



Boxford's Boomers & Beyond



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

October

Open Enrollment

October 15th thru December 7

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should 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. If you need help understanding the impact of the changes on your coverage — call the Boxford COA for assistance.

Rebuilding Together

Now Accepting Applications

Rebuilding Together is now accepting applications for no-cost home repair assistance which will take place on Annual Rebuilding Day — Saturday, April 29, 2017. Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply. Eligibility — own and occupy your home for at least 2 years. Meet Federal HUD low-income guidelines (call for info) and live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury and Plaistow NH). Call (978)467-0800 or email RTHaverhill@outlook.com for more information.

Boxford Historical Document Center 40th Anniversary Celebration

Saturday, October 15th, 3 to 6 PM

(rain date, October 16th)

The Boxford Historical Document Center cordially invites all residents of Boxford to its 40th Anniversary Celebration which will include historic displays, a guest speaker, interviews of farmers, and a fresh Boxford-grown meal (BBQ style) which will be in keeping with our **Agricultural Theme** for the occasion.

Programs will be held at the Document Center in West Boxford and the BBQ, which will start at 4:30 PM, at Lincoln Hall. Donations welcomed.

Home Garden Presentation

Paula Guilbault

October 26th—11:30 AM to 12:30 PM

This presentation is being hosted by The Friends of the Boxford

COA. Would you like to know more about perennial gardening? Do you want to find out what plants are most successful in our area and how to design and grow lush gardens that survive our New England weather? Please join Paula Guilbault, local gardener and familiar face at the COA craft classes, as she talks about her gardens and the things she considers most important when planning that new space in your yard. Paula has gardened in New England for over forty years and will be presenting a slide show of her own gardens to inspire you. Join us at the COA on Wednesday, October 26th and share your garden issues and questions with a group of like-minded gardeners!

Halloween Lunch

Followed by a Presentation on “Ghost Stories of New England”

Thursday, October 27th

11:30 to 1:30

Costumes Encouraged

This lunch and presentation is being hosted by The Friends of the Boxford COA.

Lunch (pizza) will be served around 11:30 and then followed by a movie on Ghost Stories of New England which will be presented by Dan Tremblay. Make the lunch more interesting by coming in costume.

Reservations are required by Tuesday, October 25th. The COA van will be available to Boxford seniors who would like to take advantage of this service.

Upcoming November Events

November 3rd: The Friends of the Boxford COA Annual Meeting: Meeting to take place at the Boxford COA at 6 PM.

November 8th: Election Day. Need a ride so you can vote? The COA Van will be available around 1 PM to take those who need a ride to the polls. Call the COA to make your reservation.

November 21: The Friends of the Boxford COA will be hosting a class, with the assistance of the Topsfield/Boxford Garden Club to make Thanksgiving Center Pieces. 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.

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

TIME CHANGE

Classes are held every Wednesday from 1:30 to 2:30 PM. Classes are \$3.00 per person.

All Ages Welcome

GAME DAY (MAH JONGG)

Thursday 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 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, October 11th 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

If you need to meet with a SHINE Rep — call the COA to set up an appointment. 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. The next meeting is tentatively scheduled for Wednesday, October 12th at 9:30 AM.

All are Welcome

The Wonders of Science

The Wonders of Science is usually the third Tuesday of the month starting at 9 AM. The next meeting is scheduled for Tuesday, October 18th and the subject will be "Water."

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.

Boxford COA Trips with Collette Vacation



Mackinac Island May 9—16, 2017

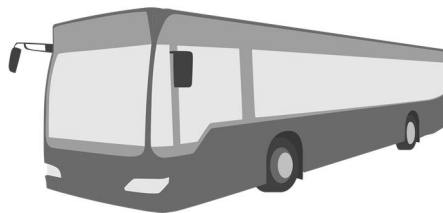
Visit America's heartland on a journey through the coastal regions of the Midwest. The tranquil beauty of Mackinac Island and the Great Lakes region comes alive amid old-fashioned traditions. Hi-lites of this trip include Chicago, Millennium Park, Holland Tulip Festival, Grand Rapids, Mackinac Island, 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)

Oct 8: The Jungle Book (new Disney Movie) Children welcome
Oct 15: Cirque de Soleil—Worlds Away
Oct 22: Shirley Temple's Bright Eyes
Oct 27: 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, October 12

Let's see — weather is still good so how about The Landing in Manchester by the Sea. I believe we've been there before but not

sure when nor how long ago. I also don't have any notes on how the place was — assuming we did go there. Prices aren't outrageous and they do serve and menu is limited to mostly sandwiches/flatbreads along with soup/salads/appetizers and they so have a small selection of full meals.

The van will leave the COA around 11:00 AM. Call the COA at (978) 887-3591 if you are interested in going. The cost of the van is \$3.00/pp.

Pickity Place

November 9th

If our seniors show enough interest, we plan on heading out to Pickity Place on November 9th. 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.

If you are interested in possibly joining the group in November — please give us a call. Lack of interest will cancel the outing to Pickity Place and select another restaurant for the November Lunch Bunch Trip.

Topsfield Fair 2016

September 30 thru October 10

Senior Day, Monday, October 3rd

Senior day tickets — \$8.00/pp, Sept 30 and Oct 3-6 — \$11.00/pp weekends, holidays and Oct 7 — \$15.00/pp, show tickets are extra. Please see their website at www.topsfieldfair.org for more information.

The COA Van will be available on Senior Day, Monday October 3rd, for those who wish to go to the fair. You must call the COA and make reservations if you are interested in taking the van. The Van option may be canceled due to lack of interest. To and from time will be determined after we have sufficient signups.

Thanks To Our BBQ Volunteers

The summer BBQ's continued being a well attended event for our seniors and, thanks to our BBQ volunteers, the COA staff is able to pull it off without too much pain and exhaustion. Alden Clark, Fe Yako and Derek Spiro manned the grills, Betty Shaw added delicious items to the weekly menu, Carol Carter made the birthday cakes and Bertha Cheren, Betty Wright, Liz Murphy and Lee McMahon for general setup and cleanup (I hope I didn't leave anyone out). Other volunteers included Allison Amodeo, Maria Carr and Andrew Eisen who were involved in just everything until their mothers picked them up. — our summer help.

Said it before and will continue saying it — don't know what we would do without our wonderful volunteers — we do appreciate them greatly.

Cherry Cream Cheese Dump Cake

1 (8 oz) package refrigerated crescent rolls	3 tbsp. brown sugar	1 Can Cherry Pie Filling
2 (8 oz) packages cream cheese, softened	2 tsp ground cinnamon, divided	
1 cup white sugar	1 (18.5 oz) pkg yellow cake mix	
1 tsp vanilla extract	Cooking spray (such as Pam)	
1 Can Cherry Pie Filling		

1. Preheat oven to 325 Degrees, spray a 9x13 inch glass baking dish with cooking spray.
2. Unroll crescent rolls into the prepared dish, pinching the seams together.
3. Beat cream cheese, white sugar and vanilla extract together in a bowl. Spread over crescent roll dough. Sprinkle brown sugar and 1 tsp cinnamon over cream cheese mixture layer
4. Pour cherry pie filling over brown sugar layer. Sprinkle yellow cake mix over cherry pie filling. Arrange butter slices over cake mix and top with remaining 1 tsp cinnamon. Wrap a piece of aluminum foil under baking dish to help prevent rolls to help prevent rolls from burning.

Large Metal Pickup Dates

**October Monday 17th or Tuesday 18th
(same as your trash pick-up day)**

The Boxford Board of Health has arranged with Boxford's trash hauler to pick up your large metal items on the dates above. The large metal item pick-ups will coincide with your regular trash pick-up day. Be sure to have all item(s) curbside by 7 AM. No trash stickers are required. Below is a list of acceptable items.

- Metal Bike Frames
- Stoves
- Metal Furniture
- Metal Desks
- Broken down metal swing sets
- Metal piping (cut down to 4 foot pieces)
- Lawn mowers (no ride-on mowers, all fluids must be drained and gas tanks removed)
- White good items: stove, water heater, washer, dryer (no Freon items)
- Metal frames for lawn furniture
- Metal bed frames
- Grills (no gas canisters allowed)

If you have a large metal item that you would like to have picked up and it is not listed above: If the item is non-hazardous, at least 80% metal (and broken down if necessary), and doesn't contain Freon, it will be picked up. Items that are mostly wood or plastic with some metal will **not** be taken.

Items containing Freon will not be accepted due to new DEP regulations and guidelines that Boxford's provider has to strictly adhere to. If you would like to leave an item that contains Freon and can provide a certificate that the Freon has been removed — please call JRM at 800-323-4285 for further instructions. Items that have Freon include refrigerators, air conditioners and freezers. Please note: Boxford's Recycling Center which is open on Saturdays from 8 AM to 3:30 PM **does** ac-

cept refrigerators and air conditioners for a fee.

If you have any questions, please call the Board of Health, 978-887-6000, ext. 507.

A Thank You To

The Friends of the Boxford COA

On September 8th, a number of lucky Boxford COA volunteers spent a couple of hours on the Schooner FAME and then a great lunch at the Finz Restaurant on Pickering Wharf in Salem MA.

This day was sponsored by The Friends of the Boxford COA and it was a wonderful day for all. The weather was a little overcast when we set sail but soon cleared up. The crew of the Schooner was very informative and told stories of various outings — quite entertaining. After the two hour sail, we meandered over to the Finz Restaurant for a delicious meal.

The Boxford COA volunteers are an important part of the operations at the Boxford COA and we appreciate all they do for us and our seniors. Our volunteers consist of

- NEET (Northern Essex Elderly Transport) drivers — those who drive Boxford seniors to and from medical appointments
- MOW (Meals-on-Wheels) drivers — those who deliver meals to Boxford seniors who are home bound or recovering from recent hospitalization.
- Handyman — does various handyman repairs at the homes of Boxford Seniors.
- Special Luncheon volunteers — helps with preparation and cleanup on our special luncheons.
- BBQ volunteers — helps with the setup, cleanup and serving at our weekly BBQs.
- Newsletter Collator Volunteers — helps us get the Newsletter collated and addressed for our monthly mailings which is now slightly under 1600 Newsletters each month.



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, **October 5**, 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

Medicare Basics

Enrollment in Medicare is automatic for a person who is turning 65 and who is already getting Social Security or Railroad Retirement Board benefit, or who will start getting them at age 65. A Medicare card will be mailed out about three months before the 65th birthday. If a person isn't getting Social Security benefits when he or she turns age 65, the person will have to sign up for Medicare.

Enrollment is Automatic for Many. Automatic enrollment includes Part A and Part B. If people don't want Part B, they should follow the instructions that come with the card and send the card back. If they keep the card, they keep Part B.

Enrollment is also automatic for a person who has been entitled to Social Security disability benefits for at least 24 months. A Medicare card is mailed out about 3 months before the 25th month of disability benefits.

Medicare has four parts:

- **Part A:** Hospital insurance
- **Part B:** Medical Insurance
- **Part C:** Medicare Advantage Plans like HMOs (health maintenance organizations) and PPOs (preferred provided organizations)
- **Part D:** Medicare prescription drug coverage

Medicare Part A helps cover inpatient care in hospitals. Part A also helps cover skilled nursing facility care, hospice care, and home health care, under certain conditions.

Medicare Part B helps cover medical services such as doctor's services, outpatient care, and other medical services that Part A doesn't cover. Part B also covers some preventive services, such as flu shots and diabetes screening, to help people maintain their health and to keep certain illnesses from getting worse.

Medicare Advantage Plans, sometimes know as Medicare Part C, are health plans people can join to get their Medicare benefits. These plans cover hospital costs (Part A), medical costs (Part B), and, in most cases, prescription drug costs (Part D). Medicare Ad-

vantage Plans may also offer extra coverage, such as vision, hearing, dental, and/or health and wellness programs. Medicare Advantage Plans are managed by private insurance companies approved by Medicare.

Medicare Part D helps pay for medications that a doctor may prescribe. This coverage may help lower prescription drug costs. These plans are run by insurance companies and other private companies approved by Medicare.

For more information about Medicare Parts A, B, C, and D, visit www.medicare.gov and view or print a copy of "Your Medicare Benefits" or "Medicare & You," (Under "Search Tools," select "Find a Medicare Publication.")

What Medicare Doesn't Cover

Medicare doesn't cover everything. For example, Medicare doesn't cover cosmetic surgery, health care you get while traveling outside of the United States (except in limited cases), hearing aids, most hearing exams, long-term care (like care in a nursing home), most eyeglasses, most dental care and dentures, and more. Some of these services may be covered by a Medicare Advantage Plan.

Medicaid

Some people think that Medicare and Medicaid are the same, but they are two different programs. Medicaid is a state-run program that provides hospital and medical coverage for people with low income and little or no resources. Each state has its own rules about who is eligible and what is covered under Medicaid. Some people qualify for both Medicare and Medicaid.

If you have questions about Medicaid, you can call your State Medical Assistance (Medicaid) office for more information or visit www.medicaid.gov on the web. Call 1-800-Medicare (1-800-633-4227) to get the telephone number. TTY users should call 1-877-486-2048.

Or, you can visit www.medicare.gov on the web. Click on the "Forms, Help and Resources" tab and select "Get Help Paying Costs." Then, on the right side of the page, under "Find Someone

You Know You're Old When

- Your knees give you a more accurate weather forecast than the meteorologists.
- You start lying about your children's ages.
- You spot that first gray hair — on your kid.
- You still got it, but don't know what to do with it..
- You have a hard time deciphering between boredom and hunger.
- You no longer see speed limits as challenges.
- You've been there and done that, but don't remember what that was.
- You stop growing at both ends and start growing in the middle.
- Almost everything hurts — and what doesn't hurt doesn't work.
- The candles cost more than the cake.
- You and your teeth don't sleep together.
- You try to straighten out the wrinkles in your socks and discover you aren't wearing any.
- At the breakfast table you hear snap, crackle, pop and you're not eating cereal.
- Your back goes out but you stay home.
- It takes two tries to get up from the couch.
- Your idea of a night out is sitting on the patio.
- You step off a curb and look down one more time to make sure the street is still there.
- Your idea of weight lifting is standing up.
- It takes twice as long to look half as good

Musings

Sometimes, when I look at my children, I say to myself, "Lillian, you should have remained single."
-Lillian Carter (mother of Jimmy Carter)

I have never hated a man enough to give his diamonds back.
-Zsa Zsa Gabor

Only Irish coffee provides , in a single glass, all four essential food groups; alcohol, caffeine, sugar and fat.
-Alex Levine

My luck is so bad that if I bought a cemetery, people would stop dying.
-Roger Dangerfield

Money can't buy you happiness. But it does bring you a more pleasant form of misery.
-Spike Milligan

We could certainly slow the aging process down if it had to work

its way through Congress.

-Will Rogers

Don't worry about avoiding temptation. As you grow older, it will avoid you.

-Winston Churchill

By the time a man is wise enough to watch his step, he's too old to go anywhere.

-Billy Crystal.

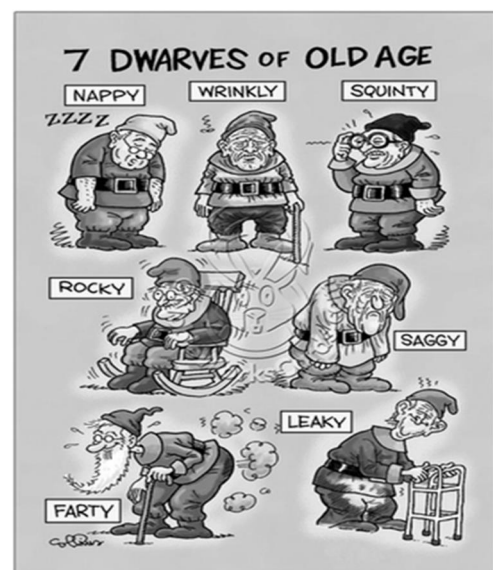
I never drink water because of the disgusting things that fish do in it.

-W.C. Fields

I don't feel old. I don't feel anything until noon. Then it's time for my nap.

-Bob Hope

Bicycle Built For 3



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

BULK RATE
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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 Blaquiere: *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 October Birthday lunch will be held on Tuesday, October 25th at 11:30 AM. Please call the COA the Monday AM (at the latest) 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 October Seniors!

October Daily Observances Trivia

Trivia Holiday Observances information is taken from the Funky Holiday website at www.brownielocks.com



October 2nd
Rosh Hashanah

October 10th
Columbus 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."



Things To Ponder

**Being negative only makes a difficult journey more difficult.
You may be given a cactus but
that doesn't mean you have to
sit on it.**