



Boxford's Boomers & Beyond



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

November 2016

Medicare Open Enrollment October 15th thru December 7

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you have already received information regarding your plan which will explain upcoming changes in 2017. This information is needed to re-evaluate your current coverage as Medicare Open Enrollment (Oct 15—Dec 7) is when you can make changes to your plan for next year.

IMPORTANT With the holidays approaching and everything else that happens around these holidays, you haven't got much time to left to review — especially if you require assistance from a SHINE Representative. Call the COA with questions or to schedule a meeting with a SHINE representative Marylou Fierro.

SHINE Presentation Tuesday, November 8th at 1 PM

On Tuesday, November 8th, we will have a SHINE (Serving the Health Insurance Needs of Everyone) representative here at the COA to update us on the changes to various medical insurances, Medicare and prescription plans. Please call the COA if you plan to attend.

The COA has lunch on Tuesdays so if you are interested in joining us for lunch at 11:30 reservations are due by 11 AM on Monday, November 7th.. Cost of lunch is \$2..00.

Time To *Fall Back* Sunday, November 6th Daylight Savings Time Ends



Yep — it's that time. When you are wandering around your house changing the clocks — don't forget to take some batteries with you so you can change your smoke and/or carbon detectors.

Election Day, November 8th

Election Day is finally here. Do you need a ride so you can vote? The COA Van will be available around 1 PM to transport those who would like a ride to and from the polls. Call the COA to make your reservation.

Thanksgiving Center Piece Monday, November 21 at 1 PM

The Friends of the Boxford COA will be hosting a class, with the assistance of The Topsfield Village Gardeners to make Thanksgiving Center Pieces consisting of fresh flowers in a seasonal ceramic container. Size of the class is limited, priority is given to Boxford senior residents but all are welcome to sign up for the class. Cost is \$8.00 per center piece.

Please call the Boxford COA to sign up for this very popular class.

New Zumba and Chair Zumba Classes

In addition to Kym Nugent's Wednesday afternoon Zumba class, we will be offering a class Mondays at 11:15 in Zumba and a Chair Zumba class on Tuesdays at 9:00 AM with Kathryn O'Brien. Classes officially begin the week on November 27th but we will be offering a free introductory class in Zumba on Monday, November 7th at 11:15 AM and a free Chair Zumba class on Tuesday, November 8th at 9:00 AM

The Friends of the Boxford COA Annual Meeting Thursday, November 3rd, 6 PM Community Center

All Boxford Seniors are encouraged to attend The Friends of the Boxford COA on Thursday, November 3rd, 6 PM at the Community Center.

The Friends will be open to hearing suggestions on how best to help support the Boxford COA seniors in the future. Refreshments will be served during the meeting. Please call the Boxford COA with questions.

**Mark your calendar: Wednesday, December 14th — Annual Holiday Luncheon—
Reservations required.
COA Closed November 24th**

LINE DANCING

With Patty or Bertha

Classes are held on Monday and Thursday morning between the hours of 10:00 – 11:00 AM. The cost is \$3.00 per class.

All Ages Welcome

CHAIR YOGA With Lisa

Classes are held on Wednesdays at 9 AM. The cost is \$3.00 per person. Please call the COA for more information.

All Ages 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 Welcome

ZUMBA With Kym or Kathy

Classes are held every Wednesday from 1:30 to 2:30 PM. With Kym and starting November 28th every Monday with Kathy. Classes are \$3.00 per person.

All Ages Welcome

CHAIR ZUMBA With Kathy

Tuesdays at 9:00AM beginning November 28th. **A free introduction to Chair Zumba will be held on Tuesday, November 8th at 9:00 AM**

GAME DAY (MAH JONGG) Wednesday's at 1 PM

We have Rummikub, Scrabble, Yahtzee, Monopoly, Checkers, Cribbage, Mah Jongg and much more. Video games — we have Wii.

All Ages 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. Call Doffy Falk at (978) 887-8495 for more information.

All 80+ Seniors Welcome

MIXED BAG ARTS & CRAFTS

Mixed Bag Arts & Crafts will be not be scheduled

in October because of all the other events happening. We will resume this program in November.

All Are Welcome.

HANDY MAN

Our handyman is willing to help with small jobs around the house — fixing light switches or changing locks. Please call the COA for info.

Office of Senator

Bruce E Tarr

Constituent Services

Advisor

Richard Curran's next meeting will be on Tuesday, November 15th between the hours of 12:30 and 1:30 PM. No reservations required.

All Are Welcome

Gerry Maguire

VETERANS SERVICES

Gerry Maguire, our VA Rep, will be here every first Wednesday of the month for appointments only starting at 10 AM. If he doesn't have an appointment — he will not be here. Call the COA to schedule an appointment.

All Vets or families of Vets Welcome

HEALTH BENEFITS

SHINE REP

We now have a new SHINE Rep — 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. Don't forget — open enrollment starts on October 15th

NEWS AND VIEWS

News and Views meets every Tuesday 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*

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

FaceBook Assistance

Now that we've covered the basics (and more) on using Facebook — Maggie will now be available on a one-to-one to help you with your problems. This will be by appointment only. So, if you need help please call the COA to setup your appointment.

All Seniors welcome

CHANGING EVENTS

Acrylic and Watercolor

Art Classes

With Mary Paganelli

Both Watercolor and Acrylic Art classes are now held together on Mondays from 9:30 AM to 10:30 AM. The cost is \$8.00 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.

All Ages Welcome

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. November date has yet to be determined.

All are Welcome

The Wonders of Science

The Wonders of Science is usually the third Tuesday of the month starting at 9 AM - - but not this month. The next meeting is scheduled for Tuesday, November 22nd and the subject will be "Accidental Discoveries in Science."

All Ages Welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9 AM. The next meeting will be held on November 15th and the topic will be "After the Election."

All Ages Welcome

Wood Carving Classes

The Wood Carving Class with Fred Arakelian has resumed and is held every Wednesday starting at 9:30 AM. This is a fun class where you take a sorry looking block of wood and create an art object. Please call the COA if you are interested or would like more information. This will be the end of Wood Carving until the spring.

All Ages Welcome

Boxford COA Trips with Collette Vacation



Mackinac Island May 9—16, 2017

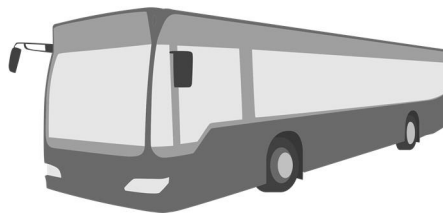
Visit America's heartland on a journey through the coastal regions of the Midwest. The tranquil beauty of Mackinac Island and the Great Lakes region comes alive amid old-fashioned traditions. Hi-lites of this trip include Chicago, Millennium Park, Holland Tulip Festival, Grand Rapids, Mackinac Island, The Grand Hotel, Frankenmuth and a choice of Greenfield Village or Henry Ford Museum. Please refer to travel brochure for more information on this trip. Book now and save \$150.00 — double — \$2,999/pp, single — \$3,999 and triple — \$2,494/pp (prices include discount which is available with bookings thru November 9, 2016).

Alaska Discovery Land & Cruise July 4 thru 16, 2017

Highlights include visits to Fairbanks, Sternwheeler Discovery, Music of Denali Dinner Theatre, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Whittier, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan and Inside Passage. Costs varies depending on whether you have an inside cabin, outside cabin or balcony cabin. Please call the COA for more information or stop by for the brochure. A deposit of \$250/pp is due at time of reservation and final payment is due by March 3, 2017.

The above is a sample of some of the available trips with Collette Travel. If you have someplace in mind that you would like to visit — give us a call so we can see if there are any tours headed to that country/city. Trips reflected here are trips based on past likes.

Boxford COA Trips With Best of Times



Silver Sizzle Review Luciano's Lake Pearl Wrentham

November 18th, 2016

A splendid mix of dynamic song, thrilling dance performances and gut-busting comedy all performed by an 8 person cast all of whom are age 50 and older. This show features performances by former Radio City Music Hall Rockettes along with Great Comedy. Cost is \$89/pp and includes transportation, a holiday turkey dinner with all the fixings and a fantastic show. A deposit of \$20/pp is due upon reservation, balance due on 10/20/16.

The White Mountain Hotel Christmas Vacation December 5 thru 7, 2016

The White Mountain Hotel & Resort located in North Conway, NH welcomes you to enjoy a resort destination called the "Best in the Valley" by Ski Magazine. Hi-lites of the trip include a round-trip Deluxe Motor Coach Transportation, 2 nights with deluxe accommodations at the White Mountain Resort, 3 different Christmas Shows, a guided sight-seeing tour of the Mount Washington Valley, shopping at the tax-free outlets in North Conway NH and roundtrip baggage handling—all room and meal taxes/gratuities. Prices for this trip \$399/pp double occup, \$499 single occup. A deposit of \$50/pp is due at time of reservations and final payment is due by October 26th. If paying by credit card — payment in full is due upon registration. Trip Protection is available for a

fee of \$50/pp and ensures a full refund, less trip protection fee, regardless of cancellation date. If elected, this fee must accompany your deposit. For those without trip protection, cancellations received between 11/7-12/2 will be charged a 75% cancellation fee per person. Cancellations after that — no refund.

Italian-American Christmas

Danversport Yacht Club December 6, 2016

A Very Merry Italian Christmas with the O Sole Trio which is a vibrant musical ensemble featuring the lush voices of soprano Erin Shields, baritone Giuseppe Spolettini along with the versatile and virtuosic David Shenton on piano and violin. The cost is \$65/pp which includes a lunch (Chicken parmesan or baked scrod) and the show — **transportation is not included**. A deposit of \$20/pp is due at time of reservation and final payment is due by 11/17/16.

New Year's Eve Day Danversport Yacht Club Saturday, Dec. 31, 2016

Celebrate New Year's Eve Day at the Danversport Yacht Club featuring award-winning singer Lydia Harrell. Lydia will be performing a fun and fast paced show featuring some of the best songs from the 60's, 70's Motown, Broadway and so much more. Then you can dance your way into the New Year with this exceptional orchestra. Cost is \$75/pp which includes lunch (stuffed breast of chicken or baked scrod), orchestra, party favors and a Champagne Toast. A deposit of \$20/pp is due at time of reservation with balance due on 12/1/16.

The above is a sample of some of the available trips with Best of Times. If you have someplace in mind that you would like to visit — give us a call so we can see if there are any tours headed to that country/city. Trips reflected here are trips based on past likes.

Boxford COA Activities

Congregate Lunches Tuesday and Thursdays

The Boxford COA serves Congregate Lunches on most Tuesdays and Thursdays throughout the school calendar year. The cost of the lunch is \$2.00 per person and luncheon is served at 11:30 AM.. The monthly lunch menu can be found on the Town of Boxford's website at www.town.boxford.ma.us. Click on "Departments" and then click on "Council on Aging" in the drop-down menu. There you will find the current month's Menu along with the Van Schedule, Newsletter and Activities Calendar. The September Lunch Menu will not be available on the web site until around September 12th.

Reservations are required. Reservations must be made by 11 AM on a working day **before** the day of the lunch, i.e., Tuesday lunch on Monday or if the COA is closed on Monday, then the reservation must be made on Thursday. Ditto with Thursday lunch — by 11 AM on Wednesday unless the COA is closed on Wednesday. I know it's confusing but..... If you cancel your reservation the day of the lunch or after COA hours the working day before the lunch, or just don't show up, you are still responsible for the cost of that lunch.

The COA van is available, at not cost, for those Boxford seniors who need a ride to and from the lunch. Please let us know at time of reservation if you required the COA Van Service.

Movie Time at the COA (Movies subject to change)

Nov 3: Dangerous When Wet—Esther Williams
Nov 10: No Movie
Nov 17: By The Light of the Silvery Moon—Doris Day/Gordon Mac Rae
Nov 24: No Movie

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 the advertised movie that day. Most of the movies shown at the COA are available to our seniors to borrow and watch in the comfort of your own home.

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 so don't hesitate to call.

Wednesday, November 9

OK — lets head out to Pickity Place in Manson, NH. The van will leave the COA around 10:30 AM. Call the COA at (978) 887-3591 if you are interested in going. The cost for the van is \$4.00/pp and the cost for the meal is \$29.00/pp which is a total of \$33.00/pp..

Main choice of entree's include Rosa Coq Au Vin Stew with Roasted Veggies or Root Veggie Strudel. Other items on the menu for November include, French Onion Dip, Ribollita soup (no pasta Minestrone), Grilled Bartlett Pear Salad. Dessert is Cardamom and Espresso Tira Mi Su.

Interested In Going to Stonewall Kitchen in York, ME ? (Wednesday, December 5th)

If we have enough interest — thinking of sending the Lunch Bunch to Stonewall Kitchen in York, ME. If we have enough seniors interested, we will schedule it otherwise — we'll pick someplace else in December. If you've never been to Stonewall Kitchen — it's a place to go for small gifts such as jams, jellies, mustards, sauces, kitchen utensils and much more.

They have a luncheon area so you can both shop and then eat lunch — that is if you aren't too full from sampling all their goodies.

Please call the COA at (978) 887-3591 if you are interested.

St. James Church Bean Supper Saturday, November 19th

4:00 PM –6:00 PM

Hot dogs, potato salad, cole slaw macaroni and cheese plus deserts

Cost: \$8 for adults, \$4 children under 12

Veasey Park's 11th Annual Wine and Art Reception Saturday, November 5th 6:00—9:00 PM

Wine , Hors d'oeuvres, live music, art from local artists.

Tickets \$20 in advance. \$25 at the door

Pumpkin Whoopie Pies

Ingredients:	1 teaspoon baking soda	2 cups confectioners sugar
2 cups packed brown sugar	1 teaspoon vanilla extract	3/4 cup shortening
1 cup vegetable oil	1 1/2 tablespoons ground cinnamon	
1 1/2 cups solid packed pumpkin puree	1/2 tablespoon ground ginger	
2 eggs	1/2 tablespoon ground cloves	
3 cups all purpose flour	1 egg white	
1 teaspoon salt	2 tablespoons milk	
1 teaspoon baking powder	1 teaspoon vanilla extract	

Preheat oven to 350 degrees and lightly grease baking sheets. Combine the oil and brown sugar. Mix in the pumpkin and the eggs, beating well. Add the flour, salt, baking powder, baking soda, 1 teaspoon vanilla, cinnamon, ginger and cloves. Mix well. Drop by heaping teaspoons onto prepared baking sheets. Bake at 350 degrees for 10 to 12 minutes. Let cookies cool.

To make filling: Beat egg white and mix with the milk, 1 teaspoon vanilla and 1 cup of the confectioners sugar. Mix well then beat in the shortening and remaining confectioners sugar. Beat until light and fluffy.

Family Emergency Scams

(brought to our attention by Susan Peterson)

Scammers may pose as relatives or friends, calling or sending messages to urge you to wire money immediately. They'll say they need cash to help with an emergency — like getting out of jail, paying a hospital bill or needing to leave a foreign country. Their goal is to trick you into sending money before you realize it's a scam.

- Verify an Emergency
- Scammers Use Tricks

Verify an Emergency:

If someone calls or sends a message claiming to be a family member or a friend desperate for money:

- Resist the urge to act immediately, no matter how dramatic the story is.
- Do not give out any information if they ask questions.
- Verify the person's identity by asking questions that a stranger couldn't possibly answer.
- Call a phone number for your family member or friend that you know to be genuine.
- Check the story out with someone else in your family or circle of friends, even if you've been told to keep it a secret.
- Don't wire money — or send a check or money order by overnight delivery or courier.
- Report possible fraud at ftc.gov/complaint or by calling 1-877-FTC-HELP (1-877-382-4357)

Scammers Use Tricks:

They impersonate your loved one convincingly..

It's surprisingly easy for a scam artist to impersonate someone. Social networking sites make it easier than ever to sleuth out personal and family information. Scammers also could hack into the 3-mail account of someone you know. To make their

story seem legitimate, they may involve another crook who claims to be an authority figure, like a lawyer or police officer.

They play on your emotions:

Scammers are banking on your love and concern to outweigh your skepticism. In one version of this scam, con-artists impersonate grandchildren in distress to trick concerned grandparents into sending money. Sometimes this is called a "Grandparent Scam."

They swear you to secrecy:

Con artists may insist that you keep their request for money confidential — to keep you from checking out their story and identifying them as imposters. Victims of this scam often don't realize they've been tricked until days later, when they speak to their actual family member or friend who knows nothing about the "emergency." By then, the money they sent can't be recovered.

They insist that you wire money right away:

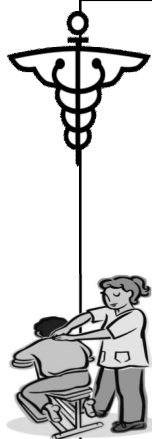
Scammers pressure people into wiring money because it's like sending cash — once it's gone, you can't trace it or get it back. Imposters encourage using money transfer services so they can get your money before you realize you've been scammed.

Report Scams:

If you believe you've responded to a scam, file a complaint with:

- The FTC
- Your State Attorney General
- Your local police

Additional hints: Say anything to delay the actual act of sending funds — in other words — lie. This will give you time to do further research. If they push you to transfer money electronically — tell them you don't have a computer or your computer is broken which says you have to physically go to your bank to get the money. If they ask you to use your credit card — that still gives you time as you will need to contact your credit card company. NEVER NEVER give out your credit card number — no matter who it is.



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 fourth Wednesday from 11:00-1:00 PM at the COA. For an appointment at the COA, call Joan Fitzpatrick RN, at 888-663-3688, Ext. 1326 or Faith Theokas at 888-663-3688 for the Four Mile Village appointment. 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: Dr. Richard Manolian will be here, by appointment only, on Wednesday, **November 2nd**, starting at 9:00 AM. The fee is \$30 per session which is payable at time of appointment. Checks should be made out to Dr. Manolian — no credit cards. Dr. Manolian is available at the COA on a monthly basis. Call the COA at (978) 887-3591 to make an appointment or call Dr. Manolian's office for an office appointment at (978) 887-8686.



HEARING CLINIC: Tuesday, November 8th, 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.

Preparing For Change Of Season *Winter time!!!!*

If you're not a snow bird then it's time to get you, your home and your vehicle ready for the cold and snowy weather. During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses — especially for seniors.

Here is some helpful advice for preventing common winter dangers that the elderly population faces.

1. **Avoid slipping on ice.**
Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside. Consider investing in a pair of "Ice/Snow Grips." They cost around \$10.00 and come in a variety of styles. The basics of these grips is that they just slip over the soles of your shoes/boots and give you excellent traction on slippery surfaces. They are also easy to put on and easy to take off.
2. **Dress for warmth**
Cold temperatures can lead to frostbit and hypothermia — a condition where the body temperature dips too low. According to CDC — more than half of the hypothermia related deaths were of people over the age of 65.
3. **Don't let indoor temperatures go too low and dress in layers.**
Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.
4. **Fight Wintertime Depression**
Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. To help avoid these issues — family members can check in on seniors as often as possible or the senior can enlist in our COA program called "Operation Concern" where the seniors call daily to check in with the police.

Other areas needing preparation for the winter:

1. **Check the Car**
Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits — or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Make sure you have ice scrapers and snow brushes ready to use in the trunk of your vehicle, it's always a good idea to have some emergency type articles like a blanket or lap throw, kitty litter (or sand with salt added to it), de-icer, a shovel and maybe an extra pair of gloves.
2. **Prepare for power outages**
Winter storms can lead to power outages and those who have lived in Boxford for a long period knows this better than anyone. If you don't have an emergency power generator make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out — wear several layers of clothing, including a hat. Move around a lot to raise your body temperature and don't forget to fill the bath tub with water for flushing.
3. **Eat a varied diet**
Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits can be a problem. It is recommended that foods fortified with Vitamin D be consumed.
4. **Prevent Carbon Monoxide Poisoning**
Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries

The most important tip to keep in mind during the colder months is ask for help. Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness — you will stay healthy and experience the joys of springtime soon enough!

Laughing My Head Off

*My forgetter's getting better
But my rememberer is broke.
To you that may seem funny
But to me, that is no joke.*

For when I'm "here" I'm wondering
If I really should be "there"
And, when I try to think it through,
I haven't got a prayer!

*Of times I walk into a room.
Say "what am I here for?"
I wrack my brain, but all in vain.
A zero is my score.*

At times I put something away,
Where it is safe, but, Gee!
The person it is safest from
Generally, is me!

*When shopping I may see someone,
Say "Hi" and have a chat.
Then when the person walks away,
I ask myself, "Who's that?"*

Yes, my forgetter's getting better
While my rememberer is broke,
And it's driving me plumb crazy
And that isn't any joke.

A Story

A father told his 3 children when he sent them to college: "I feel it's my duty to provide you with the best possible education, and you do not owe me anything for that. However, I want you to appreciate it. As a token, please each put \$1,000 into my coffin when I die.

And so it happened, one became a doctor, one a lawyer, and one a financial planner, each very financially successful.

When their father's time had come, and they saw their father in the coffin, they remembered his wish.

First, it was the doctor who put 10 newly printed, crisp \$100 bills on the chest of the deceased.

Then came the financial planner, who also placed \$1,000 in cash there.

Finally, it was the heartbroken lawyer's turn. She dipped into her purse, took out her checkbook wrote a check for \$3,000, placed it into her father's coffin and took the \$2,000 cash....

She is now running for public office!

"As a senior citizen, you may as well learn to laugh at yourself. Everyone else is."

—Kent Huffman

I just wanted you to know I have entered the Snapdragon part of my life.

My daughter wants a Cinderella-themed party,
So I invited all her friends over and made them clean my house

I now pronounce you husband and wife!
You may now update your Facebook status!

A friend is someone who thinks you're a good egg even though you're slightly cracked! (OR sometimes even slightly scrambled!!)

Hope This Makes You Laugh

I wish there was a way to donate Fat like you can donate Blood!

Sometimes the thoughts in my head get bored, and go for a stroll out through my mouth. This is never a good thing.

Why is it after I push ONE for English I still can't understand the person on the other end?

Some days I just wish I had the wisdom of a ninety year old, the body of a twenty year old and the energy of a three year old.

I love the kind of hugs where you can physically feel the sadness leaving your body.

I told you that I do not have Alzheimer's. I have "sometimes." Sometimes I remember and sometimes I don't!!!

I've just been diagnosed with NCD. NO CAN DO!

Life is too short to be serious all the time. So, if you can't laugh at yourself, just call me and I'll laugh at you.

The secret to happiness is a good sense of humor and a bad memory.

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
Joan Tarleton

COA Staff

Pam Blaquiére: *COA Director*
Elaine Spiro: *Secretary*
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 lunch will be held on Tuesday, November 29th at 11:30 AM. Please call the COA by Monday the 28th before 11 AM to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday this 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 website at www.brownielocks.com



November 8th
Election Day

November 11th
Veteran's Day



November 24th
Happy 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."



Things To Ponder

The person that you will spend the most time with in your life time is yourself.