



**OUTLOOK**  
**MARCH 2022**



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Outreach & Transportation

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Outreach

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**Director's Corner**

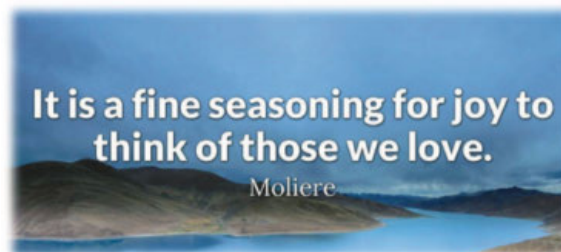
**We are springing forward on Sunday March 13th, what joy!**

Here at the BCOA with so many passing, families devoured by sadness, friends and neighbors stalled with shock it is hard to summon the internal strength to speak of joy these days, much less feel it.

But we must, for joy is an elixir, a natural anti-depressant, an oxygenator, a mood booster and a built-in lift. So how might we fuel joy? Here are some possibilities. I am sure you will start brainstorming with yourself!

- ◆ Do 'face time' with your grandkids and enjoy their laughter, antics and new words.
- ◆ Get out the old photo albums – yes forget Google photos and such – the albums where photos are falling out and pages have gotten brown – look at the clothes folks wore, remember some of the characters, smile to yourself 😊
- ◆ Bake something if you can that is simple and delicious – little effort – easy but great – a pie perhaps?
- ◆ Sort your socks and discover some real favorite pairs that have been hiding away.
- ◆ Time to hem that favorite pair of pants you have been putting off for tomorrow. Head to Joann Fabrics and look around. For the guys I am told you should head to Cabela's or perhaps Golf Galaxy online.
- ◆ Call that dear person for a long chat. Catch up, laugh, share stories.
- ◆ Fill your head with summer thoughts – people, places, pleasure.

I leave you with a wonderful quote



*Jean Patel Bushnell*

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**A Celtic Celebration  
Wednesday, March 16 at 1:00 p.m.**

Join us for a Celtic Celebration with Davis Bates where you'll hear Davis talk of tales and perform songs from Ireland, Scotland, and Wales. Stories of seal folk and wee folk and sing-along galore.



Event is free. Maximum attendees is 20. Required sign up by March 11 on [myactivecenter.com](http://myactivecenter.com). If unable to do so, contact Melissa at 978-671-0916.



This performance is fully funded by a Mass Cultural Council Grant



**Holi Festive Tea Party  
Friday, March 18 at 1:30 p.m.**

Celebrate the arrival of spring at our Holi Festive Tea Party! Holi is the Hindu festival of colors which celebrates spring and the triumph of good over evil. There will be tea, a fashion show and an array of sumptuous finger foods. Cost is \$15 per person. You must sign up and you can do so at [myactivecenter.com](http://myactivecenter.com). If you cannot do so, call Melissa at 978-671-0916.

**Friday, March 18th  
1:30 - 4:00PM at the BCOA  
Festival of Colors**

**HOLI PARTY**

Celebrate the Hindu cultural festival of colors!

*Holi celebrates spring and the triumph of good over evil.*



*A tea, A fashion show, A nice array of sumptuous finger foods and fine TEA poured by gentlemen!*



*Colors, connections, and community  
Tasteful, colorful, food and fashion to love.*

**Planning Team:**  
Melissa Paolicelli,  
Jo Leary,  
Jean Bushnell  
& Neelam Wali

**\$15.00 per person to attend, limit of 35 guests. Please sign up online at [myactivecenter.com](http://myactivecenter.com). If you cannot sign up online, please call Melissa at 978-671-0916**

**AARP Tax Preparation**

Due to the large demand, our AARP Foundation's Tax Aide program is currently full and we are unable to book additional appointments.

**Golf League Registration  
Monday, March 15 at 2:30 p.m.**

The BCOA Golf League Registration is Monday, March 15 at 2:30 p.m. at the BCOA in the first floor Community Room. Cost for this year's program is \$30 per person. If you have questions, contact Melissa at 978-671-0916.



**Everything Computer Class  
Starts Wednesday, March 2 at 10:00 a.m.**

If you are familiar with your computer but need to know more, this class is for you. Come find out what you're missing. We will cover all aspects of the computer including programs and how to use them in this six week program. Have fun while learning more!

Cost is \$30 for the six-week class. Limited to 4 students.

Required sign up by Friday, February 25 on [myactivecenter.com](http://myactivecenter.com). If unable to do so or if you have any questions, contact Melissa at 978-671-0916.

**Travelling Chef  
Wednesday, March 23 at 12:00 p.m.**

Join the Travelling Chef for a hearty lunch featuring Vegetarian Lasagna on Wednesday, March 23. Menu includes: Vegetarian Lasagna, Marinara Sauce, Zucchini and Summer Squash, Roll and Cookie. Cost is \$4.00 per person. For safety reasons reservations are limited to 22 and 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 Friday, March 18 on [myactivecenter.com](http://myactivecenter.com). If you are unable to do so, please call Melissa at 978-671-0916.



**Monthly Activities**

**Book Club** — 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.

**Monday**

- 9:00 **Walking Wonders** - Free
- 9:00 **Pool Playing** - Free
- 9:00 **Fitness Room** - Free
- 10:00 **Painting Together**—Free
- 10:45 **Chair Aerobics** - Free
- 1:00 **Strength & Balance**—\$18 for 4 classes
- 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
- 9:15 **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** — Free
- 10:00 **Tai Chi** — Free
- 11:45 **Zumba** - \$18 for 4 classes
- 1:00 **Cardio Boost** - Free
- 2:00 **Beginners Line Dancing** — \$18 for 4 classes

**Note:** On March 18th, there will be no Zumba, Cardio Boost or Beginning Line Dancing due to the Holi Festive Tea Party.

**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.

**March & April Registration Dates:****March**

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

**April**

- April classes begin on Monday, March 28
- April registration begins on Monday, March 21 at 9:00 a.m.

**Try a New Class or Revisit An Old Favorite****Stay Active and Independent for Life (S.A.I.L)**

The BCOA is offering a Stay Active and Independent for Live (S.A.I.L.) class on Wednesdays at 10:30 a.m.

The S.A.I.L program has been recognized as an evidence-based intervention to reduce falls in older adults. It involves easy aerobics, balance exercises, strength training, and stretching exercises that can be performed sitting or standing. This class is taught by certified S.A.I.L. instructor Debra Rosenblum.

The cost is \$18.00 for 4 classes. You can register at [myactivecener.com](http://myactivecener.com).





**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 sched. 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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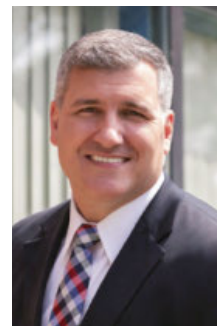
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\*No Cost for MassHealth and Medicare eligibles. Contact us for Medicare only and private pay options. Participants must receive all health care, primary care and specialist physician services—other than emergency services—as authorized by PACE, or be fully and personally liable for costs of unauthorized services. H2222\_2016\_1



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### BCOA Companion Program – Interview with Client Ellie Witmyer

This month, we share an interview with BCOA Companion Program client, Ellie Witmyer, about the companion service she has received from our program for the last five years. We asked her about the following:

#### How do the BCOA companions help you?

“They do shopping, cooking, errands, and take me to doctor’s appointments. Everyone is great, and each companion has something to offer. They are congenial and fun!”

#### What do you like most about your companions?

“Being there for me when I need them the most! Everyone is friendly and happy, and I look forward to seeing them.”

#### What would you say to anyone thinking about becoming a client of the BCOA Companion Program?

“It’s the best thing in the world they can do!”

For more information about our program, or to schedule a home visit, please contact Carolyn Savio at 978-671-0916, ext. 2010.

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### “Fit After Fifty”

**Wednesday, March 30 at 1:00 p.m.**  
**A Presentation from Michael Stare, DPT**

Physical therapist Michael Stare, from Orthopaedics Plus Physical Therapy will present: “Fit After Fifty” on March 30 at 1:00 p.m. Michael will discuss how to get strong, lean and fit, regardless of your injuries or conditions, the most important exercises to lose weight, and preventing muscle loss. Please register for this event in [myactivecenter.com](http://myactivecenter.com). If you are unable to do so, please contact Carolyn at 978-671-0916.

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### Blood Pressure Clinic

The BCOA Blood Pressure Clinic is running on Tuesdays and Thursdays from 9:00 a.m.-11:00 a.m. in March. Blood pressure checks will be conducted by Registered Nurse Mary Daley. Registration is not required, but patrons must use their key tags to sign in at the front desk.

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

Registered Nurse Diane Stanley will offer a foot care service to the BCOA patrons on March 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.

### In Person Memory Café Wednesday, March 2 at 1:00 p.m.

Please join us for an in-person Memory Café on Wednesday, March 2 from 1:00 p.m.—2:00 p.m. at the BCOA. This month we welcome music therapist and yoga instructor Jan Spillane for a fun yoga chair dancing experience. 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 register, please call Carolyn Savio at 978-671-0916, ext. 2010.

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### SHINE Medicare Program

SHINE encourages you to be an empowered, educated consumer, and it is important to review all of your options as premiums, deductibles, co-pays, and drugs covered by your plan can change significantly year to year. Trained, certified SHINE counselors offer confidential counseling on all aspects of Medicare and related health insurance programs at no cost and may help find cost savings for you.

If you would like to speak with a SHINE counselor for Medicare-related information, please call the Regional SHINE program: 978-946-1374. You will get a voice mail where you should leave your name, the city / town where you live and a number where you can be reached during the day. A SHINE counselor will call you back. We appreciate your patience during these challenging times. If you need immediate assistance, you can call 1-800-MEDICARE.

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### Walking Wonders Minuteman Bikeway Walk on March 1 Narrow Gauge Rail Trail Walk on March 29

The BCOA Walking Wonders group meets each weekday at 8:45 a.m. and departs from the COA entrance at 9:00 a.m. for a 45-minute walk in town. The BCOA is offering two other special walks this month:

Tuesday, March 1 at 11:00 a.m.: Minuteman Bikeway Walk, Bedford: The group will meet at the Railroad Depot at 80 Loomis Street in Bedford at 11:00 a.m. for a one hour walk with the option to meet for lunch afterwards in downtown Bedford.

Tuesday, March 29 at 9:00 a.m.: Narrow Gauge Rail Trail Walk. The group will meet at 92 Sweetwater Ave. in Bedford at 9:00 a.m. at the trail head parking lot for a one hour walk of the Narrow Gauge Rail Trail. Newcomers are welcome, and registration is required in [myactivecenter.com](http://myactivecenter.com). For weather concerns or questions, please call Carolyn at 978-671-0916.





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

**Senior Spotlight**

This month we are highlighting our Front Desk Receptionist, the kind, friendly and highly dependable Lynne Cloutier.

Lynne was born and raised in Billerica. In fact, Lynne lives in her childhood home where she has also raised her son and daughter. Lynne's all about family – her daughter lives with her and her son's home is the property next door to her.



As a lifelong resident of town, Lynne knows (almost) EVERYONE! It could be her many years in town, but we think she knows so many folks because she just likes people. Lynne says that what she most enjoys about her time spent here at the BCOA is meeting people, and seeing and talking to folks who she has not seen in a while.

Lynne has had a busy and interesting work life. Most of her work was in hospitals – Choate, Symmes, New England Rehab, Emerson. When she first retired, she and her cousin Sandy were chatting one evening while working on craft projects. Sandy mentioned the BCOA and that Lynne should check it out. Lynn visited and liked it. She started volunteering on the front desk and now works part-time here. In addition to her time at the BCOA, Lynne loves spending time with friends, loves to dance, enjoys concerts and watch reality tv shows – she says she wants to go on The Amazing Race! Did we mention Lynn likes to keep busy?

When we asked Lynne what she would say to anyone thinking of joining the BCOA, she said she'd tell them to "COME ON DOWN!"

**Broken Street Light ?**



To report a broken street light in Billerica, please call the DPW Administration Office at 978-671-1313 x 0



**Home Fire Safety Program  
Hard-Wired Smoke Alarm Replacement  
Wednesday, March 23 at 1:30 p.m.**

The Home Fire Safety program is now ready to launch the addition of hard-wired smoke alarms to the program. If you are 60+, live in Billerica and own a single family home with hard-wired smoke alarms (condos not allowed), please plan to attend an information session led By Billerica Fire Department's Captain Billy Paskiewicz and BCOA's Jeanne Teehan, on Wednesday, March 23, 2022 at 1:30 at the BCOA. Captain Paskiewicz will answer all your questions and determine if you qualify to take part in the program. If you qualify you will be able to receive one free hard wired smoke alarm provided by a grant through the Red Cross and the Billerica Fire Department.

The program will also co-ordinate and cover the cost of an electrician. The number of smoke alarms required will depend on code and may vary per home. The homeowner will be required to purchase additional alarms needed for their home. Please sign up at [myactivecenter.com](http://myactivecenter.com). If you cannot sign up online, please contact Jeanne in Outreach at 978-671-0916.

**Low-Income Home Energy Assistance Program  
It's Not Too Late!**

Homeowners and renters may qualify for payments towards winter heating bills. It's not too late to apply for this winter. Applications accepted until April 30, 2022.

<u>Family Size</u>	<u>Income qualifications: Maximum Annual Gross Income</u>
1	\$40,951
2	\$53,551

Call Community Teamwork at 978-459-6161 to apply over the phone or call Marie O'Rourke in the Billerica Veteran's Office at 978-671-0968 for one-on-one assistance completing your application.

**Ode to Oats**

Oats are an all-round excellent breakfast choice. A 50g serving of rolled oats contains 7g of protein. Furthermore, you can increase the protein content of oatmeal by adding chopped nuts and seeds. Oats are a good source of fiber and beta-glucans, which research indicates may help balance blood sugar, lower cholesterol, and support the immune system.



Author: Louisa Richards is a BANT Registered Nutritionist and health writer. She writes for leading medical news publications and is the Health Lead at Plant Based News.

# MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>February 28</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Painting Together 10:45 Chair Aerobics 1:00 Strength/Balance 1:15 Social Time</p> <p><b><u>March Classes Start</u></b></p>	<p>March 1</p> <p>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 11:00 Minuteman Walk 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance</p>	<p>2</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Ceramics 10:00 Everything Computer 10:30 S.A.I.L. 12:30 Cribbage 1:00 Memory Cafe</p>	<p>3</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:00 SHINE 9:15 Exercise 10:00 Rummikub 10:00 Lobby Library 10:45 Chair Aerobics 12:30 Bingo</p>	<p>4</p> <p>8:30 Parkers Barn Van Trip 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Tai Chi 10:00 Quilting 10:00 Grief Support 11:45 Zumba 1:00 Cardio Boost 2:00 Beg. Line Dance</p>
<p>7</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Painting Together 10:45 Chair Aerobics 1:00 Strength/Balance 1:15 Social Time</p>	<p>8</p> <p>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 10:00 Village Inn Van Trip 11:00 Library Tech 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance</p>	<p>9</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Yoga 10:00 Ceramics 10:00 Everything Computer 10:00 Card Making 10:30 S.A.I.L. 12:30 Cribbage 2:00 History Lecture</p>	<p>10</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:00 Foot Care Service 9:15 Exercise 10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo</p>	<p>11</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Tai Chi 10:00 Quilting 10:00 Grief Support 11:45 Zumba 1:00 Cardio Boost 2:00 Beg. Line Dance</p>
<p>14</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Painting Together 10:45 Chair Aerobics 1:00 Strength/Balance</p>	<p>15</p> <p>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</p>	<p>16</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Yoga 10:00 Ceramics 10:00 Everything Computer</p>	<p>17</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:15 Exercise 10:00 Rummikub</p>	<p>18</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Tai Chi 10:00 Quilting 1:30 Holi Festive Tea</p>



1:15 Social Time	21	<p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>10:00 Painting Together</p> <p>10:45 Chair Aerobics</p> <p>1:00 Strength/Balance</p> <p>1:15 Social Time</p> <p><b><u>April Registration Starts</u></b></p>	22	<p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:00 Blood Pressure</p> <p>9:00 Tap Dance</p> <p>9:00 Stonewall Kitchen</p> <p>9:30 Van Trip</p> <p>9:30 Knitting/Crochet</p> <p>11:45 Cardio Boost</p> <p>12:30 Party Bridge</p> <p>1:00 Line Dance</p> <p>2:30 Protect from Fraud</p>	23	<p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:15 Yoga</p> <p>10:00 Ceramics</p> <p>10:00 Everything Computer</p> <p>10:30 S.A.I.L.</p> <p>12:00 Traveling Chef</p> <p>12:30 Cribbage</p> <p>1:30 Hard-Wired Alarms</p>	24	<p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:00 Blood Pressure</p> <p>9:15 Exercise</p> <p>10:00 Rummikub</p> <p>10:45 Chair Aerobics</p> <p>12:30 Bingo</p>	25	<p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>10:00 Tai Chi</p> <p>10:00 Quilting</p> <p>11:45 Zumba</p> <p>1:00 Cardio Boost</p> <p>2:00 Beg. Line Dance</p>	10:45 Chair Aerobics 12:30 Bingo	10:30 S.A.I.L. 11:00 Commodity Food 12:30 Cribbage 1:00 Davis Bates	11:00 Grassfields Van Trip 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance 2:30 Golf League Registration	10:45 Chair Aerobics 12:30 Bingo
	28	<b><u>April Classes Start</u></b>	29		30	31								

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**GONE BUT NOT FORGOTTEN – Nick Rosa**  
**“I basically like people until they show me I shouldn’t like them.”**

Nick Rosa passed away on Sunday evening January 16th at Lahey Burlington. Our deepest condolences are extended to his entire family and friend circle. Nick’s style and spirit lifted us all up at the BCOA and for that we are ever grateful. May God bless his soul.

Nick left the Friends of the BCOA Board after some 17 years of committed leadership to ensure that funding was acquired to help the BCOA supplement its town budget, last Fall.

Some 16 years ago he established a strong relationship with businessman Jean LeCompte, the first President of the Friends organization, to establish and sustain a new corporation called the Friends of the BCOA, (FCOA). As Vice President Nick would leave work in Lowell to attend 2-hour meetings to advance the work of the Friends. He retired in 2006 and got even more engaged.

Nick has worked tirelessly on numerous projects to improve the impact of the Billerica COA. When asked why he did it the answer was simple – “I basically like people until they show me I shouldn’t like them.”

Nick was always quick to point out that his dear wife Carol was a strong councilor as he engaged in more and more community work. He praised her for her genuine support and input as he moved on so many fronts to help the town. Nick’s son, Michael Rosa has also spent an extensive period supporting the BCOA. He worked hard to acquire furniture for the new BCOA that opened in March 2004. The building at 25 Concord Road was originally the library since 1980. May 2000 saw the opening of the current Library.

Nick left the Friends organization in great hands having worked recently to recruit hard-working Billericans who value aging and are willing to raise money and acquire other resources to improve the lives of seniors in town. He left us with a great sentiment –

**“I really love people. There is always something you learn from people  
as long as you keep your eyes and ears open,  
because you don’t know everything.”**



**Thank You!**

**In Memoriam Donations to the Friends of the BCOA**

**Thank You!**

**Ted Gestwicki**

Donation made by Theodore Gestwicki

**Nick Rosa**

Donations made by Charles and Carol Warren, Martin and Linda LaCarbonara, Patricia Fino, Nancy Lane, Nancy Perry, Janet Richardson, Patricia DiMarttle, Deborah Hold, Thomas and Kathleen Day, Richard and Barbara Grady, Fred Ciampa, Claire Marchesi, Joseph and Gail Sullivan, Patricia Melanson, Mary Gonnam, Mary and Thomas Whittenhagen, Elizabeth and Norman Van Gundy

**Find Purpose in Becoming a SHINE Counselor**

The SHINE Program (Serving Health Information Needs of Elders) is a state health insurance assistance program that provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers.

NEW SHINE counselor training will begin in April and takes a couple of months for the training and then some more time for mentoring. SHINE counselors help with any Medicare question. They are trained and certified by the Executive Office of Elder Affairs in many areas of health benefits, including Medicare A & B covered services, prescription drug options, Medigap insurance plans, Medicaid, and free or reduced cost health care programs.

For more information please contact, Lisa Rose, Regional SHINE Program, AgeSpan, (Formerly Elder Services of the Merrimack Valley and North Shore) at 978-946-1374 OR [lrose@AgeSpan.org](mailto:lrose@AgeSpan.org).



**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.

If you have made a reservation with John f or a ride or trip and something in your schedule changes, please let us know immediately so that we don't worry!

**Protect Yourself from Fraud  
Tuesday, March 22nd at 2:30 p.m.  
Presented by Enterprise Bank**

Prema Nagathan, Security Director and Colleen Sargent, Senior Branch Service Manager of Enterprise Bank will discuss how to identify ways scammers are targeting older adults and stealing their valuable information and money.



They will discuss ways to protect yourself and your family from financial exploitation and tips to safe baking practices. Sign up on [myactivecenter.com](http://myactivecenter.com). Must sign up to attend and if you cannot do so online, please contact Melissa at

**Mr. Fix-It**

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.



**Lobby Library  
Thursday, March 3, 10:00 a.m.**

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 them plan future library programs – stop by to tell Henry what kind of programs you'd like them to organize in the future!

**News from the Library**

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

**Virtual—First Thursday Book Club  
Discusses *The Lost Apothecary*  
Bestselling Author Sarah Penner to Join In!  
Thursday, March 10 at 7:00 p.m. on Zoom**

Sarah Penner will join us to answer your questions! Copies available at the circulation desk and on Hoopla.

**Retirement Planning Information Session  
Monday, March 14 at 2:30 p.m.**

John Foley of New England Investment and Retirement Group will walk you through aspects of income planning, investing, tax planning, insurance (Medicare / Medicaid), college education planning (for grandchildren), and estate planning.

**Virtual— The Art of Georgia O'Keefe: Beyond the Blossoms with Jane O'Neil  
Tuesday, March 29 at 7:00 p.m. Zoom**

In celebration of Women's History Month this program will shine a light on the ways Georgia O'Keefe employed abstraction to become known as the "Mother of American modernism." Sponsored by the Billerica Public Library Foundation as part of the foundation program series. It is presented in partnership with public libraries in Chelmsford, Andover & No. Reading.

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3. Print from your own device, from anywhere. (Learn more: <https://tinyurl.com/blibprint>)

**BCOA Book Club  
Tuesday, March 29 at 12:30 p.m.**

- 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.

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

March, 2022

We hope you are all well and have survived the winter storms.

The Friends Board lost one of our best supporters in January. Nick Rosa, a past president of the Friends Board, passed away on January 16. He was a great asset to the community he lived in and an advocate for seniors in all facets of the town. He will be missed.



**Friends President  
Mary Camilleri**

The Friends decided to postpone our Calendar Raffle until March. There are raffle tickets available at the front desk of the BCOA.

The date for the Black Tie Bingo event will be Friday June 17. This will be one of our biggest fundraisers of the year. We are soliciting underwriters for various elements of the event. Stoneham Bank is underwriting the cost of the meal. I am asking for various supporters to sponsor a game of bingo. The payout per game is \$100.00. There are 10 games. The last game payout is a \$1,000.00. If you are so inclined, please contact me at [marycamilleri@comcast.net](mailto:marycamilleri@comcast.net).

Happy St. Patrick's Day to you all.

Stay well and safe.

Mary D. Camilleri  
President  
Friends of Billerica Council on Aging

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### Dan's Auto Repair, N. Billerica Donation to the BCOA

Thanks to Dan's Auto Repair for donating the proceeds of their 'Santa Raffle' in December.

Pictured are Donna Robinson and Colleen Shea (Dan's wife).



### Gone but Not Forgotten

To dear family and friends of all those we have lost over the past 12 months we send our deepest of sympathies and remind you that we are here, should you need support of any kind.



As a patron, a member of one of our Boards, a volunteer, a community partner or more, you have helped us to create and maintain a positive environment or taken the time to promote our work and drive our fundraising machinery.

We miss each of you and are truly saddened by your departure.

"What we have once enjoyed we can never lose. All that we love deeply becomes a part of us." – Helen Keller

---

### The Mood of March – Wikipedia

#### March 1—Mardi Gras



#### March 8—International Women's Day

A global holiday celebrated annually to commemorate the cultural, political, and socioeconomic achievements of women. It is also a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women.



#### March 17—St. Patrick's Day

Or the Feast of Saint Patrick, is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. 385 – c. 461), the foremost patron saint of Ireland.



### 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.



**History Lecture**  
**Wednesday, March 9, at 2:00—3:00 p.m.**

**Sage of Tai Chi, East and West**

The Saga of Tai Chi, East and West is a key documentary on the appeal of this ancient Chinese practice. Here is a look back to the 1960's, a period of great change in America with Tai Chi arriving in the person of one of its great masters, Cheng Man-Ch'ing. Vintage archival footage tells the story of his life and gives a glimpse of Tai Chi's first major rooting in the United States."



Presentation by: Michael Elliotte  
 Sign up by Friday, March 4 at [myactivecenter.com](http://myactivecenter.com)  
 Limited to 20 attendees.  
 Free to attend  
 Must sign up, if unable to do so, please, contact  
 Melissa Paolicelli at 978-671-0916

**Who was Stephen Sondheim? March 22, 1930 to November 26, 2021**

Stephen Sondheim was arguably one of the best ever composers in the field of musical theatre and certainly the best of his generation. Young Stephen battled domestic instability and a tough relationship with his mother to emerge as a child prodigy, as he started learning piano at the age of seven and wrote his first musical when he was fifteen. His neighbor in Pennsylvania, Oscar Hammerstein II, was responsible for fostering in him an interest of writing for musicals and also taught him a lot on this subject. Soon after his graduation, Stephen Sondheim started auditioning his songs, but struggled to get anything substantial for a few years. He faced frustration as two of his Broadway musicals were cancelled, but eventually announced his arrival *with 'West Side Story'*, his first success, at age 27, as lyricist to "West Side Story," with music by Leonard Bernstein. The musical's famous songs include "America," "Tonight," "I Feel Pretty" and "Somewhere." Though Sondheim later called the lyrics "embarrassing," the show was a massive hit, running for almost 1,000 performances. Source: <https://famousbio.net/stephen-sondheim-8915.html>



**Of courage and influence - Abigail Adams**



Abigail Adams was one of only two women to have been both wife and mother to two U.S. presidents (the other being Barbara Bush). Often separated from her husband due to his political work, the self-educated Abigail oversaw the family's household and largely raised their four children on her own, all the while maintaining a lively lifelong correspondence with her husband on the political issues of the day. She was also famous for her early advocacy of several divisive causes, including women's rights, female education and the abolition of slavery.

Born in 1744, Abigail Smith grew up in Weymouth. Her father, William Smith, was minister of the First Congregational Church there, and also made a living as a farmer. He and his wife, Elizabeth Quincy Smith, both belonged to distinguished families in New England. Elizabeth's father, John Quincy, was active in the colonial government and served as Speaker of the Massachusetts Assembly for 40 years, and his career in public service greatly influenced his granddaughter.

Educated at home, Abigail read widely from the family library. When she was just 11, she and her sisters began receiving tutoring from Richard Cranch, a transplant from England who later married Abigail's elder sister, Mary. A friend of Cranch's, a young lawyer named John Adams, met 17-year-old Abigail and fell in love. After a long engagement that her parents insisted on, they married on October 24, 1764, when Abigail was 19 and John was 28. Just nine months after their marriage, Abigail gave birth to the couple's first child, Abigail (called Nabby). She would have six children in all; four lived to adulthood, including Nabby Adams, John Quincy Adams (born 1767), Charles Adams (born 1770) and Thomas Adams (born 1772).  
 History- American Revolution- First Ladies.

## ACTIVITIES & TRIPS

**We're Back !!**

**Greater Boston Stage Company presents 'Ain't Misbehavin' Musical**  
**2:00 p.m. Wednesday June 15**

Premium Seating  
 Ticket and Transportation \$55  
 Lunch before the play at Polcari's (your cost)  
 Limited number of seats, will sell out fast!  
 \$55 must be paid in advance by March 18  
 Call John at 978-671-0916 to sign up

### March Van Trips

**Sign up starts Monday, February 22 at 9:00a.m.**

Friday, March 4 **Parkers Maple Barn Breakfast / Kohls**  
 Tuesday, March 8 **Village Inn Dracut Lunch / Walmart**  
 Tuesday, March 15 **Grassfields Waltham Lunch / Wilson Farms**

### 3/20/2022 FIRST DAY OF SPRING

Tuesday, March 22 **Warrens Kittery Maine Lunch /Stonewall Kitchen**  
 Tuesday, March 29 **Harts Turkey Farm NH / Lunch**

All trips are \$12 round trip, weather permitting  
 Details and Times in My Active Center

### GIFT SHOP

**The Gift Shop is open**  
**10:00 a.m. to 2:00 p.m.**

**Come in, shop, we have**  
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Remember, 100% of ALL purchases support our programs and events at the BCOA.

We thank the following for their donations: Paula Grejdus, Barbara Solomon, Arlene O'Brien, Vanda S. Foster, Karen Smith, Helen Fitts, Carol Gill, Mary Dailey, Susan Timmins, Linda Gunn, Joan Martorella, Carl Pratt, Mary Camilleri, Susan Kinney and Gary Litchfield of the Emerald Rose Restaurant

### LOST & FOUND

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



### 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.

### 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 even read our Outlook newsletter there. Go to [www.billericacoa.org](http://www.billericacoa.org).



Drop by and let us know what you think!



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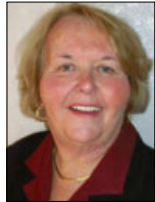
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**Massachusetts flower:  
Mayflower**



Sharing the same name as a famous sea vessel, this flower was chosen by Massachusetts schoolchildren in 1918. As a popular flower, it was over-collected to the point that it became illegal in 1925 to remove it from its natural setting. These small flowers bloom in clusters and give off a fragrant, "spicy" scent.

**Winter Weather Reminder**

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

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

*(Please Print)*

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

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Nutting Lake, MA 01865

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