

# Outlook



**BILLERICA COUNCIL ON AGING**

**February 2022**

**DIGNITY INDEPENDENCE WELLNESS**

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Let us welcome  
February &  
take every chance  
to show love  
to all we meet.

## **Director's Corner**

### **We are in the heart of winter and I am an optimist.**

Yes, February days are often raw and cold. The average high temperature is 39 degrees F and the average low is 25 degrees F. Basic clothing consists of a warm coat, gloves, hat, scarf, and heavy socks.

At this time my favorite quote comes to mind:

What does this quote mean? My understanding is it means that if something bad or unfortunate happens, one mustn't lose heart for there is definitely something better and much more fortunate that will soon follow. The quote refers to the cycle of joy and sorrow.



Yes, our lives, our days have been ravaged by Covid in all its variations and variants. We are truly fed up. My joy however comes from the increasing length of the day and amount of daylight. At January 1, sunrise in our area is estimated to be at 7:14 a.m. with sunset at 4:21 p.m. leaving us with a length of day of 9.07 hours. Moving to Jan 31, sunrise is at 6:59 a.m. and sunset is at 4:56 p.m. giving us 9.56 hours as length of day. On Feb 1, sunrise is at 6:58 a.m. and sunset at 4:57 p.m. resulting in 9.59 hours of day light. By Feb 28 however, sunrise is at 6:22 a.m. and sunset is at 5:32 p.m. gifting us a length of day of 11.09 hours! Before we know it, we will spring forward on MARCH 13!

I encourage you to find something to empower your positivity, to change your mood and uplift your spirits. For me it is length of day and the increasing amount of daylight, what will it be for you?

Much love and peace in February.

*Jean Patel Bushnell*

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**BILLERICA GARDEN CLUB FLORAL WORKSHOP**  
**Friday, February 11, 1:00 p.m.**

Join us for a stress-free, relaxed time and make a unique floral arrangement to take home and enjoy!



Ruth MacNutt is the creative coach.

Cost is \$8  
 Sign up is required. Please sign up by February 4, on [myactivecenter.com](http://myactivecenter.com). If you are unable to sign up online, please call Melissa at 978-671-0916.

There is no wrong way to arrange flowers!

**Painting Together**  
**Mondays at 10:00 a.m.**

If you like to paint and learn new techniques, then you will want to sign up for this FREE program. There is no instruction but it will be a fun way to share your passion for art with others and maybe learn something new.



Bring your own paper and paints. Sign up required. Sign up on [myactivecenter.com](http://myactivecenter.com). If you can't do so online, contact Melissa at 978-671-0916.

**AARP Tax Preparation**

The AARP Foundation's TaxAide program provides free tax return preparation for seniors (some exclusions apply). Appointments fill fast.

Although we do not yet have the schedule of appointment dates from AARP, beginning at 9:00 a.m. on, Wednesday, January 19th we will take names of those who want an appointment. When the schedule is released, we will then call those on the list in the order they called us. Please be patient as there are many details to be worked out to keep everyone safe and run another successful program.

**Bingo—Thursdays at Noon**

Join us for one of our favorite past times, Bingo! Accommodations have been made to adapt to COVID related requirements. For more information on Bingo or to sign up, contact Melissa at 978-671-0916.



**CHINESE NEW YEAR! YEAR OF THE TIGER**  
**Tuesday, February 1, at Noon**

Join us as we celebrate Chinese New Year!



Lunch: From Jade Pacific. Egg Roll, Pork Fried Rice, Beef & Broccoli, Chicken Lo Mein and Fortune Cookie

Movie: *Asian Americans*, will follow lunch.

*Asian Americans* delivers a bold, fresh perspective on a history that matters today, more than ever. As America becomes more diverse, and more divided while facing unimaginable challenges, how do we move forward together? Told through intimate personal stories, the series casts a new lens on U.S. history and the ongoing role that Asian Americans have played.

Cost is \$8  
 Sign up required by January 25 on [myactivecenter.com](http://myactivecenter.com). If you cannot sign up online, please contact Melissa at 978-671-0916

**Golf League 2022**  
**Details coming in March**

The BCOA Golf League is starting soon! Look for information on meetings and registration in the March Outlook.



**Easily Avoid Probate**  
**With Attorney James Haroutunian**  
**Friday, February 4, at 2:30 p.m.**

Learn about trusts and how to EASILY AVOID PROBATE (and prevent your loved one's stress). Trusts are simply a "rule book" for your home ownership. Adding a second chapter allows your kids to take over immediately. Prioritize them forever and beyond.

Free Session.  
 Sign up required by January 28 on [myactivecenter.com](http://myactivecenter.com). If you cannot sign up online, please contact Melissa at 978-671-0916.

James Haroutunian, Esq. developed Priority Law, as a specialized estate planning practice with focus on Wills, Trusts and Elder Law services. Clients enjoy their low stress, positive and comfortable approach to the normally difficult topic of estate planning.

**Monthly Activities**

**Book Club** — Virtual—Last Tuesday of month - 12:30 p.m.  
See page 11 for information.

**Daily Activities**

**Fitness Center Hours:** 9:00 a.m. - 12:45 p.m. Monday—  
Friday. **Registration is required.**

**Pool Tables Hours:** 9:00 a.m. — 3:45 p.m. Monday—  
Friday. No registration required.

**Walking Wonders:** Meet at 8:45 a.m. Leave at 9:00 a.m.  
Monday through Friday from 25 Concord Rd. No registration  
required.

**Note: There are NO Tai Chi classes in February**

**Monday**

- 9:00 **Walking Wonders** - Free
- 9:00 **Pool Playing** - Free
- 9:00 **Fitness Room** - Free
- 10:00 **Scrabble** — Free
- 10:00 **Painting Together**—Free
- 10:45 **Chair Aerobics** - Free
- 1:00 **Strength & Balance**—\$18 for 4 classes—NEW
- 1:15 **Social Time** - Hanging Out & Connecting - Free

**Tuesday**

- 9:00 **Walking Wonders** - Free
- 9:00 **Pool Playing** - Free
- 9:00 **Fitness Room** - Free
- 9:00 **Blood Pressure** - Free
- 9:00 **Tap Dancing** - \$18 for 4 classes
- 9:30 **Knit/Crochet Group** - Free
- 11:45 **Cardio Boost** - Free
- 1:00 **Line Dancing** - \$18 for 4 classes
- 1:00 **Party Bridge** - Free

**Wednesday**

- 9:00 **Walking Wonders** - Free
- 9:00 **Pool Playing** - Free
- 9:00 **Fitness Room** - Free
- 9:00 **Blood Pressure** - Free
- 9:15 **Yoga** - \$18 for 4 classes
- 10:00 **Ceramics Class** - \$18 for 4 classes
- 10:30 **S.A.I.L.** - \$18 for 4 classes
- 1:00 **Cribbage** - Free

**Thursday**

- 9:00 **Walking Wonders** - Free
- 9:00 **Pool Playing** - Free
- 9:00 **Fitness Room** - Free
- 9:00 **Blood Pressure** - Free
- 9:15 **Exercise** - \$18 for 4 classes
- 10:00 **Rummikub** - Free
- 10:45 **Chair Aerobics** - Free
- 12:30 **Bingo**

**Friday**

- 9:00 **Walking Wonders** - Free
- 9:00 **Pool Playing** - Free
- 9:00 **Fitness Room** - Free
- 10:00 **Quilting**
- 10:00 **Tai Chi**—Free—NO Tai Chi In February
- 11:45 **Zumba** - \$18 for 4 classes
- 1:00 **Cardio Boost** - Free
- 2:00 **Beginners Line Dancing**—\$18 for 4 classes—NEW

**Our Activities, Online Registration & Payment**

**Online Registration:** Many activities require online registration. Online registration is done through [myactivecenter.com](http://myactivecenter.com).

[myactivecenter.com](http://myactivecenter.com) can be accessed via a desktop or laptop computer, a tablet or even using your smartphone. You will need your Billerica COA Key Tag to register as a new user on this website before you can register for classes and events. **If you need help registering, call us at 978-671-0916 to arrange for training.**

**Online Payment:** If you register for a paid activity in [myactivecenter.com](http://myactivecenter.com), you pay via PayPal. **Pease note: If you register for a paid class but do not pay, you are not registered.** Full registration for classes that charge a fee requires full payment. You can register for the class but if you do not pay via PayPal, you will need to bring your payment to the BCOA before the first class and there is no guarantee of your spot until payment has been received.

**February & March Registration Dates:****February**

- February classes begin on Monday, January 31
- February registration begins on Monday, January 24 at 9:00 a.m.

**March**

- March classes begin on Monday, February 28
- March registration begins on Tuesday, February 22 at 9:00a.m. due to the Presidents Day holiday.

**Try a New Class or Revisit An Old Favorite****We have two new classes for your consideration**  
**Strength & Balance**

Terry Currier now teaches a "Strength and Balance" class Mondays at 1:00 p.m. This chair-based class is designed to help you stay strong, independent and active. Participants perform a mix of seated and standing exercises to improve strength, balance, flexibility and cardiovascular endurance.

**Beginners Line Dancing**

This new class is taught on Fridays at 2:00 p.m. by our Line Dance instructor Heather Dinsmore and will focus on basic Line Dancing steps and is intended for those who are new to Line Dancing.

**Yoga and S.A.I.L.—Debra Rosenblum is Back**

We welcome back Debra Rosenblum who is teaching S.A.I.L. and Yoga classes. Debra has a master's degree in education and a certificate of advanced graduate studies in creative and expressive arts. She holds a 500-hour certification in yoga, teaches meditation and transformation through art as well as chair yoga. She has a certificate in strength and conditioning for seniors and is a certified Staying Active for Independent Living (S.A.I.L.) teacher.

**Refund and Cancellation Policies**

Refunds for activities paid via PayPal will be made via PayPal. Refunds for classes paid by check will be made using a feature called a 'wallet'. Those 'wallet' funds can then be used to pay for another activity.

- Canceled Class: Full refund will be given.
- Four Session Program Refunds: Refunds will be issued when BCOA staff is notified *prior to the start of the second scheduled session*. This applies to all Exercise programs and Ceramics which are grouped into 4 sessions. The refund amount will be equal to the total of the remaining classes. No exceptions will be made.
- Single Session Activity Refunds: Refunds for single session activities will be made only if BCOA staff is notified *24 hours in advance* of the scheduled activity/program. No exceptions will be made.
- If you do not attend a session of a fee-based program such as Exercise or Ceramics or a single session activity such as Cardmaking for which you have paid & are registered, no refund will be made. No exceptions will be made.
- You can't substitute a friend for an activity or a session (whether fee-based or not) you are not attending by telling the friend to just show up. If they are not on our roster, they cannot attend.

**Most Frequent Problems and Questions**

**Be sure you completely register.** Although this is similar to online shopping, it is not as simple as checking out at amazon.com. There are several steps to take once you have clicked on an activity to complete registration.

**Be certain you have paid.** For paid classes, you must pay in order to be registered. Use your shopping cart in [myactivecenter.com](http://myactivecenter.com) to pay using PayPal. You are only registered if you have paid.

**How do I know I registered?** Under your *name*, look for and click on 'My Activities' where you will see a list of your upcoming activities. *See illustration on the left.* If you do not see what you think you have registered for, then you are not registered.

**You must have an account:** You cannot register unless you have an account in [myactivecenter.com](http://myactivecenter.com). If you have not set up an account, click the button 'New User' on the top right of the screen to do so.

**What if I need help?** We are here to help you. If you need retraining, please contact Melissa at 978-671-0916, ext. 2022.

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### BCOA Companion Program – Addressing Social Isolation

Many elders are affected by social isolation, particularly in the winter when going outdoors can be a challenge. According to the CDC, social isolation can lead to an increased risk of heart disease, dementia, depression, and anxiety. The BCOA Companion Program offers socialization and companionship to the elders they serve, allowing their clients to lead happier, productive, and more meaningful lives. For more information about our program, or to schedule a home visit, please contact Carolyn Savio at 978-671-0916, ext. 2010.



Patty Sanderson, Ellie Witmyer, Carolyn Savio

### Grief Support at Billerica Council on Aging Fridays at 10:00 a.m. Starting February 4th

If you or someone you love is dealing with the loss of a loved one, a grief support group may help. The BCOA, in partnership with Home Health Foundation, will be offering an in-person six-week group grief support session to our patrons. This will take place from Friday, February 4 through Friday, March 11 from 10:00-11:15 a.m. Registration is required by calling 978-552-4510.

### Nutrition Jeopardy (through Zoom) Thursday, February 17 at 1:00 p.m.

Join Age Span Registered Dietician, Leigh Hartwell, for an informative and interactive game of Nutrition Jeopardy on February 17 at 1:00 p.m. through Zoom. Categories will include general nutrition, food safety, immunity, bone health and nutrition fun facts. Please register for this event in [myactivecenter.com](http://myactivecenter.com). For any questions, please contact Carolyn Savio at 978-671-0916, ext. 2010.

### Blood Pressure Clinic

The BCOA Blood Pressure Clinic is running on Tuesdays, Wednesdays and Thursdays from 9:00 - 11:00 a.m. Blood pressure checks will take place in the lobby of the BCOA by Registered Nurses Mary Daley, Donna Buczak, and Barbara Moloney. Registration is not required, but patrons must use their key tags to sign in at the front desk.

### Memory Café via Zoom Wednesday, February 9, 1:00 p.m.

Please join us for the Billerica Memory Café on Wednesday, February 9 from 1:00-2:00 p.m. This will be a virtual event through Zoom. The Cafés are free, open and welcoming monthly social gatherings for individuals living with dementia and their caregivers. Guests with dementia, at any stage, and due to any underlying condition are encouraged to attend accompanied by their caregiver. To sign up, please call Carolyn Savio at 978-671-0916, ext. 2010.

### February is American Heart Month

The BCOA recognizes February as American Heart Month, and encourages our patrons to take the following steps to prevent heart disease (from the Mayo Clinic):

- Control your portion sizes
- Eat more fruits and vegetables
- Select whole grains
- Limit unhealthy fats
- Choose low-fat protein sources
- Reduce the sodium in your food
- Plan ahead and create daily menus

For more detailed information, please visit [www.mayoclinic.org](http://www.mayoclinic.org).

### Foot Care Service at the BCOA Thursday, February 10

Registered Nurse Diane Stanley will offer a foot care service to the patrons of the BCOA on Thursday, February 10. Each half-hour visit will include foot assessments, toenail trimming, foot cleansing and massage for \$30.00. Appointments are required, and can be made by contacting Carolyn Savio at 978-671-0916, ext. 2010.

### Walking Wonders Group Meets Monday-Friday

The Walking Wonders group meets at the BCOA each weekday at 8:45a.m., and departs at 9:00 a.m. On the first and last Tuesdays of the month, the group walks the Narrow-Gauge Rail Trail at 92 Sweetwater Ave. in Bedford (meeting at 9:00 a.m. at the trail head parking lot and walking at 9:15 a.m.).

Newcomers are welcome, and registration is required in [myactivecenter.com](http://myactivecenter.com). For weather concerns or general questions, please call Carolyn at 978-671-0916, ext. 2010.

### No Tai Chi for Arthritis and Seniors in February

Tai Chi for Arthritis and Seniors will not meet for the month of February. This class will resume in March.



**Our Outreach Department  
Friendly, Skilled Staff Who  
Begin by Seriously  
Listening**

**Senior Spotlight**

This month we would like to highlight our very own BCOA Van Driver; Warren Wingard.

Warren was hired by the BCOA in July 2014, after a short (barely 6 months), retirement from the U.S. Postal Service where he served for 45 years in the Arlington, MA area.



Warren walked his route in Arlington Center and would drive up to the Heights and walk his route from there. I guess we can all see that walking does a body good!!

Warren lives in Billerica with his partner Shirley and enjoys spending time in Florida and the Cape in his spare time. Everybody loves Warren and we do too!

**Dance Caliente Brings the World to Your Feet  
Wednesday, February 9 at 1:00 p.m.**

This is a new virtual interactive Ballroom Dance Show, created by choreographers/performers, Eileen Herman-Haase and Raul Nieves. Watch them bring to life romantic dances from all over the world while bringing their delightful sense of humor and charismatic charm to every step they take. Each dance was filmed, in costume, in front of a live audience at the location of each Senior Center who commissioned this production. Sign up is required. Sign up on [myactivecenter.com](http://myactivecenter.com). If unable to do so, contact Melissa at 978-671-0916.

**Card Making  
Wednesday, February 9 at 10:00 a.m.**

Join Janet Habeshian and learn to make beautiful hand-crafted cards. The cost is \$6.00 per class.

In each session, participants will make four hand-crafted cards. The February class is Wednesday, February 9 at 10:00 a.m. There is a maximum of 10 participants per class. Sign up is required. Sign up on [myactivecenter.com](http://myactivecenter.com). If unable to do so, contact Melissa at 978-671-0916.

**Thank You From Outreach!**

*The Billerica Council on Aging thanks our community partners listed below for helping us to bring joy to some 130+ homebound seniors with gift cards:*



- **The Billerica Rotary Club**
- **MIT Lincoln Labs**
- **Enterprise Bank, Pinehurst Branch**
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- **Wilmington United Methodist Church**
- **Billerica Lion's Club**
- **Saint Matthew the Evangelist Parish Women's Group**

*We also thank the staff of the following Billerica Municipal departments for taking time out of their day to make these seniors feel special!*

**Police and Fire  
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**Public Library  
Town Manager's Office  
Community Services  
Veterans Service**

*In addition, we thank the **Friends of the BCOA** for helping.*

**Holiday Henna Photos**

A festive Holiday Henna event was held at Billerica Town Hall on Saturday, December 18th that celebrated the season with fun, flare and some delicious food.





# FEBRUARY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 31 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Scrabble 10:00 Painting Together 10:45 Chair Aerobics 1:00 Strength/Balance 1:15 Social Time <b>FEBRUARY</b> <b><u>CLASSES START</u></b>	February 1 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:00 Tap Dance 9:15 <b>Narrow Gauge Wik</b> 9:30 Knitting/Crochet 11:45 Cardio Boost 12:00 <b>Chinese New Year</b> 12:30 Party Bridge 1:00 Line Dance	2 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:15 Yoga 10:00 Ceramics 10:30 S.A.I.L. 12:30 Cribbage	3 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:00 <b>SHINE</b> 9:15 Exercise 10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo	4 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Quilting 10:00 <b>Grief Support</b> 11:45 Zumba 1:00 Cardio Boost 2:00 Beg. Line Dance 2:30 <b>Easily Avoid</b> <b>Probate</b>
7 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Scrabble 10:00 Painting Together 10:45 Chair Aerobics 1:00 Strength/Balance 1:15 Social Time	8 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:00 Tap Dance 9:00 <b>Frugal Fannies —</b> <b>Van Trip</b> 9:30 Knitting/Crochet 10:00 <b>History Lecture</b> 11:45 Cardio Boost 12:00 <b>Stacy Kirby Live</b> <b>Cooking Show</b> 12:30 Party Bridge 1:00 Line Dance	9 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:15 Yoga 10:00 Ceramics 10:00 <b>Card Making</b> 10:30 S.A.I.L. 12:30 Cribbage 1:00 <b>Dance Caliente</b> 1:00 <b>Memory Café via</b> <b>Zoom</b>	10 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:00 <b>Foot Care Service</b> 9:15 Exercise 10:00 Rummikub 10:00 <b>Lobby Library</b> 10:45 Chair Aerobics 12:30 Bingo	11 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Quilting 10:00 <b>Grief Support</b> 11:45 Zumba 1:00 <b>Garden Club</b> <b>Workshop</b> 1:00 Cardio Boost 2:00 Beg. Line Dance
14 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Scrabble 10:00 Painting Together 10:00 <b>Nancy Cadigan</b>	15 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:00 Tap Dance 9:30 Knitting/Crochet	16 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:15 Yoga 10:00 Ceramics	17 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:00 <b>SHINE</b> 9:15 Exercise	18 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Quilting 10:00 <b>Grief Support</b> 11:45 Zumba



<p>10:45 Chair Aerobics 1:00 Strength/Balance 1:15 Social Time</p>	<p>11:00 Wayside Inn— Van Trip 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance</p>	<p>10:30 S.A.I.L. 11:00 Commodity Food 12:00 Traveling Chef 12:30 Cribbage</p>	<p>10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo 1:00 Nutrition Jeopardy via Zoom</p>	<p>1:00 Cardio Boost 2:00 Beg. Line Dance</p>
<p>21 <b>PRESIDENTS DAY COA CLOSED</b></p>	<p>22 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:00 Tap Dance 9:15 Narrow Gauge Wik 9:30 Knitting/Crochet 10:30 Seaport Grille — Van Trip 11:45 Cardio Boost 12:30 Party Bridge 12:30 Book Club 1:00 Line Dance <b>March Registration Starts</b></p>	<p>23 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:15 Yoga 10:30 S.A.I.L. 12:30 Cribbage</p>	<p>24 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:15 Exercise 10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo</p>	<p>25 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Quilting 10:00 Grief Support 11:45 Zumba 1:00 Cardio Boost 2:00 Beg. Line Dance</p>
<p>28 <b>MARCH CLASSES START</b></p>				



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**Friends of the  
Billerica Council on Aging, Inc.**

February, 2022

Hope all our seniors had a happy, healthy and safe holiday season.

The Friends Board has been meeting regularly for the past few months. We had our Annual Holiday Raffle. We did well, even though with COVID our selling options were limited.



**Friends President  
Mary Camilleri**

We are having a Calendar Raffle in February. Calendars will be on sale during January. The chances will be \$10.00. If you are inclined to participate you can contact the receptionist at the BCOA or contact me at 978-670-8814 or [marycamilleri@comcast.net](mailto:marycamilleri@comcast.net). The drawings will begin on February 1.

The fundraising committee has decided to go forward with another Black Tie Bingo event. We opted to go forward with the event in hopes that pandemic has slowed down so that we can have the event safely. The event will be held in June. The exact date is to be determined. We will keep you updated as our plans evolve.

Thanks to all who supported the Holiday Raffle.

Happy Valentines Day! Be healthy and safe.

Mary  
President, Friends of BCOA

**Stacy Kirby Cooking Live  
Tuesday, February 8 at Noon**

Join Stacy in the kitchen for a **Valentines** themed cooking class. Stacy will prepare steak with Bernaise sauce which is the ultimate meal for a cozy candlelight dinner for two, then love is in the air as she prepares the classic French dessert of Chocolate Mousse!! She will also be preparing chocolate covered strawberries the perfect Valentines treat! There is something for everyone at this Cupid themed culinary get together and remember you get to sample and eat everything prepared. Who could ask for more!



Sign up is required. Sign up on [myactivecenter.com](http://myactivecenter.com). If you cannot sign up online, please contact Melissa at 978-671-0916.

**YOUR \$10 Membership Contribution  
Will Buy a Great Deal**

***We encourage you to become members of the  
Friends of the Billerica COA***

The purpose of the Friends of the Billerica Council on Aging is to supplement funds not provided by the Town of Billerica through fundraising events, membership dues, donations, grants and corporate gifts. The Friends receive, review and act upon requests for funds from the COA for programs, services and activities that better the lives of the Billerica Seniors.

Here is just a glimpse of items and areas they have supported in the past couple of years:

- Cardio-Boost Exercise Classes
- \$1,000 towards a tent that allowed us to hold summer events outside during Covid 19
- Cultural Henna event
- Half the cost of 70 Holiday lunches for the homebound distributed by our Friends at Temple Shalom Emeth, Burlington
- Partial funding of computer classes so that the fee to patrons is affordable
- Co-funding with Habitat for Humanities to repair front stairs of a struggling senior so they can receive their meals on wheels
- CO detectors for the homes of economically challenged seniors
- Several food programs during Covid 19
- A heavy focus on supporting Health and Wellness programming to include Brain and Balance, Tap Dancing, Zumba, Bandstand, Line Dancing, Yoga, Exercise and Fitness

**The list goes on.**

**Please write a check today for \$10 made payable to  
The Friends of the BCOA and mail it to:**

Friends of the Billerica Council on Aging  
PO Box 487  
Nutting Lake, MA 01865

**THANK YOU!**

**Winter Weather Reminder**

If Billerica schools are closed because of weather, the BCOA is also closed for all activities.

If Billerica school openings are delayed because of weather, the BCOA opening time will also be delayed.



**BCOA Van Service**

Affordable, caring and easy to schedule. This winter when you prefer not to drive, as a patron call our Transportation Department in advance and we will get you safely to your destination.

Call 978-671-0916, ask for John our Transportation Coordinator.

See Page 14 for this month's special Van Trips.



**Transportation Advisory**

If the BCOA is closed for any reason, Transportation services are also closed.

If the BCOA opening time is delayed for any reason, Transportation services are also delayed.

**We are indeed the place that brings health and happiness to many!**

**THANK YOU GREENWOOD TREE FARM for coming to us!**

So many patrons and later passersby benefited from a healthy free Christmas tree donated by Crystal Card and the Greenwood Tree Farm on Dudley Road in Billerica in December.

The story began with Jeff Kalmes, Wastewater Superintendent for the town of Billerica who is a longtime friend of Crystal coming to know that there was an excess of trees this year. As Crystal explained, her father in-law started the tree business a long time ago. They grow trees in Massachusetts and western New York. They are also beekeepers, so "we are into bees and trees", Crystal chuckled. She went on to add "we open the day after Thanksgiving and had had a good year. Every tree needs a home for Christmas and the suggestion from Jeff was a good one. We wanted the trees to be in homes."



We thank both Jeff and Crystal for bringing added joy at Christmas time to many patrons, veterans, and last-minute shoppers. The generosity of 45+ medium trees and 4 very large ones was a true gift of Christmas.

**Lobby Library**

**Thursday, February 10, 10:00 a.m.**

One Thursday of each month, Librarian Henry Barker will be at the BCOA with a small selection of books and movies to check out. Stop by to learn more about library services, get help with technology, or just say "Hi". The library is also asking for community input to help us plan future library programs – stop by to tell us what kind of programs you'd like us to organize in the future!

**News from the Library**

Learn more by visiting [billericalibrary.org/events](http://billericalibrary.org/events).

**Virtual – First Thursday Book Club Discuss *Writers and Lovers*, Author Lily King!**

Thursday, February 3, 7:00 p.m. on Zoom  
Bestselling author Lily King will join us to answer your questions! Copies available at the circulation desk and on Hoopla.

**All Ages Outdoor Program Animal Tracks & Traces**

Saturday, February 26, 1:00 p.m.

at Vietnam Veterans Park

North Shore Nature Programs director Andrew Prazar will lead a short intergenerational hike for all ages through Vietnam Veterans Park. Learn about local animals, their tracks and traces, and their winter adaptations. Find out which animals make Billerica their home! *\*This program is sponsored by the BPL Foundation as part of the Foundation Program Series.*

**New Genealogy E-Resources at the Library:** Come by and research your family tree. Ancestry Library Edition is now available on all library computers. Family Search is available on the local history room computer. Ask a reference librarian for help getting started.

**Memory Boxes:** Take a walk down memory lane with our new memory boxes! Choose from "Remembering the 1950s", "The Great Outdoors," "Winter Reminiscence" and many more. Stimulate memories through the vibrant pictures and video clips. The companion activity cards are great conversation starters.

**BCOA Book Club — Via Zoom  
Tuesday, February 22 at 12:30 p.m.**

- February:** [The Scarlet Letter](#), Nathaniel Hawthorne
- March:** [Woman of Troublesome Creek](#),  
Kim Michelle Richardson
- April:** [Cutting for Stone](#), Abraham Verghese
- May:** [Secret Life of Bees](#), Sue Monk Kidd

Need more info about Book Club? Call Melissa at 978-671-0916. The Book Club meets virtually on the last Tuesday of the month at 12:30 p.m.

**THANK YOU CABOT!**

The Cabot Holiday Experience on Wednesday, December 15th was an extraordinary event. We wish to thank COA Board Member Phil Doiron for his leadership, support and genuine understanding of our work and impact for funding all the elements of a fine event. Cabot funded some 225 delicious, complete lunches with a unique dessert all packaged in a multi-use insulated Cabot tote bag. The drive through event also featured a warm welcome by Santa and special holiday programming on BATV. Cabot staff members assisted with the meal delivery process and looked to be thoroughly enjoying themselves. Their spirit and generosity truly reflected Cabot's first-class community leadership.

We are truly grateful for Cabot's support of this event but more importantly for Cabot's investment in the health and welfare of our patrons, many of whom are lonely and lost during the Holidays. The meal and an experience of this caliber certainly lifted their spirits and made them feel SPECIAL.



Cabot Employees led by COA Board Member Phil Doiron

Gloria Collins, Melissa Paolicelli & Bill Collins



**CONGRATS New Police Chief – Roy W. Frost**

Chief Frost has worked with us on many programs to maintain a high quality of life for our seniors and their caregivers. He has welcomed new program ideas to educate our community on safety & health issues and worked with us to make them happen.

We look forward to partnering with him and his fine team on many new initiatives to improve the lives of local seniors and support family caregivers.



COA Board Member Barbara Flaherty & Chief Frost

**Thanks Dan Burns!**

Thank You Dan Burns, Chairman of the Town of Billerica Select Board, for taking time out to deliver gift cards to lonely homebound seniors in town in December.



**Traveling Chef  
Wednesday, February 16 at Noon**

Join us for a hearty lunch prepared by the Traveling Chef. Menu includes Beef Chili, side of cheese, diced onions & tomatoes, Garden Salad/dressing, Corn Bread and Chocolate Pudding Parfait.

Cost is \$4.00 per person. For safety reasons each person will be sitting at a separate small table. If you are coming with someone else there must be agreement between the 2 of you to remove your masks to be in close proximity. Sign up is required, Please do so by February 11, on [myactivecenter.com](http://myactivecenter.com). If unable to do so, contact Melissa at 978-671-0916.

**Mr. Fix-It is Back!**

Dave Moccia, our Mr. Fix-It, is available. Bring broken items to the front desk with name and phone number attached. Dave will call with an estimate of repair charges (parts only). He asks that you donate \$5.00 to the BCOA for each repair.



**Thank You Tommy Rull**

The BCOA thanks **Tommy Rull** for his December 8th holiday performance at the Senior Center. The patrons loved the show and sang along with every song!





**HISTORY LECTURE**  
**Tuesday, February 8, at 10:00 a.m.**

**USSR- Russia Myths, Mysteries and Spying**

Henry Quinlan gives a one-hour presentation on his 30-year involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. He features his involvement in 1985 with an agreement to publish a book by young Soviet diplomat Vitaly Churkin and ends with dinner in New York with Vitaly Churkin, now Russian Ambassador to the UN. Encounters with the Russian Mafia – Bob Levinson, Former head of FBI Russia Mafia Unit, and much more. The presentation will educate and entertain.

Presentation by: Henry Quinlan  
 Sign up by February 1 at [myactivecenter.com](http://myactivecenter.com)  
 Must sign up, if unable to do so, please, contact  
 Melissa Paolicelli at 978-671-0916



**Once again our community partners have come through for us!**



**THANK YOU Mike and April**

**Mike Higgins**, Substance Abuse Coordinator for Billerica willingly helps us to fulfill our mission. In 2021 he helped to fund the completion of the Dementia Friendly Billerica website so that families and loved ones could gain quick access to basic information on the disease and also acquire details on organizations that could help them process the overwhelming challenges families face with the diagnosis. During Thanksgiving he was able to acquire turkeys with all the fixings working with another amazing community partner, **April Laskey**, Director of School Nutrition for Billerica Public Schools. April finds every opportunity to offer our seniors nutritional support through our Outreach Department especially during Covid 19. Mike went on to offer us Market Basket Gift cards at \$25 each so that we could help over 130 home bound seniors acquire needed food items and other supplies during the 2021 Holiday season. We are truly grateful to these two stalwarts of community support who seize every chance to better the lives of local seniors.

Thank you, **Rabbi Susan Abramson, Sheldon Cooperman and Friends of Temple Shalom Emeth, Burlington**. The Temple did not miss a beat once again this year working with us to raise funds and to recruit caring volunteers to deliver complete lunches to 70 homebound seniors we identified who would benefit from a nice meal dropped off by caring Temple Volunteers. Their team, led by Sheldon Cooperman, quickly agreed to packaging and dropping off these lunches for a second year due to Covid 19 when in the past they hosted a Christmas Day lunch at the BCOA. This was the 12th year of the Temple's kindness and generosity, and we cannot thank them enough for their support. We thank our Friends organization for helping us to cover some of the cost of the meals.

**Neelam Wali**, past President of the BCOA's Friends Board is always willing to work with us to bring creative cultural events to our patrons and the town. Working with Melissa Paolicelli, the BCOA Events Coordinator and the Director we were able to host Holiday Henna at Town Hall in December. Over 2 dozen happy ladies got their hands beautifully painted by 2 talented Henna designers identified by Neelam. We also offered a sumptuous vegetarian lunch all for the low price of \$9 per person. We thank our Friends organization for subsidizing the cost of a fun event that we hope to repeat in 2022. We also wish to thank Neelam's 2 daughters, Ambika and Anjali for their kind help throughout the event. We were delighted to join forces with Neelam in her capacity as President, Saheli Boston, offering non-judgmental culturally sensitive services to domestic and sexual violence survivors from South Asia and the Middle East, (<https://saheliboston.org/>).

## ACTIVITIES & TRIPS

**February Van Trips**  
**Sign up starts Monday, January 24 at 9:00a.m.**

Tuesday, February 8: **Frugal Fannies Shopping/One Bistro Lunch**

Tuesday, February 15: **Wayside Inn Lunch**

Tuesday February 22: **Seaport Grille Lunch/Winfrey's Fudge**

All trips \$12 round trip, weather permitting.

Details and Times in My Active Center: [myactivecenter.com](http://myactivecenter.com)

### GIFT SHOP

**The Gift Shop is open 10:00a.m. to 2:00p.m.**  
**Come in, shop, we have gifts for you to purchase!**  
**Our inventory is always changing.**



Remember, 100% of ALL purchases support our programs and events at the BCOA.

We thank you and "Thank you" to the following for your generous donations to the Gift Shop: Jill Bourque, Duncan MacLennan, Marge Hill, Dorothy Keith, Elaine Crowley, Anne Marie Zacagnini, Ellie McCabe, Jennifer Dewar, Gloria Ryan, Judy Powers, Mary Rose Cucchi, Nancy O'Keefe, Walter Dembitzky, Don Ryan, Ursula Robbins, Phyllis Elden, Domenic Spinale, Linda Johnson, Paula Grejduš, Kathleen Dube, Lori Guglielmi, Anne Patterson, Paul Hadley, Frank Hertler, Nancy Schuster, Shirley Hamer and in memory of Elaine Crowley and Clif & Sue Thissell.

### LOST & FOUND

Have you been looking for your keys, eyeglasses, car fob or lipstick? You may have left it behind at the COA. We have a "LOST & FOUND" basket at the Front Desk. Please inquire with the Receptionist.



### In-House Library



Stop by our Library in the Lobby where you can **Take a Book** or **Leave a Book!**  
 We accept **hardcover** books that you would like to share with folks.

### Check Out Our New Website!

We have a new website which we hope you will find easy to use and a good source of information about our programs, resources and activities. You can also read our Outlook newsletter there! Our new website is [www.billericacoa.org](http://www.billericacoa.org). Drop by and let us know what you think!



### Have Outlook Delivered to Your Door

Sign up for the Outlook newsletter and have it delivered to your door. The price is \$12 for a 12-month subscription. Make checks payable to Billerica COA and note on the check's memo line "Outlook".

Mail to 25 Concord Road, Billerica, 01821 or drop it off at the front desk.





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**AMERICAN HEART MONTH**



**Winter Weather Reminder**

If Billerica schools are closed because of weather, the BCOA is also closed for all activities.

If Billerica school openings are delayed because of weather, the BCOA opening time will also be delayed.

**Billerica Council on Aging**

25 Concord Road  
Billerica, MA 01821  
[www.town.billerica.ma.us](http://www.town.billerica.ma.us)  
Phone: 978-671-0916

The purpose of the Friends of the BCOA is to supplement the budget of the Billerica Council on Aging to provide services and programs designed to enrich the quality of life for local Seniors.

**Donations 'In Memory Of' or 'In Honor Of' Are Tax Deductible.**  
**Enclose Check Payable to 'Friends of the BCOA'**

\$ \_\_\_\_\_ Date: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

*(Please Print)*

Donor's Name: \_\_\_\_\_

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**Please Circle:    In Memory    or    In Honor**

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Please Notify the following individual(s):

*(Please Print)*

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The Name of the Donor and Donee will be recognized in The Billerica Council on Aging '**Outlook**' Newsletter.

**Mail Your Donation To:**

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Nutting Lake, MA 01865

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