

Boxford's Boomers & Beyond



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

November 2019



**Reminder to set your clocks back
Saturday, November, 3rd
before going to bed.**

NEW

**Monthly Grief and Loss Support Group
Held on the first Thursday of every
month.**

**Beginning Thursday, November 7th
@12:30 PM**

Everyone experiences grief loss in their own unique way. We all have a strong need to find peace and meaning in our grief. Attending a warm and confidential group of people, can lead you to a new understanding and connection that can lessen the pain. Please join us on the first Thursday of every month starting in November, 2019. We will be meeting at 12:30 PM in the downstairs community room. Group will be professionally facilitated by our very own Social Worker, Lisa Waxman.

To Register, please call the COA.



**Senator Tarr along with
Rep. Lenny Mirra and
Tram Nguyen,**

**Invite you to join them for an
Ice Cream Social and
Application for Charlie Cards.**

**Monday, November 18th
Ice Cream @ Noon
Charlie Cards @ 1:00 PM**



**Garden Club Workshop
Monday, November 18th at 1PM**

With the assistance of the Topsfield Boxford Garden Club, we will be making Thanksgiving Arrangements that will look spectacular on your holiday table. The cost of this class is \$10 and we thank the Friends of the COA for offsetting the cost of this program.

Space is limited so register early.

**Open Enrollment
October 15 thru December 7th**

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should have received an information packet from your plan at the end of September. It's important to **understand** and **save** this information; it explains the changes in your plan for 2020.

Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! During Medicare Open Enrollment, you can adjust your plan for next year.

SHINE Counselors can help you understand your plan changes as well as other options you may have. Our SHINE Representative is available on 11/13, 11/14, 11/20, 11/21 & 12/5. During this period — her calendar fills up quickly so don't wait until the last minute to make an appointment. Some questions can be answered over the phone or via email but then there are the other questions which are more difficult and might require more than one meeting. **DON'T DELAY** in making your appointment. Call the COA to book your appointment.

**Holiday Party
Wednesday, December 11th
Family Life Center**

The Council on Aging's Annual holiday party will be held on December 11th at noon. This year the Singing Grandpa's will be providing us with holiday classics. Space is limited so please make your reservations early. This event is sponsored by The Friends of the COA.

****SAVE THE DATE**
Boxford's 12th Annual Winter Fest
Saturday, December 7th
10:00 AM to 3:00 PM**

Where: West Boxford Center; Rt. 133 and Main Street

The COA will be closed Monday, November 11th & Thursday November 28th!

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

Classes held on Tuesdays at 9:00 to 10:00 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 W/ Leah Miller

Classes are held on **Tuesday** from 1PM to 2 PM and **Thursday** from 9 AM to 10AM. The cost is \$3.00 per class.

All Ages and Walk-ins 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

BOOK CLUB

Tea and Mystery, Book Discussion Group will be held on the 1st Monday of the month during Oct. and Nov. @ 1:00 PM and resuming back to the 2nd Monday in December.

Acrylic and Watercolor Art Classes W/ 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 1 PM (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 is usually the third Tuesday of the month starting at 9 AM with Bob Spillman. The next Wonders of Science will be on Tuesday, 11/19. Topic: Water!

All adults welcome

Cooking With Renee

Our next cooking class will be held on Monday, November 18th at 10:30 AM, Menu: Left Over Thanksgiving Dinner. The cost to attend this cooking class is \$3.00. If interested—**we ask that you signup 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 Wednesday, November 13th at 9:30 AM.

All are 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, November 19th from 9:00 to 10:00 am.

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 Marylou Fierro. **If you need to meet with a SHINE Rep - call the COA to set up an appointment.** Marylou will be available @ the COA on the second Thursday of every month, but for the month of October, we have several. Her appointments will be on 11/14 & 11/21. This is by appointment only. Please call the COA to get an available time slot.

Community Giving Tree

Come learn how this local nonprofit supports children in low-income families throughout our region & how YOU can help! Donations and hand made items are greatly appreciated but most importantly donating our time is priceless. A few examples of what they need help with is making clothes bundles, diaper bundles and much more. Reservations are **required** so please call the COA @ (978) 887-3591. Over the past year COA volunteers have been working with The Community Giving Tree on the 3rd Thursday of each month from 9:00 AM - 11:00 AM. Join us and make a Difference!

Office Hours w/ State Rep. Tram Nguyen

Join State Representative, Tram Nguyen during her office hours @ the COA. Held on Monday, November 25th at 10:00 AM. She is here to answer any of your question. *All 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, taxes, fees and 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: 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 \$315.00 pp.

Triple: \$3,669, Double: \$3,699, Single: \$4,449. A deposit of \$500.00 pp is due at signing. Final payment due by 01/09/20.

Trips with Best of Times Travel An American Bandstand New Year's Eve Day Featuring the Tom LaMark Orchestra Tuesday, December 31, 2019

Lake Pearl - Wrentham, MA

Our entertainment ringing in the New Year is the incredibly dynamic Tom La-Mark

Orchestra. Sing along, dance along, and party strong to our live band. Their program will showcase some of the great songs from groups such as The Four Tops, The Beatles, Elvis, Patsy Cline and much, much more. So bring your dancing shoes and get ready to experience an American Bandstand's New Year's.

Choice: Sliced Sirloin Steak, Baked Stuffed Chicken Breast or Baked Schrod Which. Includes: salad, roasted red bliss potato, vegetables, NY style cheesecake, rolls, coffee & tea. Cost: \$89.00pp - includes

transportation, lunch, tax, gratuity, entertainment, party favors & champagne toast. \$20.00 deposit due at booking.

Johnny Mathis Christmas "The Ultimate Tribute Starring David Robbins" Wednesday, December 4th Danversport Yacht Club

Enjoy some of Johnny's biggest hits such as: It's not for me to say, Misty, Chances are and much more. Come experience a "Mirror of Mathis" starring David Robbins. David has been thrilling audiences all over the country with his incredible tribute show of Johnny Mathis. You'll be in complete awe, as soon as he hits center stage. His remarkable resemblance and vocal abilities that emulate the great artistry of Mathis will leave you speechless. This is a drive on your own event. Choice of Stuffed Breast of Chicken or Baked Scrod. Cost is \$69. \$20 due at Booking

Boston to Bermuda (on Board NCL GEM) May 15th - 22nd, 2020

8 Days/7 Night Cruise

Discover the quaint neighborhoods and pristine pink beaches of beautiful Bermuda on an unforgettable cruise. Explore coral bluffs, bike seaside trails or browse duty-free shops in scenic St. George's. As Mark Twain often said. "Sometimes a dose of Bermuda is just what the doctor ordered." It's the most relaxing of all the foreign islands or have a lively conversation with the locals. Back on board, indulge in all the freedom and flexibility of NCL's exclusive Freestyle Cruising, offering you more choices in dining, attire, activities and more. Many exclusive additions added by Best of Times. Come take a look at the brochure. Prices range from \$1199pp to \$1999pp/double occupancy plus \$400 for taxes, transfers & gov't fees. A deposit of \$400 plus an elected insurance premium, is due at booking. Final payment due on December 20th, 2019

A Country Christmas December 4th—7th Nashville Tennessee

Stay at the splendid Gaylord Opryland Hotel. Round trip air from Logan and roundtrip transport to Logan provided.

Package includes 3 nights lodging, & meals, Gaylord Opryland Dinner Show, ticket for the Holiday show at the Opry House, ticket to show at Grand Ole Opry, Tour of the Ryman and the Grand Ole Opry, admission to the Country Music Hall of Fame, guided tour of Nashville, General Jackson Showboat River Cruise and more.

\$1949 Double \$2349 Single

Other Upcoming Shows

Irish Tenor, Emmet Cahill
Thursday, March 12th

Carole King Tribute
Wednesday, May 20th

Spirit of Boston
Tuesday, July 28th

Jimmy Buffet tribute and Lake Winnepesaukee Cruise
Tuesday, July 14th

More trips/brochures are available at the COA.

St. James Episcopal Church, Groveland Annual Holiday Fair! Saturday, November 9th

St. James Episcopal Church will be holding their Annual Holiday Fair at the Parish Hall, 119 Washington St., Groveland, MA. A day of holiday fun! Enjoy a unique selection of beautiful (and reasonably priced) gift baskets, homemade baked good and soups, handmade crafts and so much more! Bring a friend or two, and don't forget the kids! There will be something for all ages to enjoy. For more information, please visit their website:

www.saintjamesgroveland.org

Snowflake Fair Groveland Congregational Church 4 King St., Groveland, MA November 8th from 4 PM to 8 PM November 9th from 9 AM - 3PM



Jams, jellies, frozen apple pies, cookies, fudge, gardening items, Thrift Shop good finds, prize drawing baskets and so much more.

Bean Supper St. James Episcopal Church, Groveland Saturday, November 16th 4:00PM to 6:00 PM



St. James Episcopal Church will be holding a Bean Supper on Saturday, November 16th, from 4 to 6 PM in the Parish Hall at 119 Washington

St., Groveland, MA. They will be serving baked beans, hot dogs, potato salad, macaroni and cheese, coleslaw and wonderful home-made desserts. Cost is \$10/pp, children under 10 - free. Credit Cards are accepted! For more information, please visit their website: www.saintjamesgroveland.org

Harvest Italiano Dinner, Auction and Raffles! Saturday, November 2nd @ 6:00 PM



Trinity Episcopal Church 124 River Rd., Topsfield, MA

Gluten free alternative available. \$12 for adults; \$8 for Seniors; \$5 for children 10 and under. Children under 3 are free! Call (978) 887-5570 for reservations or purchase tickets at the door!

Memory Café @ Topsfield Library 1 South Common St., Topsfield, MA 10 AM to 12 PM * Once a Month

A Memory Café is a friendly gathering space where individuals with memory loss & their care-partners can relax, find friends and mutual support. Join them for laughter, love, information, networking, art, music, dance and poetry.

Nov. 16th - Sharing our Roots, **Dec. 14th** - Drum Circle, **Jan. 11th** - Dance Circle, **Feb. 8th** - Partner Yoga, **Mar. 14th** - Make a Sun Hat for Spring. Walk - ins/Wheel-ins welcome. RSVP Appreciated! Contact Mary @ 978-887-4202 or mary@marymacmissions.com
Free and all are welcome!



Boxford's 12th Annual Winter Festival 2019 Saturday, December 7th 10:00 AM - 3:00 PM West Boxford Center

This year's Winter Fest, sponsored by the West Boxford Improvement Society. Shop local for the holidays & discover all kinds of treasures. Hop on a hayride to take you around the West Village where you'll find craft vendors at the Yuletide Marketplace, raffles, letter's to Santa at Lincoln Hall, free ice cream cones from Benson's, ornament making for kids & gift shopping at Paisley's, pet photos with Santa at the Boxford Animal Hospital, gifts and more at West Village Provisions, Christmas Bazaar, great food at Rudolph's Luncheonette and Santa at the Second Congregational Church, holiday shopping at B Cheeky, tour of Historic Document Center, explore our Fire Department's Rescue Truck, visit the Community Giving Tree and so much more!

BrightView Senior Living Navigate a Longer, Brighter Retirement with Help of Local Experts Wednesday, November 6th @ 10:30 AM 1275 Turnpike St., North Andover, MA

Join the experts as they address issues facing today's retirees, how to plan for longer retirements, and how to age gracefully. Guest speakers are: Mike Reed, Vivien Marcus & Anne Proli. This Seminar is free, but reservations are required. Contact Jill Harris @ 978-686-1018 or jill.harris@edwardjones.com

The Biographer's Dilemma Saturday, November 16th 1:00 to 2:30 PM (@ The Boxford Town Library)

Telling the stories of the Unknown Women who Introduced Emily Dickinson to the World. Presented by Julie Dobrow, author of After Emily: Two Remarkable Women and the Legacy of America's Greatest Poet. Register with the Library.

Rebuilding Together Greater Haverhill

Is now accepting applications for No-Cost home repair assistance on **Annual Rebuilding Day** on **Saturday, April 26, 2020**

Application Deadline is December 31, 2019

Applicant eligibility:

- Own and occupy your home for at least 2 years
- Meet Federal HUD low-income guidelines (Call for info)
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimack, West Newbury, and Plaistow, NH)

Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply. If you or someone you know needs help with home repairs, modifications (such as grab bars or a wheelchair ramp), energy efficiency projects, please ask for an application by calling: 978-469-0800 or email RTHaverhill@outlook.com

Cranberry Stuffing

2 large onions, chopped (2 cups)
3 medium stalks celery, chopped
3 to 3 1/2 cups Progresso chicken broth (32 oz carton)
1 tablespoon chopped fresh sage or 1 teaspoon rubbed sage
seasoned bread cubes for stuffing

1 teaspoon salt
1/2 teaspoon pepper
1/2 cup sweetened dried cranberries
1 bag (12 oz) unsea-



- 1.) Heat oven to 350°F. Spray 13x9 Inch (3-quart) glass baking dish with cooking spray.
- 2.) In 10-inch nonstick skillet, cook onions and celery over medium-high heat 6 to 8 minutes, stirring occasionally, until onions are golden and tender. Add 3 cups of the broth, the sage, salt and pepper. Heat to boiling. Remove from heat.
- 3.) In large bowl, toss cranberries and bread cubes. Stir in onion mixture, tossing to evenly coat bread cubes. If desired, add up to 1/2 cup additional broth for a moister dressing.
- 4.) Spoon dressing into baking dish. Cover with foil. Bake 15 minutes; stir. Recover; bake 20 to 25 minutes longer or until hot in center (165°F).

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. Rule of thumb: If Boxford schools are closed on either day - No Lunch will be served.

**Movie Time at the COA
(Movies subject to change)**

Movies are shown immediately following the Thursday Congregate Lunch. If you wish to join us for lunch - reservations are required and the cost is \$2/pp. If you only wish to see the movie - there is no cost but you should call before to make sure we are definitely showing the movie advertised that day. Most of the movies shown at the COA are available for our seniors to borrow and watch in the comfort of your own home.

November Movies Are:
November 7th Get Out
November 14th Alien
November 21st The Wizard of Oz



Van Update:

We apologize for any inconvenience, but as of right now we are still looking for a van driver. Please inquire at the COA if you are interested in this position. All activities that involve a ride (Grocery Shopping, Congregate Lunches and Lunch Bunch) are on a temporary hold and we hope that this position is filled quickly. So, if you know anyone that has a CDL License with passenger endorsement and is interested, send them our way. (This does not include NEET rides)

Please contact Pam @ the COA

Help Needed at the COA



We need drivers for two vital programs! Can you help make the difference in the lives of Boxford seniors? Call the COA @ (978) 887-3591 for more information about these programs.


Meals on Wheels (MOW) is a crucial service that enables homebound seniors to receive nutritious meals. Meals are delivered Monday-Friday. Right now we need more substitute drivers to fill in occasionally for our regularly scheduled drivers. Spend a couple hours of your day driving through our scenic town to bring smiles and meals to grateful seniors. A stipend is provided for your mileage.




Northern Essex Elder Transport (NEET) is an important service that provides rides to medical appointments for our seniors. Can you donate your time to offer two rides a month? The average ride is less than 30 miles round trip. You will receive mileage reimbursement and supplement automobile liability insurance. We need drivers who will drive to surrounding communities as well as those willing to drive to Boston.

Take Control of Your Health Care Information!


This site allows you to review your own health care visit information, payments and claims, view preventive benefits. You can print your health information and drug lists and have that drug list handy for Medicare Advantage and Drug Plan. Open Enrollment (October 15th - December 7th) In the meantime, you can go to <https://www.medicare.gov/> to access information regarding the upcoming open enrollment.



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.




HAIR APPOINTMENT: We have found a hair dresser who will make in home appointments. If you are interested, please call the COA for more information.

Monthly Grief and Loss Support Group:

Join our Social Worker, Lisa Waxman, on the first Thursday of every month at 12:30 PM. Everyone experiences grief and loss in their own unique way. Attending this warm and confidential group of people, can lead you to a new understanding and connection that can help lessen the pain. To register, please call the COA.



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: 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.

Cold Weather Safety!

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick. Older adults can loose body heat fast - faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctor's call this hypothermia.

What is hypothermia? Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage or worse. Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

Keep warm inside! Living in a cold house, apartment, or other building can cause hypothermia. People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe.

Here are some tips for keeping warm while you're inside:

- Set up your heat to at least 68-70°F. 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.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.

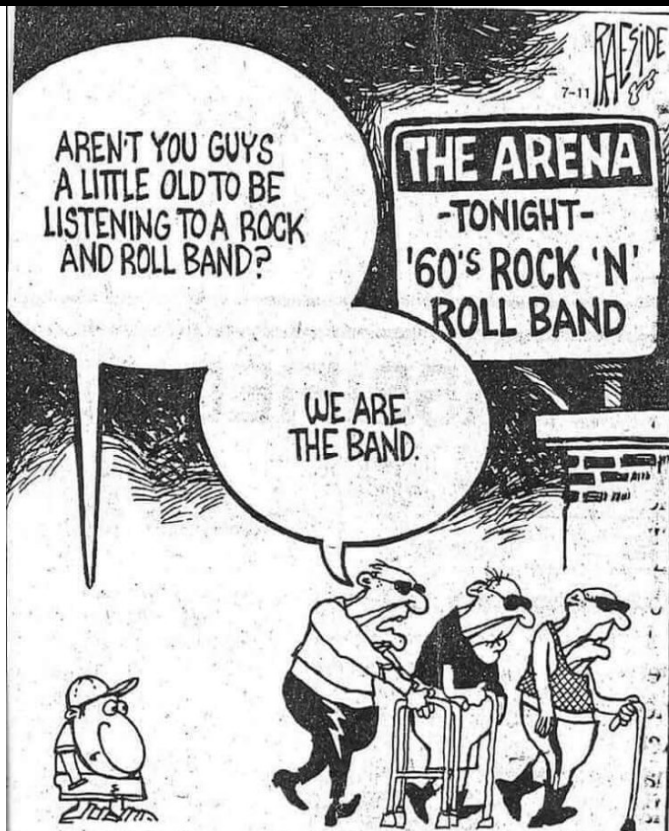
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Ask family and friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

Snowstorms & Extreme Cold

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice and high winds.

If you are under a winter storm warning, find shelter right away.

- Stay off the road
- Stay indoors and dress warmly
- Prepare for power outages
- Listen for emergency information and alerts
- Look for signs of hypothermia and frostbite
- Check on neighbors
- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Sign up for your community warning system.
- Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including your medication.



I ordered a Chinese takeaway from a local place, just been to pick it up and as I was driving home, I heard the bags rustling and moving!!!

I thought what on Earth is that. Has something got in the bag? I thought I could see a little pair of eyes peering out at me. I was driving so I leaned forward, picked up the bag, put it on the passenger seat and there it was again, more rustling and little eyes looking out from behind the prawn crackers. I thought it's got to be a rat or a mouse or something, so I carefully pulled the bag down...

And there it was...

...A Peking Duck!

Why was the baby ant so confused?

Because all his uncles were ants.

A customer walked into a bar and said, "I'll have a pint of less, please."
"Less?" queried the bartender. "What's that?"
"I don't know either," said the customer, "but my doctor told me to drink less".

Me: What's your job?

Him: I'm an assassin.

Me: Good pay?

Him: I make a killing!

An older couple were walking on a beach when the husband tripped over a bottle and a genie came out.

"You can each have one wish," said the genie. The wife made her wish first "I would like to travel around the world, with my husband".

Suddenly there appeared in her hand two tickets for travel around the world.

Now it was the husbands turn, "Well" said the husband, with a naughty look on his face. "I wish I can have a younger companion," The words were barely out of his mouth when poof,

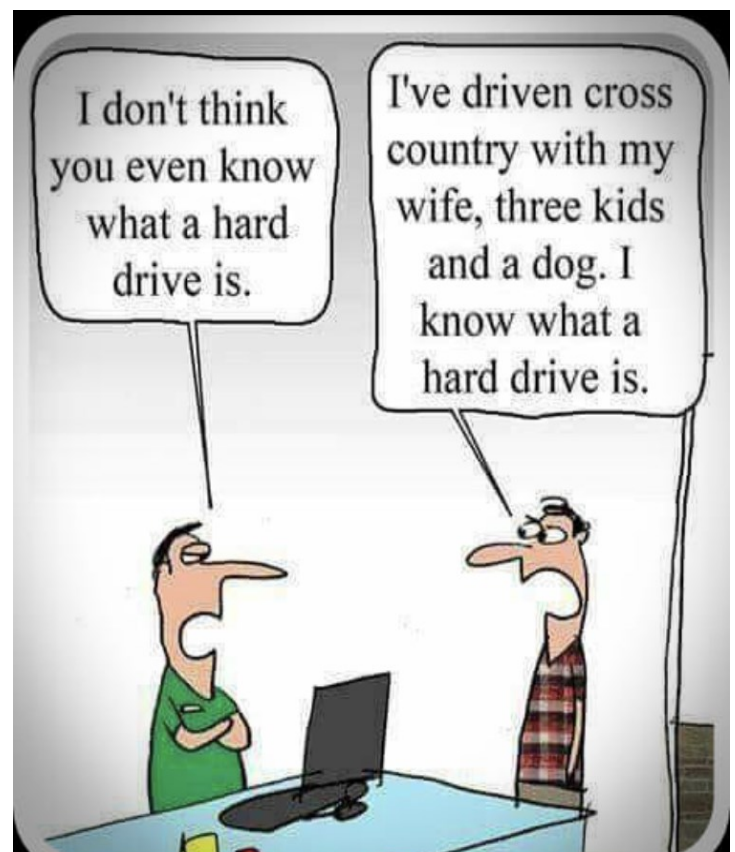
he aged 20 years!

Why are educated people so hot?

Cause they got more degrees.

Three years ago my doctor told me I was going deaf...

I haven't heard from him since.



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
Suzanne Cox: Vice-Chairperson
Judy Andersen: Secretary
Members:
Richard Shaw
Steve Harvey
Christina Eckert

COA Staff

Pam Blaquiére: COA Director
Lisa Giugliano: Secretary
Lisa Waxman: Social Worker
Elaine Gould: Outreach Worker

The Friends of the Boxford COA, Inc.
You can access their website @:
<https://www.ouractivecommunity.com/boxford-ma.html>

Current Resident or

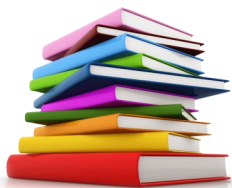
This newsletter was made possible by a grant from the Executive Office of Elder Affairs.

The November Birthday Luncheon will be held on Wednesday, November 20th at 11:30 AM. Please call the COA by the end of the day on Monday, November 18th 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 November Celebrants!*

November Daily Observances

November 2nd - Book Lover's Day!

November 11th - Veteran's Day!

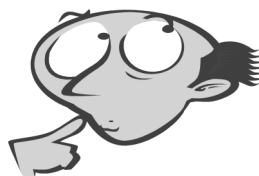


November 14th - Nat'l Pickle Day!

November 28th - Thanksgiving 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

Trade your expectation for appreciation and the world changes instantly.

