



OUTLOOK

MAY 2022



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May, Mothering and More

Ah May, spring is fully here, and happiness is in the air. The joy of getting outside, of watching life awash with colors, of experiencing new birthing all around us and human energy getting exercised. We feel motivated and transformed from the cold days of winter and the depths of Covid.

As someone suggested - celebrate the gorgeous month of May! The sun is warming, the birds are chirping, the flowers are blooming, and the garden is growing.

Of mothering - the act of being caring, protective, and kind. Often however there is a fine line between mothering and smothering. Related to our patrons I often see a loss of control and reduced self-esteem because suddenly your family circle knows what's best for you. Your voice is lost. If you go to assess assisted living communities or any care communities for that matter, the organizations are speaking to your family rather than to you! Yes, these folks care and many care deeply but if at any point you feel a need to speak to us to help you advocate for your choices and your preferences, please give me a call.

May is Older Americans Month. The 2022 theme is Age My Way, "an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities." Here at the BCOA we offer a range of volunteering opportunities. Our programmatic mix is carefully designed to maximize your sense of self, connectivity and wellbeing so that you can continue to live in the homes you love for as long as possible. We fully support this year's theme – ***what each person needs and prefers is unique.***

We wish you a happy May and we salute all of you who mother in some way or the other through listening attentively, caring from deep within and loving with all your heart.



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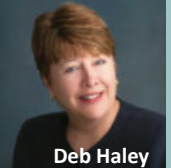
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**Mother's Day Tea and Concert with Ruth Harcovitz
Tuesday, May 10 at 12:00 p.m.**

Join us for a special Mother's Day event on Tuesday, May 10th. A Mothers Day Tea sponsored by Brightview Senior Living followed by a concert with vocalist Ruth Harcovitz. The event is free to attend.



During the tea, Brightview's Janna Barry will share information on Brightview Concord River and their deep dedication to their assisted living and memory care residents.

"While residents have fun, we take care of the rest." Our community can help provide the care when you need it while still being able to enjoy our vibrant community. With so many things to choose from, what are important considerations?

Following the tea, vocalist Ruth Harcovitz performs selections from Rodgers and Hammerstein. 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. Ruth's performance is funded by the BCOA as well as the Billerica Cultural Council via a grant from the Mass Cultural Council.



This is a free event. There is a maximum of 30 attendees for this event. Registration required by Friday, May 6 on myactivecenter.com. If you are unable to do online, please call Melissa at 978-671-0916.

Billerica Cultural Council This performance is fully funded by a Mass Cultural Council Grant



**Travelling Chef
Wednesday, May 25 at 12:00 p.m.**

Join the Travelling Chef for a hearty lunch featuring Chicken Fajitas (diced chicken), peppers and onions, corn, black beans and red onion, tortilla, salsa. Dessert is Tres Leches cake.



Cost is \$4.00 per person. Join us for a delicious meal then enjoy Delvena Theater's "Meet Julia Child!" performance.

Maximum of 25 attendees. Sign up is required by Friday, May 20 on myactivecenter.com. If you are unable to do so online, please call Melissa at 978-671-0916.

**Meet Julia Child!
Wednesday, May 25 at 1:30 p.m.**

Meet Julia Child! - the beloved French Chef. Learn more about her life – from her privileged childhood in California when she had no interest in food, except for eating what the family's private chef prepared – to becoming one of the culinary legends of all time.

Don't miss this live performance featuring Lynne Moulton as Julia Child doing what she did best. The audience will have the opportunity to view Julia on the set of The French Chef television show, an amusing and fun experience! After the performance, the cast will open up for discussion regarding Julia Child.



This is a free event, limited to 30 attendees. Registration required by Friday, May 20 on myactivecenter.com. If unable to do so online, please call Melissa at 978-671-0916.

Billerica Cultural Council This performance is fully funded by a Mass Cultural Council Grant



**Enjoy Breakfast by Billerica's Finest – Our Police Department!
Friday, May 6**

Enjoy a scrumptious FREE breakfast on Friday, May 6th served to you by Billerica's finest. Members of the Billerica Police Department will prepare and serve breakfast to the first 50 seniors to sign up.

You can sign up on myactivecenter.com or if you cannot do so online, please call Melissa at 978-671-0916. There will be two seating's: One from 9:00 a.m.—10:00 a.m and a second one from 10:00 a.m.—11:00 a.m. Please call Melissa or Jeanne with any questions. 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 no longer required. See page 6**

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 **Tap Dancing** - \$18 for 4 classes
9:30 **Knit/Crochet Group** - Free
9:30 **Blood Pressure - Free Time Change as of 5—2**
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 **Horseshoes**—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
9:15 **Exercise** - \$18 for 4 classes
9:15 **Horseshoes**—Free
9:30 **Blood Pressure - Free— Time Change as of 5-2**
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

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. **Please 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.

May and June Registration Dates:**May**

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

June

- June classes begin on Tuesday, May 31st due to the Memorial Day holiday.
- June registration begins on Monday, May 23rd at 9:00 a.m.

**Try a New Class or Revisit An Old Favorite
Yoga**

The BCOA offers Yoga on Wednesdays at 9:15 a.m. The cost is \$18.00 for a 4 week session.

If you've never tried yoga before, there are many benefits for seniors. Some of the benefits are:

- Strengthened bones
- Reduced stress
- Improved sleeping habits
- Enhanced balance, flexibility, mobility and strength
- Lessen the risk for depression
- Alleviate aches and pains



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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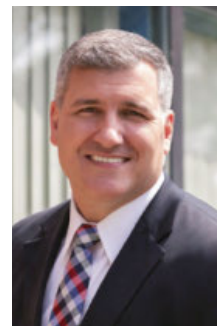
**TO LEARN MORE, CALL:
1.877.803.5564**

*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 Assisting Family Caregivers with a Loved One

At the BCOA, we understand the stress involved in caring for a loved one. If you are providing care to an elderly family member and would like some help fulfilling this important role, we may be able to help. Since 2001, the BCOA Companion Program has offered peace of mind for caregivers by providing outstanding service to elders in the community offering supervision, socialization, light meal preparation, and transportation to errands and appointments. For more information about our program, or to schedule a home visit, please contact Carolyn - 978-671-0916, ext. 2010.

Spring Grief Support Sessions by Home Health Foundation

If you or someone you know is struggling with the loss of a loved one, Merrimack Valley Hospice is offering a variety of in-person and virtual groups for the spring season including groups for general loss, loss of a spouse, loss of an adult child, and a cooking and eating for one workshop. For questions, or to register for these programs, please call 978-552-4510.

Fitness Room Changes in May

As of Monday, May 2nd, registration for the Fitness Room in myactivecenter.com will no longer be required but patrons will need to sign in at the front desk kiosk and with the monitor before entering the room. Four people will be allowed in the room at one time on a first come first serve basis for each 45-minute time slot. The times available will be 9:00 a.m., 10:00 a.m., 11:00 a.m. and 12:00 p.m. If the room is at capacity, patrons will need to come back for another available hour. For questions, call Carolyn at 978-671-0916, ext. 2010.

Financial Fraud Awareness and Prevention A Presentation for Family Caregivers – April 27

Dementia Friendly Billerica and Salem Five Bank will present “Financial Fraud Awareness and Prevention” for family caregivers on Wednesday, April 27 at the BCOA. Fraud expert Jasmine Wallace will discuss common types of scams and what to do about them. A light meal will be provided at 5:30 p.m. with a presentation at 6:00 p.m. For questions or to register, please email: dementiafriendlybillerica@gmail.com.

Blood Pressure Clinic NOTE NEW TIME—9:30 to 11:30 a.m.

The BCOA Blood Pressure Clinic will now be held on Tuesdays and Thursdays from 9:30 a.m.-11:30 a.m. 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, May 11

Please join us for an in-person Memory Café on Wednesday, May 11 from 1:00 p.m.-2:00 p.m. at the Billerica Council on Aging with a music performance by Roger Tremblay. 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

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. The Assessor's Office makes the determination for asset eligibility. Assets include: checking account(s), savings account(s), IRA(s), mutual fund(s), stocks, bonds, all registered motor vehicles, and any other real estate owned other than the current residence. **Applications will be available for pick up at the BCOA beginning May 3 through June 30, 2022.** The program will run from July 1, 2022 through February 28, 2023.

Walking Wonders Narrow Gauge Rail Trail Walks May 3 & May 31

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: **Tuesdays, May 3 and May 31 at 9:00 a.m. Narrow Gauge Rail Trail Walks:** The group meets at 92 Sweetwater Ave. in Bedford at 9:00 a.m. at the trail head parking lot and begins walk at 9:15 a.m. for a one-hour walk of the Narrow Gauge Rail Trail. Newcomers are welcome, and registration is required in My Active Center. For weather concerns or general questions, please call Carolyn at 978-671-0916, ext. 2010.

Foot Care Service at the BCOA Thursday, May 12

Registered Nurse Diane Stanley will offer a foot care service to the patrons of the BCOA on Thursday, May 12. 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 at 978-671-0916, ext. 2010.



**Our Outreach Department
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**You May Qualify for Assistance with
Your Grocery Costs**

The Supplemental Nutrition Assistance Program (SNAP) is administered by the Department of Transitional Assistance (DTA).

House hold size Maximum gross monthly income limit
 1 \$2,265
 2 \$3,052

SNAP benefits include:

- Monthly funds on an EBT card to buy food
- \$40, \$60 or \$80 a month put back on your EBT card when you use SNAP to buy local produce via the Healthy Incentives Program (HIP)
- Connections to other kinds of help, like utility discounts, discounted admissions to many Commonwealth museums and cultural institutions via EBT Card to Culture

To find out if you qualify for benefits & to apply easily over the phone, Call DTA's SNAP Senior Assistance Office (833) 712-8027

Low-Income Home Energy Assistance Program

Homeowners and renters may qualify for payments towards winter heating bills. It's not too late to apply for FY2022. **Application deadline has been extended until May 13, 2022**

Income qualifications:

Family Size	Maximum Annual Gross Income
1	\$40,951
2	\$53,551

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

Billerica Community Pantry

For those facing food insecurity, The Billerica Community Pantry provides food at no cost to Billerica residents who need assistance. The Pantry distributes food items to clients by a drive-through pick up procedure each month at the former Masonic Talbot Lodge at 11 Concord Road. Clients receive assembled boxes/bags of food as they drive through the lot. Dates and time to pick up will be arranged for you by the Pantry after you have registered. If you live in Billerica, and need food, or if you would like to volunteer or donate, you are encouraged to call the Pantry at 978-663-8433, or email billericapantry@gmail.com. Visit billericacommunitypantry.com to learn more.

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 May Van trips.

**Are You a Homeowner in Need of a
Critical Home Repair?**

HABITAT FOR HUMANITY's Critical Home Repair Program offers assistance to qualified homeowners, seniors and veterans to help alleviate health and safety issues and code violations.

Income Eligibility Requirements

Household size	Maximum Annual income
1	\$47,460
2	\$52,240
3	\$61,020

If your application is approved, Habitat will cover 75% of the cost of the repair and the homeowner pays the remaining 25% of the cost.

Applications are available in the BCOA Outreach Office, or you may call the Habitat for Humanity's Greater Lowell office in Westford at 978-692-0927 ext. 4 for applications and assistance with completing your application.

Check out Habitat for Humanity's YouTube video for more information! <https://youtu.be/IMNRArBYFcQ>

Hospital Equipment Loan Program — H.E.L.P.

Do you need an item of durable medical equipment such as a cane, crutches, walker, wheelchair, rollator, tub seat, commode, tub rails, electric lift chair electric hospital bed or Hoyer lift? Do you have items such as these which you no longer need and would like to donate?

The Masons' H.E.L.P program accepts donations of used equipment in good condition and then loans the items FREE OF CHARGE to those with a need.

Donations or pick up of needed items:

When: Each Saturday from 9:00 a.m. to Noon

Where: 500 West Cummings Park
Washington Street, Woburn

For more information: Please call the Masons at 781-322-1052 or visit their website smd-help.org

MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>May 2</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>May Classes Start</u></p>	<p>May 3</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Narrow Gauge Tri 9:00 Tap Dance 9:30 Blood Pressure 9:30 Knitting/Crochet 10:00 Kitty's—Van Trip 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance</p>	<p>May 4</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 9:30 Ceramics 10:00 Internet Computer 10:30 S.A.I.L. 12:30 Cribbage</p>	<p>May 5</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 9:15 Exercise 9:30 Blood Pressure 10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo</p>	<p>May 6</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Breakfast with a Cop 10:00 Breakfast with a Cop 10:00 Quilting 11:45 Zumba 1:00 Cardio Boost 2:00 Beg. Line Dance</p> <p>No Tai Chi</p>
<p>9</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>10</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Tap Dance 9:30 Blood Pressure 9:30 Knitting/Crochet 10:00 Tech Table 10:00 Tuscan Mkt—Van Trip 12:00 Mothers Day Tea & Ruth Harcovitz Concert 12:30 Party Bridge</p> <p>No Cardio Boost or Line Dancing</p>	<p>11</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 9:15 Yoga 9:30 Ceramics 10:00 Card Making 10:00 Internet Computer 10:30 S.A.I.L. 12:30 Cribbage 1:00 Memory Cafe</p>	<p>12</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Foot Care Service 9:15 Horseshoes 9:15 Exercise 9:30 Blood Pressure 10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo 1:00 Quilting Wkshop</p>	<p>13</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Quilting Wkshop 10:00 Tai Chi 11:45 Zumba</p> <p>No Cardio Boost or Beg Line Dance</p>
<p>16</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</p>	<p>17</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Tap Dance 9:30 Blood Pressure 9:30 Knitting/Crochet</p>	<p>18</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 9:15 Yoga 9:30 Ceramics</p>	<p>19</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 9:15 Exercise 9:30 Blood Pressure</p>	<p>20</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Quilting 10:00 Tai Chi 11:45 Zumba</p>

<p>1:00 Strength/Balance 1:15 Social Time</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><u>June Registration Starts</u></p>	<p>23</p>	<p>10:00 Kowloon—Van Trip 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance 2:30 History Lecture</p> <p>10:00 Internet Computer 10:30 S.A.I.L. 11:00 Commodity Food 12:30 Cribbage 1:00 Libby App</p> <p>10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo</p> <p>1:00 Cardio Boost 2:00 Beg. Line Dance</p>	<p>24</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Tap Dance 9:30 Blood Pressure 9:30 Knitting/Crochet 10:00 Markey's—Van Trip 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance 6:00 Estate Planning</p>	<p>25</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 9:15 Yoga 9:30 Ceramics 10:00 Internet Computer 10:30 S.A.I.L. 12:00 Travelling Chef 12:30 Cribbage 1:30 Meet Julia Child</p>	<p>26</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 9:15 Exercise 9:30 Blood Pressure 10:00 Rummikub 10:00 Lobby Library 10:45 Chair Aerobics 12:30 Bingo</p>	<p>27</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 2:00 Beg. Line Dance</p>
<p>30</p> <p><u>Memorial Day</u> <u>BCOA Closed</u></p>	<p>30</p>					
<p>31</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Narrow Gauge Tri 9:00 Pool Playing 9:30 Blood Pressure 9:30 Knitting/Crochet 10:00 Dream Diner—Van Trip 12:30 Party Bridge 12:30 Book Club</p> <p><u>June Classes Start</u></p>	<p>31</p>					



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Our Knitting Group is Back at Full Strength and Back to Supporting Those in Need Including Those in Ukraine.



**Thanks ladies
for your efforts!**



Rummikub We're Looking for Players!

We would love to have you join us every Thursday, from 10:00 a.m.—12:00 p.m. for Rummikub in the Art room on the second floor of the Senior Center. Advanced players and beginners are welcome. It is an easy game to learn & play, and a lot of fun. We would be happy to show you how the game works.



It is approximately 25 minutes per game. Very simple math involved. It only takes a few minutes to show you how to play!

Tuesday Tech Table Tuesday, May 10 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.

Cinco de Mayo ("The Fifth of May") : May 5

This day celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862.

More popular in the United States than in Mexico, Cinco de Mayo has become associated with the celebration of Mexican-American culture. Celebrations began in California, where they have been observed annually since 1863. The day gained nationwide popularity in the 1980s due to advertising campaigns by beer, wine, and tequila companies; today, Cinco de Mayo generates beer sales on par with the Super Bowl. In Mexico, the commemoration of the battle continues to be mostly ceremonial, such as through military parades or battle reenactments. The city of Puebla marks the event with various festivals and reenactments of the battle. *Source: Wikipedia*



History Lecture Tuesday, May 17 at 2:30 p.m.

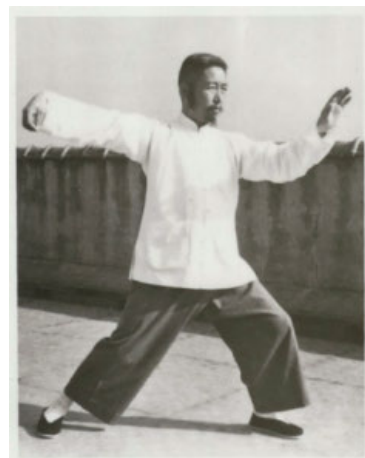
Sage of Tai Chi, East and West

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.

Learn how this ancient practice moved to the west.

Presentation by: Michael Elliott

Free to attend. Sign up by Friday, May 13 at myactivecenter.com. If you cannot do so online, please call Melissa at 978-671-0916.



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

Are you struggling with using the Internet? Do you need help searching and signing up for classes or searching websites? Then this is the class for you.

You will learn what the internet is all about and how to get what you want from it. This class will take the fear away and in a very short time you will marvel at all the possibilities that are at your fingertips.



Cost is \$30 for 6 weeks. Maximum number of attendees: 4. Registration is required, by April 29 on myactivecenter.com. If you are unable to do so, please call Melissa at 978-671-0916.

Are Your Battery Powered Smoke and Carbon Monoxide Detectors Older than 10 Years?

The Billerica Fire Department, in concert with the American Red Cross and Billerica Council on Aging, runs The Home Fire Safety Program to help ensure that seniors are safer in their homes from fire and fall risks. Owner occupied homes with outdated battery detectors can receive installation of replacement detectors free of charge. Billerica Fire Department Captain Bill Paskiewicz and a member of the BCOA Outreach staff can visit your home to provide installation of the detectors as well as educational information on fire safety and fall prevention. To schedule your home fire safety visit, please call the BCOA Outreach staff at 978-671-0916.

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.

**Neelam Wali and BCOA Director Jean Bushnell
At Holi Festive Tea**



**Lobby Library
Thursday, May 26, 10:00 a.m.**

On the last Thursday of each month, Librarian Henry Barker is 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 say "Hi".

News from the Library

**Virtual Program - Healthy Living for the Body and Brain with the Alzheimer's Association
Tuesday, May 10, 1:00 p.m.— Zoom**

This program is presented by Nicole McGurin from the Alzheimer's Association. Join us to learn about lifestyle choices that impact the aging process, including diet and nutrition, exercise, cognitive activity and social engagement, and gain hands-on tools to create a plan for healthy aging. This program is presented in collaboration with Dementia Friendly Billerica and several public libraries in the area.

**In Person Author Event – Ted Reinstein
Tuesday, May 17, 7:00 p.m. Library Meeting Room**

Join us to hear author Ted Reinstein talk about his latest book, *Before Brooklyn The Unsungook, Before Brooklyn: The Unsung Heroes Who Helped Break Baseball's Color Barrier*. This program is funded by the Billerica Public Library Foundation as part of the Foundation Program Series.

**Office Hours with Bethany Slack,
Board of Health's Community Services Coordinator
Fridays 1:30-3:30 p.m., Library Second Floor**

Need to get connected with local resources for food or cash assistance, housing and utilities, mental health services, or other needs? Drop by and chat with Bethany Slack in the Lions Study Room. See our website for the most up to date event information.

Featured Service: Homebound Delivery

Library Items Delivered to Your Home. Unable to visit but would like to borrow materials? Homebound Delivery is a free service for individuals unable to visit due to temporary or permanent illness or disability. Residents can make requests for books, DVDs, audiobooks, magazines, music CDs, or similar items by title or genre. Contact Sharon at 978-671-0948.

**BCOA Book Club
Tuesday, May 31 at 12:30 p.m.—on ZOOM**

May: Secret Life of Bees, Sue Monk Kidd
June: The Silent Patient, Alex Michaelides
July: No book club.

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.

May, 2022

Happy Spring Everyone.

First, we would like to thank you all who supported the March Calendar Raffle. We were, with your support, able to raise over \$3,000.00 to be used to support activities at the BCOA.

Second, we are thrilled with the support we received from our Friends of the BCOA membership drive. We now have over 400 members in our membership roles. The funds raised from the dues will also be earmarked to support activities at the BCOA.



Friends President

Our next event will be held Friday, June 17 at the BCOA. We will be hosting the second annual Black Tie Bingo fundraiser. Tickets will be available by April 14. The ticket price is \$100.00. The ticket price includes dinner. A cash bar of beer and wine will be available. There will be raffles, door prizes etc. available for sale. You can purchase your tickets at the BCOA from John Pellegrino, or you can contact Mary Camilleri at 978-670-8814 or email marycamilleri@comcast.net.

Then after the "Black Tie Bingo", we will be having another Calendar Raffle in August. Tickets will be \$10.00 as in our March Calendar Raffle.

Once again, we thank you all for supporting our fundraising efforts. Remember our goal is to support the BCOA activities so that our seniors can enjoy meeting with friends and getting their exercise and health needs taken care of.

Mary D. Camilleri
President, Friends of the BCOA

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.



**Estate Planning at Billerica Public Library
Tuesday, May 24, at 6:00 p.m.**

The BCOA and the Billerica Public Library are presenting a session on Estate Planning on Tuesday, May 24 at 6:00 p.m. at the Library Meeting Room. The session is being presented by Rich Carroll, Esq. If you have accrued assets, you need to ensure that you take important steps so that these are passed on to loved ones in keeping with your wishes.

Refreshments served beginning at 6:00 p.m., followed by presentation at 6:30 p.m. and a Q&A session. Register at billericalibrary.org/events.

We SALUTE our Firemen

This plaque is on the wall in the lobby of the new fire station in Pinehurst.



We are utterly grateful for our strong relationship with Chief Cole and his team who are always there for us to support our patrons and their families.

THANK YOU!

THANKS Bob!

We thank Bob Kinsman – Commander of the Billerica DAV for delivering 144 boxes of goodies to go out to our Meals on Wheels friends.

In photo is his lovely wife Mary Camilleri, President of the Friends of the BCOA, our 501(C) fundraising arm.



**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.

Tech Help
Learn How to use the Libby App
Wednesday, May 18, 1:00—3:00 p.m.
BCOA conference room.

Bring your device and get help accessing free e-books, audiobooks, and magazines. This is a small group help session with the Library's Technology Librarian, Abby and Assistant Director, Kathleen.

Space is limited.
 Call the BCOA to register
 978-671-0916



We are a happening place!

We have been told over and over again by patrons, visitors and others that the level of energy, engagement, connectivity, support and wellness you find at 25 Concord Road has been unmatched over the past 2 plus years



by any other COA in the region. As the guys rev up for the pool tournament dedicated volunteers distribute Panera products on the left side.

The Empire State Building

The building opened its doors on May 1, 1931. It is a 102-story Art Deco skyscraper in Midtown Manhattan in New York City, United States. It was designed by Shreve, Lamb & Harmon and built from 1930 to 1931. Its name is derived from "Empire State", the nickname of the state of New York. The building has a roof height of 1,250 feet (380 m) and stands a total of 1,454 feet (443.2 m) tall, including its antenna.

The Empire State Building stood as the world's tallest building until the construction of the World Trade Center in 1970; following the latter's collapse in 2001, the Empire State Building was again the city's tallest skyscraper until 2012. As of 2020, the building is the seventh-tallest building in New York City, the ninth-tallest completed skyscraper in the United States, the 49th-tallest in the world, and the sixth-tallest freestanding structure in the Americas.

Source WIKIPEDIA

THOSE CREATIVE AND CARING FOLKS!

We have mug rests made by our quilters for our homebound seniors being displayed here by Karen Johnson, The Coordinator of the Meals on Wheels Program.



Below we see the Knitters with a volume of knitted goods for another great cause.

Thanks Paula Baldwin and Maureen Freitas for your energy and kindness mobilizing your 2 groups for GOOD!



Holi Festive Tea

On Friday, March 18th the BCOA celebrated Holi and Spring with a festive tea. Holi is a Hindu tradition that celebrates Spring Spring and reinforces good over evil. Colorful costumes and



face decorating accompanied tea, treats and fun.



**Field of Hope Raffle
to Benefit UNICEF / Ukraine Children**

This beautiful Queen size quilt made by the BCOA quilting group is being raffled to raise money for Ukraine. Tickets are: 1 for \$1 or 6 for \$5 and are available at the BCOA Front Desk weekdays through Friday, May 6. **Please note:** Payments made for tickets at the BCOA must be in cash for the exact amount.

Tickets can also be purchased at O'Connor Hardware on Saturdays, April 23 & April 30 and at the Billerica Garden Club Flower & Plant Sale on Saturday May 7.



Winning Ticket to be Drawn Sunday, May 8

**May Trips
Sign up starts April 25**

- Tuesday, May 3 **Kitty's, N. Reading for lunch, Walmart**
- Tuesday, May 10 **Tuscan Market, Beach Plum, Chick-Fil-A Restaurant/Old Navy, Salem NH**
- Tuesday, May 17 **Kowloon, Saugus Stop for Ice Cream (time permitting, driver's choice)**
- Tuesday, May 24 **Markey's, Seabrook & Willey's in Salisbury or Huckleberry's in Hampton**
- Tuesday, May 31 **Dream Diner, Tyngsboro & Target Nashua Mall**

All trips are \$12 transportation round trip. Weather Permitting. Lunch is Your Expense.
Details and Times in My Active Center

Driver Gratuity: Ours drivers are dedicated; caring people and we are happy you appreciate them as do we. Gratuity or tips to the drivers cannot be accepted for it is contradictory to the affordable service made possible through the LRTA and Town of Billerica funding.

Gift Shop

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

Come in, shop! We have collectible Cherished Teddies (in original boxes) only \$5.00 each and DVDs 2/\$1.00!

*****Month of May SALE*****

**ALL jewelry is 50% OFF
Just in time for Mother's Day!**

100% of your purchases support the BCOA!

Thank you to the following for your donated items to sell in the Gift Shop:

Barbara Leonard, Karen Forester, Maryanne Oar, Joe D'Arrigo, Jr., Carol Wentworth, Nasibe Kazmi, Janet Porter, Terri Gonnella, Marge Hill, Loretta Gay, Linda Gunn, Joan Arena, Carol Gill, Linda Matte, Christine Gagnon, Duncan MacLennan, Kay Glock, Christine Hardy, Raffaella, Jeanne Bradley, Celine Tsougranis, Mike Haines, Norma Bailey, Ellie McCabe, Charlotte Busnach, in memory of Ann Iannelli, In memory of Sue & Clif Thissell, in memory of Sandra Merrill and donations made by Walt Daly in memory of his parents Pat and Bob Daly.



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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Happy Mothers Day to All!

Events Coordinator, Melissa Paolicelli, and her lovely daughter Gabriella at the recent Holi Tea at the BCOA



Billerica Council on Aging

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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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