



OUTLOOK

JUNE 2022



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Hello Summer



Director's Corner

The Joy of June

Flowers abound, folks are getting married, there are ducks in the pond and children are laughing as they lick their ice cream cones. Yes, it is such a wonderful month as summer officially arrives on the 21st.

On June 1 we acknowledge World Milk Day and remain amazed at the various formulations of this product to accommodate diets and health concerns. My readings indicate that dairy got its start in what is now Turkey in about 8,000 BC, and for reasons of food safety in the days before refrigeration, the first milk from animals was turned into yogurt, cheese, and butter.

June 3rd is World Bicycle Day and I love this one. I recall winning a scholarship to the top Girls' High School in Guyana, South America and having only one way to get there, by bike. Dad taught me how to ride. I fell off a few times but got up, wiped off my bleeding knee and headed forward at full speed.



Seems to be my life's mantra. My bike was a shining new Humber! An English brand. Thomas Humber made himself a velocipede in 1868.

June 12th is Anti-Child Labor Day. "The history of child labor in America is long and, in some cases, unsavory. It dates to the founding of the United States". Child labor first became a federal legislative issue as far back as 1906 with the introduction of the Beveridge proposal for regulation of the types of work in which children might be engaged. (Congressional Research Service, RL315010).

Well there you have it – June in all its glory. Celebrate, commemorate but remember to pause and recognize how far we have come as a nation and how much further we are yet to go! Kiss that guy in your life that you call Dad on Sunday, June 19th.

Jean Patel Bushnell

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**Let's have a Cuppa and Chat with Jean
Friday, June 10, 9:00—10:00 a.m.**

Please join Jean on Friday, June 10, from 9:00-10:00 a.m. in the community room, for a monthly catch up to share and care.

"I want to know how you are doing – it has been a rough 2+ years and we are all emerging from the depths of loss and loneliness to reconnect and smile together. Join me most months for an hour to chat and catch up. To keep it nice and cozy I am looking at hosting 25 patrons."



Light breakfast. Please sign up online in myactivecenter.com. "See you on June 10, FRIDAY."

Stop and Share

**Performer - Tim Van Egmond
Tuesday, June 21, 2:30—3:30 p.m.**



Tim is a triple treat! He sings, plays a variety of instruments, and he can tell whopping good tales! His engaging warmth and dynamic performance will tickle your ribs. It will make your spine tingle. Join us! It will warm your heart in an uplifting experience of enjoyment and enchantment.

This is a free event. There is a maximum of 25 attendees for this event. Registration required by Wednesday, June 15 on myactivecenter.com. If you are 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



**Black Tie Bingo
Friday, June 17, 6:00 p.m.**

The Friends of the BCOA will host the Second Annual Black Tie Bingo event on Friday, June 17 from 6:00 to 10:00 p.m. here at the BCOA.

Tickets are \$100 per person and only 100 tickets will be sold. In addition to being an evening of fun, food and games, this is the Friends biggest fundraiser of the year and the proceeds help the Friends to continue their support of activities and events that benefit BCOA patrons.

Tickets are available by contacting John Pellegrino at the BCOA at 978-671-0916 or Friends President Mary Camilleri at 978-670-8814 or via email at marycamilleri@comcast.net

**Firefighter's Barbeque
Friday, June 24, 11:30 a.m.—2:00 p.m.**

The annual Firefighters Barbeque will be held at the Billerica Elks on Friday, June 24 from 11:30 a.m. until 2:00 p.m. Please join us for a fun filled day with Billerica's finest who will be serving up a wonderful meal. Music performed by Jumpin Juba.

The event is free. There is a maximum of 150 attendees. Sign up will be Wednesday, June 1 and Thursday June 2, from 1:00—3:00 p.m. at the BCOA. Please call Melissa with questions at 978-671-0916.

Special Events – Please Read

We spend a lot of time looking for performers and events that would be of interest to our patrons. We have been fortunate this year to have had events funded by the Billerica Cultural Council that allowed us to offer entertainers for free. In several cases recently, many who signed up, did not show up. Whether the event is free or not, if you are signed up, we do expect you to attend. When you cannot do so, please unregister yourself in myactivecenter.com or contact us to let us know you are not going to come. That way we can offer the seat to someone else.

**The Lahey/New Entry Food Market at the BCOA
Program Begins Tuesday, June 14, 11:00 a.m.**

It is that time of year again for the Lahey/New Entry Food Market at the BCOA. The program will start on Tuesday, June 14 and run until Tuesday, October 25. Distribution will take place from 11:00 a.m.—12:00 p.m. in the first floor Community Room and be distributed market style as it has been in the past.



Lahey will provide recyclable bags at the first distribution. Please remember to bring this bag each week to collect your fresh veggies & fruits. Stop by the front area on Tuesday mornings to pick up a number from the volunteer. This year we will receive produce for 65 participants each week. New Entry will be handling the surveys this year and all who attend the Lahey market must agree and sign a document stating they will take part in the survey when New Entry/Tufts makes their calls to the participants.

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. **Registration
is no longer required.**

Monday

9:00 **Walking Wonders** - Free—Registration not required
9:00 **Pool Playing** - Free
9:00 **Fitness Room** - Free
10:00 **Painting Together** - Free—Registration not required
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—Registration not required
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
11:45 **Cardio Boost** - Free
1:00 **Line Dancing** - \$18 for 4 classes
1:00 **Party Bridge** - Free

Wednesday

9:00 **Walking Wonders** - Free—Registration not required
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—Registration not required
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
10:00 **Rummikub** - Free
10:00 **Buffalo Bingo** - Free - **NEW**
10:45 **Chair Aerobics** - Free
12:30 **Bingo**

Friday

9:00 **Walking Wonders** - Free—Registration not required
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.

June and July Registration Dates:**June**

- June classes begin on Tuesday, May 31
- June registration begins on Monday, May 23 at 9:00 a.m.

July

- July classes begin on Monday, June 27.
- July registration begins on Monday, June 20 at 9:00 a.m.

NOTE: Registration no longer required as of 5/31 for Painting Together or the daily Walking Wonders walk.

**Try a New Class
Beginner's Line Dancing**

Ever wanted to learn how to line dance? The BCOA offers a Beginner's Line Dancing class on Fridays at 2:00 p.m. The cost is \$18.00 for a 4 week session.



Line dancing incorporates a variety of different exercise elements. It includes cardiovascular exercise for your heart, strength training for your muscles, and endurance for overall body function. It is also an amazing way to relieve stress because it's fun and just makes you feel good.

You can register at myactivecenter.com. You must register to attend, if you cannot do so online, please contact 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.

- Cancelled 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.

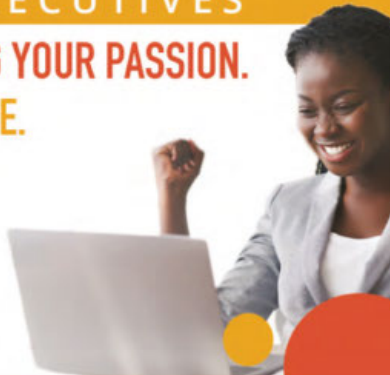
What if I need help? We are here to help you. If you need retraining, please contact Melissa at 978-671-0916, ext. 2022.

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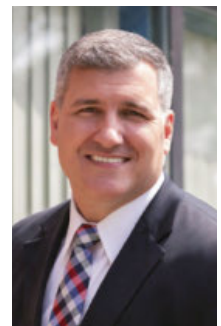


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BCOA Companion Program Assisting Elders in the Community

Are you looking to get out this summer to do things you enjoy with some assistance? Do you need a little extra help running errands or getting to doctor's appointments? Would you like to get out and walk, or even go out to eat? If so, companion visits may be a good fit for you. Since 2001, our companions have provided outstanding service to many families by offering supervision, socialization, light meal preparation, and transportation for errands and appointments. For more information about our program or to schedule a home visit, please contact Carolyn Savio at 978-671-0916.

Science-Based Nutrition for Memory Preservation A Presentation by Nancy Emerson-Lombardo, PhD Wednesday, June 29 at 5:30 p.m.

Please join us for a presentation about Science-Based Nutrition for Memory Preservation by Nancy Emerson-Lombardo, PhD on Wednesday, June 29 from 5:30-7:30 p.m. Learn more about the diet recommended to preserve memory based on the latest research. Light refreshments will be served followed by the presentation and a Q&A. Please RSVP by June 20 to dementiafriendlybillerica@gmail.com or contact Carolyn Savio at 978-671-0916.

Making Super Smoothies with Registered Dietician Leigh Hartwell Wednesday, June 22 at 1:00 p.m.

Registered Dietician Leigh Hartwell will join us for an in-person presentation on the topic of Super Smoothies on Wednesday, June 22 at 1:00 p.m. She will explain how these delicious drinks can be an excellent source of nutrients, and taste good too! There will be a Q&A and samples to taste. Go to myactivecenter.com to sign up. Questions, call Carolyn Savio at 978-671-0916.

Blood Pressure Clinic Tuesdays and Thursdays at 9:30a.m.

Blood Pressure Clinic runs on Tuesdays & Thursdays from 9:30 a.m.-11:30 a.m. Blood pressure checks are conducted by Mary Daley, R.N. Registration is not required, but patrons must use their key tags to sign in at the front desk.

Tai Chi for Arthritis and Seniors—Outside this Summer on Fridays at 10:00 a.m.

Instructor Joanne Shaughnessy will teach Tai Chi for Arthritis and Seniors on the BCOA lawn for the months of June, July & August on Fridays at 10:00 a.m. The class will be held inside if there is inclement weather. Sign up on myactivecenter.com. Questions, please contact Carolyn Savio at 978-671-0916.

Spring Grief Support Session Wednesdays Beginning June 1 at 10:00 a.m.

The BCOA in conjunction with Merrimack Valley Hospice is offering an in-person 4-week grief support session on Wednesdays beginning June 1 to June 22 from 10:00-11:30 a.m. The meetings will be held in the conference room at the Billerica Public Library. For questions, or to register for this program, please call 978-773-0300.

Memory Café Wednesday, June 8, 1:00—2:00 p.m.

Please join us for an in-person Memory Café on Wednesday, June 8 from 1:00 p.m.-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.

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 are available at the BCOA through August 31, 2022.** The program will run from July 1, 2022 through February 28, 2023.

Fitness Room Guidelines

Registration for the fitness room is no longer required in myactivecenter.com, but patrons do need to sign in at the front desk kiosk and with the room monitor before entering the room. Four people are allowed in the room at one time on a first come, first serve basis for each 45-minute time slot.

The times available are 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, please call Carolyn at 978-671-0916.





**Our Outreach Department
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Listening**

Senior Spotlight: Emily Kennedy

This month’s spotlight is on BCOA member and volunteer, Emily Kennedy. Born and raised in Ohio, Emily came to Massachusetts when she was about 21 years old. Her parents who were both in the Peace Corps eventually followed Emily’s path from Ohio to Massachusetts and they all lived together in Boston.

Her dad worked as Assistant Director at the New England Conservatory of Music and her mother was a pianist. Emily spent 17 years working at Wellesley College for their Music Department and she settled in a home in Billerica.



After she retired, Emily found herself at the Billerica Council on Aging to see “what was going on there” and decided to volunteer on the BCOA front desk. Emily has very much enjoyed greeting all the folks who came into the building, particularly the newer members, making them feel comfortable, directing them to their activities and answering any questions they might have. Emily’s biggest pleasure during her time spent at the BCOA has been “becoming acquainted with so many nice people.” Emily particularly enjoys “seeing everyone coming and going to their activities, walking down the hallways, excitedly chatting, smiling - it just makes you feel good.” She finds that there is a collaborative mindset at the BCOA, where everyone seems to be helpful and supportive of each other.

Emily has recently been helping with the Panera bread program, packaging up breads and treats donated by Panera to pass out to BCOA patrons. She finds this new volunteer task to be different, enjoyable, and “tasty”! Emily has noticed over the years, that the number and variety of activities offered at the BCOA has grown. She feels that the Outlook newsletter is packed with activities and information – she particularly enjoys the Director’s Corner articles, each one focused on a new and different topic. Her advice to anyone considering a visit to the BCOA would be to “Come on in, ask a lot of questions and try it out.”

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 this month’s Van trips.

**Grilling and BBQ Safety
Cookout with the Captain
Wednesday, June 15, 11:00 a.m.**

Cookout with the Captain. It’s that time of year for grilling outside. Why not come by the BCOA on Wednesday, June 15, at 11:00 a.m. for a free presentation and burger or a hot dog with Captain Paskiewicz. Captain Paskiewicz will provide some very useful information to ensure all your cookouts are safe. Please make sure to sign up on myactivecenter.com. If you are unable to do online, please call Melissa at 978-671-0916.

**Emergency Preparedness Training
Wednesday, June 8, 12:30—1:30 p.m.**

The Massachusetts Office on Disability, in partnership with the Department of Homeland Security, will be hosting a free emergency preparedness program at the BCOA on Wednesday, June 8 at 12:30 p.m. The training includes how the government responds to an emergency, what state-level services exist to support you, and what to expect during a natural disaster. They will also discuss personal preparedness and what information/materials you will need to have in case of an emergency.

This is a free event. There is a maximum of 25 attendees. Registration required by Wednesday, June 1 on myactivecenter.com. There are a limited number of emergency preparedness go-bags available to attendees. If you are unable to register online, please call Melissa at 978-671-0916.



BCOA Quilters made cup warmers for Meals on Wheels patrons.



JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>May 30</p> <p><u>MEMORIAL DAY</u></p> <p><u>COA CLOSED</u></p>	<p>May 31</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:00 Narrow Gauge Trl</p> <p>9:00 Tap Dance</p> <p>9:30 Blood Pressure</p> <p>9:30 Knitting/Crochet</p> <p>10:00 Dream Diner—Trip</p> <p>11:45 Cardio Boost</p> <p>12:30 Party Bridge</p> <p>12:30 Book Club</p> <p>1:00 Line Dance</p> <p><u>June Classes Start</u></p>	<p>June 1</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:15 Horseshoes</p> <p>9:15 Yoga</p> <p>9:30 Ceramics</p> <p>10:00 Internet Computer</p> <p>10:00 Grief & Healing</p> <p>10:30 S.A.I.L.</p> <p>11:45 Ice Cream Trip</p> <p>12:30 Cribbage</p>	<p>June 2</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:15 Horseshoes</p> <p>9:15 Exercise</p> <p>9:30 Blood Pressure</p> <p>10:00 Rummikub</p> <p>10:45 Chair Aerobics</p> <p>12:30 Bingo</p>	<p>June 3</p> <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>12:00 Cooking Live w/ Stacy</p> <p>1:00 Cardio Boost</p> <p>2:00 Beg. Line Dance</p>
<p>6</p> <p>7:30 Golf League</p> <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>7</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:00 Narrow Gauge Trl</p> <p>9:00 Tap Dance</p> <p>9:30 Blood Pressure</p> <p>9:30 Knitting/Crochet</p> <p>10:00 Hart's Turkey Farm Trip</p> <p>11:45 Cardio Boost</p> <p>12:30 Party Bridge</p> <p>1:00 Line Dance</p> <p>2:30 Ice Cream Social</p>	<p>8</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:15 Horseshoes</p> <p>9:15 Yoga</p> <p>9:30 Ceramics</p> <p>10:00 Glove Dusters</p> <p>10:00 Internet Computer</p> <p>10:00 Grief & Healing</p> <p>10:30 S.A.I.L.</p> <p>11:30 Ice Cream Trip</p> <p>12:30 Cribbage</p> <p>12:30 Emergency Prep</p> <p>1:00 Memory Cafe</p>	<p>9</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:00 Foot Care Service</p> <p>9:15 Horseshoes</p> <p>9:15 Exercise</p> <p>9:30 Blood Pressure</p> <p>10:00 Rummikub</p> <p>10:00 Buffalo Bingo</p> <p>10:45 Chair Aerobics</p> <p>12:30 Bingo</p>	<p>10</p> <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 Coffee w/Director</p> <p>11:45 Zumba</p> <p>1:00 Cardio Boost</p> <p>2:00 Beg. Line Dance</p>
<p>13</p> <p>7:30 Golf League</p> <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>14</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:00 Tap Dance</p> <p>9:30 Blood Pressure</p> <p>9:30 Knitting/Crochet</p> <p>10:00 Putnam Pantry—</p>	<p>15</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:15 Horseshoes</p> <p>9:15 Yoga</p> <p>9:30 Ceramics</p> <p>10:00 Card Making</p>	<p>16</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:15 Horseshoes</p> <p>9:15 Exercise</p> <p>9:30 Blood Pressure</p> <p>10:00 Buffalo Bingo</p>	<p>17</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>10:00 Quilting</p> <p>10:00 Tai Chi</p> <p>11:45 Zumba</p> <p>6:00 Black Tie Bingo</p>

<p>1:15 Social Time</p>	<p>Trip 10:00 Tech Table 11:00 Lahey Food Mkt 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance</p>	<p>Grief & Healing 10:00 S.A.I.L. 11:00 Commodity Food 11:00 Grilling & BBQ 12:30 Safety 12:30 Cribbage</p>	<p>Rummikub 10:45 Chair Aerobics 12:30 Bingo</p>	<p>No Cardio Boost or Beginners Line Dancing</p>
<p>20 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>July Registration Starts</u></p>	<p>21 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 9:30 Airfield Café—Trip 11:00 Lahey Food Mkt 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance 2:30 Tim Van Egmond 5:30 Cooking / Health</p>	<p>22 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 9:15 Yoga 9:30 Ceramics 10:00 Grief & Healing 10:30 S.A.I.L. 12:30 Cribbage 1:00 Super Smoothies</p>	<p>23 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 Buffalo Bingo 10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo</p>	<p>24 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Tai Chi 11:30 Firefighters BBQ 11:45 Zumba 1:00 Cardio Boost 2:00 Beg. Line Dance</p>
<p>27 7:30 Golf League 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Painting Together 1:15 Social Time</p> <p><u>July Classes Start</u></p>	<p>28 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:30 Blood Pressure 9:30 Knitting/Crochet 9:30 Castle Island—Trip 10:00 History Lecture 11:00 Lahey Food Mkt 12:30 Party Bridge 12:30 Book Club</p>	<p>29 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 11:30 Ice Cream Trip 12:30 Cribbage 5:30 Nutrition for Memory</p>	<p>30 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 9:30 Blood Pressure 10:00 Buffalo Bingo 10:00 Rummikub 10:00 Lobby Library 12:30 Bingo</p>	



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Buffalo Bingo**Thursdays Starting June 9, 10:00 a.m.—12:00 p.m.**

If you're looking for a new game and a way to meet new friends, please join us for a fun game of Buffalo Bingo! You will be taught to play if you don't know how! It's easy. Please bring a set of dice & some nickels.

Free. Maximum number of players is 10. No registration required just sign in at the kiosk with your key tag when you arrive. Call Melissa with questions. 978-671-0916.

Cooking Up Good Health**Tuesday, June 21 at 5:30 p.m.—Zoom**

Please join Lahey Hospital and Medical Center for a virtual session of Cooking Up Good Health. Cooking Up Good Health is a free cooking demonstration, open to the community, where participants learn culinary tips and nutrition information about meals, snacks, sides, and desserts.

June's theme is Grilling and Chilling. Email Katherine Carithers at katherine.f.carithers@lahey.org for the Zoom link to the meeting.

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.

No Registration Required—Painting Together & Daily Walking Wonders Walks

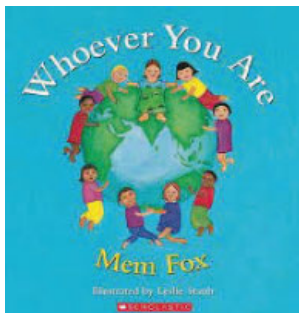
As of May 31, we will no longer require registration for Painting Together sessions or the daily Walking Wonders walk. Please sign in at the kiosk when you arrive for either activity. Registration is still required for the Narrow Gauge Rail Trail Walks or other off-site walks.

Ice Cream Social**Tuesday, June 7, 2:30 p.m.**

Join us for ice cream under the tent on Tuesday, June 7 at 2:30 p.m. and bring the grandkids.

A special guest will read the children's book 'Whoever You Are' by author Leslie Staub.

Cost is \$2.00 per person, a maximum of 30 can attend. Attendees will be eligible to win a \$50 Market Basket Gift Card. Call Melissa to sign up by June 1 at 978-671-0916.

**History Lecture****Tuesday, June 28 at 10:00 a.m.
Salutation Street - Police Station Bombing
Presenter- Joe Conley**

As the Christmas season approached during the Winter of 1916, the Italian immigrant community of the North End in Boston was not to have a silent night.

On December 16, the Sunday morning quiet was shattered at 6:00 a.m. with a powerful explosion. An anarchist had slipped into the basement of the Boston Police Station on Salutation Street and planted a bomb containing an estimated 20 plus, sticks of dynamite. The anarchist community boasted via leaflets that it was their work.

They were sending a message to the Boston Police!
WE ARE NOT AFRAID!

Cost is \$5. Maximum number of attendees 20. Registration is required by Thursday, June 23 on myactivecenter.com. If you are unable to do so, please call Melissa at 978-671-0916.

**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. Your cooperation is appreciated.

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

Lobby Operations Key to Customer Satisfaction

Managed by Donna Robinson, Volunteer Services Coordinator, lobby operations is the vital hub for the BCOA. It is where impressions get created and our customer satisfaction gets rated. Patrons and members of the community walking into our building are looking for answers to a range of questions, to book a trip or event, contact a staff member, join a class, pay for a fitness class and so much more. Each of them needs a caring, accurate and complete response from our greeters and front desk volunteers whose sole role is to guide everyone coming through our doors to positive outcomes.

We thank all the volunteers who have accepted these public-facing roles and return weekly to help us present an image of a responsive and well-organized Council

on Aging. Thanks, Donna and your team for all you do! In photo are Donna with Rita Coutreau, sitting and Greeter par excellence, Betty Murrin.



Tuesday Tech Table**Tuesday, June 14, 10:00 a.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. Session is free. Register on myactivecenter.com

**Get Creative! Glove Dusters!****Wednesday, June 8, 10:00 a.m.—12:00 p.m.**

Do you want to learn something new to make and have fun doing it!

Please join Janet Habeshian on June 8 to learn how to make glove dusters.

Cost is \$10. Maximum of 10 attendees. Registration required by Wednesday, June 1 on myactivecenter.com. If you are unable to do online, please call Melissa at 978-671-0916.



**Walking Wonders
Narrow Gauge Rail Trail Walk,
Tuesdays, May 31 & June 7**

The Narrow Gauge Rail Trail Walk will be held on Tuesdays, May 31 and June 7 at 9:00 a.m. The group will meet at 92 Sweetwater Ave. in Bedford at 9:00 a.m. at the trail head parking lot and 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 myactivecenter.com. For weather concerns or general questions, please call Carolyn at 978-671-0916.

The Walking Wonders group will also walk the town loop gathering at the BCOA each weekday at 8:45 a.m. and departing from the BCOA entrance at 9:00 a.m. for a 45-minute walk. **Registration is not required for these walks.** Simply check in at the kiosk when you arrive. For questions, please contact Carolyn Savio at 978-671-0916.

Lobby Library**Thursday, June 30, 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

**Concert – The Songs and Stories of the
Highwaymen with Matt York**

Thursday, June 9, 7:00 p.m. on the BCOA Lawn

Longtime New England singer/songwriter Matt York will perform songs of Johnny Cash, Willie Nelson, Kris Kristofferson, and Waylon Jennings and tell stories of their careers including their 80s group, Highwaymen. York has been nominated as Best Male Artist by the New England Music Awards and his latest release was named one of the Boston Globe's best albums of 2019.

This program is supported in part by a grant from the Billerica Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Ins and Outs of Perennial Gardening**Tuesday, June 21, 7:00 p.m. Library Meeting Room**

Join us in the library meeting room to learn about perennial gardening! Perennials are the workhorses of the garden with most coming back year after year. Explore which perennials work best in your gardens and discuss how to keep them in good form.

This program is funded by the Billerica Public Library Foundation as part of the Foundation Program Series.

Office Hours with Bethany Slack**Fridays, 1:30-3:30 p.m. Lions Study Room, 2nd Flr**

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, the Billerica Board of Health's Community Services Coordinator!

Featured Service: Inspire Box Subscription

Monthly box of library items selected just for you! The Inspire Box is a Free packaged box of library items prepared monthly by your own personal selector with personalized recommendations inspired by your interests and feedback. Similar to other "try it before you buy it" services. To register, fill out our online form at <https://billericalibrary.org/signup-inspirebox> or contact Sharon Lomison at 978-671-0949 ext. 4114.

BCOA Book Club**Tuesday, June 28 at 12:30 p.m.—on ZOOM**

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.

June, 2022

Summer will be with us before we know it.

The Friends have been busy with the planning of our 2nd Annual Black Tie Bingo event. This is a major fundraising project and we hope to raise funds so that we can continue to support the activities for both enjoyment and healthy life style for our seniors.



**Friends President
Mary Camilleri**

Thanks again to all of you who have joined in the membership of the Friends of the BCOA. We now have 460 members on our rolls.

We were able to fund Jean Patel-Bushnell's request for \$1,000.00 to be used to rent a tent for the seniors to use outside of the BCOA.

The tent will be used for activities and events. Also, it is a very nice place to sit outdoors in the shade of the tent and socialize.

The Friends next fundraising event will be another Calendar Raffle for the Month of August. Tickets will be \$10.00. Tickets will be available mid-June. Please help us by purchasing a Raffle ticket.

We hope you have a great summer. Stay cool and safe.

Mary D. Camilleri
President Friends BCOA

Walking Group—Trip to Plymouth

The Walking Group recently took a trip to Plymouth, MA to enjoy the Town Brook, Plymouth Rock and the Mayflower 2.



Cooking with Stacy (Father's Day)

Friday, June 3, at 12:00 p.m.

Join us on Friday, June 3 at 12:00 p.m. as we swap out the winter doldrums with some cool summertime eating! Our recipe creations will include bounty from our New England coastal waters as we prepare Shrimp Scampi which is as easy as it is delicious! Coated in a rustic and buttery sauce it can transform ordinary pantry ingredients into something truly special. We will pair this seafood classic with an Orange and Fennel Salad with a tangy vinaigrette, a perfect combination! Remember we sample everything we create, so make sure those tastebuds are ready to do a little taste testing at the end of class. Hope to see you there!

Cost is \$10. There is a maximum of 10 attendees. Registration required by Tuesday, May 31 on myactivecenter.com. If you are unable to do so online, please call Melissa at 978-671-0916.

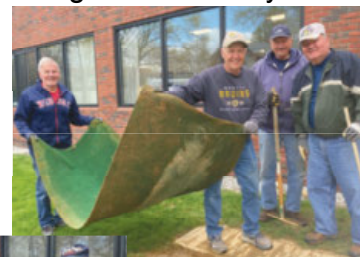
Spring Raffle Basket Winner!

Congratulations to Adonica Burns who was the winner of the Spring Raffle basket provided by Dementia Friendly Billerica. The money raised will go to support the programs offered by Dementia Friendly Billerica, including, their monthly Memory Café.



The Boys are Horsing Around Again!

It is fun to see the Horseshoe Players gather on Wednesday mornings to have a good time. They first must sit together inside to share stories and catch up, then head outside to enjoy the game. The history of horseshoe pitching can be traced back to Roman soldiers. During their idle



hours, the soldiers occupied themselves with games that consisted of tossing metal rings over stakes pounded into the ground. Whether these first metal rings were

actually horseshoes is a matter of some debate.

SportsKnowHow.com

SCAMMERS ARE RELENTLESS

In this issue of our monthly newsletter, you will see several reference to scams. On Wednesday, April 27 the BCOA in collaboration with the Dementia Friendly Billerica Movement held a session called Financial Fraud Awareness and Prevention for Family Caregivers at 25 Concord Road. The topic was ably covered by Jasmine Wallace Vice President, Fraud Risk Management Officer, SalemFive Bank. Several of us were very impressed with Jasmine’s presentation which will be aired soon on BATV. Some of the tips we walked away with were:

- Scammers rely on your fast response – think it through – take a step back – call someone you trust to think it through with. Call Outreach at the BCOA, tell us the details before you take any steps – 978-671-0916, extension 2026 or 2006
- Be skeptical if someone is asks you to keep a secret
- Scams are like viruses; new ones show up all the time
- Get good anti-viral software for your computer – talk to stores like Staples or BestBuy
- Know what information your bank will not ask you for if they called you – they will not be asking for Pin #s, User ID and Passwords or your entire card number
- Be careful answering the door for someone you do not know
- Scammers will not take NO for an answer, once they have had an interaction, they will keep at it
- Criminals are on Facebook as well, looking to see what you post, pictures of your home, location, house number and so on
- Charity scams prey on your kindness. Go to the Federal Trade Commission web site to validate if a charity is real

GREAT website Federal Trade Commission – www.ftc.gov <https://reportfraud.ftc.gov/#/faq/faq-topic/5> - all about scams

“Grandparent” Scam

As we all know from the seminars and lectures we have had here at the BCOA, there are many scams out there and unfortunately a senior in Billerica just fell prey to the “Grandparent” scam. Please remember **DO NOT EVER WITHDRAW MONEY FOR SOMEONE YOU DO NOT KNOW**. Hang up and call your family or call the Billerica Police at 978-671-0900, they are there to help!

A Note About the Dates on the Food We Give You:

According to the USDA, other than baby formula, the date on food is not an expiration date, but only when the food makers say the food stops tasting its best. Ultimately, you must use your judgement to determine if something is good to eat but the foods we give you are safe to eat and of good quality, according to the USDA and the Greater Boston Food Bank. Here are the guidelines we follow regarding the distribution of food after Sell By Dates (SBD):

IF UNOPNED, FOOD CAN BE EATEN THIS LONG AFTER THE SBD:

Canned beans, Chicken, Tuna.....	5 years after SBD
Peanut Butter, Rice.....	2 years after SBD
Canned Fruit and Vegetables	1 ½ years after SBD
Canned Beef Stew, Chili, Pasta, Soup, Instant Potatoes.....	1 year after SBD
Cereal, Oatmeal, Pancake mix, Flour, Spices, Pasta.....	1 year after SBD
Condiments, Jelly, Syrup, Salad Dressing, Pasta Sauce.....	1 year after SBD
Dried Fruit, Nuts, Baking Supplies, Shelf Stable Milk.....	6 months after SBD
Macaroni and Cheese, Mayonnaise, Juice.....	6 months after SBD
All Frozen Items.....	6 months after SBD
Snacks, including Cookies, Crackers, Chips and Candy.....	4-12 months after SBD
Butter, Hard Cheese, Eggs.....	1 month after SBD
Sealed Deli meat, Soft Cheese, Sour Cream, Yogurt, Dip.....	2 weeks after SBD
Refrigerated Fresh Milk, Non-Dairy Milk.....	5 days after SBD
Prepared Foods, Fresh Pasta.....	3 days after SBD

Please note that the shelf life of many items will be extended significantly if the items are stored in the refrigerator or freezer. For more information, please go to www.fsis.usda.gov

ACTIVITIES & TRIPS

Van Trips Sign up starts May 23

June Van Trips

Tuesday, June 7	Hart's Turkey Farm
Tuesday, June 14	Putnam Pantry Danvers/Ice Cream and Lunch
Tuesday, June 21	Airfield Café in Hampton NH/Breakfast or Lunch
Tuesday, June 28	Castle Island/Lunch at Sullivans, Ice Cream at Sullivans.

Details and Times in myactivecenter.com. Weather permitting.

All trips are \$12.00 round trip unless otherwise noted. Lunch is at your expense.

Summer Ice Cream Trips

Wednesday, June 1	Ice Cream Only Trip Bedford Farms, Bedford	11:45 a.m.-1:00 p.m.	\$4.00
Wednesday, June 8	Ice Cream Only / Kimball Farm Ice Cream, Carlisle	11:30 a.m.-1:00 p.m.	\$4.00
Wednesday, June 29	Ice Cream Only Meadowlands Ice Cream, Tewks	11:30 a.m.-1:00 p.m.	\$4.00

All Summer Ice Cream Trips are \$4.00 round trip. Weather Permitting

Please Note: Driver gratuity or tips cannot be accepted. 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, however, for it is contradictory to the affordable service made possible through the LRTA and Town of Billerica funding.

Participant Policies

The BCOA's participant policies are in place for the safety and welfare of staff, instructors, guests and our community. We'll continually review and adjust as conditions warrant. We reserve the right to pause or alter programs if necessary and will make all attempts to notify participants in a timely manner of any changes.

- Registration in advance is required for most programs, including all Exercise and Instructional Craft programs such as Card Making and Ceramics as well as entertainment performances and meals.
- Registration is not required for games, social activities such as Knitting or Social Time, use of the Pool, Computer or Fitness Room.
- Face coverings will continue to be required on BCOA transportation as required by state and federal guidelines about public transportation.
- Billerica patrons are always welcome to set up appointments to meet in person with staff members.

Gift Shop

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

We have lots of treasures: Cherished Teddies (in original boxes), Boyd's Bears, glassware, and fabric, just to name a few. Greeting cards are 5/\$1.00 and DVDs 2/\$1.00. 100% of your purchases support the BCOA!

Thank you to the following for your donated items to sell in the Gift Shop: Christina Ntapalis, Joan Arena, Joan Dowgos, Tonie Trainor, Maryanne Perry, Jack Hammer, Peg Woods, Sandra Galvin, Paula Grejduš, Mary Sciuto, Susan Porter, George Doiron, Barbara Leonard, Christine Hardy, Mary Giusti, Sandi Rideout, Heidi Lynch, Clay Bulmer, Dot Mountain, Linda Gunn, Shirley Hamer, Nancy Smith, Goldey DiComandrea, Maureen Morrison, Lucille Mackinnon, Bill & Gloria Collins, Pauline Hogan and Jackie & Dave Clericuzio.

Please note: We are not taking donated items during August. The last day we can accept items is Friday, July 29th. The Gift Shop will remain open.

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.



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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