



# Boxford's Boomers & Beyond



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

**September 2021**

**Boxford Town Hall is now open to the public.  
All town offices are located on the 2nd Floor.  
Hours are Monday - Thursday 8:00 am to 4:30 pm.**



## **Topsfield Fair (Senior Day)**

**Monday, October 4th**

We are very excited that the fair grounds are open once again! Its been way too long since the last one. Join the COA for a fun filled day. **We were given 50 cost of entry tickets Free for any Senior. Seniors attending are responsible for all other expenses (food, tickets for rides/games and parking if you drive yourself).** We are expecting this to fill up quickly, so call to reserve your spot as soon as possible. The COA van is available this day. We will meet at the COA at 10:30 am for an 11:00 am drop off and we will pick up at the fair grounds to return to the COA at 3:00 pm or you can drive yourself. Fair ground is open from 11 AM to 9 PM this day. **Seniors that are driving themselves are responsible for their own parking cost.**

## **BBQ on the Lawn!**

**(which will take place every other week)  
Wednesdays, 09/08 & 09/22 @ Noon**

Join us on Wednesdays, 09/08 & 09/22 @ Noon for BBQ on the lawn. This is not a weekly event. **RESERVATIONS ARE REQUIRED AND NO WALK INS ARE ALLOWED.** If you are not on the List, we will have to turn you away, so we ask that you sign up asap. Reservations need to be received no later than 9 am on the day before the BBQ and the **price is \$5.00/pp.** The COA van is available at no cost for any Boxford senior who wishes to take advantage of this service. Masks must be worn on the bus and while in line for food. The menu consists of hamburgers and hotdogs with at least one type of salad. **The September 8th BBQ will be hosted by the West Boxford Improvement Society.**

## **Fire Prevention 101: Presentation: How to use a Fire Extinguisher Tuesday, September 14th 11:00 am to 12:00 pm**

The Boxford Fire Departments liaison to the Boxford COA, Tyler Brown, will be here to speak on how to operate a fire extinguisher. All participant's will have the opportunity to practice on how to properly use a fire extinguisher. He will also discuss ongoing programs done by their department to make sure your home is safe in the event of a fire. Following the presentation, the fire department will be hosting a lunch. Please call the COA to sign up.

## **Boxford Apple Festival Saturday, September 18th 10:00 am to 3:30 pm (rain date Sunday, September 19th) East Boxford Village**



The Boxford Apple Festival will be held on Saturday, September 18th from 10 am to 3:30 pm. As usual, the Boxford COA will have their table in front of our building. This year, we will be selling handmade crafts along with homemade baked items and more. So, for our crafter donors, it's time to put your thinking caps on and decide what you would like to make/donate to the COA table. Need help? For those who knit/crochet - baby items always sell extremely well. Mittens are another good selling item - both adults & children. If you are uncertain - give us a call.

## **Murder a' la Carte Monday, September 20th @ 2:00 pm**

Delvena Theatre Company will be presenting an interactive performance of **Murder a la Carte**. Who dunnit? An exciting, live, comedic, interactive murder mystery performance set in Luigi's Ristorante featuring Lynne Moulton, Joseph Zamparelli and Fran Baron in multiple roles. Come put your "super sleuth" on - having much fun along the way. Token prizes will be awarded. Funded by the Boxford Cultural Council. All are welcome! Call the COA to sign up.



## **The Moving Wall (Presented by The Yankee Homecoming Board of Directors) September 2nd - 6th, 2021 Plum Island Airport - 24 Plum Island Turnpike - Newbury, MA**

**Call for Duty/Volunteers Needed  
6 Hour Shifts over 150 Hour Period**

**Contact:  
Dennis Palazzo 978-417-6118 or email:  
[karatekid5th@aol.com](mailto:karatekid5th@aol.com)**

**Paul W. Cote 978-504-1006 or email  
[ClaimsCote@aol.com](mailto:ClaimsCote@aol.com)**

**The COA will be closed Monday, September 6th to observe Labor Day!**



## **FITNESS CLASSES & More!**

### **CHAIR YOGA With Mary**

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

### **Strength Training Complexity Classes W/ Leah Miller**

Classes are held on **Mondays & Thursdays** from 10:00 to 11:00 am. Classes are \$3.00/pp

### **YOGA CLASSES With Mary**

Classes are held on **Tuesdays** from 10:00 to 11:00 am and **Thursdays** from 12:30 to 1:30 pm. Classes are \$3.00/pp

## **NEWS AND VIEWS**

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

*All are welcome*

## **GAME DAY**

### **MAHJONGG**

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

### **Bingo**

Join us in playing **Bingo!** Held weekly on **Thursdays at 10:00 am**. We are playing solely for fun. No reserved seats needed. We will provide the weekly bingo cards and a complimentary one time dabber. You only need to bring any other supplies you use (dabber, pens, scotch tape, etc.) If you are interested in playing with us, please call the COA to sign up.

## **Services**

### **Grief and Loss Support Group**

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

## **WELLNESS CLINIC:**

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



## **VETERANS SERVICES**

Joe LeBlanc, our VA Rep is 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.**

## **HEALTH BENEFITS SHINE REP**

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

## **Grocery Shopping**

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

## **Transportation**



The COA van is available for rides to the COA for our classes and presentations, luncheons (BBQ's), rides to go grocery shopping and for handicap medical rides (must be accompanied by a companion).

## **NEET**

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

## **Phone Pals**



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



## **COA BOARD MEETING**

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

## **Constituent Services Senator Bruce E Tarr Advisor, Mary Ann Nay**

Mary Ann Nay's next meeting will be on Tuesday, September 14th from 9:00 am to 10:00 am. No reservations required. *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.

## **\*Effective Immediately\***

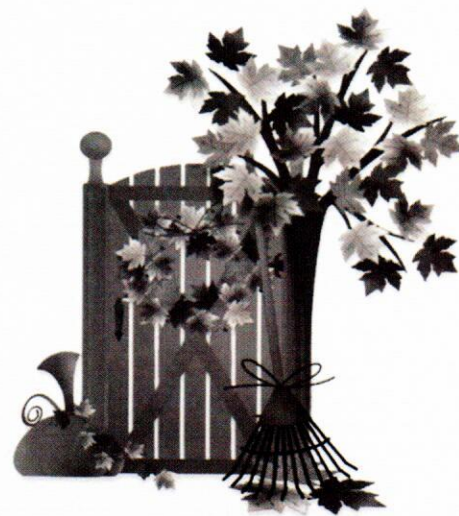
**ALL** checks for the Council on Aging **MUST** now be made out to the **Town of Boxford** and on the memo line please write **Council on Aging** per the request of our bank. This is for any donations and class fees.

## **Help Needed at the COA**

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

## **Volunteers Wanted**

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







## **Boxford COA w/ Collette Vacation**

As of right now we have not scheduled any trips with Collette.

## **Trips with Best of Times Travel**

### **Maine Escapes Bar Harbor, Boothbay Harbor, & Acadia National Park 3 Days/2 Nights**

**September 19th - 21st, 2021**

Join us on this amazing adventure featuring some of Maine's most highly acclaimed and picturesque areas. Be sure to take your camera as this trip provides some of the most spectacular views of nature to be found anywhere. Enjoy accommodations at the Boothbay Harbor Inn located on the water replete with amazing views of the harbor and village of Boothbay Harbor the "Boating Capital of New England". Absorb the sights and sounds of the forest, fill your lungs with the aroma of evergreen and salt air, revel in the panoramic views from atop Cadillac Mountain, and renew your spirit and appreciation of the world around us as we visit Acadia National Park. Enjoy some time browsing and shopping in the downtown waterfronts. Evening entertainment includes two nights at the Boothbay Harbor Inn.

Included: roundtrip motorcoach transportation, 2 nights waterfront lodging @ Boothbay Harbor Inn, 4 Meals: 2 Deluxe Breakfasts, 2 Dinners, 2 evening entertainment, touring of Bar Harbor & Acadia National Park, luggage handling & taxes, tour director & step-on-guide gratuities. **Price: \$499pp Double, \$649pp Single Occupancy.**

### **Simon Pearce Glassblowing & King Arthur Fall Foliage Trip w/ Queechee Gorge**

**Thursday, October 7th, 2021**

Head North to Vermont and enjoy the fabulous fall foliage unfold before you on the hills and mountain tops of NH as we drive. First stop of the day will be Queechee Gorge for some amazing views of the area and

surrounding foliage. From there we head to the headquarters of Simon Pearce and enjoy a fantastic meal at Mill Restaurant. They use local ingredients for their meals and the Vermont Cheddar Soup is mind-blowing! After lunch we will enjoy a guided tour of the factory and watch some hand made glassblowing in progress. Following our stay we will travel to the King Arthur Factory. Includes: Transportation, Lunch (Roasted Shetland Salmon or Tamarack Farms Lamb Burger), Touring, Tax & Gratuity. **Price: \$119pp**

### **A Country Christmas in Nashville, TN @ The Gaylord Opryland Hotel December 10th - 13th, 2021 (4 Days/3 Nights)**

Stay at the splendid Gaylord Opryland Hotel which is transformed into a winter wonderland like nothing you have seen before. The Opryland hotel is decorated with more than Three Million lights inside and out creating a magical holiday wonderland. Experience the Grand Ole Opry and a fabulous holiday show at the mother church of Country music, The Ryman Auditorium. Round trip air from Logan and roundtrip transport provided. Package includes 3 nights lodging, 7 Meals - 3 Dinner, 2 Breakfast, 1 Sunday Brunch, Gaylord Opryland Dinner Show, ticket for the Holiday show at Ryman, 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. **Price: \$1999 Double**

### **An American Bandstand New Year's Eve Day Featuring the Tom LaMark Orchestra**

**Friday, December 31st, 2021  
(@ Danversport Yacht Club - Danvers)**

Our entertainment ringing in the New Year is the incredibly dynamic Tom LaMark Orchestra which covers over 60 years of great music from the original classics of the swing era, the Best in Ballroom Dancing, our favorite Line Dances, to the best of American Bandstand from the 50's, 60's, 70's and 80's. 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 Luncheon Choice: Baked Stuffed Chicken Breast or Baked Scrod. **Price: 105pp \*This is a drive yourself event\***

### **Orlando Transit Authority A Chicago Tribute Band!**

The Music of Chicago Lives on!

**May 25th, 2022**

**@ Danversport Yacht Club, Danvers, MA**  
The music of 2016 Rock 'n' Roll Hall of Fame inductees **Chicago** spans more than four decades and includes **Five #1 Albums** and **20 Top-Ten Hits**. Orlando Transit Authority presents a flawless replication of three decades of inspired music in a show that includes nearly every charted song that captures the hearts of traditionalist **Chicago** fans. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Stuffed Breast of Chicken or Baked Scrod. **Price: \$74pp.**

**This is a drive yourself event.**

### **Niagara Falls With Niagara-On-The-Lake, Winery Tour and Tasting & Baseball Hall of Fame! June 14th-16th, 2022 (3 Days / 2 nights)**

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

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

**Passport or Passport Card is Required for this trip!**



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

#### **Shades of Buble` A Three Man Tribute to Michael Buble`**

**Tuesday, September 20th, 2022**





### **Transportation**

The COA van is available for rides to a COA class, discussion group, event, to go grocery shopping, lunch bunches, our bi-weekly BBQ's and for anyone looking for a handicap medical ride. (The medical handicap rider must be accompanied by a companion.)

### **NEET Rides**

NEET (Northern Essex Elder Transportation) has resumed its rides with mandated precautions. Everyone must have completed a pre-registration form with NEET before booking a ride. Contact the COA for info @ 978-887-3591.



### **Become a Friend of the Council on Aging**

The Friends of the Council on Aging are actively seeking new members. The Friends are not only the fundraisers for the COA but they are responsible for numerous social and educational programs. Want to know more - Call Pam at 978-887-3591

### **Borrowed Equipment:**

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

### **Vaccination Cards:**

Once you have been fully vaccinated, we at the COA are more than happy to make a copy of your card and hold it on file for you for if by any chance you may lose the original. Just stop on by at any time!



### **Topsfield Tomato Festival Sunday, September 12th 12:00 pm to 3:00 pm Proctor School Grounds**

Free Admission. Join in the fun for all ages. There will be a tomato recipe tasting contest, homegrown tomato contest, local farmers' market, Educational exhibits, demonstrations, tomato art station, scarecrow scavenger hunt & raffle and more. There will also be lunch food trucks featuring hot dogs, pizza, gelato and more. The food trucks are not free. You are responsible for your food.

### **Bean Supper**

### **St. James Episcopal Church, Groveland Saturday, September 18th 4:00 pm to 6:00 pm**

St. James Episcopal Church will be holding a Bean Supper on Saturday, September 18th, 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. Cost is \$10/pp, children under 12 eat free. Credit Cards are accepted! For more information, please visit their website: [www.saintjamesgroveland.org](http://www.saintjamesgroveland.org).

### **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 and mask MUST be worn at all times while in the van.** Reservations are required. ***Trips may be canceled due to lack of interest or inclement weather.*** Call the COA to make your reservations.

### **Mann Orchards Farmstand & Bakery**

**Thursday, September 9th**

**Meet @ COA 10:15, Van Departs @10:30**

Located in Methuen, MA. Known for their farm to table approach to food and they are proud to serve their very own grown produce alongside of other locally sourced ingredients to bring you a fresh and satisfying lunch menu.

### **The Deck**

**Thursday, September 23rd**

**Meet @ COA 10:15, Van Departs @10:30**

Located in Salisbury, MA. The Deck is located at the historic Bridge Marina on the Merrimack River. Serving burgers, seafood & tropical cocktails on their huge, 2 floor patios that over look the Merrimack River.

### **Warren's Lobster House**

**Thursday, September 30th**

**Meet @ COA 10:15, Van Departs @10:30**

Located in Kittery, ME. Warren's houses a full-service bakery, a lobster pound capable of holding thousands of pounds of the delicious crustaceans, the Captain's Treasure Chest gift shop, the Lobster Trap Lounge, Pete's Stateline Sweets Candy Store and the famous Seacoast's Finest Salad Bar.

### **FUNDRAISERS FOR THE LITTLE RED SCHOOLHOUSE IN BOXFORD**

- 1) Apple Festival - Saturday, September 18th, 2020  
10:00 am - 3:00 pm

Please stop by our table to say hello and see some pictures of the Little Red Schoolhouse, items the children used during 1845-1945. We will have a few raffles. We are also looking for volunteers to get this 1845 schoolhouse restored for the children of Boxford to experience what it was like to learn in a one room schoolhouse.

- 2) Cafe Sarina/Nunan's - Saturday, September 25th, 2021. 10:00 am - 5:00 pm

Please come to enjoy the delicious food at Cafe Sarina as well as Richardson's ice cream and a fun game of mini golf. Many of Mrs. Rowen's past students will be playing music for entertainment - violins, guitars, keyboards, as well as singing!!!! There will be a few raffles, pamphlets to see the many items that will be used in 1845 one room schoolhouse.

- 3) Neighborhood Yard Sale @ Andrew Farm's Road - Sunday, September 26th, 2021. 9:00 am- 2:00 pm  
Rain date: Sunday, October 3rd.

Take a ride over and see all the wonderful items at many of the houses in the neighborhood. Funds of the items bought will be donated to the restoration of the Little Red Schoolhouse. Money raised will go towards new wooden doors.



# COUNCIL ON AGING SERVICES

## **Boxford Van**

Boxford Van will transport groups of seniors to specific area such as shopping or events. The cost for this is \$3.00 per person round trip unless otherwise stated. Rides to and from the COA are free to Boxford seniors. Call the COA for more information.

## **Congregate Meals: On hold for now!**

Meals are served Tuesdays and Thursdays at 11:30 at the Community Center. This is a terrific way to make new friends, renew old acquaintances and receive a tasty nutritious meal for the nominal price of \$2.00 (price subject to change). Reservations must be made prior to noon the day before you will be attending.

## **Equipment Lending Program**

The Council on Aging has medical equipment available including, bath seats, commodes, walkers, canes, crutches, and wheelchairs. Please contact us before you make an expensive equipment purchase, we may be able to assist you.

## **File of Life and Yellow Dot**

This is a health history document to be used by emergency medical personnel in case of illness or injury. Available both in magnetic form for your refrigerator and in wallet size to be carried with you. Yellow Dot is a health history document kept in your car's glove compartment for use by emergency personnel. The Yellow Dot on your rear window lets them know it is in the glove compartment

## **Forms and Assistance**

The COA has applications for:

Five Wishes

Handicap Placards

Health Care Proxies

Homestead Act

Mass Health

Prescription Advantage

Fuel Assistance

Emergency Management

Specialized Telephone Equipment

We will be glad to provide you with these forms as well as assist you filling them out.

## **Handy-man**

Our handy-man is a "Jacks of All Trades" and is willing to help with small jobs around the house — fixing light switches, or changing locks, etc.

## **Health Screenings and Services**

Regularly scheduled blood pressure screenings are available thru the COA. See the Health page for more details.

## **Massachusetts Senior Health Record**

This booklet helps you keep a record of the medical services you receive, keeps you up to date with preventive health services available in the effort to help you better manage your health. This booklet should be taken with you when you visit your health care provider.

## **Meals on Wheels**

Monday through Friday lunchtime meals are home delivered to eligible seniors on both a short and long term basis. Please call the Council on Aging for more information or to see if you qualify.

## **S.H.I.N.E.**

"Serving Health Information Needs of Elders" will assist you with your health insurance concerns. Call us to schedule assistance from their representative.

## **The File**

This handy folder serves as a summary record of Financial Information, Investments and Insurance, Legal documents and Estate Management.

## **Transportation NEET (Northern Essex Elder Transportation Program)**

This program provides rides for senior citizens to medical and other necessary appointments. Arrangements should be made at least TWO business days in advance of the appointment by calling the Council on Aging office at 978-887-3591. If the office is closed please leave a message. The ride will be arranged and the VOLUNTEER DRIVER will contact you. A donation of \$.45 cents (price subject to change) a mile is requested to help support the program but you will be responsible for to pay for any toll and parking fees as these expenses are incurred. However, no one will be turned down due to the inability to pay. Please remember: reservations must be made through the COA and clients should not be calling the drivers directly.



**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**

Liz Murphy: Chairperson  
Judy Andersen: Secretary

**Members:**

Richard Shaw  
Steve Harvey  
Christina Eckert  
John Shirley

**COA Staff**

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

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

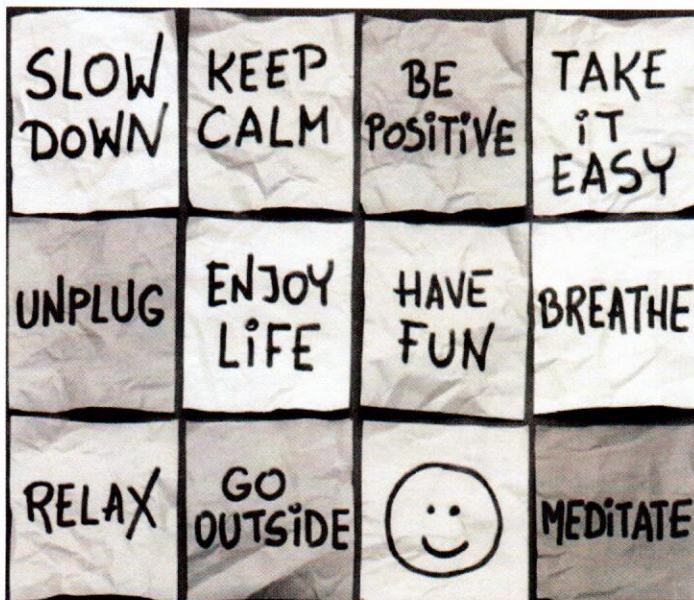
**Current Resident or**



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



**We would like to wish everyone who is celebrating their September Birthdays, a very Happy Birthday!**



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 can access the older ones by clicking on "Monthly Newsletters."

**Points To Ponder**

Never Let the  
things you want  
make you forget the  
things you have