



OUTLOOK

JULY 2022



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Outreach & Transportation

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Outreach

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Keith Weston
Warren Wingard
Van Drivers

Jerry Keefe
Facilities Management

Director's Corner

Independence and what it truly means in our world - *being resilient and free*

Each day here at the BCOA we take every possible step to ensure that local seniors can maintain their dignity, independence and life quality. We fully grasp that as one gets older, they lose many elements of control and need to feel empowered to live life on their own terms, maintaining their dignity and sense of self.

Jane Eyre sums it up nicely of how our seniors must feel: **"I am a free human being with an independent will."**

Even though difficulties with mobility, behavioral health conditions such as isolation and loneliness, and financial strains can reduce independence our goal is to help you:

- Stay active to gain health benefits that fuel independence
- Engage in volunteerism that provides a sense of purpose
- Stay connected to family and friends maintaining good rapport that promotes independence

Remember you are in control of your actions, choices and situations. It is important for your positive health and outlook. If we can help you remove barriers that inhibit your strong sense of self and independence

please spend time with Jeanne Teehan, our social worker. Give her a call at 978-671-0926 ext. 2026 and set up time to talk.

Have a great July folks and happy belated Fathers' Day to all the men out there who take time to help younger folks grow and build inner confidence.

Here is a photo of true independence:



Jean Patel Bushnell



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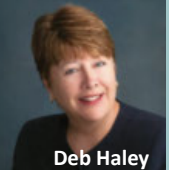
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**Stacy Kirby – Grilling up Lunch for the Guys
Friday, July 15 at 12:00 p.m.**

Men, if you like grilling, please join Stacy Kirby as she will be grilling you a nice lunch. (more info to come) She will be focusing on the men for this meal.

Cost is \$10. Maximum number of attendees 10. Registration is required on myactivecenter.com by Friday, July 8. If you are unable to register online, please call Melissa at 978-671-0916.

**Pique Entertainment—Michael Goodwin
Monday, July 25 at 2:30 p.m.**

Please join Michael Goodwin and have some fun watching video clips, lecture, singing from various shows from The Golden Ages of Musical Theater. This is a fun and engaging session with the audience actively involved with questions, sing-alongs and many opportunities to participate.

Cost is \$3. Maximum number of attendees 30. Registration is required on myactivecenter.com by Wednesday, July 20. If you are unable to register online, please call Melissa at 978-671-0916.

**Mike Slater – Elvis Impersonator
Thursday, July 28 at 2:30 p.m.**

Come meet the top Elvis impersonator - artist Mike Slater. Mike likes to bring back memories for his audiences and seeing the smiles on peoples' faces when he perform.



Cost is \$5. Maximum number of attendees 30. Registration is required on myactivecenter.com by Thursday, July 21. If you are unable to register online, please call Melissa at 978-671-0916.

**Roger Tremblay
Friday, July 8 at 1:00 p.m.**

Roger Tremblay plays the accordion and sings songs from the 1920s to the 1960s. Join us for some fun music and a chance to sing along.

Cost is \$3. Maximum number of attendees 25. Registration is required on myactivecenter.com by Friday, July 1. If you are unable to do so, please call Melissa at 978-671-0916.

**Thank You Caregivers Event
Featuring Deb Block—Interactive Film & Theatre
Tuesday, July 19 from 5:30 – 8:00 p.m.**

Our mission at the BCOA is to help seniors live the best life possible and help family caregivers. Caregiver burnout is incredibly common and can result in stress and depression. This free event is for those of you who are family caregivers.

Please join us at the BCOA for a fun and relaxing night out. Enjoy refreshments and a fun presentation on the classic movie musical 'Grease'.

Grease, named after the 1950's working-class youth subculture known as greasers, is set in 1959 at fictional Rydell High School and follows ten teenagers as they navigate the complexities of peer pressure, personal core values, and puppy love.

Free. Maximum number of attendees 45. Registration is required on myactivecenter.com by Friday, July 15. If you are unable to register online, please call Melissa at 978-671-0916.

**Floral Workshop
Friday, July 22 at 1:00 p.m.**

Please Join Ruth MacNutt and her team as she teaches you how to make beautiful floral arrangements which you get to bring home.

Cost is \$8. Maximum number of attendees 12. Registration is required on myactivecenter.com by Friday, July 15. If you are unable to register online, please call Melissa at 978-671-0916.

**Howie Newman & Joe Kessler—Knock on Wood
Tuesday, July 26 at 2:00 p.m.**

Knock on Wood is a high-energy acoustic folk-rock duo, featuring singer-songwriter Howie Newman. Combining acoustic guitar with fiddle, mandolin and pleasing vocal harmonies, the duo performs old rock classics from performers like Elvis Presley, the Beatles, the Drifters and Johnny Cash.



Cost is \$5. Maximum number of attendees 30. Registration is required on myactivecenter.com by Wednesday, July 20. If you are unable to register online, please call Melissa at 978-671-0916.

Monthly Activities

Book Club — Last Tuesday of month - 12:30 p.m.
See page 11 for information. No Book Club in July

Daily Activities

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

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.

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**
- 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
- 9:30 **Ceramics Class** - \$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
- 10:00 **Rummikub** - Free
- 10:00 **Buffalo Bingo** - 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 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.**

Payment: We no longer use online payment. You register for all activities in myactivecenter.com For paid activities, your myactivecenter.com 'Shopping Cart' will show you the amount that is due for the paid activities. You will then need to bring your payment for the amount due to the BCOA the same week that you register. Payment is by check (preferred) or the exact amount in cash. Payments are to be made to the Billerica Council on Aging.

July and August Registration Dates:**July**

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

August

- August classes begin on Monday 8/1
- August registration begins on Monday, July 25 at 9:00 a.m.

NOTE: There are no Exercise or Ceramics classes the week of July 25 to 29.

IMPORTANT**Exercise Updates Starting with July Classes****Free Classes****Patrons Allowed To Sign Up For Only One Class**

Our free exercise programs, Cardio Boost and Chair Aerobics, are extremely popular. In order to insure that all patrons have an opportunity to take these classes, we are going to restrict registration to one session per week. Going forward, please do not register for both the Tuesday and Friday Cardio Boost classes or the Monday and Thursday Chair Aerobics classes. Please pick one session of these classes. Everyone deserves a chance to attend these free classes. We will contact you if we see that you have signed up for two sessions of the same class per week.

Yoga and SAIL Discontinued

We have discontinued our Yoga and SAIL classes due to the low enrollment in these programs over the past five months. We are working to trial some new options in August.

Refund and Cancellation Policies

- 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 scheduled. activity/program. No exceptions will be made.
- If you do not attend a session of a fee-based program such as Exercise or Ceramics or a single session activity such as Cardmaking for which you have paid & are registered, no refund will be made. No exceptions will be made.
- You can't substitute a friend for an activity or a session (whether fee-based or not) you are not attending by telling the friend to just show up. Substitutes are not allowed.

UPDATED ONLINE REGISTRATION & PAYMENT



Register Online, Pay at BCOA

Online payment in My Active Center goes away

Steps:

1. Register in My Active Center
 2. Pay at BCOA
- Your My Active Center 'cart' will show you the amount due

Payments to be made via check (preferred) or cash for **amount due**

Payments for those activities are due to the BCOA the week that you register

Payments must be in a **sealed envelope** with your name, amount due, and activities for which you registered

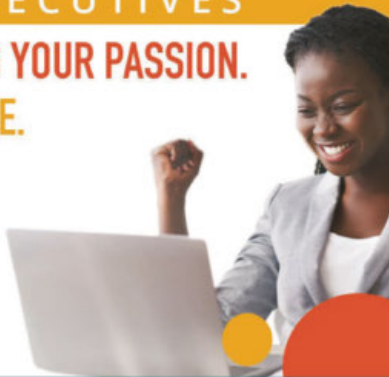
All payments given to Front Desk staff for processing by Melissa

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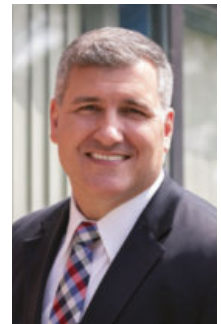
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BCOA Companion Program Care for the Caregiver

Are you providing care to an elderly family member? Could you use some time off, and get help fulfilling this important role? The BCOA Companion Program offers peace of mind for caregivers by providing outstanding service to elders in the community. Our companions offer 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 Savio at 978-671-0916.

Diabetic Shoe Clinic – Returns Wednesday, August 31

The BCOA will hold its annual Diabetic Shoe Clinic on Wednesday, August 31 at 1:30 p.m. Patrons may be eligible for free shoes with their insurance. Amy Baxter from Pro Medical East will return to take measurements and provide a variety of diabetic shoes to choose from. Registration is necessary, and updated doctor's notes are required. For questions or to register, please call Carolyn Savio at 978-671-0916.



Tai Chi for Arthritis and Seniors – Free Class - Fridays at 10:00—Outside this Summer

Join instructor Joanne Shaughnessy for Tai Chi for Arthritis and Seniors on the BCOA lawn for the months of July and August on Fridays at 10:00 a.m. The class involves a series of movements performed in a slow, focused manner accompanied by deep breathing. Each class will end with an eighteen movement Qi Gong set. Tai Chi has been found to be beneficial for arthritis, improving strength, and flexibility, while also being good for mental health. If there is inclement weather, the class will be held inside. Registration for classes is required. Register at myactivecenter.com. For questions, contact Carolyn Savio at 978-671-0916.

Walking Wonders Meets Daily

For the month of July, the Walking Wonders group will 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. Walking in a group offers many benefits including stress reduction, improving mood, boosting the immune system and burning calories. For questions, contact Carolyn Savio at 978-671-0916.

Memory Café on Wednesday, July 13 at 1:00 p.m.

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

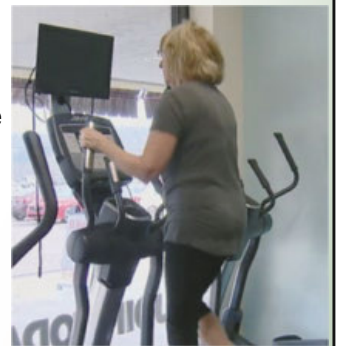
The Town of Billerica offers seniors and honorably discharged Veterans the opportunity to apply for the Property Tax Work-Off Program. Eligible individuals can volunteer 75 hours to receive a \$1,000 property tax relief benefit by helping municipal departments. When the hours are completed, the amount 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 thru August 31, 2022.

The program will run from September 1, 2022 through February 28, 2023.

Fitness Room Guidelines

Registration for the fitness room is no longer required in myactivecenter.com, but patrons will need to sign in at the 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 be required to return for another available hour. For questions, please call Carolyn at 978-671-0916.



Blood Pressure Clinic

The BCOA Blood Pressure Clinic will be running 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 kiosk.



**Our Outreach Department
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Senior Spotlight: Carol ‘Goldey’ DiComandrea

Goldey is from a big, loving Italian family and says she was a bit of a ‘Tom Boy’ growing up, competing with her siblings in athletic challenges. She is particularly proud of her brother who was a ‘legend’ coaching Track for the Wakefield Schools, earning 2 New England Regional Coach of the Year awards and running marathons until he was 80! Another brother was a highly decorated veteran who served in the Marines during the Korean War.



Goldey’s father passed when she was 10 years old. This loss taught her to shower loved ones with love. “You never know when you will say goodbye or if you will get that chance.” After high school she went to work rather than to college & she gave half of her earnings to her mom to help with household expenses. She spent wonderfully close times with her mom. Whether it was good genes or lots of love, Goldey’s mom lived to 102 years of age!

Goldey attended Back Bay Modeling School but set aside her dreams of modeling when she met and married her then to be husband, a talented musician. They had 3 children – 2 tall, blue-eyed, fair-haired boys and a petite, brown-eyed daughter. Goldey is now a grandmother and a soon to be a great grandmother!

Goldey joined the BCOA by chance 26 years ago. She needed help preparing a business letter but using a computer was not her forte. She came to the BCOA for assistance and was so appreciative of the help she received - she joined! Goldey enjoys activities at the BCOA but has also helped as a receptionist on the front desk. She’s a talented photographer (and painter!) and has provided photos for the BCOA newsletter. “Life is a two-way street - if I can do anything to help, I will.” she says, “It doesn’t matter how small an act of kindness – whether you hold the door or say a cheery hello - that gesture may brighten someone’s day.”

“One act of kindness a day” is her motto. She is thankful for all that life offers and feels “special and

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.

Habitat for Humanity Critical Home Repair Program

Are you a homeowner in need of critical home repair? Habitat for Humanity of Greater Lowell’s Critical Home Repair Program offers assistance to qualified seniors and veterans to help alleviate health and safety issues and code violations. This program is part of an ongoing effort to meet Habitat’s mission that everyone should have a decent and affordable place to live in dignity and safety. The homeowner pays 25% of the costs to repair and Habitat covers the remaining 75% of costs.

Eligibility Requirements:

For household of one: yearly income of less than \$53,100

For household of two: combined yearly income of less than \$60,700

Home must be owner occupied and a single family or duplex/condo

Applicants may not have more than \$25,000 in liquid assets (excluding retirement funds)

For applications and information contact BCOA Outreach at 978-671-0916 or Habitat for Humanity of Greater Lowell at 978-692-0927, ext. 4.

**Middlesex Community College
Hygienist Students - at the BCOA**

Middlesex Community College Dental Hygienist students were at the BCOA on Tuesday, May 9. The hygienist program is accredited by the Commission on Dental Accreditation, a specialized accrediting body recognized by the Council on Post-Secondary Accreditation and by the United States Department of Education.



Dental hygiene services are available to the public in the Dental Hygiene Clinic at a significantly reduced cost. Fall clinic appointments are available on Mondays, Wednesdays and Fridays. Spring appointments are available Tuesday through Friday. To make an appointment, please call the clinic phone / voicemail at 978-656-3250. The hygienists also held a raffle and Bob Moran won an electric toothbrush.

JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>June 27</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>July Classes Start</u></p>	<p>June 28</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 9:30 Castle Island — Trip 10:00 History Lecture 11:45 Cardio Boost! 11:00 Lahey Food Mkt 12:30 Party Bridge 12:30 Book Club 1:00 Line Dance</p>	<p>June 29</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 9:30 Ceramics 10:00 Internet Basics 11:45 Ice Cream Trip 12:30 Cribbage 5:30 Nutrition for Memory</p>	<p>June 30</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 Buffalo Bingo 10:45 Chair Aerobics 12:30 Bingo</p>	<p>July 1</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>4</p> <p><u>4th of July</u> <u>Holiday</u></p> <p><u>COA Closed</u></p>	<p>5</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 11:00 Lahey Food Mkt 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 Horseshoes 9:30 Ceramics 10:00 Internet Basics 11:45 Ice Cream Trip 12:30 Cribbage</p>	<p>7</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 Buffalo Bingo 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 1:00 Cardio Boost 2:00 Beg. Line Dance 1:00 Roger Tremblay</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 Tap Dance 9:30 Blood Pressure 9:30 Knitting/Crochet 10:00 Belle Isle Seafood 10:00 Tech Table 11:00 Lahey Food Mkt</p>	<p>13</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 9:30 Ceramics 10:00 Internet Basics 10:00 Card Making 11:45 Ice Cream Trip 12:30 Cribbage</p>	<p>14</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 Buffalo Bingo 10:00 Rummikub</p>	<p>15</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Encore Casino 10:00 Tai Chi 11:45 Zumba 12:00 Cooking Live w/ Stacy 1:00 Cardio Boost</p>

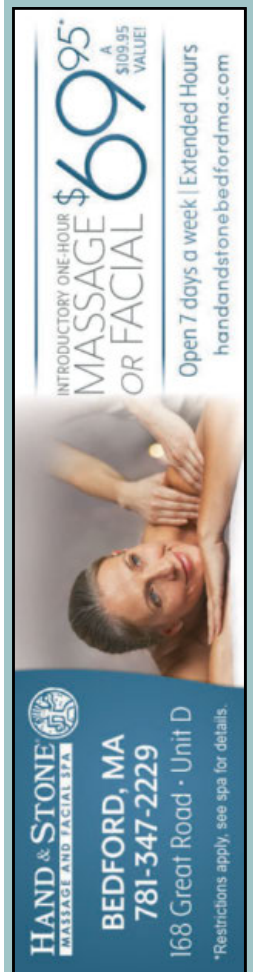
<p>11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance 1:30 A&W Ukulele</p>	<p>1:00 Memory Cafe</p>	<p>10:45 Chair Aerobics 12:30 Bingo</p>	<p>2:00 Beg. Line Dance</p>
<p>7:30 Golf League 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Painting Together 10:45 Chair Aerobics 1:00 Strength/Balance 1:15 Social Time</p>	<p>19 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 Mystery Van—Trip 11:00 Lahey Food Mkt 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance 5:30 Caregivers Connect</p>	<p>20 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 9:30 Ceramics 10:00 Internet Basics 11:00 Commodity Food 11:45 Ice Cream Trip 12:30 Cribbage</p>	<p>21 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>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 2:30 Michael Goodwin</p> <p><u>August Registration Starts</u></p> <p><u>No Exercise Classes</u></p>	<p>26 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:30 Blood Pressure 9:30 Knitting/Crochet 9:30 Windjammer Trip 11:00 Lahey Food Mkt 12:30 Party Bridge 2:00 Howie Newman & Joe Kessler</p> <p><u>No Exercise Classes</u></p>	<p>27 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 10:00 Internet Basics 11:45 Ice Cream Trip 12:30 Cribbage 1:00 Home Instead Ice Cream Social with Smokin Joe</p> <p><u>No Exercise or Ceramics Classes</u></p>	<p>28 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 2:30 Mike Slater as Elvis</p> <p><u>No Exercise Classes</u></p>
			<p>22 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 1:00 Floral Workshop 2:00 Beg. Line Dance</p>
			<p>29 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Encore Casino 10:00 Quilting 1:30 Sean Fullerton</p> <p><u>No Exercise Classes</u></p>



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Town Manager Always has Time for Local Seniors and Their Concerns

Here at the 2022 Mothers' Day Tea at the BCOA, Town Manager John Curran is not only serving but also pausing to listen to the needs and concerns of his older constituents. Thanks to Mr. Curran as well as several other of the Town senior managers who participated and served local seniors. **Thanks John!**



Quilters Field of Hope Project



COA Director Jean Bushnell drew the winning raffle ticket for the Field of Hope quilt.

The winner was Karen Silva but the real winner was the children of Ukraine who will benefit from the proceeds of the raffle. Ticket sales plus many generous donations totaled \$3,053.50.

Director Jean Bushnell with Paula Baldwin.



Dawn Mason, Louise Boyce, Paula Baldwin, Karen Greeley

Home Instead /Ice Cream Social with Smokin Joe Wednesday, July 27 at 1:00 p.m.

Join us for an ice cream social and learn from Melody Geata about the different types of home health care, and other services available to you!

Enjoy a performance by Smokin Joe while you enjoy your ice cream.



Cost is \$3. Maximum number of attendees 30. Registration is required by Wednesday, July 20 on myactivecenter.com. If you are unable to register, please call Melissa at 978-671-0916.

Internet Basics Computer Class Starts Wednesday, June 29 at 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 the six-week class. Limited to 4 students.

Required sign up by Monday, June 27 on myactivecenter.com. If unable to register online or if you have any questions, contact Melissa at 978-671-0916.

Buffalo Bingo Thursdays from 10:00 a.m.—12:00 p.m.

If you're looking for a new game to play and 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 and Nickels. Free. Maximum number of players 10. Sign in at the kiosk with your key tag when you arrive. Questions, 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

Tuesday Tech Table**Tuesday, July 12, 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.

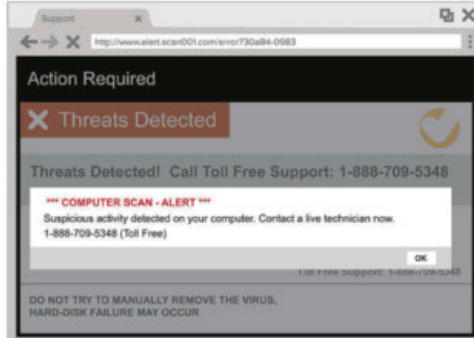
Register on myactivecenter.com

**Tech Support Scammers**

Scammers may try to lure you with a pop-up window that appears on your computer screen. It might look like an error message from your operating system or antivirus software, and it might use logos from trusted companies or websites. The message in the window warns of a security issue on your computer and tells you to call a phone number to get help.

If you get this kind of pop-up window on your computer, don't call the number. Real security warnings and messages will never ask you to call a phone number.

Source: Federal Trade Commission : Consumer Advice consumer.ftc.gov

**Mothers Day Tea**

Billerica DPW's Director, Fred Russell and Brenda Grant, the DPW's Head Administrative Clerk, served BCOA patrons at the Mother's Day Tea. Seen here is also BCOA Volunteer Joe D'Arrigo.

**Lobby Library****Thursday, July 28, 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 Billerica Library**Virtual Program - How to be a Digital Nomad with Ken Gagne**

Thursday, July 14, 7:00 p.m.- 8:15 p.m. (Zoom)

Saving money so you can someday travel? Why not do both? Digital nomad, Ken Gagne travels the world, working his full-time job anywhere there's Wi-Fi. Ken will answer your questions about the logistics, joys, challenges, and opportunities of having no permanent address, allowing you to live wherever you want for as long as you want. Program is sponsored by a local Community Fund grant.

Virtual Program - Curious About Mushrooms?

Tuesday, July 19, 7:00 p.m.—8:15 p.m. (Zoom)

Join longtime mushroom grower and forager Elizabeth Almeida of Fat Moon Farm to learn about everything from the lifecycle of mushrooms to the latest research on their nutrition and environmental benefits. Program is sponsored by a Community Fund grant.

In-Person Program - Guided Birdwalk at Vietnam Veterans Park

Thursday, July 21, 7:00 p.m.—8:30 p.m.

Join Dr. Steve Hale, Open World Explorers, will take you on a local birdwatching expedition in Billerica. See and hear different species of breeding birds. The trip will visit different habitats along the walking trails of Vietnam Veteran's Park. If you have them, bring your binoculars and field guide (some are available at the library). Program is funded by a Community Fund grant.

In Person Author Event - Meg Mitchell Moore

Thursday, July 28, 7:00-8:15 p.m., Library 2nd Floor

Join us as we celebrate the release of Meg Mitchell Moore's *Vacationland*, a delicious new summer read set in Maine tackling family secrets, marriage, privilege, and motherhood. Moore is the USA Today bestselling author of seven novels including *Two Truths and a Lie* and *The Islanders*. She lives in Newburyport, MA.

BCOA Book Club**No Book Club in July and August**

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.

July, 2022

Summer is here!!

The Friends have wrapped up our major fundraiser in June. We have no status as of this writing because of the timing of the Outlook. Thanks to all of you who supported our event.

Our next fundraiser effort will be another Calendar Raffle for the month of August. Calendar Raffles will be available at the Receptionist's desk and from members of the Friends Board. We will be selling raffles at the Farmers Market and O'Connor's Ace Hardware on Saturdays or Sundays. Tickets will be \$10.00.



**Friends President
Mary Camilleri**

Thank you all for supporting our efforts to provide funding for the numerous activities at the BCOA. We couldn't do it without all of you.

Mary D. Camilleri
President, Friends of BCOA

THANK YOU FRIENDS of the BCOA

As always, we are grateful to the Friends for their support. Here are two recent examples of their impact.

Pool Table Update

Pool players can now enjoy the third pool table after an investment of over \$1,000 by our Friends to re-felt and replace the rubber of a well-worn table.



Friends of the BCOA Support of Cardio Boost

We are extremely grateful to the Friends of the BCOA for their financial support of Cardio Boost classes for the first half of 2022. As one of our most popular classes, their support has been invaluable.



BCOA Onsite Behavioral Health Program with the Front-Line Initiative – Health Collaborative

As of May 11, 2022, the Front-Line Initiative led by Matthew Page-Shelton, has been counseling seniors identified by the BCOA Outreach Department, led by Jeanne Teehan, LICSW, onsite at the Center.

The department supports many seniors who have been experiencing some isolation, lack of socialization and depression, especially within the past two plus years, from Covid 19. This was the perfect opportunity for Outreach and the Front-Line Initiative to work together as a TEAM.



Front Line Initiative is a community behavioral health services program that serves as the behavioral health partner for five local law enforcement departments. The program was formed in 2011 as a response to the opiate crisis and began as an outreach pilot to offer treatment services. The Front-Line Initiative's mission is to provide free services to the communities served in four key areas: prevention, crisis response, recovery support and education/training. The communities are Tewksbury, Billerica, Chelmsford, Dracut and Tyngsborough.

Please reach out to our Social Worker, Jeanne Teehan, if you know of an older adult living in Billerica who is suffering from anxiety, social isolation and depression, especially if they are living alone with family far away. We are here to support them.

More Mother's Day Tea

Billerica resident Jerry Johnson, one of our servers at the Mother's Day Tea, and Activities & Events Coordinator Melissa Paolicelli.



**The A & W Ukulele Players
Tuesday July 12, 1:30—2:00 p.m.**

The A&W Ukulele Players are ukulele enthusiasts from all over the Greater Boston area. For the last four years, they have been delighting audiences with their mix of holiday songs and songs spanning the decades from the 1920s to the 2010s.



Cost is \$3. Maximum number of attendees 30. Registration is required on myactivecenter.com by Friday, July 8. If you are unable to register online, please call Melissa at 978-671-0916.

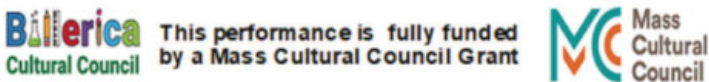
**Local Musician Sean Fullerton
Friday, July 29, 1:30—2:30 p.m.**

Local musician Sean Fullerton uses a variety of Acoustic guitars, harmonicas, and two vocals, the way The Beatles started.

Sean Fullerton is a Massachusetts based solo Acoustic/Electric musician, singer/songwriter, specializing in "Feel Good" Blues, Soul, Rock 'n' Roll, and Fingerstyle Guitar. He plays covers and original music using a variety of guitars, harmonicas effects including live guitar looping. This is a free performance.

Free. Maximum number of attendees 30.

Registration is required on myactivecenter.com by Tuesday, July 27. If you are unable to register online, please call Melissa at 978-671-0916.



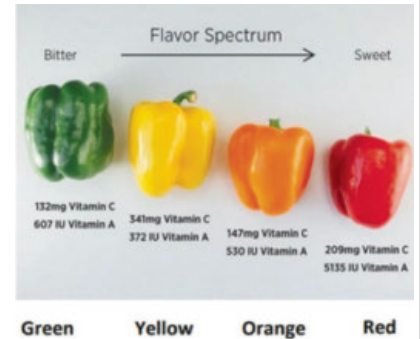
Mr. Fix-It

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.



All About Bell Peppers

Bell peppers are an excellent summer vegetable that are a good source of fiber, vitamin C and vitamin A. Did you know that green peppers are just unripe versions of red, yellow, and orange peppers? When the pepper is green and less ripe, it tends to have a slightly bitter taste and nutritional value changes as well.



Bell Pepper Salad Recipe

- 4 servings
- 3 bell peppers, sliced into strips
- 2 medium oranges, peeled and diced
- ½ cup diced red onion
- 6 diced green onions
- ½ cup chopped parsley
- ¼ cup extra virgin olive oil
- 2 tablespoons lemon juice

Gently toss bell peppers, oranges, red onion, green onions, and parsley into a large mixing bowl. Drizzle the olive oil and lemon juice over the salad. Toss and enjoy!

What about arthritis?

Eggplants, peppers, tomatoes, and potatoes are members of the nightshade family and a worthy addition to your diet. Some people claim nightshades aggravate arthritis and cause inflammation. According to the Arthritis Foundation there are currently no scientific studies to verify these claims. If you are curious, simply test the theory by eliminating nightshades for at least two weeks and then slowly reintroduce them back into your meals. If nightshades aggravate your arthritis, don't eat them!

Lions Carnival A Success

Congrats to the Lions Club, a valued Community Partner for a successful 2022 Carnival! Here are Club President Joan DiOrio and longtime member Jo Leary



ACTIVITIES & TRIPS

Van Trips Sign up starts June 20

July Van Trips

Tuesday, July 12	Patron Recommended Belle Isle Seafood Lunch 10:00 a.m.
Friday, July 15	Encore Casino 9:00 a.m.
Tuesday, July 19	Mystery Lunch Trip, John's Choice 10:00 a.m.
Tuesday, July 26	Patron Recommended Windjammer Restaurant NH 10:00 a.m.
Friday, July 29	Encore Casino 9:00 a.m.

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

Summer Ice Cream Trips

Ice Cream Only Trips on Wednesdays 11:45 a.m.-1:00 p.m.
Call Transportation at 978-671-0916 for dates, times, and locations.
All Summer Ice Cream Trips \$4.00 round trip. Weather Permitting

Gift Shop

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

*****SALE SALE SALE***
ALL jewelry is still 50% OFF!!**

Come in, shop! We have lots of treasures: gifts, jewelry, Cherished Teddies (in original boxes), glassware, just to name a few.

Greeting cards are 5/\$1.00. DVDs are 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: Karol Simon, Charlie Jones, Joan Arena, Barbara Leonard, Marie Reilly, Sandra McKenna, Jennifer Gibson, Susan Hutchinson, Patty Ebanks, Kathleen Scheibel, Helen Leonard, Bunny MacNeill, Maureen Caron, Edith Baro.

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

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,
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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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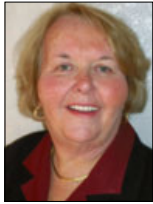
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Happy Fourth of July



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and
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Billerica Council on Aging

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www.billericacoa.org
Phone: 978-671-0916

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