Insights

Register Now @ bcbsma.info/Mar17

Tuesday, March 29th

10:00 am to 10:30 am

Calming Anxiety

Register Now @ bcbsma.info/Mar29

Open to all!

Sponsored By Blue Cross Blue Shields of Massachusetts

Be a Lucky Charm for a Senior Volunteer to Drive

Seniors in your community need help with transportation.

You decide when and where to drive.
Mileage reimbursement provided.



Call NEET at 978-388-7474 or visit www.driveforneet.org to learn more.



Grocery Shopping:



Tuesday, March 8th, 2022

Tuesday, March 22nd, 2022

****While Supplies Last****

The Town of Boxford has acquired additional rapid at-home Covid antigen tests that will be available for residents at no cost. The iHealth Covid-19 antigen rapid kits each contain 2 tests. Due to the limited number of tests currently available, residents will be limited to 4 kits per household. Boxford senior residents can pick up test kits during regular business hours.

Become a Friend of the Council on Aging

The Friends of the Council on Aging are actively seeking new members. The Friends are not only the fundraisers for the COA but they are responsible for numerous social and educational programs.

Want to know more - Call Pam at 978-887-3591

Borrowed Equipment:

We are now taking back any equipment that anyone has borrowed from us if you are no longer in need of it. We are very low on wheel chairs as well as transport chairs. We thank you for holding onto these borrowed items during the pandemic and we are now allowed to accept it back.

****Please leave the office a message if you are leaving any returned equipment outside, so that we can remove it from our borrowed list. Thank you!****

Vaccination Cards:

Once you have been fully vaccinated, we at the COA are more than happy to make a copy of your card and hold it on file for you in case you may lose the original. Just stop on by at any time! You may also come by and update your copy if you have received your booster shot.

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

Some of the programs available include:

Legally Blind

Disabled Veterans

Seniors 65 years +, with low to moderate income

CPA Surcharge Exemption

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

Rest-Stop-Ranch

202 Haverhill Rd. Topsfield, MA

The Rest-Stop-Ranch is looking for seasonal part-time job and volunteer opportunities workers. Perfect for people who enjoy meeting all ages and abilities in our garden, and are able to commit to helping host guests, once or twice a week, March - November, 25 weeks. Tuesday, March 22nd, is the start date for training seasonal volunteers in the garden. They are now accepting applications and interviewing folks interested in joining them in the garden, once-a-week or once-a-month!



In my neighborhood, there was a couple who had given their twin sons very weird names. One was named Trouble, while the other boy's name was Mind Your Own Business. So, one day they were playing hide and seek. Mind Your Business counted to a hundred and then started looking for his brother. But, somehow he couldn't find him anywhere. He saw a police car passing the neighborhood, so he stopped it to ask for help. When the police officer asked him for his name, he replied, "Mind Your Own Business!" Feeling insulted, the police officer still asked politely who he was looking for. Mind Your Own Business replied, "I am looking for Trouble!"

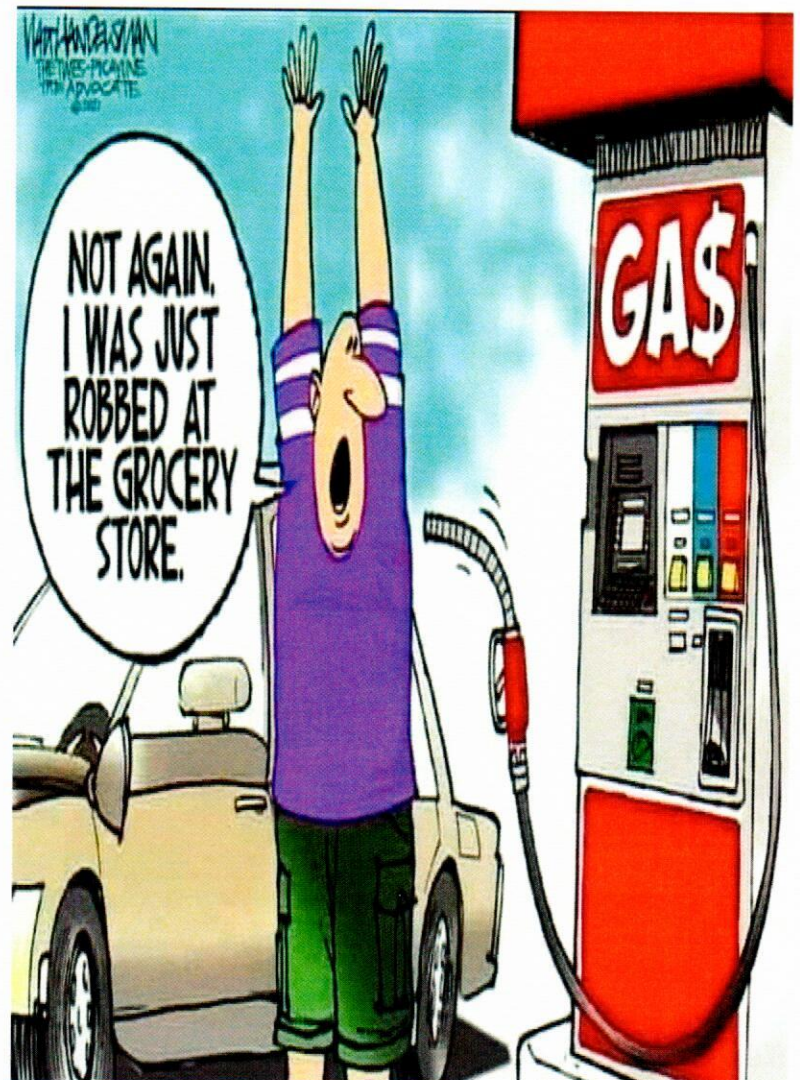
A man walks into a library and asks the librarian for books about paranoia. She whispers, "They're right behind you!"

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

I asked my wife when her birthday was..

She told me March 1st.

So I walked around the room and asked again.



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

Liz Murphy: Chairperson
Judy Andersen: Secretary

Members:

Richard Shaw
Steve Harvey
Christina Eckert
John Shirley

COA Staff

Pam Blaquiére: COA Director
Lisa Giugliano: Secretary
Elaine Gould: Outreach Worker
Cynthia Comeau: Van Driver

The Friends of the Boxford COA, Inc.

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 March Birthdays, a very Happy Birthday!



MARCH

ST. PATRICK'S DAY TRIVIA

1. Where was the very first St. Patrick's Day parade held?
2. What year was the first parade held?
3. T/F: In Ireland, St. Patrick's Day is a religious holiday similar to Christmas & Easter.
4. Who was the first president to attend a St. Patrick's Day parade?
5. About how many cards are exchanged on St. Patrick's Day?
6. What is Saint Patrick's real name?
7. What are shamrocks a symbol of?
8. T/F: Saint Patrick was born in Ireland.
9. What date did Saint Patrick die?
10. T/F: There are 100,000 three-leaf clovers for every 4-leaf clover.

ANSWERS: (1) Boston (2) 1737 (3) True (4) President Truman (5) 15 million (6) Maewyn Succat (7) The Holy Trinity (8) False (9) March 17 (10) False, 10,000.

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

MAY YOUR TROUBLES
BE LESS
and your
Blessings
be MORE
AND NOTHING BUT
HAPPINESS
come through your
door