



OUTLOOK

APRIL 2022



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Director's Corner

Spring rains and the power of washing away "the past"

As you know I grew up in a tropical country. When the rains came, we as children would run into it getting completely soaked. Laughing together we would literally dance in the rain. It was fun and we were happy.

As an adult I do not rush into the rain but what I enjoy is getting a cup of tea and looking outside as all the dirt, the grime, the stench is being washed away. And that brings me to April and its showers and the possibility of washing everything away that is dark to feel fresh and renewed as Spring beckons.

Ah, how light we are beginning to feel as the covid numbers are dropping and we are finding our way back to a life where we are more in control, where fear and uncertainty are less of hindrances to our well-being and happiness.

It is certainly a time of cleansing, peeling away and getting back to mental wellness. Yes, rain comes pouring down and daffodils spring up, umbrellas of all colors and sizes come out and after it all, we feel clean, calm, awash with hope and ready for the day.

Here is an image that makes my heart sing and hopefully yours too.

After the thunderstorm
my friend, recenter,
regain your positivity,
put on your happy boots
and take back control.



Happy April!

Jean Patel Bushnell

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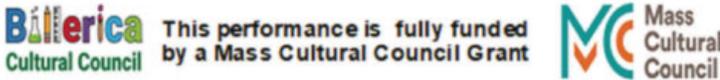


**Sheryl Faye As Ruth Bader Ginsburg
Tuesday, April 19 at 2:30 p.m.**

Ruth Bader Ginsburg was an American lawyer and jurist who served as an Associate Justice of the US Supreme Court from 1993 until her death in September 2020. She was the second woman and the first Jewish woman ever appointed to the Court and became the longest serving Jewish Justice.

Join us for **Sheryl Faye's** live performance portraying Ginsburg's life and contributions.

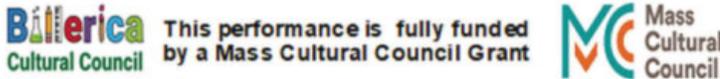
The event is Free. Maximum number of attendees is 25. Sign up is required by Thursday, April 14 on myactivecenter.com. If unable to do so, contact Melissa at 978-671-0916.



**Local Singer / Songwriter Howie Newman
Friday, April 22 at 1:00 p.m.**

Join in and enjoy former sportswriter Howie Newman's unique, interactive, and highly entertaining performance singing baseball songs, offering up baseball trivia, and telling stories about his days on the Red Sox beat.

The event is Free. Maximum number of attendees is 30. Sign up is required by Friday, April 15 on myactivecenter.com. If unable to do so, contact Melissa at 978-671-0916.



**Mother's Day Musical Performance
Tuesday, May 3 at 2:30 p.m.**

Join us as vocalist Ruth Harcovitz performs at our special Mother's Day Celebration.

With a clear, scintillating voice, soprano **Ruth Harcovitz** gives joy with her beautiful voice and warm personality everywhere she goes. Known for her hundreds of stellar performances throughout the Commonwealth, she recently returned from a successful singing tour in Florida.

Free. Attendance is limited to 20 people. Sign up is required, by Friday, April 29 on myactivecenter.com. If you are unable to do so, please call Melissa at 978-671-0916.



Our New Specialty Activities

We are pleased to bring you three specialty activities which will occur throughout the year. One is on a monthly basis while the others will be every other month. These creative sessions are intended to attract those among you who are looking for something MORE.

The cost of materials and instruction are higher for these classes than our current pricing hence the cost per person is \$10 per class.

We are happy to add these classes which are sized based on the interest demonstrated and the instructors recommended class size. We are glad that we were able to pilot some of these classes to gauge interest and accurately estimate the size of the class and the costs.

Our pricing is set to cover preparation, instruction and materials cost. These classes include:

- Card Making
- Cooking Live with Stacy Kirby
- Flower Arranging with Billerica Garden Club

Do come and enjoy!

**Card Making
Wednesday, April 13 at 10:00 a.m.**

Join Janet Habeshian and learn to make beautiful hand-crafted cards. The cost is now \$10.00 per class as one of our specialty activities (see above).

In each session, participants will make four hand-crafted cards. Maximum number of participants is 10 per class. Sign up is required on myactivecenter.com. If unable to do so, contact Melissa at 978-671-0916.

**Travelling Chef
Friday, April 8 at 12:00 p.m.**

Join the Travelling Chef for a hearty lunch featuring Jumbo Cheese Ravioli with marinara sauce, broccoli, oat bread, parmesan cheese and fruit. Cost is \$4.00 per person.

We continue to be vigilant as we have patrons who are immune compromised. Meal programs are maxed at 33 online signups. We will still create some distancing among individuals at meals but persons from the same party may sit close to each other. Thanks for your understanding.

Sign up is required by Wednesday, April 6 on 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
- 9:30 **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
- 9:15 **Horseshoes**—Starting April 7—Free
- 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 Friday, April 22nd, there will be no Zumba, Cardio Boost or Beginning Line Dancing due to a performance by Howie Newman.

Our Activities, Online Registration & Payment

Online Registration: Many activities require online registration. Online registration is done through myactivecenter.com.

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, 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.

April and May Registration Dates:**April**

- April classes begin on Monday, March 28.
- April registration begins on Monday, March 21 at 9:00 a.m.
- **No Exercise, Ceramics or Painting Together classes the week of April 25—29**

May

- May classes begin on Monday, May 2
- May registration begins on Monday, April 25 at 9:00 a.m.

**Try a New Class or Revisit An Old Favorite
Tai Chi for Arthritis and Seniors**

The BCOA offers a **free** Tai Chi class on Fridays at 10:00 a.m.

Taught by Joanne Shaughnessy, Tai Chi has many benefits for seniors:



- Improves balance, helping to reduce falls; also strengthens muscles in the legs and increases flexibility and stability in the ankles.
- Improves core strength to enhance stability and reduce back pain.

The class is **free**. You can register at myactivecenter.com. You must register to attend, if you cannot do so online, please contact Carolyn or Melissa at 978-671-0916.

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 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. 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. 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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*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 – Steps to Assisting Family Caregivers with a Loved One

The BCOA Companion Program Process:

- If you believe that you or loved one could benefit from companion care, the program coordinator can discuss options with you and get your questions answered. We will take the time to talk to you about your needs and how we can best assist you.
- If you are currently a client of AgeSpan (formerly Elder Services of Merrimack Valley), you may be eligible for discounted companion service rates. You can contact your Age Span case manager to inquire about eligible companion hours or call Carolyn at the BCOA.
- The program coordinator will do a home visit with the potential client and any involved family members to learn more about the client's needs and how he or she functions at home. The potential client will also meet with a companion to see if they might be a good match considering personalities and interests.
- After agreeing to the service, an agreement is signed and the companion can start working immediately.

The Billerica Council on Aging has been relieving family caregiver stress since 2001. Our companions offer supervision, socialization, light meal preparation, and transportation for errands and appointments by trained, caring, CORI screened professionals. For questions about the program or to request brochures, please contact Carolyn Savio at 978-671-0916, ext. 2010.

Foot Care Service at the BCOA Thursday, April 14

Registered Nurse Diane Stanley will offer a foot care service to the patrons of the BCOA on Thursday, April 14. Each half-hour visit will include foot assessments, toenail trimming, foot cleansing and massage for \$30. Appointments are required, and can be made by contacting Carolyn Savio at 978-671-0916, ext. 2010.



Blood Pressure Clinic

The BCOA Blood Pressure Clinic is running on Tuesdays, and Thursdays from 9:00 - 11:00 a.m. in April. 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.

Memory Café on Wednesday, April 13th 1:00 p.m.

Please join us for an in-person Memory Café on Wednesday, April 13 from 1:00—2:00 p.m. at the Billerica Council on Aging. 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.

Property Tax Work-Off Program FY 2022- 2023

Attention Seniors and Veterans who are Billerica homeowners: The Town of Billerica offers seniors and honorably discharged veterans the opportunity to apply for Property Tax Work-Off Programs. Eligible individuals can volunteer 75 hours to receive a \$1,000 property tax relief benefit by helping municipal departments and schools. When the hours are completed, the amount will be deducted from your property taxes. More information next month.

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

Physical therapist Michael Stare, from Orthopaedics Plus Physical Therapy will present: Fit After Fifty on Wednesday, March 30 at 1:00 p.m. He will discuss how to get strong, lean and fit, regardless of your injuries or conditions.

Please register for this event in myactivecenter.com. Registration is required, if you cannot register online, please contact Carolyn at 978-671-0916.

Walking Wonders—Daily and Narrow Gauge Rail Trail Walks on March 29, April 5 & April 26, at 9:00 a.m.

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

Narrow Gauge Rail Trail Walks March 29, April 5 & 26: The group meets 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. For weather concerns or general questions, please call Carolyn at 978-671-0916, ext. 2010.



**Our Outreach Department
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Senior Spotlight

This month our Spotlight is on Joe D'Arrigo.

Joe tells me he first came to Billerica about 67 years ago from Arlington after his brother bought a home here on the river – they'd boat, and swim, and have a lot of fun. So, Joe and his wife bought a home too where they raised their son and two daughters. Joe worked as an auto mechanic with AMC working on some fast cars such as the Rambler American. "It wasn't unusual to work a second job," he says. "I was quite good at fixing anything mechanical. It just came naturally."



Joe started coming to the BCOA about 15 years ago when he was semi-retired, playing pool with his friend Manny and some of the 'old timers' and volunteering in the fitness room. Joe still helps out each week on the Panera bread program. Panera's day old goodies and breads are picked up three times each week and shared with the patrons at the COA – and we share it with the police and fire department. About volunteering, Joe says he believes in people helping people.

Coming to the COA "gets me out of the house" he says, and "the day goes by fast. "There's so much to do here. Pool playing, cribbage, horseshoes. I've met some great people."

Joe's a firm believer in being friendly to everyone. "Treat people like you want to be treated, make them feel welcome and comfortable."

When asked what advice he'd give folks thinking of coming to the COA, Joe says, "Tell them to come in. I'll give them a tour myself!"

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.



BCOA Van Service

Affordable, caring and easy to schedule. When you prefer not to drive, as a BCOA 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 April van trips.

**TOURS of Clara Sexton House – Home of The
Billerica Historical Society founded in 1894
Fridays April 1 and 15 at 1:30 p.m.**

Join us at the BCOA at 1:30 p.m. Walk over to 36 Concord Road to the Billerica Historical Society for a tour. Each group will consist of 15 patrons. To sign up please contact Melissa Paolicelli at 978-671-0916 by March 29 for the April 1 tour and April 12 for the April 15 tour. Delve into history, learn a lot during an informative tour.

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.

Thank You Tara!

BATV's Tara Spingaerd has helped us to tell our stories under a range of circumstances and situations so that the full range of our community impact could be grasped.

As the Content Producer at BATV, Inc. our local TV station, she continues to be responsive, accessible and caring about local seniors and their family caregivers. On top of all that her professionalism is superlative!



APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>March 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><u>April Classes Start</u></p>	<p>March 29</p> <p>8:30 Hart's Turkey— Van Trip 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:00 Narrow Gauge Trail 9:00 Tap Dance 9:30 Knitting/Crochet 11:45 Cardio Boost 12:30 Party Bridge 12:30 Book Club 1:00 Line Dance</p>	<p>March 30</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:30 Ceramics 10:00 Everything Computer 10:30 S.A.I.L. 12:30 Cribbage 1:00 Fit After Fifty</p>	<p>March 31</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 10:45 Chair Aerobics 12:00 Baseball Opening Day Lunch 12:30 Bingo</p>	<p>April 1</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Tai Chi 10:00 Quilting 11:45 Zumba 1:00 Cardio Boost 1:30 Clara Sexton Tour 2:00 Beg. Line Dance</p>
<p>4</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>5</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:00 Narrow Gauge Trail 9:00 Encore—Van Trip 9:00 Tap Dance 9:30 Knitting/Crochet 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance</p>	<p>6</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Yoga 9:30 Ceramics 10:00 Everything Computer 10:30 S.A.I.L. 12:30 Cribbage</p>	<p>7</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:15 Exercise 9:15 Horseshoes 10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo</p>	<p>8</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Tai Chi 10:00 Quilting 11:45 Zumba 12:00 Travelling Chef 1:00 Cardio Boost 2:00 Beg. Line Dance</p>
<p>11</p> <p>7:30 Golf League 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>12</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 Old Mill—Van Trip 10:00 Tech Table 11:45 Cardio Boost</p>	<p>13</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Yoga 9:30 Ceramics 10:00 Card Making 10:30 S.A.I.L. 12:30 Cribbage 1:00 Memory Café</p>	<p>14</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 9:15 Horseshoes 10:00 History Lecture 10:00 Rummikub</p>	<p>15</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Tai Chi 11:45 Zumba 1:00 Cardio Boost 1:30 Clara Sexton Tour 2:00 Beg. Line Dance</p>

<p>18</p> <p><u>Patriots Day</u> <u>COA Closed</u></p> 	<p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:00 Tap Dance 9:00 Frugal Fannies— Van Trip 9:30 Knitting/Crochet 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance 2:30 Sheryl Faye as Ruth Bader Ginsburg</p>	<p>25</p> <p><u>May Registration</u> <u>Starts</u></p> <p>7:30 Golf League 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 1:15 Social Time</p> <p>No Exercise, Ceramics or Painting Together Classes this week</p>
<p>12:30 Chair Aerobics 12:30 Bingo</p>	<p>19</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:00 Tap Dance 9:00 Frugal Fannies— Van Trip 9:30 Knitting/Crochet 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance 2:30 Sheryl Faye as Ruth Bader Ginsburg</p>	<p>26</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Narrow Gauge Trail 9:00 Pool Playing 9:00 Blood Pressure 9:30 Knitting/Crochet 10:00 Causeway— Van Trip 12:30 Party Bridge 12:30 Book Club</p> <p>No Exercise, Ceramics or Painting Together Classes this week</p>
<p>10:45 Chair Aerobics 12:30 Bingo</p>	<p>20</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Yoga 9:30 Ceramics 10:30 S.A.I.L. 11:00 Commodity Food 12:30 Cribbage</p>	<p>27</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 12:30 Cribbage</p> <p>No Exercise, Ceramics or Painting Together Classes this week</p>
<p>10:45 Chair Aerobics 12:30 Bingo</p>	<p>21</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:15 Exercise 9:15 Horseshoes 10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo</p>	<p>28</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Blood Pressure 9:15 Horseshoes 10:00 Lobby Library 10:00 Rummikub 12:30 Bingo</p> <p>No Exercise, Ceramics or Painting Together Classes this week</p>
<p>22</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Tai Chi 1:00 Howie Newman Baseball Show</p>	<p>No Zumba. Cardio or Beginners Line Dancing</p>	<p>29</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Quilting</p> <p>No Exercise, Ceramics or Painting Together Classes this week</p>



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Who Invented the Umbrella?

Ancient umbrellas or parasols were first designed to provide shade from the sun. The basic umbrella was invented more than 4,000 years ago. There is evidence of umbrellas in the ancient art and artifacts of Egypt, Assyria, Greece, and China. These ancient umbrellas or parasols were first designed to provide shade from the sun. The Chinese were the first to waterproof their umbrellas for use as rain protection. They waxed and lacquered their paper parasols in order to use them for rain.

The word "umbrella" comes from the Latin root word "umbra," meaning shade or shadow. Starting in the 16th century the umbrella became popular in the western world, especially in the rainy climates of northern Europe. At first, it was considered only an accessory suitable for women. Then the Persian traveler and writer Jonas Hanway (1712-1786) carried and used an umbrella publicly in England for 30 years. He popularized umbrella use among men. English gentleman often referred to their umbrellas as a "Hanway."

James Smith and Sons

The first all umbrella shop was called "James Smith and Sons." The shop opened in 1830 and is still located at 53 New Oxford Street in London, England. The early European umbrellas were made of wood or whalebone and covered with alpaca or oiled canvas. The artisans made the curved handles for the umbrellas out of hardwoods like ebony and were well paid for their efforts.

Modern Times

In 1928, Hans Haupt invented the pocket umbrella. In Vienna, he was a student studying sculpture when he developed a prototype for an improved compact foldable umbrella for which he received a patent in September 1929. The umbrella was called "Flirt" and was made by an Austrian company. In Germany, the small foldable umbrellas were made by the company "Knirps," which became a synonym in the German language for small foldable umbrellas in general. In 1969, Bradford E Phillips, the owner of Totes Incorporated of Loveland, Ohio obtained a patent for his "working folding umbrella."



Umbrellas are now a consumer product with a large global market. As of 2008, most umbrellas worldwide are made in China. The city of Shangyu alone had more than 1,000 umbrella factories. In the U.S., about 33 million umbrellas, worth \$348 million, are sold each year. As of 2008, the U.S. Patent Office registered 3,000 active patents on umbrella-related inventions.

Bellis, Mary. "Who Invented the Umbrella?" ThoughtCo, Jan. 26, 2021, [thoughtco.com/who-invented-the-umbrella-1992592](https://www.thoughtco.com/who-invented-the-umbrella-1992592).

Flower Power on a Friday Afternoon at the BCOA – FUN and JOY

We could not have picked a more gorgeous afternoon for floral arraying at the BCOA. The Instructor Rebecca Ingram, also Associate Research Fellow - Group Lead at Pfizer, Andover, showed off the other side of her creative brain supported by Kimberly Van Auken, President of the Billerica Garden Club and Ruth MacNutt of the Garden Club. A dozen participants were all smiles as they left with their creations.



National Pajama Day is Observed on April 16 Annually.

As the name suggests, the National Pajama Day is spent by people wearing their pajamas and celebrating this piece of clothing which is so easy-breezy!

Where Did the Pajamas Come From? Purplecart
December 2, 2020

The word 'Pajama' is derived from Hindi – The National language of India. Pajamas were prevailing in India and the Middle East centuries ago and the Europeans picked it up from there, and it went to Europe as an exotic loungewear. Though pajamas were worn in these countries from the 17th Century, its widespread use started from the 20th Century.

Unquestionably the most loved sleepwear or lounging option for men, women and children is a comfortable pajama set. It can be a one piece or a two piece and the feature that differentiates pajamas is it's loose fitting that lets your body relax. The western world was introduced to this comfy lounging wear around 1870, when British Colonial officers adapted this from the colonies and continued wearing them even after they returned back to their homeland.

Men's pajama sets were widely available by the year 1902 and had garnered a lot of popularity owing to its unmatched comfort as compared to the tradition nightwear. On the other hand, women's pajamas became a thing by the year 1920. Men's pajamas were crafted from silk, cotton or flannel, women's pajamas on the other hand were designed from brightly printed rayon or silk fabrics and decorated with laces, ribbons or frills. With the coming years, pajamas evolved with the evolving fashion trends prevailing then.



Tuesday Tech Table Tuesday, April 12 10:00a.m.—12:00 p.m.

Feeling frustrated with technology? Don't go it alone. Billerica Public Library Technology Librarian Abby Sheikh can help with your computer, smartphone, e-reader, library online resource & technology issues.



Sign up for a 15-minute appointment for individualized help with backing up files, email and social media, using a new phone or device, accessing e-books, or a tech topic of your choosing. Please register ahead of time at the BCOA Front Desk for an appointment.

Lobby Library Thursday, April 28, 10:00 a.m.

NEW Date: Last 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".

News from the Library

Virtual Adult– First Thursday Book Club Discusses An American Sunrise by Joy Harjo Thursday, April 7, at 7:00 p.m. on Zoom

Join us during National Poetry Month to discuss *An American Sunrise* by Joy Harjo, the first Native American Poet Laureate of the United States. Copies available at the circulation desk and on Hoopla.

Hybrid Adult- Let's Talk Books Saturday, April 9, at 10:30 a.m. Library Meeting Room or on Zoom

Is your favorite part of a book group when people talk about what they're reading and loving? This is the group for you! No assigned reading. Just a small group who share suggestions for what to read.

Virtual Adult: The Big Bad Bruins with Tom Whalen Tuesday, April 19, at 7:00 p.m. on Zoom

Tom Whalen, author of *Kooks and Degenerates on Ice: Bobby Orr, the Big Bad Bruins, and the Stanley Cup Championship That Transformed Hockey*, will relive the moments, characters, and historical context that made this Bruins team so legendary.

Featured Service: Museum Passes

The Billerica Public Library offers a number of different passes to museums and attractions in New England provided through the generous sponsorship of the Family Friends of the Library, local businesses and organizations. This spring, take a hike with a Mass Parks or Trustees pass, visit the Peabody Essex Museum, Tower Hill Botanic Garden and much more. For a list of available passes visit billericalibrary.org/borrowing/museum-passes/ or ask the circulation desk.

BCOA Book Club Tuesday, April 26 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
June: The Silent Patient, Alex Michaelides

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.

April, 2022

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

The Friends have been working on several activities during the past months. The calendar raffle seems to be popular with everyone. Jean Patel-Bushnell has asked the Friends to support the Respite Program's Home Care project which we have approved. We will be ramping up our activities for the Black Tie Bingo event. We also have a mass mailing to invite everyone to become members of the Friends organization. Thank you to all who have signed up and paid the \$10.00 membership fee.



Friends President

As was stated in last month's Outlook, the date for the **Black Tie Bingo event is Friday June 17**. This is one of our biggest fundraisers of the year. We are currently soliciting underwriters for various elements of the event. One such sponsor is Stoneham Bank which is underwriting the cost of the meal. We are looking 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.

Happy Easter to you all.

Stay well and safe.

Mary D. Camilleri
President
Friends of Billerica Council on Aging

In Memoriam Donations to the Friends of the BCOA

Donations in Memory of Nick Rosa
BCOA Board of Directors,
Arthur and Susan Trepaney,
Holland Used Auto Parts,
Bill and Sheila Sartell,
Jeremiah O'Connor,
Stephen and Maryanne Lentine,
Daniel and Regina Ferrara,
Maryellen Gunning

Thank You

The Red Hats on Valentines Day

Here at the Billerica COA the Red Hats enjoyed Tea – British Style! Of course, Valentine's Day is the day of love and gathering at the BCOA is the best way to feel it deep in the heart!



We thank the guys – John Pellegrino, John Coyne, and Joe D'Arrigo for so much style in serving tea! Fun for all and once again the BCOA is THE place for love, laughter, and life for those 60 years and older in town. It was a happy Valentine's Day for everyone. Brought to you by Melissa Paolicelli, our Events Coordinator, and a group of dependable and professional volunteers.

Happy 90th Birthday Rosemarie Busa

Rosemarie turned 90 on February 26! Rosemarie began tap dancing at the BCOA many years ago and is still going strong!



**Do You Play Bingo?
Please Bring Correct Change**

Please note that if you play Bingo at the BCOA, please do not bring bills larger than a \$10. We do not have the ability to make change for bills that are \$20 or more.

BINGO				
10	18	40	53	74
3	23	37	55	70
15	24	★	51	62
5	30	43	54	65
1	28	33	58	67

Your cooperation is appreciated.
Thanks.

**History Lecture
Thursday, April 14, at 10:00 a.m.
Fenway Park**

Fenway Park, in Boston, MA is the oldest park in Major League Baseball and home of the Red Sox. The first baseball game played in the park was April 20, 1912 and it continues to be used in Major League Baseball today.

Presentation by Paul Hogman, limited to 20 attendees. Free to attend. Must sign up by Tuesday, April 12 at myactivecenter.com. If unable to do so online, contact Melissa at 978-671-0916.



**Computer Class—Internet Basics
Starts Wednesday, May 4: 10:00 a.m.**

If you are unfamiliar with or wary of using the internet, this class is for you. We will cover all aspects of the internet and how to stay safe while using internet based systems and tools in this six week program.

Cost is \$30 for the six-week class. Limited to 4 students. Sign up by Friday, April 29 on myactivecenter.com. If unable to do so or if you have any questions, contact Melissa at 978-671-0916.

Habitat for Humanity Critical Home Repair Program

Habitat for Humanity of Greater Lowell’s Critical Home Repair program offers assistance to qualified seniors, veterans and families to help alleviate health, safety and code violations. This program is part of an ongoing effort to meet Habitat’s mission that everyone should have a decent, affordable place to live in dignity and safety. As with all Habitat for Humanity programs, this offers “a hand-up, not a hand-out”.

Eligibility Requirements

- Must own home within Habitat Greater Lowell affiliate territory. Towns listed below.
- Home must be owner occupied OR serve as primary residence.
- Home must be a single family or duplex/condo home.
- Rental units and mobile homes are not eligible.
- Applicants must pay 25% of the overall estimated value of the repair work.
- Household income must be below current maximum income limits listed below.
- Applicants may not have more than \$25,000 in liquid assets (excluding retirement funds).
- Applicants must show proof of current homeowners insurance (or letter stating requested work is required to reinstate).
- Applicants must show proof of up to date property taxes.
- Veterans must demonstrate proof of general or honorable discharge.



Income Guidelines:

If you live in one of the following cities or towns:

BillERICA, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro and Westford:

Household size	1	2	3	4	5
Maximum Annual Income	\$47,460	\$54,240	\$61,020	\$67,740	\$73,200

If you live in one of the following towns:

Bedford, Burlington, Carlisle, Concord, North Reading, Reading, Wakefield and Wilmington:

Household size	1	2	3	4	5
Maximum Annual Income	\$56,400	\$64,440	\$72,480	\$80,520	\$87,000

For more information and guidance please contact our Outreach Department at 978-671-0916 extension 2006.

ACTIVITIES & TRIPS

We're Back !!

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

Premium Seating
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 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

April Van Trips
Sign up starts March 21

Tuesday, April 5	Encore Casino
Tuesday, April 12	1761 Old Mill Restaurant, Westminster
Tuesday, April 19	Frugal Fannies/One Bistro North Lunch
Tuesday, April 26	Causeway Restaurant Gloucester/Stop for Candy

Details and Times in myactivecenter.com
 All trips are \$12 round trip, weather permitting

GIFT SHOP

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

Come in, shop. Support the BCOA!

We have great gift items, greeting cards 5/\$1, home décor, jewelry, music CDs, audio books, jewelry and much more. Our inventory is always changing.

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Thank you to the following supporters for your donated items to the Gift Shop: Carol Wentworth, Ron Tomlin, Cathryn Luttrell, Dottie Connell, Jeanne Brady, Ruth MacNutt, Mary Giusti, Bob Hartshorn, Joyce Weaver, Helen Heselton, Pat Abrams, MaryRose Cucchi, Deb Willard, Betty Van Gundy, Antonetta Giordano and Barbara McInerney, Paula Moriconi on behalf of her sister Kathleen.

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.

Drop by and let us know what you think!



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**Horseshoes is Back
Starting April 7th**

Horseshoes returns on **Thursday, April 7th**. The group meets on Thursdays at 9:15 a.m. from spring through fall.

The group is looking for new players. If you are interested in learning how to play, sign up and they will teach you.

You can sign up on myactivecenter.com or contact Melissa at 978-671-0916 for info.



Billerica Council on Aging

25 Concord Road
Billerica, MA 01821
www.billericacoa.org
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.

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Enclose Check Payable to 'Friends of the BCOA'

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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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