



# Boxford's Boomers & Beyond



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

**October 2022**



**Meet Julia Child**  
**Monday, October 3rd**  
**@ 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 Assessor's Office**  
**Tuesday, October 25th at 10:30 am**

A representative from the Boxford Assessor's Office will be here on Tuesday, October 25th at 10:30 am to discuss Real Estate Exemptions available for our Boxford property owners. Topics will include the CPA Surcharge, Circuit Breaker Tax Credit, Senior Work-off Program, Disabled Veteran and Legally Blind Exemptions and more. A Question and Answer will follow this presentation. Please call the COA @ 978-887-3591 to make your reservation. Following this presentation, lunch will be served to those who attended. Please indicate at time of reservation whether or not you will be staying for the luncheon.

**Halloween Luncheon**  
**Wednesday, October 26th**  
**@ Noon**

The goblins are haunting, the monsters will mash, it's time to get ready for a Halloween Bash! Join us on Wednesday October 26th at Noon for our Spook-a-licious Luncheon. Come if you dare! Costumes are strongly encouraged and we hope you can make it. There will also be Trick or Treat bags for everyone who will join us.

**Seating is limited and reservations are a must!**  
**Call us @ 978-887-3591 to sign up**



**Home Bound Senior Booster Vaccine**

If you are a home bound senior and looking for a Covid Booster shot, we have a nurse who is available on October 5th and October 19th to come out to your home. Please Call the Boxford COA @ 978-887-3591 to schedule a visit.

**Medicare Open Enrollment**  
**October 15th thru December 7th**

It's that time of year again! Your health insurance needs are as unique as you. Because Medicare plans change every year, Medicare Open Enrollment period is the annual opportunity to review your Medicare insurance plan to ensure it is the most cost-effective plan for YOU. Each year plans can change in many ways, such as the list of medications that are covered on the plan, prescription co-pays, preferred pharmacies, provider networks, and other benefit co-pays. A certified SHINE counselor can assist you with understanding the various plan options for 2023. SHINE counselors provide individual-based, unbiased assistance to Medicare beneficiaries and their families about all Medicare options. By reviewing your coverage during Open Enrollment, you may find that your plan will still be most cost-effective for next year, or you may find a plan that helps to put money back in your pocket where it belongs! Our SHINE Representative is available on 11/3, 11/10, 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.

**\*\*\*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.**



**The COA will be closed Monday, 10/10 Columbus Day!**



## Classes, Activities

### **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.  
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 Wonders of Science will be held on **Tuesdays** beginning at **9:00 am** with Bob Spillman. There will **NOT** be a discussion in October.

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**.



#### **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**. 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. 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, October 18th** 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 via Zoom on **Tuesday, October 18th** from **5-6**. You can sign up for the virtual office hours at: <https://bit.ly/3RVv4iH>. Or you can call Nguyen's Legislative Director at **617-722-2060 x5** to make an appointment.





## Places To Go/Things To Do

### 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 Villano'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!!**

**More trips/brochures are available at the COA.**



## More Things To Do

### **Lunch Bunch Trips**

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

#### **Seaglass Restaurant & Lounge 4 Oceanfront North, Salisbury, MA**

**Thursday, October 13th**

**Meet @ COA 10:45 am,**

**Pick up @ FMV 11:00 am**

Enthusiasm is contagious. A family of skilled chefs and service minded professionals who care about their guests and the community they serve. A positive seaside retreat since 1860s. Guests enjoy lunch and dinner daily with unmatched panoramic views framed by floor to ceiling windows.

#### **Fox Creek Tavern 141 High St, Ipswich, MA**

**Thursday, October 27th**

**Meet @ COA 10:45 am,**

**Pick up @ FMV 11:00 am**

Located in Ipswich, The Fox Creek Tavern is a cozy spot owned by brothers Brad Atkinson and Ryan Cox, and their cousin, Noah Goldstein. Their comfort food continues right through the entree section at Fox Creek Tavern with oversized portions of mac and cheese served in a cast iron skillet and the super satisfying seafood alfredo loaded up with the freshest fish around.

**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:**

**Tuesday, October 11th  
&  
Tuesday, October 25th**



### **Veterinary Care Program**

**Funded by MOW America and PetSmart. AgeSpan offers people 65 and over help with pet care bills through Veterinary Care Program.**

#### **Eligibility Criteria:**

People who receive AgeSpan services, People 65 and over, not using our services, but reside in one of the 28 cities/towns they serve.

#### **Services Include:**

Rabies Shots, Spaying/neutering expenses, A variety of inoculations, Flea/tick care, Annual checkups, Nail trimming and other routine care.

#### **Program Details:**

Up to \$300 in one-time veterinary care for pets of those in need (once a year). If you already have a vet, AgeSpan will pay your vet directly (up to \$300). If you do not have a vet, AgeSpan will help coordinate services with an approved vet.

**For more information:** Call AgeSpan care manager @ 800-892-0890. If you do not receive services call Sandy Jennings @ 978-946-1222.

### **Community Action, Inc.**

#### **Low Income Home Energy Assistance Program**

- Save 30% Discount on your monthly home heating
- Receive Assistance with heating system repairs and replacements
- Free home energy audits

*Either call or email at:*

**978-373-1971 \*218 or COMMUNITYACTIONINC.ORG**

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**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.**

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### **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.

### **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.



## Funny Bone

When I was eighteen I used to touch my toes twenty times each morning, these days I have a cup of coffee and wave at them

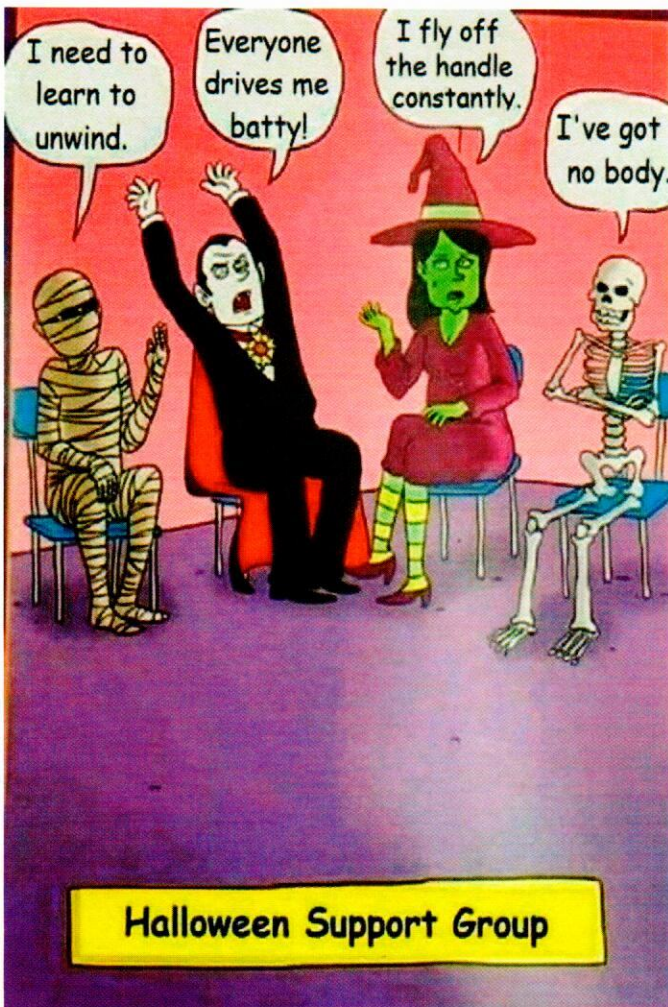
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Today, I learned that if you flip a canoe over you can wear it as a hat. Because it is cap-sized.

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An older lady came into the bank asking to withdraw \$10. I told her that for withdrawals under \$100 she has to use the atm. So she asked to withdraw \$1000 in \$10 bills. I counted it out and handed her the money. She took \$10 and gave me back \$990 and said "deposit this".

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The reason these toys are critical as kids...



I was in a job interview today when the manager handed me his laptop and said "I want you to try and sell this to me".

So, I put it under my arm, walked out of the building, and went home.

Eventually, he called my mobile and said "Bring it back here right now!"

I said \$200, and it's yours.

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I just found out that the neighborhood had a meeting about a crazy person on the block.

It's weird that they didn't invite me.



**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 October Birthdays, a very Happy Birthday!**



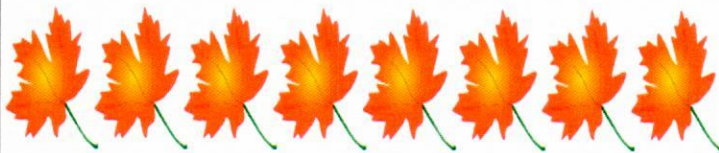
# OCTOBER

## AUTUMN TRIVIA

1. What is the first day of fall called?
2. How long does autumn last in the Northern hemisphere?
3. What is a harvest moon?
4. What are the 3 Zodiac signs of fall?
5. What weed pollen causes the most common fall allergies?
6. T/F: On autumnal equinox the number of hours of daylight and darkness are equal.
7. In autumn do you turn your clocks ahead or back?
8. During which month does summer end and autumn begin?
9. Why do the leaves change colour in autumn?
10. Although some varieties are available year round, what fruit is freshest in the fall?

ANSWERS: (1) autumnal equinox (2) mid-Sept to mid-December (3) the full moon which occurs closest to the autumnal equinox (4) Libra, Scorpio, and Sagittarius (5) ragweed (6) True (7) Back (8) September (9) As the leaves lose chlorophyll, their other pigments are exposed. (10) Apples

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."



*"Happy are those who take life day by day, and are thankful for the little things"*