

Boxford's Boomers & Beyond



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

May 2019

****OPEN HOUSE****

**Senior Center/Community Center
@ 4 Middleton Road
Sunday, May 5th
12:00 PM to 3:00 PM**



Come on by and check out what our center offers.
Open to all Boxford Residents.
Refreshments will be served.

Spring Planters

**Monday, May 6th @ 1:00 PM
Cost \$10.00**

Cost of this program is supplemented by the Friends of the COA.

Candidate Forum

**Thursday, May 9th @ 11:30 AM
Located at the Senior/Community Center**

Come hear from the 3 candidates running for 2 seats on the Board of Selectmen. It's a great time to find out where they stand on the issues facing Boxford. Lunch following the Forum. Sign up at the COA if you are staying for lunch.

**State Representative Tram Nguyen
Office Hours at the COA
Monday, May 13th
11:00 AM—12:00 PM**

Come on by and meet Tram Nguyen, our new State Representative. She will be here to listen to your concerns and answer any questions that you may have.

Boxford's May Annual Town Meeting, Dinner and Election

Prior to the Annual Town Meeting, on Tuesday, May 14th, the COA will be hosting a dinner which will be held at the COA @ 5:00 PM for those attending the Town Meeting. Please contact the COA to register.

Transportation to the annual meeting will be provided to and from by the COA. If requesting a ride please sign up by May 8th.

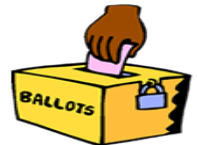
Tuesday, May 14th: The Annual Town Meeting will take place on Tuesday, May 14th at 7 PM in the Masconomet Auditorium. Transportation provided by COA if needed.

Tuesday, May 21st: The Annual Town Election will take place on Tuesday, May 21st at Town Hall from 7AM until 8PM. The COA Van will be available to take seniors to and from the polls until around 1 PM.

Online Safety

Monday, June 3rd @ 1:00

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will present on online safety. The presentation will include information about the Office and what they do. It will also cover how to be safe online and protect you from scams and identity theft. Call the COA to sign up.



Elder Law Presentation

**"Taking Control of Your Future:
A Legal Checkup"**

Wednesday, May 8th at 11:00 AM

Speaker Attorney Robert Jutras, will be at the Boxford COA on Wednesday, May 8th at 11:00 AM to give a presentation on elder law essentials, such as wills, trusts, power of attorney and other vital matters. Lunch will follow this presentation for those who attend. Please call the Boxford COA at (978) 887-3591 to make your reservation for the presentation and lunch. The COA Van is available for those needing transportation.

***Save the date* Lizzy Borden June 5th**

The COA will be closed Memorial Day! Monday, May 27th

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 on Tuesday, May 21st starting at 9:00 AM. Topic this month: "Understanding the Cosmos"

All adults welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9:00 AM. The next Facts & Figures will be held on Tuesday, June 11th and the topic will be US Health Care.

Cooking With Renee

Our next cooking class will be held on Monday, May 13th at 10:30 AM. This month's menu: Appetizer Party! 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, May 8th 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, May 14th 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, May 21st by appointment only.

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, Biltmore 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, Geyser, 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**

**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.

**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 30th**

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.

**Spectacular Saratoga
August 27th-29th**

(3 days/2 nights 6 Meals: 2 Breakfasts, 2 lunches, 2 dinners)
Explore the very best of Saratoga Springs and Lake George on this amazing 3 day adventure. Some highlights include: Saratoga Raceway, see Lake George, enjoy some fun at Saratoga Casino and so much more.
\$499pp Double, \$649 Single Occupancy. \$50 deposit required, due by 07/16. Trip protection program fee is \$50pp.

**Atlantic City Boys
"Live Concert"
Wednesday, September 18th
Danversport Yacht Club**

Featuring music of The Beach Boys, The Drifters, The Bee Gees and of course Frankie Vallie and the Four Seasons...plus more! . This is a drive on your own event. Choice of Stuffed Breast of Chicken or Baked Scrod. Cost is \$69. \$20 due at Booking.

**Christmas New York Style
Historic Hudson Valley &
New York City
December 8th-9th**

(2 Days, 1 Night 2 Meals: 1 Breakfast & 1 Dinner)
The Hudson River Valley of NY is know not only for its natural beauty but its spectacular riverside estates. New York City embodies the Christmas season with Rockefeller plaza. Trip includes a Tour of The Union Church of Pocantico Hills, Lyndhurst Castle, "It happened one Christmas Eve" @ Westchester Broadway Dinner Theatre and of course Radio City Music Hall Christmas spectacular show "The Rockettes".
\$449pp Double, \$549 Single Occupancy. \$100pp deposit due @ registration. Payment in full due by October 25th. There is also a \$33pp Insurance available due to any cancellation.

**Other Upcoming Trips
With Best of Times**

New Hampshires' Turkey Train

Thursday, October 10th

Ricky Nelson Remembered

Thursday, November 14th

White Mountain Christmas

Dec. 9-11

Tribute Show

Johnny Mathis Christmas

Wednesday, December 4, 2019

An American Bandstand

Tuesday, December 31st

**Southern Caribbean Cruise
From New York**

**Volunteer Opportunity
Community Giving Tree**

The Community Giving Tree was started back in 2002, when its' founders recognized that there were abundant resources to share with the families living a short distance from Boxford that were in need. They provide low income families with basic necessities such as clothing for babies, children and teens, diapers, toys, and baby equipment. Your donations help children grow and thrive. This will be a monthly voluntary event that the COA will be doing. This will be held on the third Thursday of every month. Please Call the COA at 978-887-3591 to sign up to help.

**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, May 1st | Lunch Bunch |
| Thursday, May 2nd | Grocery Shopping |
| Thursday, May 2nd | Congregate Lunch |
| Tuesday, May 7th | Congregate Lunch |
| Wednesday, May 8th | Elder Law Presentation |
| Thursday, May 9th | Candidate Forum |
| Thursday, May 9th | Congregate Lunch |
| Tuesday, May 14th | Annual Town Meeting |
| Tuesday, May 14th | Lunch Bunch |
| Wednesday, May 15th | Grocery shopping |
| Thursday, May 16th | Congregate Lunch |
| Thursday, May 16th | Community Giving Tree |
| Tuesday, May 21st | Congregate Lunch |
| Tuesday, May 21st | Annual Town Election |
| Wednesday, May 22nd | Birthday Lunch |
| Thursday, May 23rd | Congregate Lunch |
| Tuesday, May 28th | Congregate Lunch |
| Thursday, May 30th | Congregate Lunch |

**Care Dimensions Volunteers Needed
Can you help us help others?**

Care Dimensions is looking for volunteers to make a difference in the lives of those affected by life-limiting illness, death and loss. Many opportunities are available for supporting our patients in their homes, in long-term care facilities and in hospitals. They offer training, flexibility and ongoing support in a compassionate environment. To learn more, contact Margaret Su-Leland, Volunteer Coordinator @ 978-578-6509 or email to

msu-leland@caredimensions.org or Fran Clements @ 978-750-9349 or fclements@caredimensions.org

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

**On Monday, May 20th
at The Peabody Institute Library
(Sutton Room) @ 7:00 PM
82 Main Street, Peabody
-The Inside Story: Clarinet & Friends**

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

****SAVE THE DATE**
Spring Auction
St. James Episcopal Church
121 Washington Street
Groveland, MA
Saturday, June 1st
6:00 PM - 8:00 PM**

Silent live auction and more!! Items include: gift cards, theatre tickets, plants, original art work and much much more!

**Maple Street Café & Bistro Lunch
@ Essex Tech Vocational School
565 Maple Street, Hathorne, MA
Tuesday, May 14th @ 11:00 AM**

Lunch Bunch trip to the Maple Street Café and Bistro located at the Essex Tech Voc. School. The café is run by students who learn and cook different menu's daily. All items are made from scratch and prepared on site daily. The Bistro allows the students the opportunity to run a full functioning upscale restaurant. Limited Seating, so sign up quickly!

Please contact the COA to sign up. The COA Van is available for those needing transportation.

**Pickle ball
Beginning Monday June 3rd
Every Monday & Friday's
3:00 PM to 5:00 PM**

Located @ the Boxford Tennis Courts (behind the Police Station)

Boxford COA Activities

Congregate Lunches

Congregate Lunches are served every Tuesday and Thursday at 11:30 AM. The cost is \$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.

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

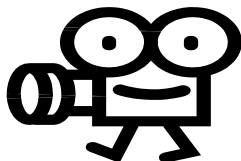
Movie Time at the COA

(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" continuing through the spring. 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:

| | |
|-----------|-------------------|
| May 2nd: | The Book Thief |
| May 9th: | Far From Heaven |
| May 16th: | Taken 3 |
| May 23rd: | Lord of the Rings |
| May 30th: | Grand Torino |



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.



Village Pancake House

Wednesday, May 1st

In circa 1660, this central village house was originally built as an Early American Saltbox. Around 1850 it was remodeled into the Early American Colonial style you see today. Unlike so many historic buildings, this house has stood on its original location in Rowley for over 350 years. Cozy and intimate setting with delicious food and fabulous wait staff.

Maple Street Café and Bistro

Tuesday, May 14th

The Maple Street Café and Bistro located at the Essex Tech Voc. School. The café is run by students who learn and cook different menu's daily. All items are made from scratch and prepared on site daily. The Bistro allows the students the opportunity to run a full functioning upscale restaurant.

Recipe Corner

Kielbasa Potato Bake

Yields: 4 Servings

Prep Time: 10 Minutes

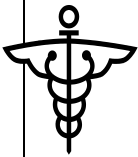
Total Time: 45 Minutes

Ingredients:

1 Lb Kielbasa
4 Large Potatoes, Cut in 1/2-Inch Cubes
2 Tablespoon Chopped Onion
1/2 Teaspoon Salt
1 Teaspoon Garlic Powder
1 Teaspoon Paprika
3 Tablespoon Olive Oil
1 Cup Extra Sharp Cheddar Cheese
1 Teaspoon Olive Oil for Greasing Foil

- 1.) Heat oven to 400 degrees F. Line a medium baking sheet (one with sides, like a jelly roll pan) with heavy-duty foil. Grease foil with the 1 Teaspoon of Olive Oil.
- 2.) Slice Kielbasa into 1/4-Inch slices. In a large bowl, combine the kielbasa, cubed potatoes, salt, garlic powder, and olive oil. Toss to coat contents of bowl with olive oil.
- 3.) Spread out on prepared baking sheet in a single layer if possible. Sprinkle with paprika.
- 4.) Bake for 30-45 minutes, stirring around every 15 minutes to insure potatoes cook & sausage browns and crisps evenly.
- 5.) When potatoes are soft, turn off oven; remove pan and distribute cheese across the top. Return to oven for about 5 minutes, or until cheese melts.





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.



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.



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.



HEARING CLINIC: Unfortunately, we haven't had any luck in locating a hearing test technician. 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.

Hand Grip Exercise



Do you often find yourself needing help to open a jar?
Do you tend to drop things easily? If your answer is yes, try this!

Hand Grip Exercise:

1. Hold a tennis ball or small rubber or foam ball in one hand.
2. Slowly squeeze the ball as hard as you can and hold it for 3-5 seconds.
3. Relax the squeeze slowly.
4. Repeat 10-15 times.
5. Repeat 10-15 times with other hand.
6. Repeat 10-15 times more with each hand.



3. **Follow a heart-healthy diet.** Choose foods that are low in saturated fats, added sugars, and salt. Eat plenty of fruits, vegetables, and foods in high fiber, like those made from whole grains.
4. **Keep a healthy weight.** Some ways you can maintain a healthy weight include limiting portion size and being physically active.
5. **Keep your diabetes, high blood pressure, and/or high cholesterol under control.** Follow your doctor's advice to manage these conditions, and take medications as directed.
6. **Manage stress.** Learn how to manage stress, relax, and cope with problems to improve physical and emotional health. Consider activities such as meditation, yoga, and talking with others.

Signs of a Heart Attack

Heart attacks are a leading killer of both men and women. Each year, more than 1 million people in the United States have a heart attack, and about half of them die.

A heart attack happens when the flow of oxygen-rich blood in one or more of the coronary arteries suddenly becomes blocked and a section of heart muscle can't get enough oxygen. The blockage is usually caused when a plaque (fatty deposit) ruptures. If blood flow isn't restored quickly, either by a medicine that dissolves the blockage or a catheter placed within the artery that physically opens the blockage, the section of the heart muscle begins to die.

A heart attack is an emergency, so call 911 right away if you experience any of the following:

Keep your Heart Healthy

Here are a few tips on keeping active and your heart pumping!

1. **Being more physically active.** Talk with your doctor about the type of activities that would be best for you. Move every day, even just for 10 minutes at a time (or less!). Start by doing activities you enjoy brisk walking, dancing, bowling, bicycling or gardening.
 2. **If you smoke, try quitting.** It's never too late to get some benefit from quitting smoking. Quitting, even in later life, can lower your risk of heart disease, stroke and cancer over time.
- Crushing chest pain or pressure and/or discomfort or pain elsewhere in the upper body, neck or arm.
 - Nausea
 - A cold sweat
 - Fainting or lightheadedness
 - Shortness of breath

When NASA was preparing for the Apollo project, some of the training of the astronauts took place on a Navajo reservation.

One day, a Navajo elder and his son were herding sheep and came across the space crew. The old man, who spoke only Navajo, asked a question that his son translated. "What are these guys in the big suits doing?"



A member of the crew said they were practicing for their trip to the moon. The old man got all excited and asked if he could send a message to the moon with the astronauts. Recognizing a promotional opportunity, the NASA folks found a tape recorder.

After the old man recorded his message, they asked his son to translate it. He refused. The NASA PR people brought the tape to the reservation, where the rest of the tribe listened and laughed, but refused to translate the elder's message.

Finally, the NASA crew called in an official government translator. His translation of the old man's message was: "Watch out for these guys; they have come to steal your land."



Three friends stranded on a deserted island find a magic lamp. Inside it is a genie who agrees to grant each friend one wish.

"I want to go home," says the first friend. The genie grants her wish.

"I want to go home, too," says the second friend. And the genie sends her back home.

"I'm lonely," says the third friend. "I sure wish my friends were back here."

A man walks into a library, approaches the librarian and says, "I'll have a cheeseburger and fries, please."

The librarian says, "Sir, you know you're in a library, right?"

"Sorry," he whispers. "I'll have a cheeseburger and fries, please."

A cruise ship passes by a remote island, and all the passengers see a bearded man running around and waving his arms wildly.

"Captain," one passenger asks, "who is that man over there?"

"I have no idea," the captain says, "but he goes nuts every year when we pass him."



Three men are in the middle of a desert when their car breaks down. For their hike to town, they each decide to take one thing with them.

One man takes a jug of water. The second man takes a sandwich. The last man takes one of the car doors.

The first man says to the last man: "I'm bringing the water because if I get thirsty, I can take a drink. And it makes sense to bring a sandwich in case we get hungry, but why bring a car door?"

The last man replies, "If I get hot, I can just roll down the window."

.

Found on Signs Along the Road

If you make a mistake of looking back too much, you aren't focused enough on the road in front of you.

If you need a shoulder to cry on, pull off to the side of the road.

Some beautiful paths can't be discovered without getting lost.

Whatever you do, or dream you can, begin it.

To dare is to lose one's footing momentarily. To not dare is to lose oneself.

The only impossible journey is the one you never begin.

The main thing that you have to remember on this journey is, just be nice to everyone and always smile.



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
Christina 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 May Birthday Luncheon will be held on Wednesday, May 22nd at 11:30 AM. Please call the COA by the end of the day on Monday, May 20th 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 May Celebrants!*

May Daily Observances



May 4th - Kentucky Derby Day!

May 5th - Cinco de Mayo!

May 12th - Mother's Day!
May 18th - Armed Forces Day!



May 27th - Memorial 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



**If you can't fly, then run.
If you can't run, then walk.
If you can't walk, then crawl.
But by all means, keep moving
Martin Luther King Jr.**