



OUTLOOK

AUGUST 2022



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Director's Corner

Hello August!

So many emotions, so much happening – sun and more sun, berries galore, walks and more. School will restart soon, and traffic will be bothersome. But for now, it is August and let us celebrate -

FAMILY: we travel far and near to get together, to remember, to feel a sense of belonging, a place where we feel whole, where ties are strengthened.

LONG SUMMER DAYS: walks, a day in the park, kayaking, early morning gardening, lemonade at the market, meet up for lunch or dinner, so much to do with extended light.

FRESH AND DELICIOUS: ripened tomatoes, juicy melon, sweet corn on the cob and so much more.

Long lazy days give us time to simply sit and recall. To take time to truly breathe and release the angst.

There is so much around us in turmoil today. Many of us stay steady by gravitating towards people who are calming to be around or places that offer a strong sense of togetherness, connectivity and interdependence. We hope that 25 Concord Road brings you positive energy, helps you forget the churning of life and amidst tolerance and understanding you can relax and feel August all year long.



**Have a great month and remember all you need is
LOVE and LAUGHTER!**

Jean Patel Bushnell



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Billerica Community Farmers Market

Mondays 2:30 - 7pm
June 13 - October 10
25 Concord Road, Billerica
On the COA lawn

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Lowell Mill Girls
Tuesday, August 2 at 2:00 p.m.

The Lowell mill girls were young female workers who came to work in textile mills in Lowell, Massachusetts during the Industrial Revolution in the United States. Come and learn more about the Lowell Mill Girls from presenter, Robert Farrant.



Cost is \$3.00. Maximum number of attendees 30. Registration required on myactivecenter.com by Tuesday, July 27. If you are unable to register online, please call Melissa at 978-671-0916.

Name That Tune
Wednesday, August 10 at 1:00 p.m.

We all love to have fun; so, how about joining us for a musical trivia challenge! We are planning an afternoon of 'Name That Tune'. You don't have to be a musical genius to participate, many different types of music will be played; you are going to know most of them!



Cost is \$5. Maximum number of attendees 25. Registration required on myactivecenter.com by Wednesday, August 3. If you are unable to register online, please call Melissa at 978-671-0916.

Salem 5 Scam Presentation
Friday, August 12, 2:00 p.m.—3:45 p.m.

Jasmine Wallace is a dedicated fraud professional with over 15 years in the banking industry. Developing Salem Five's Fraud Program, as well as leading their Fraud Risk and Investigations teams, has positioned her as a knowledgeable fraud expert among her peers within her field. Her passion for community engagement on fraud awareness and preventative measures stems from growing numbers of instances in the US of hard-working people being victimized by scams.



Free. Maximum number of attendees 30. Registration is required on myactivecenter.com by Wednesday, August 10. If you are unable to register online, please call Melissa at 978-671-0916.

ACOUSTIC THURSDAY BAND
Friday, August 5 at 2:30 p.m.

Please join the BCOA under the tent and listen to a 10-piece band.

Free. Maximum number of attendees 25. Registration is required on myactivecenter.com by Tuesday, August 2. If you are unable to register online, please call Melissa at 978-671-0916.

A Walk Through the Garden with Eleanor Roosevelt
Thursday, August 11, 1:00—2:00 p.m.

During World War II, Eleanor Roosevelt planted an iconic "Victory Garden" on the White House Lawn and encouraged other Americans to do the same. Performer **Carol Cohen**, using first-person narrative, depicts Eleanor Roosevelt's humanitarian efforts, as well her recognition of those who took a major role in the feeding of America during World War II.

Cost is \$5. Maximum number of attendees is 30. Registration is required on myactivecenter.com by Thursday, August 4. If you are unable to register online, please call Melissa at 978-671-0916.

Majewski Law Estate Planning
Attorney Gregory Majewski
Wednesday, August 17 at 1:00 p.m.

Estate Planning is a very important piece of your overall personal financial plan. Planning ahead can help avoid complications, save money, and give you peace of mind that your hard-earned money will stay in your family, providing security for your loved ones.

Learn the importance of having a will, durable power of attorney, living will and medical power of attorney, as well as the features and benefits of having a revocable trust, how to avoid probate and how to properly plan for the future distribution of your assets.

Free. Maximum number of attendees is 25. Registration is required on myactivecenter.com by Wednesday, August 10. If you are unable to register online, 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

AUGUST ACTIVITIES & REGISTRATION

Monthly Activities

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

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

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.**

Process:

Register:

Register on myactivecenter.com before you bring payment to the BCOA. For free classes, once you are registered, nothing further is needed.

Important: If you are unable to register online, you will need to contact Melissa to register and pay.

Please do not bring payments to the BCOA Front Desk, if you have not already registered in myactivecenter.com.

Pay:

Once you have registered for all activities in myactivecenter.com, your 'Shopping Cart' will show you the amount that is due for the paid activities.

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. Payments should be in a sealed envelope with your name, amount due and the activities for which you have registered.

August & September Registration Dates:

August

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

September

- September classes begin on Monday, August 29
- September registration begins on Monday, August 22nd at 9:00 a.m.

IMPORTANT

Free Classes—Cardio Boost & Chair Aerobics Patrons Allowed To Sign Up For Only One Class

Our free exercise programs, Cardio Boost and Chair Aerobics, are extremely popular. In order to allow all patrons the opportunity to take these classes, we are restricting 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.

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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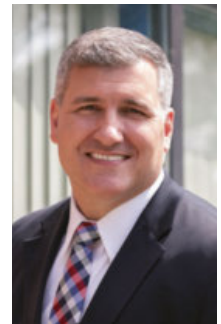


For more information visit circle-health.org/Billerica



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Welcome David Lamore – New Program Associate in Health and Wellness

We welcome David Lamore as our new Program Associate in the Health and Wellness Department. David comes to us with a human services background, working as a job developer. He will be primarily handling the Tax Work-Off Program, SHINE, and assisting with the BCOA Companion Program. Please stop by to introduce yourselves as he learns the ropes and meets new faces here at the BCOA.



BCOA Companion Program – Offering Transportation for Errands and Appointments

Do you need some extra help running errands or getting to doctor's appointments this summer? Would you like to get out and walk, go for ice cream, or go out to eat with a companion? 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, ext. 2010.

Diabetic Shoe Clinic - 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 to receive a free pair of diabetic shoes and inserts through 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, ext. 2010.



Walking Wonders – Minuteman Rail Trail Walk and Town Loop

The Walking Wonders group will have special Minuteman Rail Trail walk on Tuesday, August 30. We will gather at 9:00 a.m. at the Railroad Depot at 80 Loomis Street in Bedford, and start walking at 9:15 a.m. If you are interested, please register in myactivecenter.com. As an alternative, the Walking Wonders group will walk the town loop which gathers 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. For questions about this program, please contact Carolyn Savio at 978-671-0916, ext. 2010.

Mental Health Fair Wednesday, August 17, 4:00—7:00 p.m.

Billerica Health and Wellness, Inc. is proud to present a Mental Health Fair on Wednesday, August 17 from 4:00-7:00 p.m. on the lawn at the BCOA. The fair is free, open to the public and a variety of community support organizations will be represented with tents offering information and resources. This will be an informative and relaxing event with activities for all ages. Food trucks will also be available. For more information, please call Carolyn 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 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 have been completed, the amount will be deducted from your property taxes. **Applications are available through August 31, 2022.** The program will run from September 1, 2022 through February 28, 2023.

Fitness Room Guidelines

Registration for the fitness room is not required in myactivecenter.com, but patrons need to sign in with the 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 are required to return for another available hour. For questions, please call Carolyn at 978-671-0916.

Blood Pressure Clinic

The BCOA Blood Pressure Clinic runs 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.

Medicare Assistance Available with the SHINE Program

SHINE (Serving Health Insurance Needs of Everyone) is a federally funded program for those eligible for Medicare. SHINE counselors from AgeSpan will offer in-person appointments at the BCOA to help individuals find the best plans that fits their needs. The counselors are extensively trained with information about all plans and options, as well as federal and state guidelines. To schedule an appointment call David Lamore at 978-671-0916, ext. 2005.



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

**Lahey & The New Entry
Sustainable Farming Project's
Fresh Fruit and Vegetable Food Market**

For the 5th consecutive year, the BCOA has partnered with Lahey Hospital & Medical Center and the New Entry Sustainable Farming Project to bring free, fresh, seasonal, locally grown vegetables to the BCOA for distribution. The Market is open to Billerica residents who are BCOA members.



The produce is available on a first come, first serve basis each week to the first 65 patrons. There is no income restriction. The goal of the program is to encourage healthy eating! Distribution of the veggies begins at 11:00 a.m. sharp.



The Market began mid-June and will continue to run each Tuesday until

October 25. Members simply arrive at the BCOA, request a numbered card (deli style!), sign in at the front desk with your membership card and then relax & socialize as you await the distribution to begin. Don't forget to bring your re-usable cloth shopping bag to carry your veggies home!



While waiting, members can take a moment to look over the articles in the accompanying weekly information newsletter, THE POD, which provides recipes for tasty dishes using the produce being distributed that week. The POD also contains spotlight articles on New Entry farmers detailing how they began farming, where their farms are located and the crops they grow.

If you want to enjoy fresh, healthy vegetables and perhaps try a few varieties that are new to you, then come on down to the BCOA on Tuesday mornings and enjoy the harvest!

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

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

Need a wheelchair? Shower chair? Commode? Tub rail? Look no further than The Mason's H.E.L.P. Program. The Mason's provide FREE loan of a wide variety of durable medical equipment such as walkers, wheelchairs, over-the-bed tables, commodes, toilet supports, tub seats, transfer benches, Hoyer lifts and hospital beds, etc. Each Saturday morning, between 9:00 a.m. and 12:00 p.m., you can go to the Mason's location at 500 West Cummings Park (Washington Street) Woburn to either pick up or donate equipment. Borrow for as long as you need and when done, simply return the item. You may call the BCOA Outreach Office with questions or reach out directly to the Mason's H.E.L.P. program by calling 781-322-1052.

AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>August 1</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>August Classes</u> <u>Start</u></p>	<p>2</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 Michaels Harborside Van Trip 11:00 Lahey Food Mkt 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance 2:00 Lowell Mill Girls</p>	<p>3</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>4</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>5</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 2:30 Acoustic Thursday Band</p>
<p>8</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 2:30 History Lecture</p>	<p>9</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 Van Trip 11:00 Lahey Food Mkt 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance</p>	<p>10</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 11:30 Traveling Chef 11:45 Ice Cream Trip 12:30 Cribbage 1:00 Name that Tune</p>	<p>11</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 10:00 Buffalo Bingo 10:45 Chair Aerobics 12:30 Bingo 1:00 Meet Eleanor Roosevelt</p>	<p>12</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 2:00 Salem 5 Scams</p>
<p>15</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</p>	<p>16</p> <p>8:30 Cranes Castle Van Trip 9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Tap Dance 9:30 Blood Pressure</p>	<p>17</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 Horseshoes 9:30 Ceramics 11:45 Ice Cream Trip 12:00 Community Food</p>	<p>18</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 Blood Pressure</p>	<p>19</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:30 Lilac Blossom Van Trip 10:00 Tai Chi 10:00 Tribute Bill Chamberlain</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 2:30 Blaire House</p> <p>September Registration Starts</p>	<p>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>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Tap Dance 9:00 Perkins Cove Van Trip 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>11:00 Community Food 12:30 Cribbage 1:00 Majewski Law</p> <p>11:45 Zumba 1:00 Cardio Boost 2:00 Beg. Line Dance</p>	<p>10:00 Buffalo Bingo 10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo</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 Buffalo Bingo 10:00 Lobby Library 10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo</p>	<p>11:00 Zumba 1:00 Cardio Boost 2:00 Beg. Line Dance</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Tai Chi 10:00 Quilting 11:45 Zumba 12:00 Cooking w/ Stacy 1:00 Cardio Boost 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>September Registration Starts</p>	<p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Tap Dancing 9:00 Rail Trail Walk 9:00 Agawam Diner Van Trip 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 1:30 68 Glass Onion</p>	<p>11:45 Zumba 1:00 Cardio Boost 2:00 Beg. Line Dance</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Tai Chi 10:00 Quilting 11:45 Zumba 1:00 Cardio Boost 2:00 Beg. Line Dance</p>	<p>10:00 Buffalo Bingo 10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo</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 Buffalo Bingo 10:00 Rummikub 10:45 Chair Aerobics 12:30 Bingo</p>	<p>11:45 Zumba 1:00 Cardio Boost 2:00 Beg. Line Dance</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</p>
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The First Cuppa and Touch-In with the Director

Grand success, held on Friday June 10. Eight patrons from various walks of life shared beautiful stories, life lessons and the joys they savor and hardships they have all conquered. Many captured the value of being a part of the COA, new friends made, human connectivity established, and sadness reduced by the welcoming, caring nature of the environment and people they meet that they can open to with confidence.

These sessions are maxed at 10 attendees to allow for deep connectivity and conversations of meaning. See you at one of them!



Thanks for joining me – Jean

Blaire House

Monday, August 22 at 2:30 p.m.

Confused about the difference between a Nursing Facility vs Assisted Living? Blaire House of Tewksbury offers both levels of care and can help answer your questions, such as:

What are the costs? Are there programs that can assist with the cost? What are the qualifications in terms of care needs? VA involvement? What is Memory Care?

Betsy DelloRusso, Director of Community Relations will help you navigate the maze of services and care available.

Free. Maximum number of attendees 30. Registration is required on myactivecenter.com by Wednesday, August 17. If you are unable to register online, please call Melissa at 978-671-0916.

STRIKING A POSE FOR BINGO

Thursday is Bingo Day at the BCOA when patrons connect, play, win and laugh! We are so grateful to Marissa Goss and Christene Strazzere from RE/MAX Triumph Realty who were kindly recruited by past Board Chair – Joan DiOrio to help us with the details on Thursdays. We love their energy and warm nature! Our Events Coordinator, Melissa Paolicelli (in foreground) is delighted to have their assistance.



**JOIN US IN A CELEBRATION OF LIFE
for BILL CHAMBERLAIN
with the Senior Music Makers
Friday, August 19, 10:00—11:00 a.m.**

We sadly said goodbye to William (Bill)

Chamberlain (9-6-41 to 1-21-22) in January. Bill was part of the Music Makers group who entertained patrons most Friday mornings. He grew up in Hyde Park/Boston where his love for music got started. He met his wife Cynthia in Boston and moved to Lowell where they lived for over 40 years. According to Bill's only child, Michael, who still lives in Lowell – " He loved jazz, Jim Hall and Elvis's Guitarist. He listened to Elvis all the time."



Bill joined forces with Carl Narsasian to start the Music Makers Group some 8 years ago that played a wide range of music at the Billerica COA before Covid . Other members of the group were John Posco, Cathy Nardone and George Simolaris. Carl shared how easy Bill was to work with and also that he was very good at electronics easily fixing amplifiers and so on. Bill also taught music to kids and really enjoyed that.

**We miss him and
his talent, his
easy-going style
and love of music.**



Event Details:

Under the BCOA tent. No cost. Maximum number of attendees 40. Registration is required on myactivecenter.com by Friday, August 12. If you are unable to register online or have questions, please call Melissa at 978-671-0916.

Christine the Newsletter Wiz

We have benefitted for some years from the design, packaging and production support of our monthly newsletter from a true friend of the Billerica COA, Christine Sarno-Doyle. As Christine moves on to other projects, we, the staff, thank her sincerely for her patience, her hard work and deep skills in helping us to assemble and disseminate this important communications tool on our work, our people and our community impact.



Christine enjoying Holi - Festival of Colors in March

THANKS CHRISTINE!!!

Card Making Wednesday, August 10, at 10:00 a.m.

Join Janet Habeshian and learn to make beautiful hand-crafted cards. The cost is now \$10.00 per class.

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

Cooking with Stacy Friday, August 26 at 12:00 p.m.

We will explore the makings of the ever-popular dish Chicken Marsala! We will create our recipe with a luxuriously creamy mushroom sauce loaded with fresh mushrooms, spices, and a deliciously decadent Marsala wine. Superfast, super easy and super delicious this special dish is easy to recreate in your very own kitchen. A flavorful chicken dinner with plenty of sauce to serve over Penne or Linguini with an authentic Italian taste! As is our custom, we will be serving up samples after class to let our tastebuds guide us in the right direction! Hope to see you there! Bon Appetit!

Cost is \$10. Maximum number of attendees 10. Registration is required on myactivecenter.com by Wednesday, August 24. If you are unable to register online, please call Melissa at 978-671-0916.



Lobby Library

Thursday, August 25, 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

Pottering Around the UK: Real Life Locations from the World of Harry Potter

Tuesday, August 9, 7:00 p.m.—8:15 p.m. Zoom

Travel vicariously as Anglophile and former UK resident Claire Evans takes you on a historic, scenic, architectural and occasionally culinary tour of Harry Potter's magical world. *This program is sponsored by a Local Community Council fund grant in partnership with the Bigelow Free Public Library in Clinton, MA.*

Mason Jar Flower Arranging

Thursday, August 11, 7:00 p.m.—8:15 p.m. In Person

Join Heather Allen of H.E. Flora to learn the basics of floral arranging. Design a summer-inspired mason jar arrangement. Heather will provide each participant with fresh flowers and all supplies needed for the workshop. *Sponsored by a local Community Fund grant.*

Author Event: Celebrity Photography with Allan Dines

Thursday, August 18, 7:00 p.m.—8:00 p.m., In Person

For almost 30 years, Allan Dines has photographed hundreds of celebrities in some of the most iconic venues in Boston and surrounding areas. Legends from the world of music, movies, television, sports, and more were captured by Allan's camera. Join us to hear some of those stories from the author of "Front Row Center: How I Met Everyone". *Sponsored by the Billerica Public Library Foundation, part of the Foundation Program Series.*

Virtual - 50+ Job Seekers Group

August 3 & 17, 9:30 a.m.—11:30 a.m. Zoom

The Massachusetts Library Collaborative's 50+ Job Seekers Group meets on the 1st and 3rd Wednesdays of the month. If you are unemployed and actively looking or recently retired and looking for your "Encore Career", this networking group is perfect for you! *Sponsored in part by the Billerica Public Library Foundation as part of the Foundation Program Series.*

BCOA Book Club

No Book Club in August

September 27—**Breathing Lessons**, Tyler
October 25—**The Order of Time**, Rovelli

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.

A Tribute to Pat Zapert

A tribute to Pat Zapert who completes ten years as an exceptional employee and colleague at the Billerica Council on Aging, (BCOA). Here is what Pat brought to her job, responsibilities and projects every day:

- P** – Professionalism
 - Par excellence organization and communication skills
 - Perspective from her colleagues
 - Discretion with privileged information
 - Putting herself in the other’s shoes
- A** – Administrative acumen
 - Adapting to a constantly changing BCOA world
 - Abundance of resourcefulness
 - Ability to anticipate issues
 - Ability to roll with punches and reset
 - Analytical skillset – facts, figures and stats are her joy points
 - A friend and advisor to her colleagues
- T** – Tons of talent
 - Technical expertise and critical analysis
 - Trustworthiness
 - Top-notch writing skills
 - Tech Prowess – troubleshooting for the team
 - To-do lists proficiency



Transformed from a supporting role to a strategic partner to the Director

“Pat always seems to have an answer for this, a solution to that, and a resource to help with everything in-between.”

We shall all miss you, Pat and wish you health and happiness after the BCOA!
The BCOA Staff Team, Summer 2022



Congrats! Friends Board on a Successful 2nd Black Tie Bingo Fundraiser

On behalf of all staff and volunteers, our sincerest gratitude is extended to the Friends Board (FCOA) for the hard work in pulling off a very successful second Black Tie Bingo on Friday June 17, 2022.



To be deeply admired is the joint efforts of both boards to work together, side-by-side for a smooth, well-planned event.

Mary Camilleri, President of the Friends Board must be commended for her leadership manifested in getting things done, seeking opinions and advice, taking charge when needed and leveraging support from the Board driven by Mary Riley, Board Chair.

THE FCOA continues to support a widening range of programs, events and services to preserve the health, dignity and independence of local seniors.

Great Firefighters Barbeque, June 24!

After a Covid pause The Billerica Firefighter’s Union led by President Joseph Brangwynne cooked up hotdogs and hamburgers for some 150 patrons. The event started as the brainchild of retired Fire Capt. Joe Bradley who worked with former COA Director, Donna Popkin to start it as a fund-raiser.

The firefighters, in good spirits truly put their best foot forward for a great event. THANKS GUYS!

We also thank all the volunteers who joined us to pull the event off: Dave and Joanne Gagliardi and their 3 grandkids, Melanie, Derek and Alison, Jo Leary, Nibbie Spinnetto, Jerry Johnson, Loreta Sheridan, Christine Strazzere, Carmine Omobono, Marissa Goss, Viola Dodson, Margaret-Ann Aquaro, Karen Johnson, Bill Collins and Mary Riley.



On the staff side, the event was successfully led by Melissa Paolicelli, assisted by team members in the Outreach Department, Jeanne Teehan, Karen Cusack-Bouvier and John Pellegrino. Also thanks to Lynne Cloutier for her support as a member of our front desk staff.



Friends of the Billerica Council on Aging, Inc.

August 2022

The Friends Annual Black Tie Bingo was a good time had by all. We achieved our goal of making over \$10,000. This money will be given to the BCOA as it is needed to support activities for our Seniors.



**Friends President
Mary Camilleri**

The August Calendar Raffle is underway. Please support this event by purchasing a calendar raffle. They are at the receptionists' desk at the BCOA or contact me at marycamilleri@comcast.net.

On Wednesday, September 28, at 2:30 p.m. the Friends will be hosting a Celebration of Life for Nicholas Rosa. Nick was our past president and was an integral part of the Friends for over 17 years. Light refreshments will be served. All are welcome.

Enjoy the rest of your summer.

Mary D. Camilleri
President Friends BCOA

**68 Glass Onion
A Beatles Tribute Band
Tuesday, August 30, 1:30 p.m.**

Join us for 68 Glass Onion, a Beatles tribute band that has been playing in and around the Greater Lowell area in various configurations since 2013.

If you'd like to learn more about them prior to show time, you can see videos and listen to some of their music at <http://www.68glassonion.com>.

Cost is \$5. Maximum number of attendees 35. Registration is required by Thursday, August 26 on myactivecenter.com. If you are unable to register online, please call Melissa at 978-671-0916.

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

In memory of Deanna Trotta
The Quilters

In memory of Bea Ames
Katherine Ebert
Larry and Lisa LaFreniere

Thank You

**The Doctor is in—
A History of Medicine Through Stamps
Presenter: Henry Lukas
Monday, August 8 at 2:30 p.m.**

Postages stamps, although small, can include much information about famous individuals, historic events, current topics, and a wide range of other interesting subjects. For example, over the years, thousands of stamps have been issued worldwide celebrating all aspects of the study of medicine.



Henry Lukas, retired Education Director for the Spellman Museum of Stamps & Postal History at Regis College, will be presenting images of a number of these stamps and their connection to medicine. He will highlight recent COVID-19-themed stamps and discuss how other devastating worldwide diseases are depicted. Stamps honoring famous doctors and nurses, those issued to raise funds for medical research, recognition of famous hospitals and stamps from the United Nations which explain the



work of the WHO are just a portion of what he will cover. A very brief history of stamps will also be presented. Questions most welcome.

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

THANKS! E Ink Corporation

For supporting our community grant request to rent a commercial tent to expand our programmatic volume safely this summer while Covid remains a part of our day-to-day lives.

In photo are Dean LaMothe, Director of Finance and Patricia Varallo, Office Manager at E Ink Corporation, with Director Jean Patel Bushnell.



ACTIVITIES & TRIPS

Van Trips Sign up starts July 25

August Van Trips

- | | |
|-------------|--|
| Tuesday, 2 | Michaels Harborside, Winfrey's Fudge , Leave 10:00 a.m. |
| Tuesday, 9 | Repeat of a sell-out trip Castle Island Walking Trip , Leave 9:30 a.m. |
| Tuesday, 16 | Cranes Castle Walking Trip & Clam Box/Essex Seafood - Lunch , Leave 8:30 a.m. |
| Friday, 19 | Lilac Blossom Nashua, Hobby Lobby , Leave 9:30am |
| Tuesday, 23 | Perkins Cove Maine/Lunch—Cove, Stop at Nubble Lighthouse , Leave 9:00 a.m. |
| Tuesday, 30 | Agawam Diner/Tender Crop Farm Stand , Leave 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. \$4.00

- | | |
|---------------|-------------------------------|
| Wednesday, 3 | Heritage Farms, Lowell |
| Wednesday, 10 | Bedford Farms |
| Wednesday, 17 | Kimballs, Carlisle |
| Wednesday, 24 | Chelmsford Creamery |
| Wednesday, 31 | Meadowlands, Tewksbury |

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

Call John to sign up 978-215-2003

Gift Shop

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

*****SALE SALE SALE*****

We have extended out 50% off Jewelry Sale!!

Come in, shop! We have lots of treasures. Our inventory is always changing.

Greeting cards are 5/\$1.00
100% of your purchases support the BCOA!

Reminder: We are not taking Gift Shop donations during the month of August.

Thank you to the following for your donated items to sell in the Gift Shop: Candida DeVito, Karen Clements, Mary Gallagher, Susan Porter, Elizabeth Smith, Karol Simon, Tina Ntapalis, Barbara Leonard, Nancy Schuster, Paulette Osterberg, Maureen O'Connor, Jean & John Penney, Ann Patterson, Kathy Walsh, Frank Urro, Parvin Abadi, Joan Arena, Staffier Family, Bee Magliozzi, Priscilla Scales, anonymous Staff Member, Ralph DiCicco, Priscilla Scales and Nancy O'Keefe.

LOST & FOUND

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



Have Outlook Delivered to Your Door

Sign up for the Outlook newsletter and have it delivered to your door. The price is \$12 for a 12-month subscription. Make checks payable to Billerica COA and note on the check's memo line "Outlook".



Mail to 25 Concord Road,
Billerica, 01821 or drop it off at the front desk.

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.



BILLERICA
COUNCIL ON AGING

Drop by and let us know what you think!

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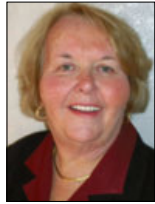
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Firefighter's BBQ

COA Board Chair Mary Riley served guests at the 2022 Firefighters BBQ.



Welcome New Alternate COA Board Members

We welcome new Alternate COA Board Members:
Gerald Johnson
Mary Jones
Marguerite Massey

Billerica Council on Aging

25 Concord Road
Billerica, MA 01821
www.billericacoa.org
Phone: 978-671-0916

The purpose of the Friends of the BCOA is to supplement the budget of the Billerica Council on Aging to provide services and programs designed to enrich the quality of life for local Seniors.

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