



Boxford's Boomers & Beyond



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

September 2018

Flu Clinic PLUS

(Flu, Pneumonia, & Shingles Vaccinations Available)

Wednesday, September 12th

12:30 to 2:30 PM



Rite Aid/Walgreen's Pharmacy will be at the Boxford COA on Wednesday, September 12th to administer Flu, Pneumonia and Shingles Vaccinations. If you are interested in getting either the pneumonia (Pneumovax 23) and/or shingles shots (Shingrix — dose 1 of 2) — you must pre-apply by September 1st. Forms available at the COA.

See below for more instructions.

- **Flu Shot:** Bring your Medicare Card and Supplement Card. They will be doing Fluad and Fluzone, both of which are for over 65.
- **Pneumonia Shot:** Adults over 65 and never had a pneumonia shot will start with Pneumovax 23 then 1 year later get Pneumovax 23. You must pre-register for this shot.
- **Shingles:** The new shingles shot is called Shingrix and is now available for anyone over the age of 50 even if they have received the Shingles (Zostavax) prior to this new Vaccine. The new Shingles vaccine is a 2-dose series. After you receive the first one — you have between 2-6 months to receive the 2nd shot. You must pre-register for this shot.
- **Pre-Register Before September 1st:** The Boxford COA has the necessary forms which you need to fill out. The Pharmacy will then contact your insurance carrier to determine whether or not there is a co-pay and, if so, how much that co-pay will be. You will be notified after this information is obtained of the amount due (if any). At that time — you'll give us final authorization, if you so desire, to order the vaccine of which you will be responsible to pay that day (checks only).

The last BBQ of the season is also on the same day. If you decide you want to combine the two events — you **must** make reservations for the BBQ. The cost is \$3/pp and we start serving around noonish.

Apple Festival

Saturday, September 15th, 2018

(rain date: Sunday, September 16th)

The Boxford Apple Festival will be held on Saturday, September 15th from 10 AM to 3:30 PM. As usual, the Boxford COA will have their table in front of our building at the Apple Festival. This year, we have been given permission to sell handmade craft items along with our regular food contributions.

So — for our crafter donors, it's time to put your thinking caps on and decide what you would like to make/donate to the COA table. Need help? Well for those who knit/crochet — baby items always sell extremely well. Mittens are another good selling item — both adults and children. If you are uncertain — just give us a call.

The COA will be open on Friday, September 14th from 10 AM to 4 PM to receive donations. Arts and crafts donations can be dropped off earlier at your convenience.

Healthy Aging and The Brain Seminar

Wednesday, September 26th at 11 AM

Dr. Jonathan Jackson, Instructor of Neurology, Mass. General Hospital and Harvard Medical School, will be our special keynote Speaker. Dr. Jackson will provide you with the most up-to-date information on how the brain changes in healthy aging, and in Alzheimer's disease (AD). He will also answer questions about our genetic risks, the differences between Alzheimer's disease and dementia and what exciting treatments are on the horizons. Attendees will be served lunch immediately following the seminar.

Better Business Bureau

Wednesday, October 3rd at 11am

Scams, Fraud & Identity Theft Program

Better Business Bureau Scams, Fraud & Identity Theft Program will cover the most common scams currently circulating in the community, the major "Red Flags" to watch out for, and the precautionary steps we can take to protect ourselves from falling victim. Seating is limited so reservations are required. Lunch will be served immediately after the presentation to those who attended.

The COA is closed Monday, September 3rd & Thursday, September 13th

LINE DANCING**With Bertha**

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

All Ages and Walk-ins Welcome

CHAIR YOGA With Mary

Mary VanAbs, our regular yoga instructor, has taken over the Chair Yoga Classes which are now being held on Tuesdays at 9 AM. The cost is \$3.00/pp.

All Ages and Walk-ins 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 and Walk-ins Welcome

Ultimate Walking Meditation**With Kampa**

Wednesday mornings at 9:15. This is an indoor class. Cost per session is \$3.00/pp.

All Seniors welcome

Tai Chi With Kampa

Classes are held on Wednesdays at 10:15 AM. The cost is \$3.00 per person. Please call the COA for more information.

All Ages and Walk-ins Welcome

WEDNESDAY ZUMBA With**Kym**

Classes are held every Wednesday from 1:00 to 2:00 PM. Classes are \$3.00 per person.

All Ages and Walk-ins Welcome

GAME DAY (MAHJONGG)**Thursdays at 1 PM**

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

All Ages and Walk-ins Welcome

HEALTH BENEFITS**SHINE REP**

Our SHINE Rep is 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 with a maximum of 3 appointments. The next available day is Tuesday, September 18th.

All seniors are welcome

Ending Monday, Sept. 17th**Nordic Pole Walking Class**

Nordic Pole Walking Classes (9:30-10:30 AM) will end on Monday, Sept 17th. The COA has 10 sets of poles for the class attendees to borrow. See below.

All seniors are welcome

NORDIC WALKING

Although there won't be an instructor on hand — starting on September 24th indoor Nordic Walking will be held on Mondays from 9:30 am to 10:30 AM. Poles available

All Ages and Walk-ins 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. The group is active October thru June. Call Doffy Falk at (978) 887-8495 for more information.

All 80+ Seniors Welcome

HANDY MAN

Our handyman is willing to help with small jobs around the house — fixing light switches or changing locks. If handyman needs to replace an item, you will be responsible for the cost of the replacement and travel time. Please call the COA for info.

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

Mary Ann Nay's next meeting will be on Tuesday, Sept. 18th between the hours of 1:00 to 2:00 pm. No reservations required.

All Are Welcome

VETERANS SERVICES

Joe LeBlanc, our VA Rep is usually here on the first and third Wednesday of each month. Appointments can be made but walk-ins are also welcomed. He can be reached at (978) 688-9525.

All Vets and/or families of Vets Welcome

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

Pickleball Drop-In Play**Fridays, 5 to 7 PM****Behind Police Station**

Pickleball is here! The tennis court located behind the Boxford Police Station has been modified so it can be used as a Pickleball Court. Drop-in play days on September 7th, September 14th, and September 28th between 5-7 PM. Beginner Instruction and Paddles Available.

All are welcome

CHANGING EVENTS**Acrylic and Watercolor****Art Classes****With Mary Paganelli**

Both Watercolor and Acrylic Art classes are held together on Mondays from 10 AM to around noon. **The cost is \$10.00 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. Classes resuming on Monday, September 10th.

All Ages and Walk-ins Welcome

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. Tentative date is September 12th at 9:30 AM.

All welcome

NEWS AND VIEWS

News and Views meets most 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 welcome

The Wonders of Science

The Wonders of Science is usually the third Tuesday of the month starting at 9 AM. The next Wonders of Science will be held in October. Please refer to the October Newsletter for more information.

All welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9 AM. The next Facts & Figures will be held on September 11th and the topic will be 9 Global Trouble Spots.

All welcome

“Walking the Trails in Wildcat”

Thursday mornings from 10 to 11 AM. In Wildcat Conservation there are 4 major trails plus minor side trails. Each week a different trail will be monitored at an easy pace for one hour or less. Please car pool as parking is limited (Herrick Rd entrance). Walk leader: Nancy Merrill. Walks weather permitted: rain/snow cancel walks.

All are welcome

Travel**Boxford COA With
Collette Vacation****Tuscany & the
Italian Riviera
May 3—10, 2019**

Highlights of this trip: Tuscan Estate, Florence, Choice on Tour, Siena, Tuscan Winery, Lucca, Pisa, Italian Riviera, Cinque Terre, Portofino. This is an 8 day, 10 meals (6 breakfasts, & 4 dinners) trip. Itinerary at a glance: Day 1 — overnight flight, Days 2-4: Hotel Paggeria Medicea/Borgo di Artimino, Tuscany, Days 5-7: Grande Albergo Sestri Levante, Italian Riviera. On some dates, alternate hotels may be used. Book by November 5th and save \$200/pp. Current discounted rates are : double occup. \$3,899/pp, Single \$4,199/pp and Triple occup. \$3,869/pp. A deposit of \$500/pp is due upon reservation. Final payment is due by March 4, 2019. Deposits are refundable up until November 5, 2018. You can upgrade to Elite Airfare — see brochure for more details.

**Boxford COA With
Best of Times****Nashville's Music City
And Patriots vs. Titans****Choice of 3 Schedules**

#1—November 10—12, 2018

#2—November 9—12, 2018

#3—November 8—12, 2018

(Prices vary - see flyer)

Experience the Country Music Capital of the World in Nashville, TN along with seeing our New England Patriots, with Tom Brady, play the Tennessee Titans in Nashville. Complete schedule will depend on your choice of schedule — you must pickup the brochure on this one to review your options and prices. A deposit of \$600pp plus insurance fee (if selected) is due upon registration. Final payment is due no later than September 1, 2018.

Buddy Holly Tribute**Thursday, Oct. 11, 2018****Lake Pearl—Wrentham MA**

A tribute to the music of Buddy Holly, Ritchie Valens, The Big Bopper and more by the Not Fade Away group. You have a choice of stuffed breast of chicken or baked schrod. Cost is \$92/pp which includes transportation, lunch, show, tax & gratuity. A deposit of \$20/pp is due at time of reservation and balance due by Sept. 1, 2018.

Rod Stewart Tribute**By Rob Caudill****Thursday, Nov. 15, 2018****Venus DeMilo, Swansea MA**

Come and enjoy a tribute to Rod Stewart by Rob Caudill. Rob Caudill is a dead-on Rod Stewart Impersonator. He's got the high-definition jawline, the shock of spiky blonde, but most importantly, he has the nose. Vocally, his distinctive, naturally-raspy voice sounds like the legendary Stewart and his range easily nails every high note from Stewart's younger days. You have a choice of chicken parmesan or baked schrod. Cost is \$92/pp which includes transportation, lunch, show, tax & gratuity. A deposit of \$20/pp is due at time of reservation, balance due by Oct. 1, 2018.

White Mountain Hotel**Christmas Vacation****December 3rd to 5th, 2018**

This trip has always sold out and met with rave review from our many seniors. So if you missed out in the past and are interested, we suggest you sign up early. This trip includes 3 different Christmas Shows, a guided sight-seeing tour of Mt. Washington Valley and more. Pricing including Motorcoach: \$519/pp dble, \$669 Single. A deposit of \$100/pp is due upon time of reservation and final payment is due by October 19th. Trip protection is available for a fee of \$50/pp. If elected — this fee must accompany your deposit. Flyers on this trip are now available at the COA.

The Sicilian Tenors**Christmas Amore****Wednesday, December 5th****Danversport Yacht Club**

The Sicilian Tenors (Aron Caruso, Elio Scaccio and Sam Vitale) are ready to bring the joy of all our favorite Christmas songs to life on stage. The cost is \$69/pp which includes lunch, show, tax and gratuity — NO TRANSPORTATION. A deposit of \$20/pp is required at time of reservations and final payment is due by November 14th.

Boston Pops Holiday Show**DATE CHANGE, Dec. 7th**

Take part in one of Boston's most beloved traditions — a Holiday Pops concert at historic Symphony Hall. The Boston Pops will perform their signature Sleigh Ride, as well as other Holiday classics and new arrangements of seasonal favorites. But before you get to enjoy the Boston Pops, you will have a wonderful lunch at the Venezia Waterfront Restaurant where you will have a choice of chicken parmesan or baked schrod. Cost is \$149/pp which includes transportation, lunch, tax, gratuity and Boston Pops Show Tickets. A deposit of \$20/pp is due at time of reservation and balance by October 20th, 2018.

American Bandstand**New Year's Eve Day****Monday, December 31, 2018****Lake Pearl, Wrentham, MA**

An American Bandstand New Year's Eve Day, featuring the Tom LaMark Orchestra. Cost is \$89/pp which includes Transportation, Lunch, Tax, Gratuity, Entertainment, Party Favors & Champagne Toast. A deposit of \$20/pp is due at time of reservations and final payment is due by December 5th.

Eastern Caribbean Cruise**Feb 23rd-Mar 6th, 2019**

You have to see the flyer on this one. The package includes roundtrip transfers to NY City, an 11 day/10 Night Cruise on board NCI, Breakway. Many exclusive packages are included in this trip — see brochure for more detail. Early booking offer gets you a Free 1 Category Upgrade plus 2 extra entries in the Diamond Ring Raffle. Final payment is due by November 1, 2018.

Activities Resuming In September and October

In September we will be resuming the Tuesday and Thursday Congregate lunches, Art Classes on Mondays, and Zumba — Wednesdays at 1 PM. In October we have World of Science — 3rd Tuesday. movies — Thursdays, and The Great Group — at Four Mile Village the third Friday of each month.

Catching Up

Annual BBQ: It was great, and we couldn't have asked for better weather. We're guesstimating we had somewhere between 250-270 attendees. Thanks to the Friends for hosting such a wonderful event, thanks to the DPW for all their help in setting up and tearing down the tables and chairs, and thanks to all our wonderful volunteers who worked behind the scene in prepping, cooking, serving and cleaning. Hope to see you next year.

Topsfield Fair 2018 September 28 thru October 8th Senior Day—Monday, October 1st

The Topsfield Fair is once again upon us. Senior Day is Monday, October 1st and the tickets for seniors 60 and over are \$8/pp on that day. Pre-season tickets are \$10/pp, Weekday Tickets are \$12/pp and weekend and Columbus Day tickets are \$15/pp.

The following is a sample of some of the special events throughout the week:

- Johnny Rockett's Cycle Circus & Galaxy Girl — Sept. 28th thru Oct. 2nd at Grandstand
- Swifty Swine Racing and Swimming Pigs — All week on Grange Road
- Axe Women Loggers of ME — Oct. 6 thru 8th at Grandstand
- Royal Canadian Mounted Police Musical Ride—Sept. 30th thru Oct. 5 — at the arena
- STRICTLY Sinatra presents the Rat Pack — Sept 30th — Trianon Stage.
- Chubby Checker — Oct. 3rd, 7 PM — at Grandstand
- The Human Cannonball — Sept. 28th thru Oct. 8th — on Arena Road.
- Reminisants Band — Oct. 8th, 1:30—4:30 PM—Trianon Stage.

Cooking With Rene

Our next cooking class will be held on Monday, September 17th at 10:30 AM. The cost to attend the cooking class is \$3.00/pp. If interested — we ask that you signup for the class ahead of time so our cook can prepare enough food for all to enjoy after the class.

Rene will be making macaroni and cheese for the basic lunch and dessert has yet to be decided. After the class, the students will enjoy the results of their labor.

Last month, we enjoyed making (and eating) chicken pot pie topped off with fruit trifle — delicious. The recipe for the fruit trifle can be seen on page 5. Easy to make and delicious.

Bean Supper

St. James Episcopal Church, Groveland Saturday, Sept 15th, 4 to 6 PM

St. James Episcopal Church will be holding a Bean Supper on Saturday, September 15th, from 4 to 6 PM in the Parish Hall at 119 Washington St., Groveland, MA.

They will be serving baked beans, hot dogs, potato salad, macaroni and cheese, coleslaw and wonderful homemade desserts. Adults—\$10, children under 12—\$5. Families with children will not exceed \$20. Credit cards accepted. For more information, please visit their website www.saintjamesgroveland.org.

Open Enrollment

October 15 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), expect an information packet from your plan by the end of September. It's important to **understand** and **save** this information; it explains the changes in your plan for 2019. 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.

Rebuilding Together

Rebuilding Together is now accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on **Saturday, April 27, 2019**. Application deadline is December 31, 2018.

Applicant eligibility:

- Own and occupy your home for at least 2 years.
- Meet Federal HUD low-income guidelines (call for info)
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, **Boxford**, Merrimac, West Newbury and Plaistow, NH.

Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

If you or someone you know needs help with home repairs, modifications, energy efficiency projects, please ask for an application by calling (978) 469-0800 or email RTHaverhill@outlook.com.

Trifle Cake

The cooking class made this for dessert in August. It was easy to make and delicious. Definitely a keeper.

Ingredients:

- 2 Tbsp of your favorite or frozen (and thawed) fruit (we had strawberries & blueberries)
Set aside some fruit for decorating the top of the cake.
- 2 packages of instant vanilla pudding
- 3 cups milk
- 2 12-oz tubs of your favorite whipped topping (Cool whip is the simple one)
- 1 prepared vanilla cake divided into 2 pieces (horizontally)

Preparation:

- Prepare vanilla pudding by mixing with 3 cups of milk, whisked and then chilled so it sets.
- Add layers as follows:
 - First layer is cake
 - Second layer is pudding
 - Third layer is fruit
 - Fourth layer is Whipped cream.
- Repeat layers 1 thru 4 one more time.
- Decorate top layer with the extra fruit pieces you set aside.



Works and looks better in a Trifle Bowl but I suppose you could improvise using a flat cake dish with a decorative wooden skewer to hold it together or put it in a spring pan and remove edge before serving.

Boxford COA Activities

Congregate Lunches

Resuming on Tuesday, Sept. 18th

The Congregate Lunches will resume on Tuesday, September 18th. The cost is still \$2.00/pp and reservations are required by 11 am of the business day before the day of the lunch. Lunch 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.

The COA van is available to our Boxford residents, free of charge, to attend the luncheon.

Last BBQ of the Season

Wednesday, September 12th

Noonish — Rain or Shine

Overall it was a good BBQ season. We were without our regular grillers the year (Alden Clark and Fe Yako) but we were lucky to have some fill-in volunteers. Peter Perkins filled in a number of weeks but I told him that was his penance for missing the Annual BBQ. We also had Greg Johanson (who was there most of the time) along with Teagan and Logan Hill — both teenagers are grandsons of Selma Johanson. Teagan (13 years old) got his first taste of cooking on the grill with his Uncle Greg watching over him.

The menu is flexible but we will always have hotdogs and hamburgers/cheese burgers. The rest of the menu will consist of salad(s), condiments (pickles and chips), dessert and whatever other dishes we feel like adding to the menu. No "Doggie Bags."

Reservations are a must and should be made by the close of the Monday before the BBQ. The COA van is available to our Boxford seniors who prefer not to drive to the BBQ. Please let us know at time of reservations if you want to use the COA Van.

Movie Time at the COA

(Movies subject to change)

Most of the movies shown at the COA are available for our seniors to borrow and watch in the comfort of your own home. The "Thursday Movies" will return in October. If you have a specific movie you would like to see or borrow and we don't have it in our collection — please let us know and we'll see what we can do.


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.

Warren's Lobster House

Wednesday, October 17th

It's one of our favorite places to go. We've been there many times and we'd like to get another trip in before the bad weather sets in. They have the best salad bar going with breads and soup. Their menu is large and prices reasonable. They also have a cute shop attached to their restaurant. Please call the COA to make your reservations. The van will leave the COA around 10:45 AM.



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 first and third Thursday from 11:15-12:15 PM at the COA. For an appointment, please call Joan Fitzpatrick RN, at 888-663-3688, Ext. 1326. 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: Unfortunately, we haven't had any luck in locating a podiatrist. Please be patient and we'll let you know when this slot has been filled. It will be front page news. Thank you for your patience in this matter.



HEARING CLINIC: Tuesday, October 9th, 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.

Benefits of Using Coffee Grounds For Your Skin and Face

To our coffee drinkers — who would have guessed!!!! Now when you make your coffee in the morning for that caffeine wake-up call you can continue to benefit from the spent coffee grinds.

Coffee contains antioxidants and helps fight aging.

Antioxidants help protect your skin from free radical damage which coffee is packed with. Some studies have shown that coffee (specifically coffee oil) has similar effects on the skin as the anti-aging skin care ingredient hyaluronic acid. Coffee seed oil increases collagen and elastin, making the skin look and feel firmer.

Coffee can also help keep the skin hydrated by reducing trans epidermal water loss — a fancy way of saying moisture that evaporates from the skin.

Coffee may protect your skin from UV rays.

OK — here's where they talk about coffee grounds left over from your morning coffee pot. Spent coffee grounds have skin care benefits. Several studies have shown spent coffee ground extract helps protect the skin against damage from UV-B rays. So, when included in skin care preparations, coffee extract may help protect your skin against wrinkle formation and sun damage.

Interestingly enough, drinking coffee may also help protect the skin from the sun. Coffee-drinkers are less likely to develop skin cancer, especially melanoma.

This isn't a substitute for sunscreen. You'll still need to use sunscreen to protect yourself from sunburn and the aging effects of the sun. This is especially true if you're using medications that cause sun sensitivity.

Your spent coffee grounds do have some skin care benefits.

Will the coffee grounds left over from your morning cup of java give you the same results as coffee extract? Probably not. Coffee extract is much more potent than what's left behind in your filter.

But those spent grounds can be used in DIY (Do It Yourself) treatments and can have benefits for your skin. Obviously, the grounds can be incorporated into handmade scrubs to help smooth and soften the skin naturally. It's especially good for rough, dry places like elbows, knees, and feet. The caffeine in coffee grounds can also improve the look of the skin, albeit temporarily. Caffeine constricts the skin, making it look firmer and tighter (again, temporary). This tightening effect can help fight puffy eyes, and can make cellulite look less obvious in the short-term.

Try these DIY skin care Treatments with your spent coffee grounds.

For a fast and fun DIY treatment to smooth and soften your skin, don't toss those spent coffee grounds. Whip up some of these recipes instead. Be careful if you have sensitive skin, though. Coffee grounds can be fairly harsh on delicate skin, so you may want to skip the DIY coffee ground scrub if your skin is sensitive. Also — don't scrub too aggressively with the coffee treatment.

- **Exfoliating Facial Mask.** Mix 1/4 tsp spent coffee grounds (finely ground) with 1 Tbsp of another breakfast staple — yogurt (any flavor). Gently massage over your face and neck and let set five minutes. Rinse well with warm water to reveal bright, soft skin. Use it no more than once or twice per week.
- **Coffee and Sugar Body Polish.** Mix 1/3 c granulated sugar (white or brown), 2 Tbsp spent coffee grounds and 1/4 C sweet almond oil. In the shower, massage over your entire body. Pay attention to those rough and dry areas. Rinse well. The oils in this recipes can make your shower floor or tub slippery — take care.
- **Exfoliating Foot Scrub.** Mix 1/4 C of spent coffee grounds, Dead Sea salt or Epsom salts and olive oil. Use this as a scrub to give your feet a nice treat.
- **Reduce Puffy Eyes.** A teaspoon of spent grounds in a dampened paper towel and laid over the eyes for 20 minutes or so will help reduce puffiness.

If you don't want to do this — you can always save your spent coffee grounds and use them on your plants. Google coffee grounds on plants for more information on which plants like coffee grounds (both indoors and outdoors.)

Fun Puns

- The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
- I thought I saw an eye doctor on an Alaskan Island, but it was an optical Aleutian.
- She was only a whiskey maker but he loved her still.
- A rubber band gun was confiscated from the Geometry class as it was considered a weapon of math disruption.
- No matter how much you push the envelope — it will still be stationery.
- A dog gave birth to puppies at the side of the road and was cited for littering.
- A grenade thrown into a kitchen in France resulted in linoleum blown apart.
- Two silk worms had a race ending in a tie.
- A hole was found in the nudist camp wall. The police are looking into it.
- Time flies like an arrow. Fruit flies like a banana.
- Atheism is a non-prophet organization.
- Two hats hanging on a coat rack spoke, "you stay here, I'll go on a head."
- I wondered why baseballs were getting bigger. Then it hit me.
- Sign at the front of the drug rehab center, "Keep off the grass."
- Soldier who survived mustard gas and pepper spray is now a seasoned veteran.
- When the cannibals ate the missionary they got a taste of religion.
- Why did the Buddhist refuse the Novocain? He wanted to transcendental medications.
- Two fish swam into a wall: Dam they muttered.
- There was this person who sent ten puns to friends hoping that at least one in ten would. No pun in ten did.
- I may look like I'm having deep thoughts but 99% of the time I'm thinking about what I'm going to eat later.

Food For Thought

- Beauty comes in all shapes and sizes, small, large, circle, square, thin crust, thick crust, stuffed crust, extra toppings.
- If you weigh 200 pounds on Earth, you'll be only 76 pounds on Mars. You're not overweight, you're just not on the right planet.
- I have a condition that prevents me from going on a diet..... I get hungry.
- Apparently you have to eat healthy more than once to get in shape. This is cruel and unfair.

Thoughts to Ponder

- I can't believe how old people my age are.
- I think senility is going to be a fairly smooth transition for

me.

- I wonder if clouds ever look down on us and say "hey look... that one is shaped like an idiot."
- There's an unspoken rule that when your pet is sleeping on you, you don't move.
- My super power is holding onto junk for years and throwing it away a week before I need it.
- I always knew I'd get old. How fast it happened was a bit of a surprise, though.
- I'm in therapy to learn how to deal with people who should be in therapy.
- I got called "pretty" today! Well, actually, the full statement was "you're pretty annoying." But I only focus on positive things.

Getting Old Humor

- Those aren't gray hairs you see. They're strands of birthday glitter growing out of my head.
- Movies today are filled with gratuitous nudity and violence. Now if they can just lower the price of popcorn.
- I'm so old that I've actually dialed a rotary phone before, while listening to an 8 track, next to a black & white TV with aluminum foil on top of its rabbit ear antennas!

Jokes That Can Be Told In Church

- A Sunday School teacher asked her class why Joseph and Mary took Jesus with them to Jerusalem. A small child replied, "They couldn't get a baby-sitter."
- A Sunday school teacher was discussing the Ten Commandments with her five six-year olds. After explaining the commandment to "honor thy father and thy mother," she asked, "is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat, one little boy answered, "Thou shall not kill."

Do You Really Trust Your GPS?

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
Vacant

COA Staff

Pam Blaquiére: *COA Director*
Elaine Spiro: *Secretary*
Elaine Gould: *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 September Birthday Luncheon will be held on Thursday, September 27th at 11:30 AM. Please call the COA by the end of the day on Tuesday, September 25th to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday that 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 September Seniors!*

September Daily Observances Trivia

Trivia Holiday Observances information is taken from the Funky Holiday



September 9th
Grandparent's Day

September 18th
Air Force Birthday



U.S. AIR FORCE



September 28th
Ask A Stupid Question 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."

Points To Ponder



**It's easy to dodge our responsibilities;
but it's impossible to dodge the
consequences of dodging our
responsibilities.**

By: Sir Joseph Stamp