



# OUTLOOK

## SEPTEMBER 2022



**BCOA TEAM**

**Jean Patel Bushnell**  
Director

**Open**  
Administration & Operations

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Outreach & Transportation

**Karen Cusack-Bouvier**  
Outreach

**Carolyn Savio**  
Health and Wellness Programs

**David Lamore**  
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**Melissa Paolicelli**  
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**Keith Weston**  
**Warren Wingard**  
Van Drivers

**Jerry Keefe**  
Facilities Management



### Director's Corner

#### *Savoring September*

As I go back and forth to Vermont recently, I have been watching the bales of hay being gathered and the slow and steady exit of summer. The leaves are just starting to turn their bright fall hues.

On September 22nd with a heavy heart, we will begin to say goodbye to long days, lazy afternoons, fireworks, vegetable gardens and days devoted to leisure and good times with the people we love.

But there is so much to welcome and enjoy! Let's start with lovely vegetables at farmers markets and produce stands. Broccoli I am told is sweeter, less bitter and sharp when harvested in cooler fall temperatures and fresh garlic is at its plump, sweetest, best in late summer and fall. And there is the range of winter squash – my favorite being Kabocha!



Some of you will start canning. Given skyrocketing prices for everything you are setting about preserving beans, carrots, heirloom tomatoes and so on and producing delicious fresh jams!

With the restart of school some of you add pep to your step helping with drop off and pick up.



Whatever you are doing let gratitude spread through your whole self, let refection bring you to the striking realization that despite the fact that nothing is behaving the way we're used to, we still have people to see, stories to share, activity and engagement at the senior center and life to live with all we have.

***Enjoy that Labor Day backyard barbecue!***

*Jean Patel Bushnell*

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INTERNATIONAL



**Wednesday, September 7th | Time: 1:30 pm**  
**Max: 35 | Cost: \$ 8 pp**  
**You must sign up on myactivecenter**  
**By: Thursday, September 1st**  
**Questions: Please call Melissa @ 978-671-0916 x 2022.**

Did you know that eating chocolate releases endorphins that make you happy? Come try an array of gourmet chocolate delights from around the globe to stimulate your pallet .

Milk, dark and SUGAR FREE chocolate will be offered for sampling. Learn about the ingredients, processing and where cocoa pods are grown. Let the fun begin as you sway to the rhythm of the beat as The Cocoa Lady leads you in the cocoa dance.

**History Lecture on Harvard Sq. Cambridge, Ma**  
**Presenter: Paul Hogman**

**Tuesday, September 13th | Time: 10:00 am**  
**Max: 20 | Cost: FREE**  
**You must sign up on myactivecenter**  
**By: Friday Sept. 9<sup>th</sup>**  
**Questions: Please call Melissa @ 978-671-0916 x 2022**

Cambridge, in the 17<sup>th</sup> century, otherwise known as Newtowne, reached all the way out to Billerica (Shawsheen) in area.

Take a tour of the Harvard Square area starting with the settlement of Newtowne, roaming the back streets of Cambridge observing:

Where the old Cambridge jail was, the warehouses, ferry, and old waterlines were located.

**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.

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

**YANKEE DOODLE and the BCOA**  
**WE NEED YOUR HELP**



‘30 Years of Yankee Doodle Homecoming’  
 Saturday September 17th, 2022  
 Massachusetts Official Yankee Doodle Town  
<https://www.billericayankeedoodlehomecoming.org/>

We need you help in TWO AREAS as

**1: PARADE**

We need walkers and other members – please register for the parade at the front desk BY SEPT 9th.

Here we are showcasing an active, contemporary senior center

**2: BOOTH**

We need at least 2 persons for each of the booth slots below – 8.30 AM to 10.30 AM etc.

8:30 am	10:00 am
10:30 am	12:30 am
12:30 pm	2:30 pm
2:30 pm	4:30 pm



**Wednesday, September 21st | Time: 12:00 pm**  
**Max: 45 | Cost: \$ 4pp**  
**You must sign up on myactivecenter**  
**By: Thursday, September 1st**  
**Questions: Please call Melissa @ 978-671-0916 x 2022.**

Come and join the BCOA for a lunch that will be provided & cooked for you in person by a Agespan Chef. The chef will be providing:

**The chef will be providing:**

- Hambergers/slice of cheese**
- Apple Crisp**
- Sweet Potato Tots**
- Garden Salad**

**Monthly Activities**

**Book Club** | Last Tuesday of month, Tuesday September 27th  
Time: 12:30 pm.

**Daily Activities**

**Fitness Center Hours:** 9:00 am | Time:12:45 pm.  
When: Monday-Friday.

**Pool Tables Hours:** 9:00 am- 3:45 pm. | When: Monday-Friday.  
No registration required.

**Walking Wonders:** Meet at 8:45 am. Leave at 9:00 am.  
Monday through Friday from 25 Concord Rd.

**Monday**

9:00 am	Walking Wonders	Free
9:00 am	Pool Playing	Free
9:00 am	Fitness Room	Free
10:00am	Painting Together	Free
10:45 am	Chair Aerobics	Free
1:00 pm	Strength & Balance	\$18 for 4 classes
1:15 pm	Social Time Hanging Out & Connecting	Free

**Tuesday**

9:00 am	Walking Wonders	Free
9:00 am	Pool Playing	Free
9:00 am	Fitness Room	Free
9:00 am	Tap Dancing	\$18 for 4 classes
9:30 am	Knit/Crochet Group	Free
9:30 am	Blood Pressure	Free
11:45 am	Cardio Boost	Free
1:00 pm	Line Dancing	\$18 for 4 classes
1:00 pm	Party Bridge	Free

**Wednesday**

9:00 am	Walking Wonders	Free
9:00 am	Pool Playing	Free
9:00 am	Fitness Room	Free
9:15 am	Yoga	\$18 for 4 Classes
9:15 am	Horseshoes	Free
9:30 am	Ceramics Class	\$18 for 4 classes
1:00 pm	Cribbage	Free

**Thursday**

9:00 am	Walking Wonders	Free
9:00 am	Pool Playing	Free
9:00 am	Fitness Room	Free
9:15 am	Horseshoes	Free
9:30 am	Blood Pressure	Free
10:00 am	Rummikub	Free
10:45 am	Chair Aerobics	Free
12:30 am	Bingo	

**Friday**

9:00 am	Walking Wonders	Free
9:00 am	Pool Playing	Free
9:00 am	Fitness Room	Free
10:00 am	Quilting	Free
10:00 am	Tai Chi	Free
11:45 am	Zumba	\$18 for 4 classes
1:00 am	Cardio Boost	Free
2:00 am	Beginners Line Dancing,	\$18 for 4 classes

**Online Registration & Payment**

**Online Registration:** Many activities require online registration. Online registration is done through [myactivecenter.com](http://myactivecenter.com).

[myactivecenter.com](http://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](http://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](http://myactivecenter.com).**

**Pay:**

Once you have registered for all activities in [myactivecenter.com](http://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.

**September & October Registration Dates:****September**

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

**October**

- October classes begin on Monday September 26th
- October registration begins on Monday, September 19th 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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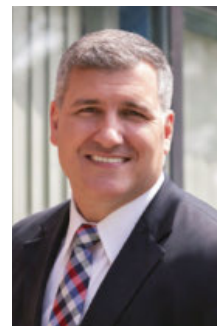


For more information visit [circle-health.org/Billerica](http://circle-health.org/Billerica)

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### BCOA Companion Program

#### Steps to assisting Family caregivers

##### The BCOA Companion Program Process:

- ◆ If you believe that you or loved one would benefit from companion care, the program coordinator will take the time to talk to you about your needs and how we can best assist you.
- ◆ If you are currently a client of AgeSpan, you may be eligible for discounted companion service rates. You can contact your Age Span case manager to inquire about eligible companion hours or call Carolyn at the BCOA.
- ◆ The program coordinator will do a home visit with the potential client and any involved family members to learn more about the client's needs and how he or she functions at home. The potential client will also meet with a companion to ensure that the fit and needs are optimized.
- ◆ When the potential client or their family agrees to get this service a contract is signed and the companion can start providing support immediately. For questions about the program, please contact Carolyn Savio at 978-671-0916, ext. 2010.

#### **New Yoga Class | Wednesdays | Time: 9:15 a.m.**

We welcome new instructor Lawrence Brown who will teach Yoga on Wednesdays at 9:15 a.m. beginning August 31st. Lawrence has been practicing yoga for 50 years and teaching for 23 years. He has taught a diverse group of students from beginners to special needs to advanced levels. In this class, participants will stretch, tone and strengthen their bodies combining breath with movement. No prior experience yoga is necessary and students may use a chair for all or part of the hour-long class. Please wear loose comfortable clothing and bring a mat, water, and a medium-sized towel for padding if necessary. Registration is required in My Active Center.

#### **Grief Support Session with Merrimack Valley Hospice**

Are you dealing with the loss of a loved one? The BCOA in conjunction with Merrimack Valley Hospice is offering an in-person 6-week grief support session on Thursdays beginning **September 8th to October 13th from 10:30-12:00 p.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.

#### **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 fit 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 please call David Lamore at 978-671-0916, ext. 2005.

### Walking Wonders

#### **Narrow Gauge Rail Trail Walk and Town Loop**

The BCOA will offer the Narrow Gauge Rail Trail walk on Tuesday, September 6th and Tuesday, September 27th. Walkers will meet at the trailhead at 92 Sweetwater Ave., Bedford at 9:00 a.m., and begin the walk at 9:15 a.m. If you would like to participate, please register in My Active Center. As an alternative, the Walking Wonders group walks the town loop daily, Monday to Friday, by 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. Please remember to wear comfortable shoes and clothing for these walks and bringing along fluids for hydration. For questions about this program, please contact Carolyn Savio at 978-671-0916, ext. 2010.



#### **Wednesday, September 14th Time: 1:00 p.m.**

Please join us for an in-person Memory Café on Wednesday, September 14th 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. This month we will offer a painting class with Raquel Palermo. Guests with dementia, at any stage, and due to any underlying condition are encouraged to attend accompanied by their caregiver. To register, please call Carolyn Savio at 978-671-0916, ext. 2010.

#### **Blood Pressure Clinic**

The BCOA Blood Pressure Clinic will run on Tuesdays and Thursdays from 9:30 a.m.-11:30 a.m. led by Registered Nurse Mary Daley. Please note that the Blood Pressure Clinic will now take place in the small conference room on the second floor, unless otherwise announced at the front desk. Registration is not required, but patrons must use their key tags to sign in at the front desk.

One of the hallmarks of our support is helping our members live the best lives possible – here is Ellie Witmyer letting us all know that life is to be lived!



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



### Senior Spotlight



Meet Jean Wilson. Jean grew up in Billerica and has a long family history in town. Her grandparents and her great-grandparents lived here as well, hailing from Nova Scotia. Jean is a longtime member of the Billerica Council on Aging. She is a career musician – a singer, songwriter, composer, and keyboardist. Jean has participated in the BCOA Senior Music Makers, playing keyboard, and has entered the Annual BCOA talent show. Jean is not sure how it came to happen, but she was once asked to appear on the Jimmy Kimmel Live Show – she accepted the invitation and traveled to Hollywood, CA to make her appearance. We're convinced it was a combination of her vivacious personality as well as her musical talent which caused the producers of that show to reach out to her!


Jean has availed herself of some of the wonderful programs offered here at the BCOA, including the AARP Income Tax preparation program, having her income taxes prepared for free at the BCOA. Several years ago, during a conversation with the staff in the Outreach Department, Jean mentioned her high home heating cost and was surprised to learn that she could apply for the Fuel Assistance Program (Low Income Home Energy Assistance Program). With some encouragement, Jean completed the application- assisted by Marie O'Rourke in the Town Veteran's Services office – and was approved! This program has helped Jean with her winter heating costs and has helped pay for the replacement of an aging oil tank in her home.

Jean decided to visit the Outreach staff again when her home needed a new roof. Jean had previously hired a contractor to replace just a small porch roof on her home, but she was charged a 'pretty penny' by the roofer with unsatisfactory results. This experience left her without adequate funds to replace the main roof on her home.

When she shared her unfortunate experience with the Outreach Staff, Jean was surprised to learn that Habitat for Humanity had a program to help seniors with the cost of making critical home maintenance and repairs. Jean was encouraged to apply for Habitat's assistance, and her application was approved! The roof was installed immediately. Jean had only to pay just 25 percent of the cost of materials and labor while Habit for Humanity covered the remaining 75 percent.

To recuperate a portion of the overpayment that Jean had made to the roofer who had done her small porch, Outreach staff connected Jean with legal advocates at Northeast Legal Aid – their lawyers worked closely with Jean to help mediate talks with that roofer and was able to negotiate a refund of the excessive charges. Jean's experiences working with Outreach staff was an example of "you don't know what you don't know." By sharing her concerns with the Outreach Staff, Jean learned of resources she had not known existed and was connected with those who could help her.

# SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>August 29</b></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><b>August 30</b></p> <p>9:00 Walking Wonders            9:00 Fitness/Comp. Rm            9:00 Pool Playing            9:00 Tap Dance  <b>9:00 Minuteman Rail</b>            9:30 Blood Pressure            9:30 Knitting/Crochet            11:00 Lahey Food Market            11:45 Cardio Boost            12:30 Party Bridge            1:00 Line Dance</p>	<p><b>August 31</b></p> <p>9:00 Walking Wonders            9:00 Fitness/Comp. Rm            9:00 Pool Playing            9:15 Horseshoes            9:15 Yoga            9:30 Ceramics            12:30 Cribbage</p>	<p><b>1</b></p> <p>9:00 Walking Wonders            9:00 Fitness/Comp. Rm            9:00 Pool Playing            9:15 Horseshoes            9:30 Blood Pressure            10:00 Rummikub            10:45 Chair Aerobics            12:30 Bingo</p>	<p><b>2</b></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><b>5</b></p> 	<p><b>6</b></p> <p>9:00 Walking Wonders            9:00 Fitness/Comp. Rm            9:00 Pool Playing            9:00 Tap Dance  <b>9:00 Rail Trail</b>            9:30 Blood Pressure            9:30 Knitting/Crochet  <b>10:00 History Lec</b>            10:00 Gift Shop            11:00 Lahey Food Market            12:30 Party Bridge</p>	<p><b>7</b></p> <p>9:00 Walking Wonders            9:00 Fitness/Comp. Rm            9:00 Pool Playing            9:15 Yoga            9:15 Horseshoes            9:30 Ceramics            10:00 Gift Shop            12:30 Cribbage  <b>1:30 Chocolate Tasting</b></p>	<p><b>8</b></p> <p>9:00 Walking Wonders            9:00 Fitness/Comp. Rm            9:00 Pool Playing  <b>9:00 Food Care Clinic</b>            9:15 Horseshoes            9:30 Blood Pressure            10:00 Rummikub            10:00 Gift Shop  <b>10:30 Grief Support</b>            10:45 Chair Aerobics            12:30 Bingo</p> <p><b>Grief Support</b>  <b>September 8th-October 13th</b>  <b>10:30 Am-12:00 PM</b></p>	<p><b>9</b></p> <p>9:00 Walking Wonders            9:00 Fitness/Comp. Rm            9:00 Pool Playing            10:00 Tai Chi            10:00 Quilting            10:00 Gift Shop            11:45 Zumba            1:00 Cardio Boost            2:00 Beg. Line Dance</p>
<p><b>12</b></p> <p>9:00 Walking Wonders            9:00 Fitness/Comp. Rm            9:00 Pool Playing            10:00 Painting Together            10:00 Gift Shop            10:45 Chair Aerobics            1:00 Strength/Balance            1:15 Social Time</p>	<p><b>13</b></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 Gift Shop            11:00 Lahey Food Market</p>	<p><b>14</b></p> <p>9:00 Walking Wonders            9:00 Fitness/Comp. Rm            9:00 Pool Playing            9:15 Yoga            9:15 Horseshoes            9:30 Ceramics  <b>10:00 Card Making</b>            10:00 Gift Shop</p>	<p><b>15</b></p> <p>9:00 Walking Wonders            9:00 Fitness/Comp. Rm            9:00 Pool Playing            9:15 Horseshoes            9:30 Blood Pressure            10:00 Rummikub            10:00 Gift Shop  <b>10:30 Grief Support</b></p>	<p><b>16</b></p> <p>9:00 Walking Wonders            9:00 Fitness/Comp. Rm            9:00 Pool Playing            10:00 Tai Chi            10:00 Gift Shop            11:45 Zumba            1:00 Cardio Boost            2:00 Beg. Line Dance</p>



<p>10:45 Chair Aerobics 12:30 Bingo 2:00 <b>McMurphy's</b></p>	<p>10:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance 6:30 <b>Nick Rosa's Celebration of Life</b></p>	<p>12:30 Cribbage 1:00 <b>Memory Café</b></p>	<p>10:45 Chair Aerobics 12:30 Bingo 2:00 <b>McMurphy's</b></p>	<p>10:45 Chair Aerobics 12:30 Bingo 2:00 <b>McMurphy's</b></p>	<p>10:45 Chair Aerobics 12:30 Bingo 2:00 <b>McMurphy's</b></p>
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# AUTUMN BEGINS THURSDAY, SEPTEMBER 22nd



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## Heart Health Superfoods (AARP, Jan 27,2021) **Beets**

Beets deserve a badge of honor in the veggie family, says Jorge A. Brenes-Salazar, M.D., a geriatric cardiologist and assistant professor of medicine at the Mayo Clinic. That's due to their high doses of nitrates, which help keep blood vessels dilated and healthy. A 2013 British study showed that simply drinking a cup of beet juice daily significantly lowered blood pressure in hypertensive patients.

## **Featuring Acoustic Thursday**



We were so glad to have this group with us again on August 5<sup>th</sup>. Bill Rowe, Program Manager shared that they started with a few members and before you knew it, they grew to 6-10 dedicated performers willing to provide music to those who might not have an opportunity to listen to a live band. They are so committed to what they do that they eagerly meet weekly to practice, rehearse old tunes, and create new ones. They have done some 100 shows over the past few years, and all love the fun of being together and making folks smile!



## The A & W Ukulele players wowed us this summer!



## **Ukulele History Timeline**

In 1874, Hawaii's sugar industry was growing. However, the native population was decreasing because of disease. 25,000 migrant workers came from Portugal.

Among these new arrivals were woodworkers Manuel In 1874, Hawaii's sugar industry was growing.

However, the native population was decreasing because of disease. 25,000 migrant workers came from Portugal.

Among these new arrivals were woodworkers Manuel Nunes, Augusto Dias and Jose do Espirito Santo. The Portuguese immigrants played the "machete de Braga", which is what the ukulele was originally called. In 1879, the Hawaiian Gazette mentioned the Madeira imports. "Madeira Islanders recently arrived here have been delighting the people with nightly street concerts. The musicians are fine performers on their strange instruments, which are a kind of cross between a guitar and a banjo, but which produce very sweet music..."  
ACOUSTICREALM.

### **The McMurphy's**

**Thursday Sept. 13th | Time: 2:00 pm**

**Max 30 | Cost \$5**

**Sign up at Myactivecenter by Friday Sept. 9<sup>th</sup>**

**Please contact Melissa with questions**

The McMurphy's have been playing music you know and love for over 30 years. Happy hour tunes and Irish Pubs songs are a specialty.

Performing throughout New England, New York, New Jersey, and Maryland at Venues ranging from Ocean Resorts to Ski Resorts to the Finest Restaurants and pubs. Always a fun time with The McMurphy's



**Tuesday, September 20th | Time:10:00 am**  
**Max: 10 | Cost: FREE | Sign up: on myactivecenter**  
**By: Friday Sept. 16<sup>th</sup>**

The Libby Class - Learn how to download a Libby App on IOS Devices iPhone / IPADS  
 Questions: please call Melissa @ 978-671-0916

- Learn how to download a Libby app, enter your library card details, browse the digital collection, and borrow a title.
- Bring your device and get help accessing free e-books, audiobooks, and magazines.

This will be a small group class with the library's Technology Librarian, Abby Sheikh.



Calling our members – as fall arrives come in, grab a cup of coffee/tea and a book, meet some new folks and feel the friendliness and warmth of your Center!

**In-House Library**

Stop by our Library in the Lobby where you can **Take a Book** or **Leave a Book!**

We accept **hardcover** books that you would like to share with folks.



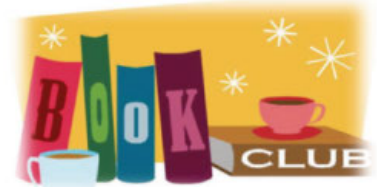
**The Amazing Sunflower**



Sunflower was a common crop among American Indian tribes throughout North America. Evidence suggests that the plant was cultivated by American Indians in present-day Arizona and New Mexico about 3000 BC. Some archaeologists suggest that sunflower may have been domesticated before corn.  
**National Sunflower Association, Mandan, ND**



**COA**



**Tuesday, September 27th**  
 Breathing Lessons, Tyler

**Tuesday, October 25th**  
 The Order of Time, Rovelli

**Tuesday, November 29th**  
 Guernsey Literary and Potato Peel  
 Pie Society - Shafer

**December-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.



We are starting a new Pen Pal program with the Kennedy School; We are looking for participants to take part in this program. We will be working with 3 grades.

The intergenerational Pen Pal Program is one such opportunity for young and old to thrive by becoming a part of each other's lives. We invite you to become a Pen Pal!

This is a wonderful opportunity to connect and share life stories with younger person. You would exchange letters with the Kennedy elementary school students through the program.

You will be writing approximately one letter a month for six months and would start this fall 2022. We hope you will join this great program.

If you have questions or wish to learn more about this program that bring seniors and youth together so that they can be healthier, happier, and more engaged please contact Activities Coordinator Melissa @ 978-671-0916 x2022. or [mpaolicelli@town.billerica.ma.us](mailto:mpaolicelli@town.billerica.ma.us).

**More information to follow.**



## Intergenerational activities

have been proven to energize older adults and give a sense of purpose, especially when they are sharing their experience and skills. Working with children can even have health benefits for the elderly. According to Generations Unlimited, older adults who regularly volunteer with children burn more calories per week, experience fewer falls, and do better on memory tests than their peers. Shared activities across generations can also reduce a sense of isolation for older adults and potentially relieve or lessen depression. We know that loneliness and depression are a big concern for today's seniors. By providing a way for seniors to interact with younger generations, they afford the opportunity to build lasting relationships.

## BCOA Pool Champs



The 2022 spring session of the Northeast Senior 8ball league recently ended with the Lexington team claiming the overall Championship.

They defeated Framingham in the final play of winning 2 of the 3-game series.

The Billerica team also lost to the champions in some final playoffs by a 2 to 1 margin.

However, your Billerica team earned a beautiful plaque by being area champions over other competing teams from Westford and 2 teams from Tewksbury. Billerica's Record was a stunning 7 wins and only 2 losses. They defeated both Westford and Tewksbury B teams by 2 wins and one loss each. They won all 3 matches over Tewksbury A.

The team from Billerica was captained by Bob Moran and was led to victory by a strong overall performance by Paul Giagrande. Also contributing to the success were Tom Wittenhagen, Bob Colburn, Larry McNeil and Bob Borland.

## We are relooking at our exercise mix



Bear with us as we explore fresh offerings to maximize your health and wellness, overall well-being and happiness.

**Stay tuned!**

**Friends of the Billerica Council on Aging, Inc.**

The August Calendar Raffle has been completed and winners drawn. Thanks to all who supported this fundraising event. There has been a change in the date for our celebration of life for Nick Rosa, our past president and constant supporter of the Friends of the Billerica Council on Aging.



**Friends President  
Mary Camilleri**

The event will be held on Tuesday, September 13, 2022 at 6:30 PM at the BCOA. Please join us to honor Nick. We will be presenting a plaque in memory of Nick.

Our next fundraiser will be our Holiday Raffle. We plan to start selling raffle tickets in October. Tickets will be available at the reception desk at the BCOA sometime in October.

Please support the fundraiser. Fall is on the way. Enjoy our cooling off.

**Mary D. Camilleri**  
President Friends BCOA



**And we are off drawing for the August Calendar raffle**

The Friends of the Billerica COA are here drawing for the August Calendar Raffle.

In picture are Karen Carpenito, the Bookkeeper, Skip Colby, Cathy O'Connell, Secretary and Mary Camilleri, President.

A dedicated group, they are all committed to increasing the impact of the COA by funding numerous programs for health, wellness and. Happiness.



**The National September 11 Memorial & Museum**

The National September 11 Memorial & Museum (also known as the 9/11 Memorial & Museum) is a memorial and museum in New York City commemorating the September 11, 2001 attacks, which killed 2,977 people, and the 1993 World Trade Center bombing, which killed six.[4] The memorial is located at the World Trade Center site, the former location of the Twin towers that were destroyed during the September 11 attacks. Is operated by a non-profit institution whose mission is to raise funds for programs, and operate the memorial and museum at the World Trade Center site. WIKIPEDIA



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

Cynthia Amato, Carol Wentworth, Joan Arena, Kathy Young, Nelson Lockhart, Demetra Papas and Dan Merrill,  
**In memory of Sandra Merrill.**

# COA Van DAY TRIPS!

Registration starts Monday, August 22nd

## September Van Trips

Tuesday, September 13th	Causeway Restaurant & Ice Cream	Leave 10:00 am
Tuesday, September 20th	Stephanie Village Pancake House Rowley	Leave 9:00 am
Friday, September 23rd	Friday Encore Casino	Leave 9:00 am
Tuesday, September 27th	Seaport Grille Lunch & Stop for Candy	Leave 10:30 am
Friday, September 30th	Merrimack Outlets & Common Man Restaurant	Leave 9:00 am

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

**Call John to sign up 978-215-2003 (No online or front desk sign up)**



### Gift Shop

Our Gift Shop – so much to choose from at affordable prices  
SEPTEMBER – 50% off of jewelry.

**DEAL:** Greeting cards are NOW 4 for ONE DOLLAR!

The following have graciously donated items to the COA Gifts Shop in July; Jean Thurston, Ursula Robbins, Judy McLaughlin, Ethel Molinari, Mr. Fix-It, Karen Carpenito, Joe D'Arrigo, Jacquelyn Ingersoll, Sheila Rouine, Cynthia Amato, Carol Wentworth, Joan Arena, Kathy Young, Nelson Lockhart, Demetra Papas and Dan Merrill in memory of Sandra Merrill.

### You do not need to be a member to shop

The Gift Shop is open 10:00 a.m. to 2:00 p.m. Monday thru Friday and is tended by a wonderful team of volunteers. Please let your family, friends and neighbors know that they are welcome to shop in the COA Gift Shop. Visitors simply need to check in as a guest at the Front Desk kiosk.

Sorry with our overload of inventory currently we are not accepting any new items right now.

THANKS to everyone who has shopped in August. Every dollar we raise through sales is ploughed back into our programming the cost of which is rising as we add more health and wellness offerings.



### 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](http://www.billericacoa.org).



**BILLERICA**  
COUNCIL ON AGING

Drop by and let us know what you think!

### 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.



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**MEET TWO YOUNG DO  
GOOD FOLKS!**

Here is Emma Williams and Daisy Patel with our Volunteer Coordinator , Donna Robinson. These two gifted young ladies made a nice array of summer cards for our Meals on Wheels Program!

Thank you so much! All the very best in your new High School year.

**Billerica Council on Aging**

25 Concord Road  
Billerica, MA 01821  
[www.billericacoa.org](http://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.

**Donations 'In Memory Of' or 'In Honor Of' Are Tax Deductible.**

Enclose Check Payable to 'Friends of the BCOA'

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*(Please Print)*

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**Please Circle: In Memory or In Honor**

*(Please Print)*

Donee's Name: \_\_\_\_\_

Please Notify the following individual(s):

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The Name of the Donor and Donee will be recognized in The Billerica Council on Aging 'Outlook' Newsletter.

**Mail Your Donation To:**

Friends of the Billerica Council on Aging  
PO Box 487  
Nutting Lake, MA 01865

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- Richard Carroll .....Esquire, First Vice Chair
- Philip Doiron.....Second Vice Chair
- Bill Neeb.....Secretary
- Barbara Flaherty
- John Pellegrino
- Gerald Johnson
- Mary Jones.....Alternate
- Marguerite Massey.....Alternate
- Kim Conway.....Select Board Liaison
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