



**OUTLOOK**  
**OCTOBER 2022**



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Outreach & Transportation

**Karen Cusack-Bouvier**  
Outreach

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**Keith Weston**  
**Warren Wingard**  
Van Drivers

**Jerry Keefe**  
Facilities Management



**Director's Corner**

***Colors – Change – Cooler – yes October is here!***

The great Mohandas Karamchand Gandhi born on October 2 encouraged us to -

***“Be the change you wish to see in the world “.***

October is a great time to think about those less fortunate who will need our support as winter comes, food supplies dip and sadness beckons. Don't wait to be asked, you know those among you who are in need , fashion a kind way to offer assistance in a manner that is possible for you.

The colors of the autumn leaves remind us of diversity, heterogeneity and uniqueness among each of us. The Gershwin song with the line - you say tomato, I say tomato (pronounced toMAYto/toMAHto) speaks to the fact that you and I might have different opinions but neither of us is wrong. We so desperately need to be tolerant, and even appreciative, of different colors and shades of our society right now.



And yes, fall is truly a time to cool down, way down. Reminding ourselves not to sweat the small stuff. Everywhere around us today there is impatience, impoliteness, incivility and irritability. Don't get into it. Walk away, stay cool, take the higher ground. We are still coming out of Covid and its many aftereffects.

What it falls right down to is we are surrounded by folks who need our help regardless of their look and feel and each of us has the capacity to show kindness amidst the turbulence and noise around us.

**Enjoy every October Day!**

*Jean Patel Bushnell*

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**History Lecture  
Ukraine**

**Tuesday, October 4th | Time: 10:00 am**  
**Max: 25 | Cost: FREE**  
**You must sign up on myactivecenter**  
**By: Monday, October 3rd**  
**Questions: Please call Melissa @ 978-671-0916**  
**x 2022.**

**The Ukraine War and Vladimir Putin**

A presentation that starts with the causes of the war and examines the impact of the war on Ukraine, Russia and the worldwide. Some of them intended and some of them unintended. Some of the notable impacts besides the death and destruction in Ukraine are the possibilities of 250 million people slipping into poverty and a worldwide food shortage

**Elder Law Presentation**

**Thursday, October 6th | Time: 1:30 pm**  
**Max: 30 | Cost: FREE**  
**You must sign up on myactivecenter**  
**By: Monday, October 3rd**  
**Questions: Please call Melissa @ 978-671-0916**  
**x 2022**

Worried about nursing home costs, long-term care costs, or Estate Taxes? Learn how to protect yourself, your loved ones, and your assets. Back by popular demand, Certified Elder Law Attorneys Patrick G. Curley and Lucy J. Budman of Curley Law Firm LLP will teach attendees strategies they can use to better protect their homes and savings, and to better protect their independence for the future. The presentation will address (1) steps to take to avoid Guardianship, Conservatorship, and Probate; (2) the pros and cons of Revocable and Irrevocable Trusts; and (3) peace of mind planning to be prepared for ‘what if’ scenarios.” This Presentation is Free, and all are welcome.



**October 4, 2022 Tuesday**  
**Billerica Council on Aging**  
**25 Concord Road**  
**9:00 am-11:30 am**

Ages 55+ and 18+ with a chronic medical condition including pregnancy.  
 Watch for sign up details around the center.



**Wednesday, October 21st | Time: 12:00 pm**  
**Max: 10 | Cost: \$ 10 pp**  
**You must sign up on myactivecenter**  
**By: Wednesday , October 19th**  
**Questions: Please call Melissa @ 978-671-0916**  
**x 2022.**

The leaves are turning a kaleidoscope of beautiful colors, pumpkins are on every doorstep, afternoons on the beach are becoming a distant memory as a distinct chill is in the air! This is the time of year when a warm meal at the end of the day is priceless! we prepare a meal that is in step with the season and the Halloween spirit! Bloody Mary Chili is made with premium ground beef, autumn spices, and bloody Mary mix topped with melted cheese! Perfect for those cool autumn days. Bring your appetite as we sample everything we create, and recipe sheets will be available for you to take home and recreate this flavorful dish at home.

**Monthly Activities**

**Book Club** | Last Tuesday of month, Tuesday October 17th  
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
2:45 pm	Full Body workout	Paid

**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
10:30 am	Barre Fussion	Paid
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
9:15 am	Zunba Toning	Paid
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.

**October & November Registration Dates:****October**

- October classes begin on Monday, September 26th
- October registration begins on Monday, September 19th at 9:00 a.m.

**November**

- November classes begin on Monday October 24th
- November Registration begins on Monday, October 17th 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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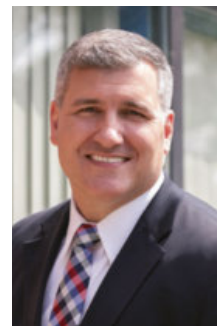


For more information visit [circle-health.org/Billerica](http://circle-health.org/Billerica)

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**Heart Healthy Nutrition Presentation  
with Registered Dietician Leigh Hartwell  
Wednesday, October 24th  
Time: 9:15 am**

We welcome back Registered Dietician Leigh Hartwell from Age Span who will present on the topic of Heart Healthy Nutrition on Monday, October 24th at 9:15 a.m. She will discuss heart disease risk factors, cholesterol, food myths debunked, and heart healthy recipes. The presentation will end with a Q and A with the dietician. Please register in My Active Center and contact Carolyn with any questions at 978-671-0916, ext. 2010.

**BCOA Companion Program  
Offers Peace of Mind for Caregivers**

Are you providing care to an elderly family member? Could you use a break, and get some help fulfilling this very important role? The BCOA Companion Program offers peace of mind for caregivers by providing outstanding service to elders in the community offering supervision, socialization, light meal preparation, and transportation to errands and appointments. For more information about our program, or to schedule a home visit, please contact Carolyn Savio at 978-671-0916, ext. 2010.

**New Exercise Classes at BCOA**

After successful pilot exercise classes at the BCOA, we are happy to offer our patrons the following classes for the October session:

<b>Full Body Work-Out with Katrina</b>	<b>Mondays</b>	<b>2:45-3:30 pm</b>
<b>Barre Fusion with Ellen</b>	<b>Wednesdays</b>	<b>10:30-11:30 am</b>
<b>Zumba Toning with Ellen</b>	<b>Thursdays</b>	<b>9:15-10:15 am</b>

Please register for all classes in My Active Center and contact Carolyn with any questions at (978-671-0916 ext. 2010) or Melissa (978-671-0916, ext 2022) with any questions.

**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 Age Span 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, 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, October 4th and Tuesday, October 25th. 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 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.



**Wednesday, October 12th | Time: 1:00 p.m.**

Please join us for an in-person Memory Café on Wednesday, October 12th 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 entertainment and a lunch provided by **Benchmark Senior Living**. 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. Blood pressure checks will be conducted 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. Registration is not required, but patrons must use their key tags to sign in at the front desk.

**Tai Chi Inside in October**

The Friday Tai Chi class will be back inside on Fridays beginning Friday, September 30th. Please register for this class in My Active Center, and if you have any questions, please contact Carolyn at 978-671-0916, ext. 2010.

**Flu Clinic, please see page 3 for more details  
Thank you.**

### Friendly, Skilled Staff Who Begin by Seriously Listening



A senior recently dropped by the BCOA Outreach inquiring about the Billerica Community Food Pantry. I provided her the needed information and a copy of the Pantry's informational flyer. We sat together and she told me about herself and her husband, where she grew up, how they met and when they came to live in Billerica. She told me how tough it can be now that they are retired to afford their property taxes, utilities, groceries insurance, house maintenance, vehicle costs, etc. She explained that her husband's health has declined markedly in recent years, that his mobility is very poor, and that he now depends on her for just about everything. In addition to assisting him 24/7, she told me that she now takes care of all the homemaking tasks – the grocery shopping, the cooking, the housekeeping, the monthly bill paying and all the little errands. She worries when she must run out to the store because she doesn't want to leave him alone. I asked if she had any family in the area. That's when she told me that her son had passed away suddenly just a year ago. She told me about how good their son had been and how she and her husband were devastated by his death. She said they have a daughter, but she lives out of state – across the country. I told her I was glad she had come in to Outreach to share what she has been going through. She said that a kind neighbor had suggested she go to the BCOA Outreach to see if they might be able to provide some direction and assistance.

I explained that the Outreach staff are here specifically to help connect her with the various supports and resources that she and her husband need and to advocate for them when needed. I explained that our regional aging agency is AgeSpan, a private, non-profit agency that provides a myriad of supportive services to seniors. I explained that through AgeSpan, she may be able to receive several hours of assistance weekly for herself and for her husband with homemaker services, a personal care assistant for her husband, meals on wheels, and perhaps a companion to stay with him for a few hours weekly while she gets out to do errands or for much needed respite time for herself. I explained that an AgeSpan counselor could meet with them to assess their needs, determine how many hours of help could be provided and to determine what the charges would be, dependent upon their income level and additional factors. She told me that any bit of help would be welcome.

We spoke about ways to alleviate some of the financial burdens they were facing. I informed her of several cost savings programs that they may qualify for such as the annual Fuel Assistance Program (the Low-Income Home Heating and Assistance Program) The Supplemental Nutritional Aid Program (SNAP) program, The Habitat for Humanity's Critical Home Repair Program, and others. I assured her that the application processes for these programs is straightforward, but that if needed, there was assistance with the task of completing applications. We also discussed the affordability of senior subsidized housing in Billerica and that she might consider completing the applications now if she felt that remaining in their home might eventually become too challenging.

Faced with the enormous grief of losing their son, we discussed the possible benefit of attending the Bereavement Group run through the Billerica Council on Aging's Health and Wellness Department, and we talked about options to receive bereavement support by way of phoned meetings if leaving the house to attend an in-person group was not possible.

This lovely lady left the BCOA that day armed with critical resource information and contacts, and knowing that she had caring advocates from the BCOA Outreach who she could check in with regularly to guide her along her way.

# OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>September 26</b></p> <p>7:30 Golf League</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>10:00 Painting Together</p> <p>10:45 Chair Aerobics</p> <p>1:00 Strength/Balance</p> <p>1:15 Social Time</p> <p>2:45 <b>Full Body Work-Out</b></p> <p><u>October Classes Start</u></p>	<p><b>September 27</b></p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:00 Tap Dance</p> <p>9:00 <b>Minuteman Rail Trail Walk</b></p> <p>9:30 Blood Pressure</p> <p>9:30 Knitting/Crochet</p> <p>10:00 Gift Shop</p> <p>11:00 Lahey Food Market</p> <p>11:45 Cardio Boost</p> <p>12:30 Party Bridge</p> <p>1:00 Line Dance</p>	<p><b>September 28</b></p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:15 Horseshoes</p> <p>9:15 Yoga</p> <p>9:30 Ceramics</p> <p>12:30 Cribbage</p>	<p><b>September 29</b></p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:15 <b>Zumba Toning</b></p> <p>9:15 Horseshoes</p> <p>9:30 Blood Pressure</p> <p>10:00 Rummikub</p> <p>10:00 Gift Shop</p> <p>10:45 Chair Aerobics</p> <p>12:30 Bingo</p>	<p><b>September 30</b></p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>10:00 Tai Chi</p> <p>10:00 Quilting</p> <p>10:00 Gift Shop</p> <p>11:45 Zumba</p> <p>1:00 Cardio Boost</p> <p>2:00 Beg. Line Dance</p>
<p>3</p> <p>7:30 Golf League</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>10:00 Painting Together</p> <p>10:45 Chair Aerobics</p> <p>1:00 Strength/Balance</p> <p>1:15 Social Time</p> <p>2:45 <b>Full Body Work-Out</b></p>	<p>4</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:00 <b>NG Rail Trail Walk</b></p> <p>9:30 Blood Pressure</p> <p>9:30 Knitting/Crochet</p> <p>10:00 <b>History Lecture</b></p> <p>10:00 Gift Shop</p> <p>11:00 Lahey Food Market</p> <p>11:45 Cardio Boost</p> <p>12:30 Party Bridge</p> <p>1:00 Line Dance</p>	<p>5</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:15 Yoga</p> <p>10:45 <b>Barre Fusion — Class</b></p> <p>9:15 Horseshoes</p> <p>9:30 Ceramics</p> <p>10:00 Everything Computer Class</p> <p>10:00 Gift Shop</p> <p>12:30 Cribbage</p>	<p>6</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:15 <b>Zumba Toning</b></p> <p>9:15 Horseshoes</p> <p>9:30 Blood Pressure</p> <p>10:00 Rummikub</p> <p>10:00 Gift Shop</p> <p>10:30 <b>Grief Support</b></p> <p>10:45 Chair Aerobics</p> <p>12:30 Bingo</p> <p>1:30 <b>Attorney Patrick Curley</b></p>	<p>7</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>10:00 Tai Chi</p> <p>10:00 Quilting</p> <p>10:00 Gift Shop</p> <p>1:00 Cardio Boost</p> <p>2:00 Beg. Line Dance</p>
<p>10</p> <p><b>OCT 10<sup>th</sup> BCOA CLOSED</b></p>	<p>11</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:00 Tap Dance</p> <p>9:30 Blood Pressure</p> <p>9:30 Knitting/Crochet</p> <p>10:00 Gift Shop</p> <p>11:00 Lahey Food Market</p> <p>11:45 Cardio Boost</p>	<p>12</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:15 Yoga</p> <p>9:15 Horseshoes</p> <p>9:30 Ceramics</p> <p>10:00 YouTube Card - Making Class</p> <p>10:00 Everything Computer</p>	<p>13</p> <p><b>Fire Prevention Week Break-fast</b></p> <p><b>8:30-9:30/10:00-11:00</b></p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>9:15 <b>Zumba Toning</b></p> <p>9:15 Horseshoes</p> <p>9:30 Blood Pressure</p>	<p>14</p> <p>9:00 Walking Wonders</p> <p>9:00 Fitness/Comp. Rm</p> <p>9:00 Pool Playing</p> <p>10:00 Tai Chi</p> <p>10:00 Gift Shop</p> <p>10:00 Quilting</p> <p>11:45 Zumba</p> <p>1:00 Cardio Boost</p> <p>2:00 Beg. Line Dance</p>



<p><b>Indigenous Peoples Day</b></p> <p>12:30 Party Bridge 2:00 <b>A Walk in the Garden</b> with Eleanor Roosevelt</p>	<p>17</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>November Registration Starts</b></p>	<p>18</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 10:00 <b>Abby App</b> 11:00 <b>Tech Support</b> 11:00 Lahey Food Market 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance</p>	<p>19</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 Everything Computer Class 10:00 YouTube Card - Making Class 10:00 Gift Shop 10:45 <b>Barre Fusion</b> — Class 12:00 Traveling Chef 12:30 Cribbage 1:30 <b>Charlie Card Day</b></p>	<p>20</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 <b>Zumba Toning</b> 9:15 Horseshoes 9:30 Blood Pressure 10:00 Rummikub 10:00 Gift Shop 10:45 Chair Aerobics 12:30 Bingo</p>
<p>17</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>November Registration Starts</b></p>	<p>18</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 10:00 <b>Abby App</b> 11:00 <b>Tech Support</b> 11:00 Lahey Food Market 11:45 Cardio Boost 12:30 Party Bridge 1:00 Line Dance</p>	<p>19</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 Everything Computer Class 10:00 YouTube Card - Making Class 10:00 Gift Shop 10:45 <b>Barre Fusion</b> — Class 12:00 Traveling Chef 12:30 Cribbage 1:30 <b>Charlie Card Day</b></p>	<p>20</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 <b>Zumba Toning</b> 9:15 Horseshoes 9:30 Blood Pressure 10:00 Rummikub 10:00 Gift Shop 10:45 Chair Aerobics 12:30 Bingo</p>	<p>21</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:30 <b>Coffee with the Director</b> 10:00 Tai Chi 10:00 Quilting 10:00 Gift Shop 12:00 <b>Live Cooking With Stacy</b> 11:45 Zumba 1:00 Cardio Boost 2:00 Beg. Line Dance</p>
<p>24</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 10:00 Painting Together 10:00 Gift Shop 10:45 Chair Aerobics 1:00 Strength/Balance 1:15 Social Time</p> <p><b>November Classes Start</b></p>	<p>25</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:00 Tap Dancing 9:00 <b>NG Rail Trail Walk</b> 9:30 Blood Pressure 9:30 Knitting/Crochet 10:00 Gift Shop 11:00 Lahey Food Market 11:45 Cardio Boost 12:30 Party Bridge 12:30 <b>Book Club</b> 1:00 Line Dance</p>	<p>26</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 Everything Computer Class 10:00 YouTube Card - Making Class 10:00 Gift Shop 10:45 <b>Barre Fusion</b> — Class 12:30 Cribbage</p>	<p>27</p> <p>9:00 Walking Wonders 9:00 Fitness/Comp. Rm 9:00 Pool Playing 9:15 <b>Zumba Toning</b> 9:15 Horseshoes 9:30 Blood Pressure 10:00 Rummikub 10:00 Gift Shop 10:45 Chair Aerobics 12:30 Bingo</p>	<p>28</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>

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### FIRE DEPARTMENT FREE BREAKFAST AND SAFETY INFORMATION

The Billerica Fire Department, with Captain Paskiewicz at the lead will be presenting a **FREE** Fire Safety program and **BREAKFAST!!!** Please join us on Friday October 14, 2022. There will be two sessions: 8:30-9:30, and 10:00-11:00. **PLEASE SIGN UP AT THE FRONT DESK BY OCT 10<sup>th</sup>.** Thirty attendees per session.

**October is a good time to check your Smoke and Carbon Monoxide Alarms.**

If you need help, or your smoke and c/o alarms are very old, call the Outreach Department for assistance. You can also call the non-emergency number to the fire department at (978) 671-0940. They will send someone to check your alarms.



**Come connect, Engage, make friends, get moving and have fun!**

### No registration required

Just check in at the lobby kiosks for these activities **Knitting, Quilting, Social Time, painting together, Walking Wonders, Blood Pressure Checks, Lobby Library, Bingo, Horseshoes, Bridge, Cribbage, Rummikub**

POOL RM: 9:00 AM to 3.45 PM

COMPUTER RM: 9:00 AM to 3.45 PM

FITNESS RM: 9:00 AM to 12.45 PM



**Friday Breakfast coming back in November! Stay tuned for all the details from the organizer John Pellegrino.**



### October 4<sup>th</sup> is National Taco Day

The word taco is the Mexican equivalent of the English word sandwich. The tortilla, which is made of corn or wheat, is wrapped or folded around a filling that is generally made of spiced proteins – beef, pork, or fish.



## Learn How to Use the Libby app on an Android Device



**Tuesday, October 18th | Time:10:00 am**

**Additional Help and QA Session- 11:00am-12:00pm**

### COA CONFERENCE ROOM

- ◆ · Learn how to download the 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

Note- Please come prepared with your device account info if you require a password for downloading apps from the Google Play Store.

**To register for this class, please call COA at 978-671-0916. Class size is limited to 6 people.**

### *History Comes Alive!*

**Saturday, October 8, 10:00am to 2:00pm. Billerica Public Library**

Celebrate Indigenous Peoples Day with a full day of exhibits and festivities. Come and meet some descendants of greater Lowell's Native Americans.

***Brought to you by The Greater Lowell Indian Cultural Association, Billerica Adventure Series Corporation, and The Cabot Corporation.***



## Virtual Adult Program- Explore Yin Yu Tang with PEM Curator Diana Chou

**Thursday, October 13, 7:00PM (Zoom)**

Yin Yu Tang, a 16-bedroom house originally built in China's southeastern Huizhou region, sheltered the Huang family and descendants through more than 200 years of tumultuous history. In 2003, after being transported to America, the house was re-erected in Salem, MA, at the Peabody Essex Museum, where it provides a unique window on Chinese history, art, architecture, and culture.

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

### **In-Person Adult Program Spiritual Medium Ellen Henry**

**Thursday, October 27th | 7:00 pm  
Library Second Floor**

Ellen will begin with a discussion of what mediumship is, how it differs from a psychic reading, and how she receives messages. Then share in the experience as she performs a mediumship demonstration for the group. Please Note: Attendance at a demonstration does not guarantee that you will receive a reading.

*This program is sponsored by the Family Friends of the Billerica Public Library.*

**COA**



**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.



## MEET DAISY AND EMMA

Their stories are wonderful and speak to the power of leveraging and valuing the community-building work of local youth. Recently they made cards for our patrons recently and connected to our organization in a way that called for our appreciation in showcasing their lives - Daisy Patel was born in Boston but raised in Billerica. She has an older brother. Through the community service programs at the Billerica Memorial High School Dairy was working at the library. She felt that seniors are often forgotten, and creative, caring cards would be a nice thing to do for them. Her grandparents live in Burlington whom she sees often. She enjoys gardening with her grandfather and the many story sharing sessions and conversations with her grandmother. One piece of advice from her grandparents she cherishes is to be yourself, know your self-worth, think highly of yourself, adopt a cando attitude. While she heads off to Bentley this fall for a business degree, she remains willing to explore some intergenerational programming with the BCOA.

*“it made me feel good doing something for someone else. I made someone’s day with a simple gesture.” -*

**Daisy.** Emma Jean Williams was born in Billerica and has 2 younger sisters and a younger brother. She was attracted to the card project because as she shared “I cannot help to change the world in a big way – I never realized how left out seniors feel. It was helpful to have a friend doing the project together”. Two of her grandparents live with her. She so enjoys playing games with her grandmother who taught her to be “ruthless” (she smile). She and her grandfather chat a great deal. The advice she has gotten from her grandparents that lives with her is to be a hard worker. This translates into her academic approach and also working two jobs plus doing her community project. Even though this packed schedule is hard at times she braves through. She and Daisy have known each other for a year and a dedicated academic approach of hard work is something they share. Emma hopes to pursue business at Southern NH University as she enters her senior year of high school.

Both praised Mr. Molloy, who heads up the community service program at the High school.

We will stay in touch and explore opportunities for intergenerational programming around board games at the BCOA. THANKS Daisy and Emma for starting early in your lives making the community a better place.

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

It is fall. Time for apple picking, vegetable picking and the kids are back at school. Most of all it is cool.

The Friends have been able to fund several requests from your Director, Jean Bushnell. We are happy to be able to support the activities at the center. We know it means A lot to all of you to be able to participate in the all the activities offered by the BCOA.

We are entering a new phase of fundraising. Our Holiday Raffle is commencing and we hope you will be as supportive as you have in the past so that we can continue to fund the requests made by your Director.

Raffle tickets will be sold at the Receptionist desk or you can contact me, Mary at [marycamilleri@comcast.net](mailto:marycamilleri@comcast.net). I will have more information as to the date of the drawing etc. in the November Outlook.

Have fun leaf peeping!

**Mary D. Camilleri**  
President Friends BCOA



**Friends President  
Mary Camilleri**

## Reminisce Concert sponsored by the Lions

Fall Fling is on Sunday October 23rd, 2022 at the Billerica Elks Hall From 2:00 pm-5:00 pm , doors open at 1:00 pm.

**Tickets are \$ 25.00**

Bring your own snacks, no outside beverages.

Contact Mary Camilleri at  
[atmarycamilleri@comcast.net](mailto:atmarycamilleri@comcast.net) or  
Tony Cucchi [accuchi@gmail.com](mailto:accuchi@gmail.com)



## Charlie Card Event

**Wednesday, October 19th | Time: 1:30 pm**

**Max: 50 | Cost: \$ FREE**

**Presenter: Rep. Lombardo & The LRTA**

**How to sign Up:**

**come to the center and use your fob key**

**By: Friday , October 14th**

**Questions: Please call Melissa @ 978-671-0916 x 2022.**

Representative Lombardo with the LRTA and the COA will provide attendees with information on public transportation in the area, particularly MBTA and Lowell Regional Transit Authority services. Attendees will also have the opportunity to apply for a Transportation Access Pass which provides for a 50 percent discount on the MBTA, LRTA, and most public transportation in the Commonwealth. Persons who are 60 years or older, and disabled persons are eligible for the Transportation Access Pass and they will be particularly encouraged to attend.

**Please  
note our**



Animals of any kind are not allowed inside our building unless of course they are serving as an aide animal or are part of one of our programs.

While we fully recognize the benefits of human-animal interaction we are not set up for pets on our premises. We are sure you fully understand this policy.

### Thank you

To the following who have donated items for the Gift Shop inventory over the summer.

**Mary Gallagher, Sue Iozzo, Margaret Gosselin,  
Sharon Carmichael and Marie Buhtz**



Registration starts Monday, September 19th

October Van Trips

Tuesday, October 4th	Meadow Brook Farms Sterling MA and Country Breakfast at the Orchard	Leave 9:00 am
Tuesday, October 11th	Harts Turkey Farm Lunch and Fall Foliage	Leave 10:00 am
Friday, October 14th	Parkers Maple Barn, kohls Shopping	Leave 9:00 am
Tuesday, October 18th	Old Mill Restaurant, Westminster Ma	Leave 10:30 am
Friday, October 21st	Idlewild Farm Acton, Lunch at Bertucci's	Leave 10:00 am
Tuesday, October 25th	Stonewall, Kitchen, and Warren's Restaurant	Leave 9:00 am

Trips are subject to change.

All trips are \$12.00 round trip unless otherwise noted. Maximum 12 Patrons per Trip.

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

Gift 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.

The Gift Shop is another hidden gem in Billerica! We have wonderful gift items.

One does NOT need to be a member to shop! 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.

**\*\*\*SALE SALE SALE\*\*\***

We have extended our 50% Off Jewelry Sale!!  
Great selection of Greeting cards ONLY 4/\$1.00  
100% of your purchases support the BCOA's programs, events, and activities!

**Do You Play Bingo?  
Please Bring Correct Change**

<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

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

**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).



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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### **Billerica Council on Aging**

25 Concord Road  
Billerica, MA 01821  
[www.billericacoa.org](http://www.billericacoa.org)  
Phone: 978-671-0916

Our volunteers are vital to our operation . They come with hearts and attitudes ready to help! Thanks all of you!



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 Notify the following individual(s):

*(Please Print)*

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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:**

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- Philip Doiron.....Second Vice Chair
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- John Pellegrino
- Gerald Johnson
- Mary Jones.....Alternate
- Marguerite Massey.....Alternate
- Kim Conway.....Select Board Liaison
- Mike Riley,.....Select Board Liaison

### **Friends of the Billerica COA Board**

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