



# Boxford's Boomers & Beyond



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

**November 2018**

## **Election Day**

Mid-term elections are being held on Tuesday, November 6th. In addition to the races for many seats we will be voting on ballot questions from the state and a ballot question for Boxford's

One Town One Plan.

Need a ride —the COA will be happy to pick you up. We will be heading to the polls shortly after noon time.



## **Holiday Party**

**Wednesday, December 12th**

### **Family Life Center**

The Council on Aging's Annual holiday party will be held on December 12th at noon. This year the Ukululus will be providing us with holiday classics

Space is limited so please make your reservations early.

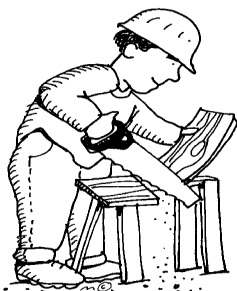
This event is sponsored by the Friends of the Council on Aging

## **Rebuilding Together**

Rebuilding Together is now accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on **Saturday, April 27, 2019**. Application deadline is December 31, 2018.

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**, Merrimac, 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, energy efficiency projects, please ask for an application by calling (978) 469-0800 or email [RTHaverhill@outlook.com](mailto:RTHaverhill@outlook.com)

## **Veterans Day**

**Sunday, November 11th**

(COA will be closed on Monday, November 12th in honor of our veterans.) A tremendous thank you to our veterans for their service to our country.



## **Garden Club Workshop**

**Monday, November 19th at 1PM**

With the assistance of the Topsfield Boxford Garden Club, we will be making Thanksgiving centerpieces 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.

## **Annual Meeting**

**The Friends of the Boxford COA**

**Thursday, November 8th, 8:30 AM**

On Thursday, November 8th, at 8:30 AM, The Friends' of the Boxford COA will hold their annual meeting at the Boxford COA. All Boxford residents are welcome to join us.

The meeting will cover the Friends past and future events, overall financial standings and discuss new areas of support which might be of interest to our seniors.

**All Boxford residents welcome to come and participate in this meeting.**

## **Thank You Elaine**

### **Have a Wonderful Retirement**

After over fifteen years our secretary, Elaine Spiro, has decided to retire and seek a warmer climate for the winter months. She will be greatly missed by our staff, patrons and especially me.



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

**The Council on Aging will be closed Monday, Nov. 12th and Thursday, Nov. 22nd**

## **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 Seniors 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. There may or may not be an instructor available. Poles available

*All Ages and Walk-ins Welcome*

### **Walking the Trails in Wildcat™**

Thursday mornings from 10 to 11 AM. In Wildcat

Conservation there are 4 major trails plus minor side trails. Each week a different trail will be monitored at an easy pace for one hour or less. Please car pool as parking is limited (Herrick Rd entrance). Walk leader: Nancy Merrill. Walks weather permitted: rain/snow cancel walk .

## **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 (MAHJONGG)**

#### **Wednesday at 1 PM**

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 welcome*

### **The Wonders of Science**

The Wonders of Science is usually the third Tuesday of the month starting at 9 AM. The next Wonders of Science will be held on the third Tuesday of November.

*All 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 November 13th and the topic will be November 2018 Election.

## **Cooking With Renee**

Our next cooking class will be held on Monday, November 19th at 10:30 AM. The cost to attend the cooking class is \$3.00/pp. 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. Tentative date is November 7th 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, November, 13th from 1:00 to 2:00 pm. No reservations required.

*All Are Welcome*

## **VETERANS SERVICES**

### **Note new day**

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 by appointment only on the third Tuesday of each month starting at 10 AM with a maximum of 3 appointments. The next available day is Tuesday, November 20th.

*All seniors are welcome*

## Travel



### **Boxford COA With Collette Vacation**

#### **Tuscany & the Italian Riviera**

**May 3—10, 2019**

Highlights of this trip; Tuscan Estate, Florence, Choice on Tour, Siena, Tuscan Winery, Lucca, Pisa, Italian Riviera, Cinque Terre, Portofino. This is an 8 day, 10 meals (6 breakfasts, & 4 dinners) trip. Itinerary at a glance: Day 1 — overnight flight, Days 2-4: Hotel Paggeria Medicea/ Borgo di Artimino, Tuscany, Days 5-7: Grande Albergo Sestri Levante, Italian Riviera. On some dates, alternate hotels may be used. Book by November 5th and save \$200/pp. Current discounted rates are : double occup. \$3,899/pp, Single \$4,199/pp and Triple occup. \$3,869/pp. A deposit of \$500/pp is due upon reservation. Final payment is due by March 4, 2019. Deposits are refundable up until November 5, 2018. You can upgrade to Elite Airfare — see brochure for more details.



### **Boxford COA With Best of Times**

#### **American Bandstand New Year's Eve Day**

**Monday, December 31, 2018**

**Lake Pearl, Wrentham, MA**

An American Bandstand New Year's Eve

Day, featuring the Tom LaMark Orchestra. Cost is \$89/pp which includes Transportation, Lunch, Tax, Gratuity, Entertainment, Party Favors & Champagne Toast. A deposit of \$20/pp is due at time of reservations and final payment is due by December 5th.

#### **Eastern Caribbean Cruise Feb 23rd-Mar 6th, 2019**

You have to see the flyer on this one. The package includes roundtrip transfers to NY City, an 11 day/10 Night Cruise on board NCI, Breakway. Many exclusive packages are included in this trip — see brochure for more detail. Early booking offer gets you a Free 1 Category Upgrade plus 2 extra entries in the Diamond Ring Raffle. Deposit due at booking. Final payment is due by November 1, 2018.

#### **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 hits 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 Bruch 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. A \$20 due at booking. Final payment due May 19th.



#### **Tribute Show**

#### **Johnny Mathis Christmas Wednesday, December 4, 2019**

#### **Danversport Yacht Club**

David Robbins will be performing some of Johnny's biggest hits such as: "It's Not for Me to Say", "Misty", "Chances Are", "Wonderful, Wonderful" as well as Christmas favorites. 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 due at booking. Final payment due November 4, 2019.

#### **Other Upcoming Trips With Best of Times**

#### **Michael Minor**

Wednesday, June 17th

#### **The Common Man**

May 22-23

#### **Spirit of Boston**

Tuesday, July 30

#### **Atlantic City Boys**

Wednesday, September 18 th

#### **Ricky Nelson Remembered**

Thursday, November 14th

#### **White Mountain Christmas**

Dec. 9-11

**More trips/brochures are available at the COA.**

## 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), expect an information packet from your plan by the end of September. It's important to **understand** and **save** this information; it explains the changes in your plan for 2019. 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 the 3rd Tuesday of each month. 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.



## Tax Work-off Program

The Boxford Fire Department is looking for a well organized person to help in their office. Hours are flexible as the station is open from 7 am to 5 pm. You will be able to work at your leisure — choice of days/hours.

**Skills required:** Strong organizational and computer skills.

The Boxford Council on Aging is looking for substitute Receptionists to fill in during illnesses or vacations. Receptionists work from 9am to 1pm.

**Skills required:** Excellent interpersonal skills as a great deal of time is spent on the telephone and with walk-ins. Those with good computer skills will be given preference.

## Help Wanted 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.

## Veasey Memorial Park's 13th Annual Art and Wine Reception Saturday November 3rd 6-9 pm

Art exhibition and sale, hors d'oeuvres, raffles, silent auction

and entertainment, If you have never been before this is a great evening out.

Advance tickets \$30 at door \$35



## Veasey Park's Art Interactive Sunday November 4th from 11am –3 pm

Free Admission, All Ages welcome  
Tree Top Summer Camp art activities, hands on workshops, demos art work on display and more.

## St James Church Holiday Fair Saturday, November 10th from 9-2

St. James Episcopal Church, 119 Washington St., Groveland will be holding a Holiday Fair on November 10th. Enjoy a wonderful selection of gift baskets, homemade baked goods, soups, vintage jewelry, a silent auction, crafts and so much more.

## Snowflake Fair Groveland Congregational Church November 9th –10th

Fair open Friday from 4-8 Saturday from 9-3. Crafts, Cookie walk, baked goods, jams and jellies, jewelry, food and more.



## Winter Festival 2018 Saturday, December 1st 9 am—3 pm West Boxford Center

This year's Winter Fest, sponsored by the West Boxford Improvement Society, will take place December 1st from 9am to 3 pm. Come to the West Village where you will find pictures with Santa, wagon rides, great food, wine tasting and gifts at West Village provisions, crafts, raffles, letters to Santa at Lincoln Hall, free ice cream at Benson's, ornament making at Paisley's Pet photos with Santa and Sheriff's canine demo at the Boxford Animal Hospital, Christmas Bazaar, 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.

## 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 of the business day before 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](http://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 your 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.

November movies are:

|             |                 |
|-------------|-----------------|
| November 1  | American Beauty |
| November 8  | Dirty Dancing   |
| November 15 | Flightplan      |
| November 29 | Just the Ticket |

## 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.

### Warren's Lobster House Wednesday, November 7th

It's one of our favorite places to go. We've been there many times and we'd like to get another trip in before the bad weather sets in. They have the best salad bar going with breads and soup. Their menu is large and prices reasonable. They also have a cute shop attached to their restaurant. Please call the COA to make your reservations. The van will leave the COA around 10:45 AM.

### Grassfields Wednesday, November 21st



Another great place for lunch. We have been there a few times in the past. Van will be leaving the COA at 11:15. Call the COA to reserve your space.

## Breakfast Bake

The contrast between the crispy, flaky edges of the croissant and the soft, cheesy middle is very special. If you are able to, assemble everything the night before and bake it in the morning.

Ingredients:

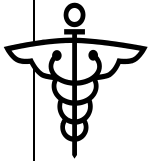
|                                |                                 |
|--------------------------------|---------------------------------|
| 6 large croissants.            | 2 tsp. chopped thyme leaves     |
| 6 slices bacon                 | Kosher salt                     |
| 8 eggs                         | Pinch cayenne                   |
| 3 cups milk (preferably whole) | 1 cup shredded Gruyere, divided |
| 1 cup heavy cream              | 1 cup mozzarella, divided       |
| 2 tbsp. finely chopped chives  | Butter for pan                  |
| Freshly ground black pepper    |                                 |

Directions:

1. Preheat oven to 450 degrees. Spread croissants on a large baking sheet cut side up and bake until golden brown, 6 minutes.
2. In a large skillet over medium heat, cook bacon until crispy about 8 minutes. Drain bacon on a paper towel lined plate, then chop into bite size pieces.
3. In a large bowl, whisk together eggs, milk, heavy cream, chives and thyme. Season with salt, pepper and cayenne, then stir in about 3/4 cup Gruyere and 3/4 cup mozzarella.
4. Lightly butter a 9 x 13 inch baking dish. Scatter croissants and cooked bacon into baking dish, then pour egg mixture on top. Press down gently on croissants to make sure they are thoroughly soaked in the mixture. (If you have time refrigerate 30 minutes up to overnight)
5. When you are ready to bake casserole, preheat oven to 350 degrees. Top casserole with remaining cheeses. Bake until golden, about 45 minutes. Garnish with more chives and serve warm.







**WELLNESS CLINIC.** The VNACare 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 Thursday from 11:15-12:15 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, November, 13th 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.

## IT'S GOING TO SNOW!

Thankfully, not now, But it is not too soon to be ready! The COA will be sponsoring a new phone call program this winter:

### "Senior Safety Check"

When inclement weather hits or the town loses power, someone from the COA will call you to make sure you are safe or if you need any assistance. There is no cost for this service but you do need to sign up. To register just call us at 978-887-3591.

## Council on Aging Winter Policy

In most instances the Council on Aging offices will be open during inclement weather and power failures. All activities will be canceled if Buxford Schools are closed



## We currently have space in both our Ultimate Walking and Tai- Chi classes.

So no more excuses for not starting an exercise program you have been vowing to do.

"Tai-Chi Chuan is a low- impact Taoist martial arts practice initially performed with slow and graceful steps with distinct internal postures. The class is a multi-level program constructed to guide you through all aspects of Tai chi Chuan including balance, posture, body control, partners exercise and push hands. Prepare yourself to take on this insightful martial arts tradition and challenge yourself on how to practice Tai Chi at home.

**Ultimate Walking** is a meditation practice that trains us how to maintain a balanced stride when walking. Increase your balance and enjoy the benefits of walking with style and technique. Learn several methods to re-stabilize your walk with confidence. This is a very sim-

ple program that gets you back on your feet with pride. You were born to walk on two legs, let's rejuvenate them with "Ultimate Walking". This program is a mindfulness class that improves balance, posture and of course, the progress in your walk. Includes basic Tai-Cho Qigong movements and meditation.

Both of these classes are taught by certified instructor Nicanor Snow (Kampa Vashi Deva) who has practiced for over 35 years.

### Top 10 Benefits of Tai Chi

**Balance:** Tai Chi Movements are steady and slow, shifting from one side to the other with coordinating upper body movements. These movements help the core regain balance and reduces the risk of falling.

**Strength and Endurance:** Research shows the individuals who practice Tai Chi regularly at least 3 times a week, had higher strength and performance level.

**Flexibility:** In Tai Chi the range of movement helps improve one's flexibility as well.

**Posture:** helps one maintain a good posture from constant practice of Tai Chi.

**Chronic Illness prevention:** helps in the treatment of chronic illnesses like heart, disease, blood pressure, arthritis, digestive disorders, depression and a few others.

**Improves coordination:** helps with hand eye coordination as well as upper and lower body coordination with the slow rhythmic movements involved.

**Regulates the respiratory system:** Breathing is one of the three parts of Tai Chi. The deep breathing helps treat respiratory alignments such as asthma, bronchitis and emphysema.

**Aerobic Capacity:** researchers say that Tai Chi is a form of aerobic exercise as well.

**Stress:** The mellow rhythmic movements and breathing helps distract from a hectic lifestyle. The breathing coordination along with the hand eye movement is proven to promote calmness.

Looking for a little more physical activity— Check out page 2 for additional fitness programs.

**As always our fitness programs are open to all adults regardless of age.**

### **Things That Took Over 50 Years To Learn**

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
2. If you had to identify, in one word, the reason why the human race has not achieved and never will achieve its full potential, that word would be "meetings."
3. There is a fine line between "hobby" and "mental illness."
4. People who want to share their religious views with you almost never want you to share yours with them.
5. You should not confuse your career with your life.
6. Nobody cares if you can't dance well. Just get up and dance.
7. Never lick a steak knife.
8. The most destructive force in the universe is gossip.
9. You will never find anybody who can give you a clear and compelling reason why we observe daylight savings time.
10. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.
11. The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above average drivers.
12. A person who is nice to you but rude to a waiter is not a nice person. (This is very important. Pay attention. It never fails.)
13. Your friends love you anyway.
14. Never be afraid to try something new. Remember that a lone amateur built the Ark. A large group of professionals built the Titanic.
15. Men are like fine wine. They start out as grapes, and it's up to women to stomp the crap out of them until they turn into something acceptable to have dinner with.

### **More on getting older.....**

Know how to prevent sagging? Just eat until the wrinkles fill out

I have sure gotten old. I have had two bypass surgeries, a hip replacement, and new knees. I have fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take forty different medications that make me dizzy, winded, and subject to blackouts. I have bouts with dementia,. I can hardly feel my hands and my feet anymore due to poor circulation. I can't remember if I am 85 or 95. I have lost all my friends. But thank god, I still have my driver's license.

I've still got it —but nobody wants it.

Reporters interviewing a 104 year old woman: "And what do you do you think is the best thing about being 104? The reporter asked. She simply Replied, "No peer pressure."

It's scary when you start making the same noises as your coffee maker.

The nice thing about getting senile is you can hide your own Easter eggs.

### **You know you are from New England when:**

Driving is better in the winter because the potholes are filled with snow.

You have switched from heat to Air conditioning in the same day and back again.

You can drive through 2 feet of snow during a raging blizzard without flinching.

You instinctively walk like a penguin for six months of the year.

You measure distance in hours.

You know several people who have hit a deer more than once.

You design your children's costumes to fit over a snowsuit.

You find 10 degrees a little chilly.

You have more miles on your snow blower than your car.

You know all four seasons: almost winter, winter, still winter and road construction.

If you have worn shorts and a parka at the same time.

If you consider it a sport to gather your food by drilling through 36 inches of ice and sitting there all day hoping it will swim by.

### **Things we should have learned by the time we reach Middle Age:**

Middle age is when broadness of mind and narrowness of waist change places.

Opportunities often look bigger going than coming.

Experience is a wonderful thing, It enables you to recognize a mistake when you make it again.

If you look like your passport picture you probably need a trip.

It ain't the jeans that make your butt look fat.

**Remember —you don't stop laughing because you grow old, you grow old because you stop laughing.**

**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  
Vacant

**COA Staff**

Pam Blaquiére: *COA Director*  
Elaine Spiro: *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 November Birthday Luncheon will be held on Thursday, November 29th at 11:30 AM. Please call the COA by the end of the day on Tuesday, November 27th 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 Seniors!*

**November Daily Observances Trivia**

*Trivia Holiday Observances information is taken from the Funky Holiday*



**November 3**  
**Sadie Hawkins Day**

**November 13th**  
**World Kindness Day**



**November 22nd**  
**Thanksgiving**

Past Monthly Newsletters are posted on the Town web. To access these Newsletters — go to [www.town.boxford.ma.us](http://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

**Points To Ponder**



**You don't have to be famous to be unforgettable.**