

# Boxford's Boomers & Beyond



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

**September 2022**

## **BBQ on the Lawn!**

**Wednesdays, 09/07, 09/14, 09/21,  
09/28 @ Noon**

Join us on Wednesdays, 09/07, 09/14, 09/21,  
09/28 @ Noon for BBQ on the lawn.

**RESERVATIONS ARE REQUIRED.** So we ask  
that you sign up asap. Reservations need to be received no  
later than noon on the Monday before the BBQ and the **price**  
**is \$5.00/pp.** The COA van is available at no cost for any  
Boxford senior who wishes to take advantage of this service.  
Masks must be worn on the bus. The menu consist of  
hamburgers and hotdogs with at least one type of Salad.



## **"Neuropathy"**

**Thursday, September 22nd @ 10:30 am**  
**@ the Boxford COA**

Speaker: Roisin Keon, Physical Therapist. She will be  
here to discuss Neuropathy: Weakness, numbness,  
and pain from nerve damage, usually in the hands and  
feet. **Lunch will follow this presentation for those  
who attend.** Please call the Boxford COA at  
(978) 887-3591 to make your reservation.

## **Flu Shot Clinic**

**(Flu Vaccinations Available)**  
**Wednesday, September 28th**  
**1:00 to 2:30 PM**



Conley's Drug Store will be at the Boxford  
COA on **Wednesday, September 28th** to  
administer Flu Vaccinations. We ask that you make an  
appointment online to reserve your spot. Conley's has  
provided us an online link.

<https://hipaa.jotform.com/222364911230143>

For seniors who do not have access to a computer,  
forms will be available to fill out at the COA.

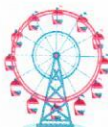
- **Flu Shot Clinic:** Please have your Medical Card,  
Medicare Card and Supplement Card available.  
- Vaccines Available for all ages.

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  
\$5.00/pp and we start serving around noonish.

## **Topsfield Fair (Senior Day)**

**Monday, October 3rd**

It's that time of the year again! We are  
once again lucky to have received a number  
of **FREE** passes to this year's fair. Join the COA for a  
fun filled day. **We have 50 cost of entry tickets Free  
for any Senior on Senior Day. Seniors attending are  
responsible for all other expenses (food, tickets for  
rides/games and parking if you drive yourself).** We  
are expecting this to fill up quickly, so call to reserve  
your spot as soon as possible. The COA van is  
available this day and cost for the van is \$3.00/pp. We  
will meet at the COA at 10:30 am for an 11:00 am drop  
off and we will pick up at the fair grounds to return to  
the COA at 3:00 pm or you can drive yourself. Fair  
ground is open from 11 am to 9 pm this day. **Seniors  
that are driving themselves are responsible for their  
own parking cost which is \$15.00 per vehicle.**



## **Writers Group w/ Edith Fenton**

**First class will meet on**

**Thursday, September 1st @ 1:00 pm**

**And runs for 10 Weeks**



The Boxford Council on Aging is pleased to announce a new  
group: "Writing Your Memories" with Edith Fenton starting  
Thursday, September 1st @ 1:00 pm! Join other folks who  
enjoy writing and get those memories down on paper!  
Please call the COA to register @ (978) 887-3591.

## **Boxford Apple Festival Saturday, September 17th**

**10:00 am to 3:00 pm**

**(Rain Date Sunday, September 18th)**

**East Boxford Village**



The Boxford Apple Festival will be held on  
Saturday, September 17th from 10 am to 3:00 pm. As usual,  
the Boxford COA will have their table in front of our  
building. This year, we will be selling handmade crafts along  
with homemade baked items and more. 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?  
For those who knit/crochet - baby items always sell extremely  
well. Mittens are another good selling item - both adults &  
children. If you are uncertain - give us a call @  
978-887-3591.

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

**\*\*\*SEE PAGE 4 FOR DETAILS\*\*\***

**The COA will be closed Monday, 9/5 Labor Day!**



## **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. Her last day was 08/18. **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 Tuesday, September 13th beginning at 9:00 am with Bob Spillman. Topic: "The Future of Energy".

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 taking a summer break and will return in the fall\*\***

## **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 **Wednesday, September 14th** from 11:00 am to 1:00 pm at the COA. Appointments are held every 15 minute so please call the COA to schedule your appointment.



### **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, September 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. **September's office hours** will be Friday, September 2nd and Tuesday, September 20th. You can sign up for the office hours at: <https://calendly.com/teamtram/officehours?month=2022-09> If you have trouble with zoom, please call Rep. Nguyen's Legislative Director at 617-722-2060 x5



## Trips with Best of Times Travel

### **Shades of Buble'**

The No.1 Michael Buble' Tribute Show  
A Three Man Tribute to Michael Buble'  
**September 20th, 2022**  
@ Danversport Yacht Club,  
Danvers, MA

A Three-Man tribute to Michael Buble' brings the swinging standards and pop hits to the stage in an unforgettable high-energy concert event. Enjoy the big-band standards from the jazz era, classic hits from the 50's/60's/70's, as well as Billboard chart toppers from today in a high-energy concert event. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal Choice: Stuffed Breast of Chicken or Baked Scrod. **Price: \$74pp.**

**This is a drive yourself event.**



### **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!!**



## **Lunch Bunch Trips**

See below for our Lunch Bunch Trips for the month September. 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.

**Sylvan Street Grille**  
**112 Sylvan St., Peabody, MA**  
**Thursday, September 15th**  
**Meet @ COA 10:30 am,**  
**Pick up @ FMV 10:45 am**

The Sylvan Street Grille is a family owned and operated restaurant that has been in business for over 24 years. They are the perfect place for a family dinner, date, or just to grab drinks and watch the game in our bar. It's menu has a wide variety of foods that will leave everyone feeling satisfied.

**Mr. Mike's**  
**1149 Main St., Haverhill, MA**  
**Thursday, September 29th**  
**Meet @ COA 10:30 am,**  
**Pick up @ FMV 10:45 am**

A fine dining full service restaurant. Its reputation for good food and excellent wait-service at reasonable prices is still the tradition, as it has been throughout its forty years existence.

**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 15 minutes before meeting at the COA**

## **Grocery Shopping:**



**Tuesday, September 13th**  
**&**  
**Tuesday, September 27th**



**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.**

**Friends of the Topsfield COA Presents:**  
**Studio Two**  
**Thursday, September 15th**  
**4:30 - 6:00 pm**

Performing at the Topsfield Homegrown Market - Topsfield Town Common. Studio Two is a headlining Beatles band that pays tribute to the early Beatles years, choosing songs from the pre-Sgt. Pepper era. This is a free event, so take your lawn chairs over and enjoy your memories of the Beatles.

## **\*\*\*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 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 presentation. 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.



Why did the two fours skip dinner?

Because they already 8.

Boy, it was hot this past week. It was so hot I took a pan of water out to watch it boil away. It was very sentimental. I told the water "You will be mist."

Two brawny men came to our house to install new floor covering in the kitchen.

Once they had moved the stove and refrigerator out of the way, it was not long before the job was done.

As they were getting ready to leave, my wife asked them to put the heavy appliances back in place.

The two men demanded \$45 for this service, stating it was not in their contract.

She really had no choice but to pay them.

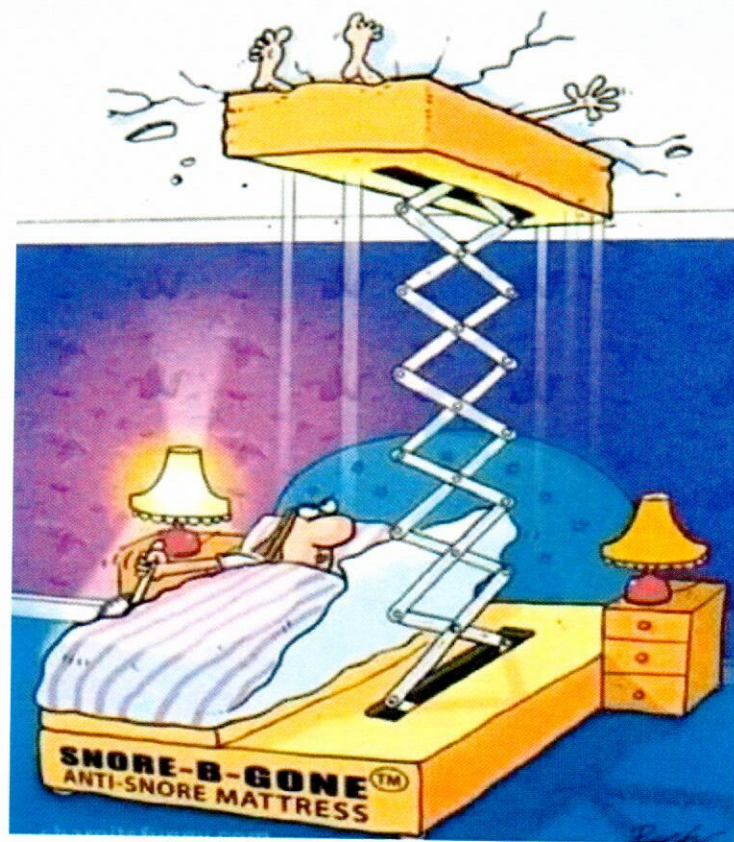
As soon as they left, however, the doorbell rang. It was the two men.

They asked her to move her car, which was blocking their van in the driveway.

She told them her fee: \$50.

She said: It's the guy's duty to pay the bill at the restaurant, that's why it's called  
MEN'U

I said: Naw, it's both our responsibility, that's why it's called  
ME'N'U



Operator: 911, what's your emergency?

Man: A guy got hit by a car, I need an ambulance.

Operator: What's your location?

Man: I'm on Eucalyptus Street.

Operator: Can you spell that for me?

Man: (long awkward pause)

Operator: Sir? Are you there?

Man: I'm going to drag him over to Pine Street and call right back.

I don't know if my pants are feeling loose because I'm losing weight, or the elastic is finally giving up the fight.

I thought the dryer made my clothes shrink.

Turns out it was the refrigerator.



# COA Calendar September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>5</b></p> <p>Strength Training @ 9:00 am Bridge @ 12:30 pm</p>	<p><b>6</b></p> <p>News &amp; Views @ 9:00 am Chair Yoga @ 9:00 am Yoga @ 10:00 am</p>	<p><b>7</b></p> <p>Watercolor Class 9:30 - 11:30 am BBQ on the Lawn @ Noon Mahjong/Game Day @ 1:00 pm</p>	<p><b>7</b></p> <p>Strength Training @ 9:15 am Yoga @ 12:30 pm Writers Group @ 1:00 pm Veteran's Agent</p>	<p><b>2</b></p>
<p><b>12</b></p> <p>Strength Training @ 9:00 am Bridge @ 12:30 pm</p>	<p><b>13</b></p> <p>Grocery Shopping Wonders of Science @ 9:00 am Chair Yoga @ 9:00 am Yoga @ 10:00 am</p>	<p><b>14</b></p> <p>Watercolor Class 9:30 - 11:30 am BBQ on the Lawn @ Noon VNA-COA 11:00 am to 1:00 pm (sign Up) Mahjong/Game Day @ 1:00 pm COA Board Mtg - Tentative @ 9:30 am</p>	<p><b>15</b></p> <p>Strength Training @ 9:15 am Yoga @ 12:30 pm Writers Group @ 1:00 pm Lunch Bunch: Sylvan Street Grille</p>	<p><b>16</b></p>
<p><b>19</b></p> <p>Strength Training @ 9:00 am Bridge @ 12:30 pm</p>	<p><b>20</b></p> <p>News &amp; Views @ 9:00 am Chair Yoga @ 9:00 am Yoga @ 10:00 am Senator Tarr's Rep @ 9:00 am</p>	<p><b>21</b></p> <p>Watercolor Class 9:30 - 11:30 am BBQ on the Lawn @ Noon Mahjong/Game Day @ 1:00 pm</p>	<p><b>22</b></p> <p>Strength Training @ 9:15 am Speaker, Roisin Keon: Neuropathy @ 10:30 am Yoga @ 12:30 pm Writers Group @ 1:00 pm</p>	<p><b>23</b></p>
<p><b>26</b></p> <p>Strength Training @ 9:00 am Bridge @ 12:30 pm Book Club @ 1:00 pm</p>	<p><b>27</b></p> <p>Grocery Shopping News &amp; Views @ 9:00 am Chair Yoga @ 9:00 am Yoga @ 10:00 am</p>	<p><b>28</b></p> <p>Watercolor Class 9:30 - 11:30 am BBQ on the Lawn @ Noon Flu Shot Clinic 1:00 - 2:30 pm Mahjong/Game Day @ 1:00 pm</p>	<p><b>29</b></p> <p>Strength Training @ 9:15 am Yoga @ 12:30 pm Writers Group @ 1:00 pm Lunch Bunch: Mr. Mike's</p>	<p><b>30</b></p> <p>COA Office Hours: Monday thru Thursday 8:30 AM to 4:30 PM (978) 887-3591</p>



## COUNCIL ON AGING SERVICES

### **Boxford Van**

Boxford Van will transport groups of seniors to specific area such as shopping or events. The cost for this is \$3.00 per person round trip unless otherwise stated. Rides to and from the COA are free to Boxford seniors. Call the COA for more information.

### **Congregate Meals (On Hold)**

Meals are served Tuesdays and Thursdays at 11:30 at the Community Center. This is a terrific way to make new friends, renew old acquaintances and receive a tasty nutritious meal for the nominal price of \$2.00 (price subject to change). Reservations must be made prior to noon the day before you will be attending.

### **Equipment Lending Program**

The Council on Aging has medical equipment available including, bath seats, commodes, walkers, canes, crutches, and wheelchairs. Please contact us before you make an expensive equipment purchase, we may be able to assist you.

### **File of Life and Yellow Dot**

This is a health history document to be used by emergency medical personnel in case of illness or injury. Available both in magnetic form for your refrigerator and in wallet size to be carried with you. Yellow Dot is a health history document kept in your car's glove compartment for use by emergency personnel. The Yellow Dot on your rear window lets them know it is in the glove compartment.

### **Forms and Assistance**

The COA has applications for:

Five Wishes

Handicap Placards

Health Care Proxies

Homestead Act

Mass Health

Prescription Advantage

Fuel Assistance

Emergency Management

Specialized Telephone Equipment

We will be glad to provide you with these forms as well as assist you filling them out.

### **Handy-man**

Our handy-man is a "Jacks of All Trades" and is willing to help with small jobs around the house - fixing light switches, or changing locks, etc.

### **Health Screenings and Services**

Regularly scheduled blood pressure screenings are available thru the COA. See the bulletin for more details.

### **Massachusetts Senior Health Record**

This booklet helps you keep a record of the medical services you receive, keeps you up to date with preventive health services available in the effort to help you better manage your health. This booklet should be taken with you when you visit your health care provider.

### **Meals on Wheels**

Monday through Friday lunchtime meals are home delivered to eligible seniors on both a short and long term basis. Please call the Council on Aging for more information or to see if you qualify.

### **S.H.I.N.E.**

"Serving Health Information Needs of Elders" will assist you with your health insurance concerns. Call us to schedule a call from a representative.

### **The File**

This handy folder serves as a summary record of Financial Information, Investments and Insurance, Legal documents and Estate Management.

### **Transportation NEET (Northern Essex Elder Transportation Program)**

This program provides rides for senior citizens to medical and other necessary appointments. Arrangements should be made at least TWO business days in advance of the appointment by calling the Council on Aging office at 978-887-3591. If the office is closed please leave a message. The ride will be arranged and the VOLUNTEER DRIVER will contact you. A donation of \$.45 cents (price subject to change) a mile is requested to help support the program but you will be responsible for to pay for any toll and parking fees as these expenses are incurred. However, no one will be turned down due to the inability to pay. Please remember: reservations must be made through the COA and clients should not be calling the drivers directly.



**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 Blaquiére: *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 September Birthdays, a very Happy Birthday!**



**SEPTEMBER**

## LABOR DAY TRIVIA

1. When was the first Labor Day parade held in the United States?
2. Where was the first Labor Day parade held in the U.S.?
3. Which US President signed the bill making Labor Day a National Holiday?
4. Who is considered to be the "Father of Labor Day" in America?
5. When is Labor Day celebrated?
6. Which state was the first to officially make Labor Day a state-recognized holiday?
7. How many people work in the United States?
8. When was The Adamson Act passed, which established an eight-hour work day?
9. T/F: Americans worked 12-hour days seven days a week during the 19th century.
10. T/F: Labor Day in Canada began in 1972.

ANSWERS: (1) September 5, 1882 (2) New York City (3) Grover Cleveland (4) Peter McGuire (5) The first Monday in September (6) Oregon (7) Over 155.7 million people (8) September 3, 1916 (9) True (10) False, 1872

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."

*"Aging Is Not Lost Youth But A New Stage Of Opportunity And Strength"*