

Boxford's Boomers & Beyond



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

October 2018

Better Business Bureau

Wednesday, October 3rd at 11am

Scams, Fraud & Identity Theft Program

Amy Schram, Senior Community Relations Specialist will be here to speak on Scams, Fraud, and Identity Theft. The program will cover the most common scams currently circulating in the community, the major "Red Flags" to watch out for, and the precautionary steps we can take to protect ourselves from falling victim. Seating is limited so reservations are required. Lunch will be served immediately after the presentation to those who attended.

Starting October 2nd Strength Training Fitness Class Tuesdays at 1 PM

Donna Bonin, a licensed instructor, will be teaching these classes. The classes are designed to increase strength and improve conditioning and mobility. The cost is \$3.00 per person. No reservations are required.

If interested, call the COA for more information or stop by when the class is in session to watch. All ages are invited.

Boxford Property Tax Relief Seminar Wednesday, October 17th at 11 AM

On Wednesday, October 17th, Kristin Hanlon from our Assessor's Office will be here to talk about the Boxford Property Tax Relief Program available to Boxford senior home owners. Reservations are required and lunch will follow for those who attend this seminar.

You may be eligible for an exemption if you fall into any of the following categories:

- Legally Blind
- Veteran with a service-connected disability
- Surviving spouse of a service member or national guard who died in combat or from combat injury or

disease

- Surviving spouse
- Senior Deferral
- Senior citizen — age 70
- Circuit Breaker
- CPA

Four Mile Residents: Four Milers are now eligible for Property Tax Relief Program. If you qualify — you will receive credit thru your tax contribution.

Tuesday, October 30th at 11:30 AM Halloween Luncheon

Join us for a Halloween Luncheon on Tuesday, October 30th. Reservations are required and seating is limited so call early. Price is \$3.00 per person. The menu has yet to be determined but it will be interesting. There will also be Trick n' Treat bags for everyone with possibly other surprises. Costumes are strongly encouraged and we hope you can make it.

Thank You Volunteers

Apple Festival: Thanks to all our wonderful volunteers who donated home baked goods and/or craft items and/or their time to the Boxford COA table at the Apple Festival. The weather wasn't overly great as it was overcast most of the day and a bit muggy, but at least it didn't rain.

Summer BBQ's: Thanks to all our wonderful volunteers for helping out at our weekly BBQ's. This was an odd year as our regular BBQ cooks were incapacitated due to medical issues but we did have some other volunteers who filled in for them, Greg Johanson and Selectman Peter Perkins. We also had a number of young volunteers (school age kids) who helped serve and, a couple of times, cook. We were lucky with the weather as it only rained one day (the last BBQ) but the hot days had us concerned — and we definitely had a lot of hot days this year. Judi Stickney did her desserts thing for us at a couple of the BBQ's and, of course, the birthday cakes for the Birthday BBQ's. There were also a number of seniors who came early and left late the day of the BBQs — helping in the preparation and cleanup.

The COA is closed Monday, October 8, 2018

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

WEDNESDAY 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

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

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, October 16th.

All seniors are 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

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

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, October 16th between the hours of 1:00 to 2:00 pm. No reservations required.

All Are Welcome

VETERANS SERVICES

Joe LeBlanc, our VA Rep is usually here on the first and third Wednesday 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

Pickleball Drop-In Play**Fridays, 4 to 6 PM****Behind Police Station**

Fall is here so it's uncertain whether or not Pickleball will be played in October — it all depends on the weather and will be decided on a day to day bases. Check the Facebook group "Boxford Pickelball for more information.

All are welcome

CHANGING EVENTS**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. Classes resuming on Monday, September 10th.

All Ages and Walk-ins Welcome

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. Tentative date is October 10th at 9:30 AM.

All 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 in 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. **All Parties Welcome..**

All 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 walks.

All 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



Nashville's Music City And Patriots vs. Titans

Choice of 3 Schedules

- #1—November 10—12, 2018
- #2—November 9—12, 2018
- #3—November 8—12, 2018

(Prices vary - see flyer)

Experience the Country Music Capital of the World in Nashville, TN along with seeing our New England Patriots, with Tom Brady, play the Tennessee Titans in Nashville. Complete schedule will depend on your choice of schedule — you must pickup the brochure on this one to review your options and prices. A deposit of \$600pp plus insurance fee (if selected) is due upon registration. Final payment is due no later than September 1, 2018.

Rod Stewart Tribute By Rob Caudill

Thursday, Nov. 15, 2018

Venus DeMilo, Swansea MA

Come and enjoy a tribute to Rod Stewart by Rob Caudill. Rob Caudill is a dead-on Rod Stewart Impersonator. He's got the high-definition jawline, the shock of spiky blonde, but most importantly, he has the nose. Vocally, his distinctive, naturally-raspy voice sounds like the legendary Stewart and his range easily nails every high note from Stewart's younger days. You have a choice of chicken parmesan or baked schrod. Cost is \$92/pp which includes transportation, lunch, show, tax & gratuity. A deposit of \$20/pp is due at time of reservation, balance due by Oct. 1, 2018.

White Mountain Hotel Christmas Vacation

December 3rd to 5th, 2018

This trip has always sold out and met with rave review from our many seniors. So if you missed out in the past and are interested, we suggest you sign up early. This trip includes 3 different Christmas Shows, a guided sight-seeing tour of Mt. Washington Valley and more. Pricing including Motorcoach: \$519/pp dble, \$669 Single. A deposit of \$100/pp is due upon time of reservation and final payment is due by October 19th. Trip protection is available for a fee of \$50/pp. If elected — this fee must accompany your deposit. Flyers on this trip are now available at the COA.

The Sicilian Tenors Christmas Amore

**Wednesday, December 5th
Danversport Yacht Club**

The Sicilian Tenors (Aron Caruso, Elio Scaccio and Sam Vitale) are ready to bring the joy of all our favorite Christmas songs to life on stage. The cost is \$69/pp which includes lunch, show, tax and gratuity — NO TRANSPORTATION. A deposit of \$20/pp is required at time of reservations and final payment is due by November 14th.

Boston Pops Holiday Show December 7th

Take part in one of Boston's most beloved traditions — a Holiday Pops concert at historic Symphony Hall. The Boston Pops will perform their signature Sleigh Ride, as well as other Holiday classics and new arrangements of seasonal favorites. But before you get to enjoy the Boston Pops, you will have a wonderful lunch at the Venezia Waterfront Restaurant where you will have a choice of chicken parmesan or baked schrod. Cost is \$149/pp which includes transportation, lunch, tax, gratuity and Boston Pops Show Tickets. A deposit of \$20/pp is due at time of reservation and balance by October 20th, 2018.

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. Final payment is due by November 1, 2018.

Cooking With Renee

Our next cooking class will be held on Monday, October 22nd at 10:30 AM. The cost to attend the cooking class is \$3.00/pp. 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.***

The main staple for this cooking class will be pork chops. After the class, the students will enjoy the results of their labor.

Bean Supper

**St. James Episcopal Church, Groveland
Saturday, October 20th, 4 to 6 PM**

St. James Episcopal Church will be holding a Bean Supper on Saturday, October 20th, 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 homemade desserts.

Adults—\$10, children under 12—\$5. Families with children will not exceed \$20. Credit cards accepted. For more information, please visit their website www.saintjamesgroveland.org.

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.

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.

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 seniors welcome to come and participate in this meeting.**

Help Wanted

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.

There will be a lot of organizational skills required in the beginning — old files reviewed and either kept or trashed, revamping their filing system as you would be working with old filing systems created and used by multiple Fire Chief's, scan or manually enter hardcopy files into the computer and whatever else needs to be done in order to get things easily retrievable. Strong computer skills (MS Office) required. Excel is used heavily along with Google Calendar. Chief Brian Geiger will be available to help you in the beginning.

Heather's Peanut Butter Squares

This is definitely a keeper. Heather Vas made them for the Apple Festival both last year and this year (at our request). They are absolutely delicious and, looking at the recipe, easy to make.

Ingredients:

- 2 Boxes 10X Confectioners Sugar
- 4 Cups Honey Graham Crackers (Crushed) (they now sell precrushed in boxes)
- 4 cups Skippy Chunky Peanut Butter
- 4 Sticks of Butter (melted)
- 2 12-oz Bags of Ghirardelli Milk Chocolate Chips

Directions:

- Combine confectioners sugar, peanut butter, Graham crackers and melted butter.
- Mix until all sugar is incorporated and mixture is smooth.
- Place ingredients in 2 large baking pans and press down evenly in the pans.
- Cover and refrigerate for 20 minutes.
- Melt chocolate chips in microwave (1 bag per baking pan) for approximately 2 to 2 1/2 minutes or until smooth.
- Remove squares from the refrigerator and drizzle chocolate over them.

Note: Squares can be frozen/thawed and are still delicious.

Enjoy!!!

**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. 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" will return in October. 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.

October movies are:

- Oct 4: Ladies in Lavender (2005 starring Maggie Smith)
- Oct 11: Chappaquiddick (2018 starring Jason Clarke)
- Oct 18: Wonder (2018 starring Julia Roberts)
- Oct 25: Black Panther (2018)


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
Date Change
Wednesday, November 7th

We originally scheduled this for October but since we are uncertain as to when Jack Hawxwell will be back driving, we are moving the date to November. The date is still tentative as we still don't know when Jack will be back driving but we wanted to go to Warren's before the bad weather started.

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.



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, October 9th, starting at 9:30 AM, Nicole Kalukiewicz, from Rogers Hearing Solutions, will be here to give FREE hearing tests. Please call the COA to make an appointment.

Senior Safety New Disability Indication Program

The Boxford COA's mission is to "improve the quality of life and encourage maximum independence for older adults by meeting their health, economic, social and cultural needs."

The Boxford COA has implemented several programs to help fulfill our mission and we actively explore other avenues to continually improve our support in this area.

For example:

- In partnership with the Boxford Fire Department (BFD), we are working with BFD to improve the safety of their homes concerning smoke and carbon monoxide detectors. The BFD has inspected homes to make sure there were sufficient detectors properly installed. Detectors were current and batteries were operational.
- In partnership with the BFD, making sure the house numbers were visible for emergency responders. Installing new house numbers where needed.
- File of Life — a must have for all seniors. This has proven to be a life saver a number of times and the First Responders and Emergency Room attendants love it. In case you are unaware of this — please call the COA. It's a simple record you keep on your refrigerator with your medical information, including your current meds. A sticker put on your front door tells the first responders the information is available and located on your refrigerator. Consider being in an emergency situation and trying to answer questions under duress for either yourself or a loved one. Hard to do as there is too much going on. The File of Life takes care of that. There is also a smaller version for you to carry with you.
- Yellow Dot: This is similar to the "File of Life" but the information is kept in the senior's vehicle and a "Yellow Dot" sticker is attached to the vehicle which informs the EMT's there is a medical history card in the glove compartment.
- Five Wishes: In Massachusetts, this is considered a legal document.

It instructs your family and medical team as to your wishes when you are incapable of relaying that info. Another "must have" for seniors.

- In partnership with the Boxford Police Department (BPD), we have implemented "Operation Concern." This is where a senior calls into the BPD daily, by a certain time, notifying the police they are OK. If the BPD does not hear from the senior in the allotted time frame — other steps go into effect one of which would be a wellness check from the BPD along with contacting family members and/or the COA.

In keeping with this theme, we are introducing "9-1-1- Disability Indicator" program to our seniors and any household in Boxford where there is a disabled person living whether it be a temporary disability or a permanent one. The drawback on this is that it's only available if you have a landline — looking into a work around on this.

With the approval of and in partnership with the Boxford Police, Boxford Fire and Boxford Call Center departments, the Boxford COA is implementing this program for their Boxford seniors and other Boxford residents.

The "9-1-1 Disability" program will provide **critical information** to the first responders when responding to emergency calls before they "hit the road." This would be especially helpful to the Fire Department when responding to fire alarms called in by private fire alarm companies.

Included in this month's newsletter, we have included an insert for those who qualify to make out and submit to the Boxford Dispatch Center. Where our mailing only covers seniors — please don't hesitate to notify Boxford families who would benefit from this program.

If you have any questions concerning any of our programs — please call the COA at (978) 887-3591 for more information. *We are here to help you.*

The Importance of Walking

- Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.
- My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where the heck he is now.
- I like long walks, especially when they are taken by people who annoy me.
- The only reason I would take up walking is so that I could hear heavy breathing again.
- I have to walk early in the morning before my brain figures out what I'm doing.
- I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.
- Every time I hear the dirty word "exercise," I wash my mouth out with chocolate.
- The advantage of exercising every day is so when you die, they'll say, "well, she looks good doesn't she."
- If you are going to try cross-country skiing, start with a small country.
- We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.
- Every time I start thinking too much about how I look, I just find a "Happy Hour" and by the time I leave, I look just fine.

Clean Jokes

- An old woman was arrested for shoplifting at a grocery store. When she appeared before the judge, the judge asked what she had taken. The lady replied, "a can of peaches." The judge then asked why she had done it. She replied, "I was hungry and forgot to bring any cash to the store." The judge asked how many peaches were in the can. She replied, "Nine." The judge said, "Well then, I'm going to give you nine days in jail — one day for each peach." As the judge was about to drop his gavel, the lady's husband raised his hand and asked if he might speak. The judge said, "Yes, what do you have to add?" The husband said, "Your honor, she also stole a can of peas."
- Two elderly women were out driving in a large car. Both could barely see over the dashboard. As they were cruising along, they came to an intersection. The stoplight was red, but they just went on through. The woman in the passenger seat thought to herself, "I must be losing it, I could have sworn we just went through a red light." After a few more minutes, they came to another intersection, and the light was red again. They went right through it. This time, the woman in the passenger seat was almost sure that the light had been red and was really concerned that she was losing it. She was getting nervous and decided to pay very close attention to the road and the next intersection to see what was going on. At the next intersection, the light was defi-

nately red, and sure enough, they went right through again. She turned to the other woman and said, "Mildred! Did you know we just ran through three red lights in a row? You could have killed us!" Mildred turned to her and said, "Oh my, am I driving?"

Different Ways of Looking At Things

- A man is recovering from surgery when the Surgical Nurse appears and asks him how he is feeling. "I'm OK. But I didn't like the four-letter-word the doctor used in surgery," he answered. "What did he say," asked the nurse. "Oops!"
- An old man goes to the Wizard to ask him if he can remove a curse he has been living with for the last 40 years. The Wizard says, "Maybe, but you will have to tell me the exact words that were used to put the curse on you." The old man says without hesitation, "I now pronounce you man and wife."
- A doctor examining a woman who had been rushed to the Emergency Room, took the husband aside, and said, "I don't like the looks of your wife at all," "Me neither Doc," said the husband. "But she's a great cook and really good with the kids."
- While shopping for vacation clothes, my husband and I passed a display of bathing suits. It had been at least ten years and twenty pounds since I had even considered buying a bathing suit, so I sought my husband's advice. "What do you think?" I asked. "Should I get a bikini or an all-in-one?" "Better get a bikini," he replied. "You'd never get it all in one."
He's still in intensive care.

THE 3 STAGES OF LIFE



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

BULK RATE
PRE-SORT
U.S. POSTAGE
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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 October Birthday Luncheon will be held on Thursday, October 25th at 11:30 AM. Please call the COA by the end of the day on Tuesday, October 23rd 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 October Seniors!*

October Daily Observances Trivia

Trivia Holiday Observances information is taken from the Funky Holiday



October 1st
International Day of
Older Person

October 13th or 27th
Navy Day



October 31st
Halloween

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



Worrying won't stop
the bad stuff from happening.
It just stops you from enjoying the good!