

Boxford's Boomers & Beyond



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

November/December 2022



**Reminder to set your clocks back on
Sunday, November 6th.**

Election Day

Election Day is finally here. Mid-term elections are being held on Tuesday, November 8th. Do you need a ride so you can vote? The COA Van will be available at 11 am to transport those who would like a ride to and from the poll. Call the COA to make your reservation.



Fire Prevention 101 - Session 5 Wednesday, November 16th @ 10:30 am

The Boxford Fire Department's liaison to the Boxford COA, Calum Tilston, will be here to speak about "Winter Fire Safety". Following the presentation, lunch will be provided. Please call the COA to sign up.



Rescheduled: Meet Julia Child Tuesday, November 22nd @ 1:00 pm The Delvena Theatre Company will be presenting "Meet Julia Child". A live

performance featuring "Julia Child" doing what she did best. Learn about her life and be part of the studio audience on the set of The French Chef. Refreshments will be served. Funded by the Boxford Cultural Council.

All are welcome! Call the COA to sign up.



Boxford's 16th Annual Winter Festival 2022 Saturday, December 3rd 9:00 am - 3:00 pm 563 Main St., West Boxford, MA

Come to West Boxford for our 16th annual Winter festival on Saturday, December 3rd from 9 to 3 pm. Full of holiday fun, the day includes a special visit with Santa in his holiday workshop at Lincoln Hall (have your photo taken with him, too!). Santa, along with a couple of his elves, will be coming all the way from the North Pole for our festival. You'll also find very cool raffle baskets, baked goods, and a Yuletide Marketplace full of craft vendors at Lincoln hall. Hay rides will take you throughout the West Village where you can visit all the family-friendly happenings and do your holiday shopping. There will be something for everyone to explore at BCheeky, West Village Provisions, Boxford's Historic Document Center, Community Giving Tree, Boxford Fire Department Truck, 2nd Congregational Church festivities, Benson's Home Made Ice Cream, activities at the West Boxford Library and gazebo, Paisley Farm and Greenhouses, Boxford Animal Hospital (pet photos with Santa), Nason's Stone House Farm, and so much more. Plan to hop on the hay ride and be serenaded around the Village with talented tenors who will sing lively carols to lift your spirits!

Masco Holiday Concert Monday, December 19th 11:30 am to 1:00 pm

The seniors of the Tri-Town community, are cordially invited to attend a Holiday Concert at Masconomet Regional High School auditorium on Monday, December 19th. This event will begin at 11:30 am, which starts with a boxed lunch, followed by the music program which is expected to conclude around 1:00 pm. Reservations must be received no later than Wednesday, December 14th. Please call the Boxford COA at 978-887-3591 to make your reservation. The COA van is available to any Senior who would like a ride. Just let us know when making your reservation.



Medicare Open Enrollment October 15th thru December 7th

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should have received an information packet from your plan at the end of September. It's important to **understand** and **save** this information; it explains the changes in your plan for 2023. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors can help you understand your plan changes as well as other options you may have. Our SHINE Representative is available on 11/17, 11/23, 12/1. During this period - her calendar fills up quickly so don't wait until the last minute to make an appointment. Some questions can be answered over the phone or via email but then there are the other questions which are more difficult and might require more than one meeting. **DON'T DELAY** in making your appointment. Call the COA @ 978-887-3591 to book your appointment.

****Contest on Naming the Bulletin for 10 Elm****

We have some very exciting news! The new building at 10 Elm is reaching completion. We are having a contest on naming the Bulletin/News Letter for the COA. Email/call or drop into the COA and give us your best idea. The winner of the contest will receive a prize. So put on your thinking caps and submit your thoughts. You can email Lisa @ lgiugliano@town.boxford.ma.us, call us @ 978-887-3591 or just pop on in.

Tax Work-Off Positions at Council on Aging

Earn up to \$1500 off your property taxes. With the move to our new building, we have some positions opening up for receptionists & kitchen staff. Contact Pam @ the COA for more info. 978-887-3591

**The COA will be Closed 11/24 Thanksgiving Day &
12/26 Christmas Day (Observed)!**



FITNESS CLASSES **& More!**

CHAIR YOGA With Mary

Classes held on **Tuesdays** from **9:00 to 10:00 am**. Classes are \$3.00/pp
All ages welcome!

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

Classes are held on **Mondays** from **9:00 to 10:00 am** & **Thursdays** from **9:15 to 10:15 am**. Classes are \$3.00/pp.
There will be NO Class on 11/14 & 12/22. All ages welcome!

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
All ages welcome!

Zumba

Unfortunately we no longer have a Zumba instructor. **If you would like to instruct or know someone who is interested, please call the COA and ask for Pam.**

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!

The Wonders of Science

The **November Wonders of Science** will be held on **Tuesday, November 18th** beginning at **9:00 am** with Bob Spillman. Topic: "Energy Storage and Battery Technology". There will not be a **December** presentation.
All adults welcome!

Watercolor Class

Come join Brenda Sloane on **Wednesdays** from **9:30 to 11:30 am**. The cost is **\$10.00 per class**. Materials needed are the responsibility of the student. Contact the COA for the suggested supplies list.

Book Club

Mystery Book discussion club is back. This club meets on the **4th Monday** of the month at **1:00 pm**. November will meet on 11/28. **There will be NO December discussion and will regroup in January.**



Writers Group

We are pleased to announce a new group: "Writing Your Memories" with Edith Fenton starting **Thursday, September 1st @ 1:00 pm and will last 10 weeks (09/01 to 11/03)**. Join other folks who enjoy writing and get those memories down on paper! Please call the COA to register @ (978) 887-3591.

Grief and Loss Support Group ****Grief Group is regrouping. Stay tuned for a new and refreshed group****

GAME DAY

Bridge

Are you an experienced Bridge player looking for a game? Are you just looking to learn the game? Either way, join us on **Mondays at 12:30 pm**. We have a mix of beginners to experienced players and we invite you to join in. All are welcomed to come play an ongoing class or to begin a new one.

MAHJONGG

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

Services

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.



VETERANS SERVICES

Joe LeBlanc, our VA Rep is available at the **COA** on the **1st Thursday** of each month and at **Town Hall** on the **3rd Thursday** of the month from **9:00 am - 11:00 am**. 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, except during open enrollment. Her available dates are 11/17, 11/23, 12/1. 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 **9:15 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.

Phone Pals

Are you bored staring at the same four walls, feeling alone, sad to not be able to get out and see anyone? 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.

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.

COA BOARD MEETING

The COA Board meetings are tentatively held on the **2nd Wednesday** of each month at **9:30 am** @ the COA.

Constituent Services

Senator Bruce E Tarr,
Aide, Mary Ann Nay &

Representative Lenny Mirra

Join them at their next meeting on **Tuesday, November 15th & Tuesday, December 20th** from **9:00 to 10:00 am** to voice your concerns and opinions and hear what's going on at the State House. No reservations required.

All Are Welcome

State Rep. Tram Nguyen **Virtual Office Hours**

State Rep. Tram Nguyen is holding office hours every month, on the first Friday from **10:00 - 11:00 am**, and the third Tuesday from **5:00-6:00 pm**, via Zoom. **November's office hours** will be **Friday, November 4th and Tuesday, November 15th. December's office hours** will be **Friday, December 2nd and Tuesday, December 20th**. You can sign up for the office hours at: <https://calendly.com/teamtram/officehours>. If you have trouble with zoom, please call Rep. Nguyen's Legislative Director at 617-722-2060 x5

Trips with Best of Times Travel

The Beat Goes on!

**#1 CHER Tribute Show
(Featuring Lisa McClowry as Cher)
November 17th, 2022
@ Danversport Yacht Club,
Danvers, MA**

The Music of the "Goddess of Pop" Cher Live with the #1 Tribute show in the world! Welcoming to the stage artist/Cher impersonator, Lisa McClowry capturing Cher's singing voice, look, walk, talk and mannerisms. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal Choice: Thanksgiving Dinner with the Fixings & Sides or Vegetable Lasagna.

Price: \$74pp.

This is a drive yourself event.



**Christmas with Paul Anka
Special Holiday Tribute
(Featuring Lou Villano)
December 6th, 2022
@ Danversport Yacht Club,
Danvers, MA**

An incredible Christmas Celebration as they bring the music of Paul Anka live to the stage with Lou Villo's - Christmas with Paul Anka. Paul Anka, is a Canadian singer, songwriter, and actor. Anka became famous in the late 1950s, 1960s, and 70s with hit songs like "Diana, Lonely Boy, Put your head on my shoulder" and more! This dynamic show will feature not only the greatest hits from Paul Anka but the chart topping hits he wrote for others such as Buddy Holly, Frank Sinatra, Sammy Davis Jr., to name just a few. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal Choice: Chicken Parmesan or Baked Scrod.

Price: \$74pp.

This is a drive yourself event.

Salem Cross Inn Christmas With Yankee Candle & Bright Nights December 14th, 2022

On our tour take in a little bit of history, combine it with incredible homemade food, throw in a little fun and laughter, top it off with amazing New England views, and you'll receive an experience that you won't forget. The Salem Cross Inn has established a reputation as one of the finest restaurants in New England. Then it's on to one of New England's most popular attractions, Yankee Candle. Visit the Bavarian Christmas Village, Yankee Candle's Alpine holiday town, and where it's always snowing in the Black Forest. Travel through the Waterfall Courtyard and Nutcracker Castle to visit with Santa in his Enchanted Toy Works! Enjoy time for shopping/ browsing in this spacious flagship store. Then, its on to the Greatest Holiday Light Display - Bright Nights! Enjoy a riding tour of Bright Nights at Forest Park in Springfield, MA. Includes Motorcoach Transportation (from most Boston/ Worcester pick-up locations), Luncheon at the Historic Salem Cross Inn, Tax, Gratuity, Yankee Candle, Riding Tour of Bright Nights at Forest Park, & Best of Times Travel Tour Director, Tour Director Gratuity. Plated Luncheon Meal Choice at the Historic Salem Cross Inn: Roast Pork Loin w/ Apple Cider Sauce or Classic Yankee Pot Roast w/ Pan Gravy. Also Included: Soup du Jour, Rolls, Bread, Vegetable, Potato, Dessert, Coffee/Tea.

Price: \$119pp.



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

Saturday, December 31st, 2022

(@ 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: Stuffed Breast of Chicken Breast or Baked Scrod.

Price: \$85pp

This is a drive yourself event



**Stay Tuned for More Fun
Adventures!!**

Lunch Bunch Trips

See below for our Lunch Bunch Trips for the month of November and December. Call us to reserve your spot. We will make a reservation for those who are going. Van cost is \$3.00pp and you are responsible for your own meals.

Woodman's of Essex
119 Main St., Essex, MA
Thursday, November 10th

Meet @ COA 10:15 am, Pick up @ FMV 10:30 am
Known for their fresh seafood, fried clams and chowders.

Cracker Barrel
1795 Andover St., Tewksbury, MA
Thursday, November 17th

Meet @ COA 10:15 am, Pick up @ FMV 10:30 am
A homegrown business dedicated to treating their guests to the very best & delicious, hand-prepared fare that's sourced with love and served with a smile. The van is leaving early so that you have some time before lunch to browse their gift shop.

The Village Restaurant
55 Main St., Essex, MA
Thursday, December 8th

Meet @ COA 10:45 am, Pick up @ FMV 11:00 am
Located in Essex, MA. Family run for over 20 years. Known for their amazing clams and fresh seafoods.

Bradford Tavern
87 Haverhill St., Rowley, MA
Thursday, December 22nd

Meet @ COA 11:00 am, Pick up @ FMV 11:15 am
American fare & creative cocktails served in a charming house with rustic beams & modern decor.

If from FMV and would like to be picked up there, please let us know when making the reservation. Pick up will be at the community building.

Grocery Shopping:



**Tuesdays, November 8th & 22nd
&
Tuesdays, December 13th & 27th**

Snowflake Fair

Groveland Congregational Church
4 King St., Groveland, MA

**Friday, November 11th from 4 pm to 8 pm
Saturday, November 12th from 9 am to 3 pm**

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

St. Mary's Pasta Sauce Cookoff!

Georgetown Church Hall
94 Andover St., Georgetown, MA.
November 12th,
Following the 4:30 Mass



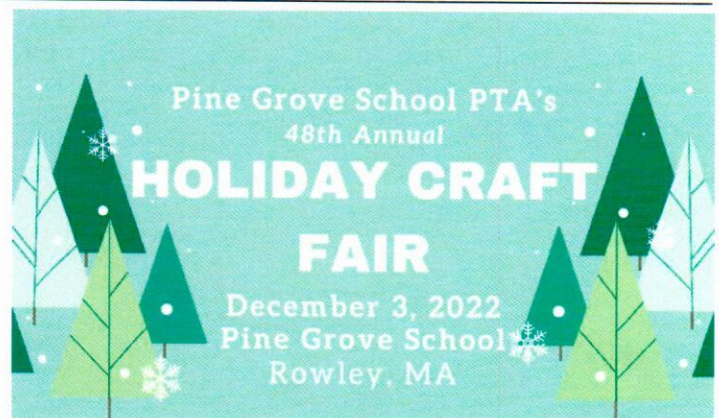
Do you have a special family recipe for sauce? Join the fun and enter your Sauce for "The People's Choice" awards! Bring your sauce in a Crock Pot - pasta will be provided. This wonderful family event will include pasta & sauce, salad, bread and wine. Call the rectory @ 978-352-2024 to sign up or use the sign-up sheets at the back of the church.
\$10.00 per person or \$20.00 per family

Boxford Historical Document Center
Charlie Killam
Presentation on Kelsey's Nursery
Thursday, November 17th @ 7:00 pm
Lincoln Hall
563 Main St., Boxford, MA

Charlie Killam of Boxford Historic Document Center will give a presentation on Kelsey's Nursery where he started working at age 17 in the early 1950's. The main sales location of Kelsey's Nursery was on Ipswich Rd near the entrance to Carolina Way, which was part of the nursery until it was subdivided in the late 1990's. This presentation will be livestreamed on www.BoxfordCableTv.com.



Holiday Fair
Saturday, November 19, 2022
9:00 am to 2:00 pm
Trinity Episcopal Church
124 River Rd., Topsfield, MA



Seniors with Health & Mobility Issues who need assistance with walkway shoveling for the Winter

If you have a health or mobility issue and need assistance with shoveling your walkway this upcoming winter, call us at the COA to get a shoveler assigned to you. We have a limited amount of shovelers, so please call us as soon as possible and we will try our best to assign someone to you!

This service is for walkways only! If you have used us in the past, you must call every year to ask for assistance.



Want to play Chess? We have had some individuals interested in playing! Give us a call at the COA to sign up at 978-887-3591.

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 a call.

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.

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

COA Van

The van is available for rides to the COA for our classes and presentations. These rides are at no cost. Rides for lunch bunch, grocery shopping and handicap medical rides have a fee involved. Handicap medical rides must be accompanied by a companion.

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 in case you may lose the original. Just stop on by at any time! You may also come by and update your copy if you have received your booster.

Holiday Greetings To All

The Boxford COA Staff, Boxford COA Board and The Friends of the Boxford COA would like to wish all our seniors a wonderful, happy and safe holiday be it Hanukkah, Christmas, Kwanzaa, Boxing Day (Canada), New Year's Eve and any others that we might have missed. This is the time of giving and one of the most precious gifts we can give is the giving of ourselves. For some of our older residents, this could be a lonely, sad and/or trying period of their lives due to a loss of a loved one, be it family, friend or pet. For others, it could be that they can not be with their family during this festive time. This is a good time for those more fortunate to reach out and touch those who fall into one of these categories. The "Giving of Yourself" to those in need can be one of the most precious gifts you'll ever receive in your lifetime.



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.

Council on Aging Winter Policy



In most instances the Council on Aging offices will be open during inclement weather and power failures to handle the phones and any emergencies that arise. If Boxford Schools are closed there are no classes, lunches, or activities at the Boxford COA.



Volunteer to Drive Seniors

Make a difference in the life of a senior and reap the benefits of helping others!



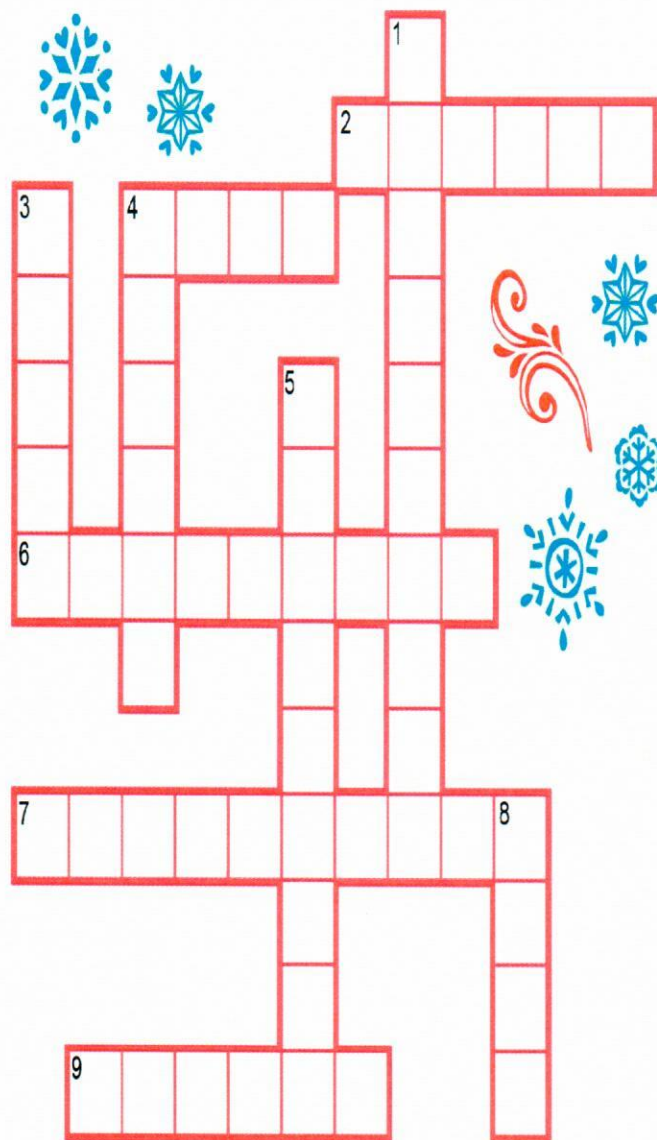
Drive when and where you want. Mileage reimbursement and supplemental liability insurance is provided.



Call 978-388-7474 or find us online at www.driveforneet.org/volunteer

Northern Essex Elder Transport, Inc.

WINTER WORDS CROSSWORD PUZZLE



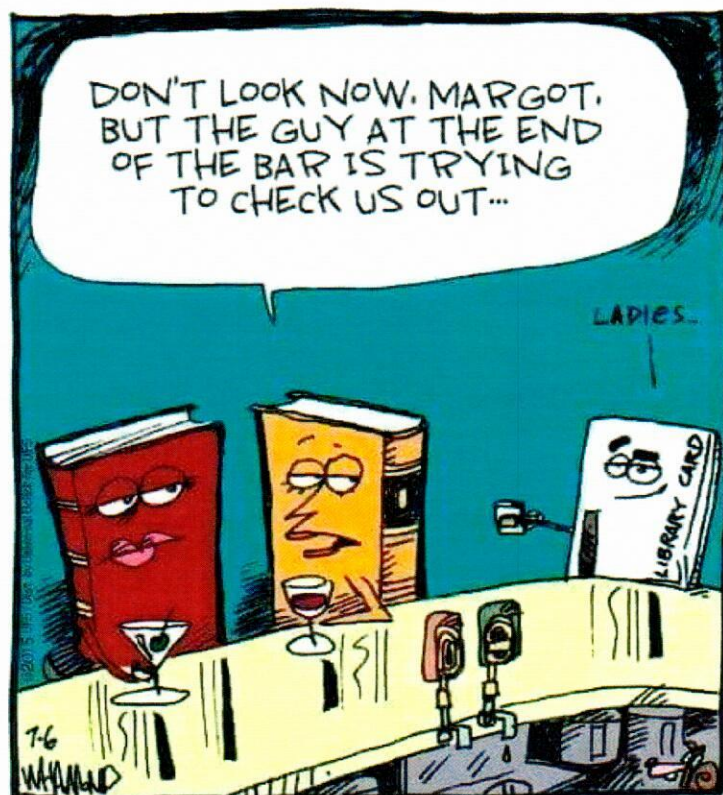
ACROSS

2. activity that involves sliding down a snow covered hill on a circular object
4. something you light to keep warm
6. movement or motion people sometimes do to try to keep warm
7. clusters of ice crystals that fall from the sky
9. hand tool used to remove snow from sidewalks or driveways

DOWN

1. clothing item that people often wear under a sweater or shirt during winter
3. footwear designed to keep feet and lower legs warm
4. descriptive term for extremely cold weather
5. location in a home that wood or gas logs are used in to create warmth
8. food that is believed to be warming; comes in various flavors

I have an irrational fear of speed bumps...but,
I'm slowly getting over it



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

BULK RATE
 PRE-SORT
 U.S. POSTAGE
PAID
 Boxford MA 01921
 PERMIT No. 123

Our mission is to improve the quality of life and encourage maximum independence for older adults by meeting their health, economic, social and cultural needs.

COA Board Members

Liz Murphy: *Chairperson*
 Judy Andersen: *Secretary*

Members:

Richard Shaw
 Steve Harvey
 Christina Eckert
 John Shirley
 Alicia Caron

COA Staff

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

The Friends of the Boxford COA, Inc.

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 November & December Birthdays, a very Happy Birthday!

This and That Thanksgiving

- | | |
|--|----------------------|
| <input type="checkbox"/> A bundle of hay | A. Stuff |
| <input type="checkbox"/> Pilgrim sailed to New World on this | B. Lions |
| <input type="checkbox"/> Beverage carried on board Mayflower | C. Pumpkin |
| <input type="checkbox"/> Month Thanksgiving celebrated in Canada | D. Gimbels |
| <input type="checkbox"/> It's good luck if you end up with large end of this | E. Plymouth |
| <input type="checkbox"/> First store to host Thanksgiving parade | F. Wad |
| <input type="checkbox"/> Pilgrims were also referred to as _____ | G. Sarah Hale |
| <input type="checkbox"/> Favorite Thanksgiving pie | H. Fourt |
| <input type="checkbox"/> Favorite Thanksgiving day sport | I. Mayflower |
| <input type="checkbox"/> Wanted the turkey named as national bird | J. Puritans |
| <input type="checkbox"/> Friends who were invited to first feast | K. Wishbone |
| <input type="checkbox"/> Commonly done prior to cooking the turkey | L. Massaoit |
| <input type="checkbox"/> Horn of plenty | M. October |
| <input type="checkbox"/> Played against Bears in first football game | N. Football |
| <input type="checkbox"/> Lobbied to make Thanksgiving a National Holiday | O. Cornucopia |
| <input type="checkbox"/> Chief of Pilgrims' Native American friends | P. Beer |
| <input type="checkbox"/> Mayflower anchored along this shore | Q. Wampanoag Indians |
| <input type="checkbox"/> Which Thursday in November is Thanksgiving? | R. Benjamin Franklin |

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."

