

# Outlook



## BILLERICA COUNCIL ON AGING

December 2017

### DIGNITY INDEPENDENCE WELLNESS

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#### DIRECTOR'S CORNER



#### Celebrating the season of light and laughter

Here in New England as the days shorten and the blankets come out there is special warmth in the air and lights all around. By November the shops are over-brimming with all kinds of new inventory; with rich fabrics, wrappings, new colors, boots and hats, special foods and thoughts of what to give to whom to show we care.

Special for me are the lights that pop up on trees, trimmings, windows, lampposts, stores and stairs. They beckon a time for us to awake and enjoy the wonder of these times and remember what is really important to us. During this special time I wish you **LIGHT**.

**Love** expressed in any language you can for those who matter

**Insights** into new ways to care and share

**Glow** from your overall well-being

**Hands** and hearts warmed by deep connections and opportunities for socialization

**Twilight** that brings peace, calm and gratitude.

May every wish of yours come through this season!

Warmest regards,

*Jean Patel Bushnell*



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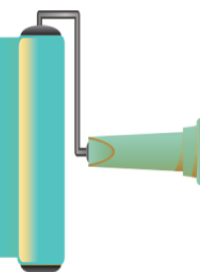
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**Identity Theft and Fraud Prevention**  
**Fri., Dec. 1 at 10:00 a.m.**

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulations, and Amy Schram, Senior Community Relations Specialist of the Better Business Bureau serving Eastern MA, ME, RI and VT will present at this Identify Theft Program. The presentation will include information about their offices and what they do. It will also cover how to spot and avoid scams, online safety and how to prevent identity theft.

**BCOA's Choral Group Needs Your Voices**  
**Thursdays at 1:00 p.m.**

The BCOA's choral group, 'Forever Young' needs you. Joanne Gagliardi is now co-leading the group with Laverne Harmon and looking for new voices to join. The group now meets on Thursdays at 1:00 p.m. If interested, contact Grace Gullotti at 978-670-1360.

**Advanced Directives**  
**The Radiant Health Care Series,**  
**Session 4 of 4 Part Series**  
**Fri., Dec. 8 at 2:00 p.m.**

Advanced directives are information about health care proxy, living will, guardianship, and medical power of attorney. Often people do not like to talk about this until they get hospitalized, but in cases of emergencies and accidents, it is a must, like organ donation information on the back of a driver's license. **MUST SIGN UP.**

**FREE Christmas Day Dinner at BCOA**



If you will be alone for the Christmas Holiday on December 25, 2017, consider joining us for a holiday dinner organized by the Temple Shalom Emeth and held at the BCOA.

Plans and details are being finalized, so stay tuned. Transportation can be arranged if it is needed.

**Winter Weather Reminder!!**

If Billerica schools are closed because of weather, the BCOA is also closed for all activities.

If Billerica school opening is delayed because of weather, the BCOA opening time will also be delayed.

**Billerica Memorial High School Orchestra**  
**BCOA Holiday Performance**  
**December 12 at 11:00 a.m.**

Join us for an wonderful concert by the best musicians in town, the BMHS Orchestra. Get in the spirit of the season and have some cocoa and cookies too! **YOU WON'T WANT TO MISS THIS!**



**Men's Club Holiday Luncheon**  
**Thursday, Dec. 14 at 12:00 noon**

The Men's Club meeting on December 14th will be their Annual Christmas Luncheon at Stelio's in Billerica. Please call the BCOA or contact John DeVito, if you are interested in attending. The cost is \$27 per person.

**Betty Anderson Remembered**

On Tuesday October 31st, the BCOA Knitting Nanas celebrated the life of longtime member and founder, Betty Anderson, with a lovely breakfast provided by Betty's daughter Cindy Rainha in accordance with Betty's specific wishes.

In addition to the good food, the group shared lots of fond memories. Betty was our first Senior of the Year in 2007 and she will be missed.

**Pictured below from left:**

BCOA Director Jean Bushnell, Cindy Rainha, Joan Roddy, Evelyn Abele, Maureen Freitas & Judy Rogers.



**Pictured right:**

BCOA Director Jean Bushnell and Cindy Rainha



## Monthly Activities

**Apex Hearing Clinic**—2nd Thursday at 10:00 a.m.  
**Blood Pressure Checks** —Tues. at 9:30a.m. & Thurs. at 10:30 a.m.  
**Caregiver Support Group** – 1st & 3rd Wed. at 10:00 a.m.  
**Free Friday Flicks**—1st & 3rd Friday at 1:00 p.m.  
**Genealogy** — Last Tues. at 2:00 p.m.  
**Living with Loss** —2nd Wed.at 11:00 a.m.  
**Lobby Library**—1st Thurs. 10:00 a.m. to 12 noon in Lobby  
**Meditation** — 3rd Monday at 10:15 a.m.  
**Men's Group Luncheon**— Dec. 14 at 12 noon.  
**Podiatry Appointments (\$25)** – 2nd Tuesday at 9:00 a.m.  
**Reiki Clinic** – 2nd & 3rd Thursday at 9:00 a.m.  
**Rep. Lombardo Office Hours** — 3rd Wed. at 9:30 a.m.  
**Sen. Friedman Office Hours**—2nd Tuesday at 9:30 a.m.  
**SHINE Appointment** — 1 to 2 days a month; call for appt.

## Daily Activities

**Fitness Center Hours:** 8:30–3:30 Mon thru Fri & 9:00 to 12:00 on Saturday  
**Computer Room Hours:** 9:00-3:00 Mon. thru Fri. & Saturday 9:00 to 1:00  
**Computer Extra Help:** By appt. 1:00-2:00 p.m. on Thurs.  
**Billiard Tables Hours:** 8:30–3:45 Monday thru Friday; Sat. 9:00 to 12:45  
**Walking Wonders:** Meet 8:45 a.m; Leave @ 9:00 Mon.-Fri.

### Monday

9:00 **Exercise Class** – Low-impact aerobics - \$3.00  
10:00 **Open Art Studio, Scrabble**  
10:15 **Chair Aerobics** - Easy, fun, good for you  
1:00 **Social Time** – Beverage, snacks, connecting

### Tuesday

9:00 **Knit/Crochet Group** – Items to be donated.  
9:00 **Tap Dancing** – For experienced students - \$3.00  
9:30 **Bowling and Blood Pressure Checks**  
10:15 **Tai Chi & Qigong** – Chinese meditation in motion  
11:45 **Cardio Boost & Conditioning**  
1:00 **Party Bridge & Dominoes** - All skill levels welcome  
1:00 **Line Dancing** - \$3.00  
2:00 **Women's Pool Lessons**

### Wednesday

9:00 **Exercise Class** – Low-impact aerobics - \$3.00  
9:00 **Ceramics Class** – Make decorations & gifts - \$4.00  
10:15 **Yoga** - \$3.00  
12:00 **Cribbage** – Join a great group of players.

### Thursday

9:00 **Rummikub and Horseshoes**  
9:30 **Bowling**  
10:30 **Blood Pressure Checks**  
12:30 **BINGO** Everybody's favorite game (\$1 a card)!  
1:00 **Choral Group**

### Friday

8:30 **Breakfast**  
9:00 **Senior Music Makers**  
10:00 **Quilting**  
11:45 **Zumba**  
12:30 **Mahjong**  
1:00 **Line Dancing** - \$3.00  
2:00 **Women's Pool Lessons**  
7:30 p.m. – **Chess Club**

**Saturday:** Open from 9:00 a.m. to 1:00 p.m.

## December Activities

**Call 978-671-0916 to Sign up**

**All Workshops Listed Require Sign-up to Attend**

**Fraud & Identity Theft**—Fri., Dec. 1 at 10:00 a.m.  
See Page 3 for more information.

**Free Friday Flicks**—Fri., Dec. 1 & 15 at 1:00 p.m.  
See page 14 for the movies.

**Tree Lighting Dinner**—Sat., Dec. 2 at 4:00 p.m.

**Gingerbread House Decorating**—Sat., Dec. 2 at 10:00 a.m. See article on Page 14.

**Watercolor Paint Class**—Mon., Dec 4, 11, 18; Jan 8, 22 & 29. See Page 14 for more information

**Dementia Friendly Billerica Mtg.**—Mon., Dec. 4 at 5:00 p.m. See Page 6 for more information.

**Oh My Aching Back**—Mon., Dec. 4, 11 & 18— See article on Page 13.

**Lions Club Mtg.**—Tues., Dec. 5 at 5:30 p.m.

**Michael Buble Trip**—Wed., Dec. 6 at 9:00 a.m.

**Stoneham Theater Trip**—Wed., Dec. 6 at 11:30 a.m.

**Cabot Corp. Luncheon**—Wed., Dec. 6 at 12:00 p.m.

**Caregiver's Support**—Wed., Dec. 6 & 20 at 10:00 a.m. This is facilitated by Mary Coakley.

**Friends' Board Mtg.**—Wed., Dec. 6 at 2:30 p.m.

**Reiki Clinic Workshop**—Thurs., Dec. 7 & 14 at 9:00 a.m. Reiki Master Rosemarie Bass and Staff.

**Choral Group**—Thurs., Dec. 7, 14, 21 & 28 at 1:00 p.m. See the article on Page 3.

**Lobby Library**—Thurs., Dec. 7 at 10:00 a.m. See Page 13 for more information.

**SHINE**—Thurs. Dec. 7, 14, 21 & 28 at 10:00 a.m.  
Call Bonnie Courtemanche to make appt. See Page 6.

**The Radiant Health Care Series**—Fri., Dec. 8 at 2:00 p.m. See article on Page 3.

**Fire Prevention Series**—Fri., Dec. 8 at 9:30 a.m.  
See Page 7 for more information.

**Movies**—Sat., Dec. 9 & 16 at 10:00 a.m.

**Saturday Yoga**—Dec. 9, 16, Jan. 13 & 20 9:30 a.m.

**Enchanted Village Trip**—Tues., Dec. 12 at 9:30 a.m.

**Senator Friedman**—Tues., Dec. 12 at 9:30 a.m.

**Single Sq's Board Mtg.** Tues., Dec. 12 at 7:00 p.m.

**Dec. 12:** No Tai Chi or Tap; Cardio-Boost moved to 1:30 p.m. and Line Dancing moved to 2:30 p.m.

**Podiatry Appts.**—Tues., Dec. 12 starting at 9:00 a.m. Dr. Timothy Downs is the Podiatrist. Make appt.

**BMHS Orchestra Concert**—Tues., Dec 12 at 11:00 a.m. at BCOA. See article on Page 3.



### December Activities (Continued)

**Memory Café—Wed., Dec. 13 at 1:00 p.m.** at the Billerica Library. See article on Page 6.

**Living with Loss—Wed., Dec. 13 at 11:00 a.m.** Susan Bailey, Chap., Merrimack Valley Hospice, facilitator.

**Friends' Raffle—Wed., Dec. 13 at 3:00p.m.** - BCOA

**Apex Hearing Clinic—Thurs, Dec. 14 from 10:00 a.m. to 1:00 p.m.** See article, Page 13.

**Men's Group Holiday Luncheon—Thurs., Dec. 14, at 11:30 a.m.** See Page 3 for more information.

**Commonwealth Care Grab & Go—Fri., Dec. 15 at 9:00 a.m.** at BCOA. See article on Page 14.

**Meditation—Mon., Dec. 18 at 10:15 a.m.** Facilitated by Sunshine Blackwood.

**Cardmaking—Wed., Dec. 20 at 9:30 a.m.** See Page 14 for more information.

**Commodity Supplemental Food Mkt.—Wed., Dec. 20 at 1:00 p.m.**

**Walmart Shopping Trip—Wed., Dec. 20 at 10:00 a.m.** See Page 11 for more information.

**Rep. Marc Lombardo Office Hour—Wed., Dec. 20 at 9:30 a.m.**

**Guided Imagery—Wed., Dec. 20 at 9:45 a.m.** See Page 14 for more information.

**Christmas Day Dinner—Dec. 25 at noon.** See Page 3 for more information.

**Genealogy—Tues., Dec. 26 at 2:00 p.m.**

**No History Lecture, Book Club or Wed. at the Movies in Dec.**

**No Exercise or Yoga on Wednesday, Dec 27th**

### Special Holiday Notes:

**Friday, Dec. 22 and 29**

BCOA will close at noon for Christmas & New Year's Holidays. All activities are cancelled; including Friday Breakfast, Music Makers, Congregate Lunch, Cardio-Boost, Line Dancing and Mah Jong.

**Saturday, Dec. 23 through Monday, Dec. 25**

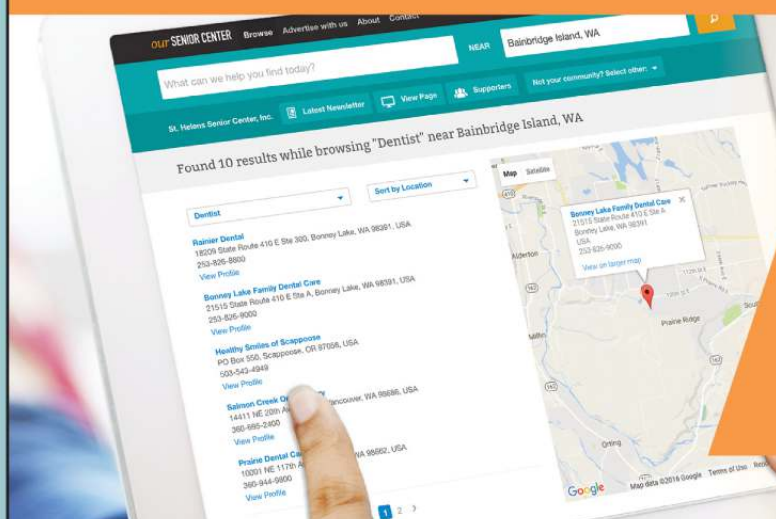
BCOA is closed. Only activity scheduled is the Christmas Day Dinner on Monday, Dec. 25 at noon.

**Saturday, Dec. 30 through Monday, Jan 1**

BCOA is closed. No activities.

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### **THE WELLNESS CORNER**

#### **Attend the Dementia Friendly Billerica Information Session at the BCOA on December 4th at 5:00 p.m.**

Billerica residents and organizations are invited to join us for at the BCOA on December 4th from 5:00 to 7:00 p.m. to learn about Dementia Friendly Billerica, an initiative to foster dementia friendliness across the community. Free refreshments. Share thoughts and ideas to find out how you can help and meet our sponsors!.

#### **Respite Companion Care Program Provides Caregivers with a Break**

Are you caring for a loved one at home who is not safe if left alone? Do you need a few hours per week to take a break, while knowing that your loved one is in trustworthy care? Through our Respite Companion Program, the BCOA can provide you with peace of mind. Our trained, caring respite companions are supervised and CORI screened. They can provide supervision and socialization, contact emergency services if necessary, assist with preparing light meals, transport individuals to appointments and shop for groceries. Call Bonnie Courtemanche at 978-671-0916 X2020 for our low hourly rate. There is a two hour minimum, and mileage for any travel is charged at the current IRS rate.

#### **HIRING MALE RESPITE COMPANION**

Due to our increasing number of male clients, the BCOA is looking to hire a second male Respite Companion. If interested in this paid position, please contact Bonnie Courtemanche at 978-671-0916 X2010. Thank you!

#### **Stay Active as the Weather Grows Colder: The COA Fitness Room is Now Open Longer Hours!**

With its state-of-the-art fitness machines, the BCOA Fitness Room is open **Monday through Friday from 8:30 a.m. to 3:30 p.m. and Saturdays from 9:00 a.m. to 12:00 noon.** Participation is free, but dependent on completion of a health questionnaire; a doctor's note may be required. If you have questions, contact Bonnie Courtemanche at 978-671-0916 X2010.

#### **Walking Wonders Walks Year-Round!**

Stay in shape with the Walking Wonders Group! The group meets each weekday, year round, at 8:45 a.m., and leaves for their walk at 9:00 a.m. **If you are not sure if the group is walking on a certain day due to weather, please call the BCOA at 978-671-0916.**

#### **Experience Therapeutic Laughter at Billerica's Memory Café Wed., Dec. 13 from 1:00 to 3:00 p.m.**

Join us at the Billerica Public Library for our monthly Memory Café! Sandra Boris-Berkowitz, from Laughing Matters, will provide an interactive presentation dedicated to making laughter a daily part of life and building a healthier, less stressful outlook. Participants will be treated to laughing exercises and helpful relaxation techniques.

The Memory Café is a free, open and welcoming social gathering for individuals living with dementia and their caregivers. Guests having dementia at any stage and due to any underlying condition are welcome, accompanied by their caregiver(s). Caregivers may be spouses, children, friends or professionals.

Call Joe St. Germain at the Library, 978-671-0948 X4113 to sign up. Refreshments will be served.

**Save the date! Our next Memory Café will be  
January 10 from 1:00 to 3:00 p.m.**



**Local  
musicians  
Dan and  
Bob  
MacInnis  
performed  
at the  
November  
8th  
Memory  
Cafe**

#### **SHINE Appointments Available**

The SHINE Program (Serving the Health Insurance Needs of Everyone) is a state health insurance assistance program that provides free information, insurance counseling and assistance to Massachusetts residents who have Medicare and their caregivers. Our SHINE counselors, Chuck Kluga and Jeannette Hale, have regular office hours every Thursday in December. If you would like an appointment, contact Bonnie Courtemanche at 978-671-0916 X2010.

Remember: **Medicare Open Enrollment Period** ends on **December 7th.** Medicare plans change every year, and this is the time to review your plan, to ensure it will be the most cost-effective plan for you in 2018. Your health insurance needs are as unique as you.





**Senior SAFE Programs Expand Smoke Alarm Installation Programs with Hard-Wired Alarms Program Launched in Billerica**

On October 20, 2017, Billerica Town Manager John Curran, Billerica Fire Chief Thomas Conway and BCOA Director, Jean Bushnell launched an expansion of their Senior SAFE Program to include installation of hard-wired alarms, not just battery-operated ones.



This is a pilot program that joins programs in Dunstable, Fitchburg, Groton, Lincoln, Lunenburg, Pepperell and Westford. The first hard-wired alarm installation in Billerica also occurred on that date. The project is endorsed by the Fire Chiefs' Association of Massachusetts and the Fire Prevention Association of Massachusetts.

Senior SAFE is funded by the State Department of Fire Services to help reduce fires in older adults' homes. The pilot group has received donations of alarms from Home Depot—Leominster, Kidde and the MA chapter of the International Association of Arson investigations (MA IAAI). Electricians donate their time to assist with installations when needed. The group is looking for additional sponsors and supporters.

Many people don't know that smoke alarms don't last forever; they need to be replaced every 10 years. The sensing technology wears out over time and cannot be relied upon in an emergency after that time.

If you are interested in replacing your smoke alarms, whether they are battery operated or hard-wired, please call Outreach at 978-671-0916 to add your name to the list!

**Holiday Greetings!**

The Outreach and Transportation Staff want to wish all of our dear seniors a very joyous holiday season!

**From Jeannie, Pam, Karen, John, Charlie, Warren, Bill and Dave**



**Outreach Speaks**

**Fire Captain Bill Paskiewicz**



**Fire Prevention Series: Keep Warm - Keep Safe  
Fri., December 8 at 9:30 a.m.**

As the temperatures goes down, people tend to turn up the heat. Learn tips on how to stay safe and warm! Anyone attending the presentation gets a **FREE Breakfast.**

**No December Lunch Around**

Since September, we've enjoyed Lunch Arouns at Garrison's Stelio's and the Shawsheen Valley Technical School's student-run restaurant. All have been well attended and much enjoyed. There will be no Lunch Around in December as we leave that time free for those other fun seasonal holiday activities.

Our next Lunch Around will be on **Tuesday, January 9th** with a trip to the **Great Wall Restaurant** in Bedford. **You can sign-up beginning on Monday, Dec. 11th.** For \$10 per person, we will be treated to a full Chinese luncheon buffet, including tea, dessert, tax and tip - and, of course a fortune cookie!

**Monthly Drivers Needed**

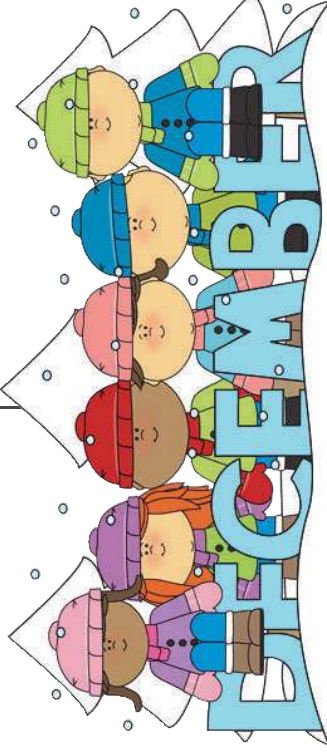
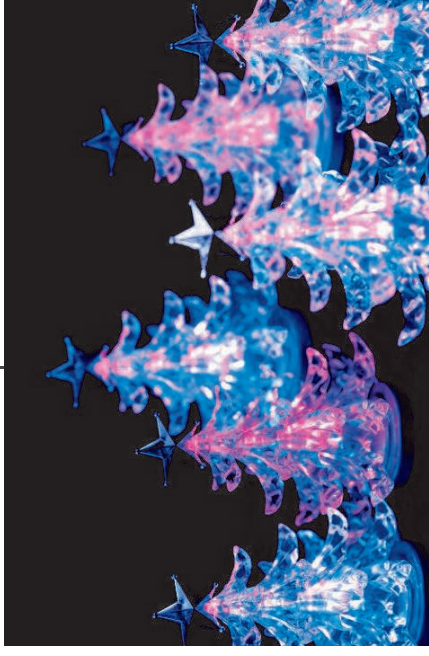
Volunteers needed to help deliver food to the elderly participants of the food market from the Marshall Middle School. Call Jeanne Teehan of Outreach at 978-671-0916 X2026

**Drivers Needed For Medical Appointments**


Volunteers are needed to drive home-bound seniors to local medical appointments. For more information, please call Outreach at 978-671-0916. Volunteers may receive mileage reimbursement. Give back and feel great!

**The Gift of Giving**

The Act of Giving is something we all possess! We can smile at a stranger and that is our gift to them. Giving gives us a sense of empowerment and satisfaction. When you receive a gift, you feel special in a good way. When was the last time you did something nice with no thought of what you would get back? Think about what would be nice for someone you love. Giving is such a joyous thing to do.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <div>2017</div> </div>				
<b>1</b> 8:30 Breakfast 8:30 Fitness Center 9:00 Walking Wonders 9:00 Senior Music Makers 10:00 Quilting <b>10:00 Fraud &amp; Identity Theft</b> 11:45 Zumba Class 12:30 Mahjong <b>1:00 Free Friday Flicks; "The Holiday"</b> 1:00 Line Dancing 2:00 Women's Pool Lessons 7:30 Chess Club <b>Saturday, Dec. 2.</b> <b>Senior Center is open from 9:00 a.m. to 1:00 p.m.</b> <b>10:00 Gingerbread House Dec.</b> <b>4:00 Tree Lighting Dinner</b>				
<b>4</b> 8:30 Fitness Center 9:00 Walking Wonders 9:00 Exercise Class 10:00 Art Open Studio <b>10:00 Watercolor Class</b> 10:15 Chair Aerobics 10:00 Scrabble 1:00 Social Time <b>1:00 Oh My Aching Back</b> <b>5:00 Dementia Friendly Billerica Meeting</b>	<b>5</b> 8:30 Fitness Center 9:00 Walking Wonders 9:00 Knit/Crochet 9:00 Tap Dancing 9:30 Bowling at Collins 9:30 Blood Pressure 10:15 Tai chi & Qigong 11:45 Cardio Boost Class 1:00 Party Bridge 1:00 Dominoes 1:00 Line Dancing 2:00 Women Pool Lessons	<b>6</b> 8:30 Fitness Center <b>9:00 Michael Buble Trip</b> 9:00 Walking Wonders <b>NO EXERCISE OR YOGA</b> 9:00 Ceramics 10:00 Caregiver Support <b>11:30 Stoneham Theater Trip</b> 12:00 Cribbage <b>12:00 Cabot Corp. Luncheon</b> <b>2:30 Friends Board Mtg.</b>	<b>7</b> 8:30 Fitness Center 9:00 Walking Wonders 9:00 Rummikub 9:00 Reiki 9:00 Horseshoes 9:30 Bowling at Collins 10:00 Lobby Library <b>10:00 SHINE</b> 10:30 Blood Pressure 10:30 Computer Class 12:30 BINGO <b>NO MEN'S GROUP</b> 1:00 Choral Group 1:00 Computer Help 7:00 Sq. Dance Class	<b>8</b> 8:30 Breakfast 8:30 Fitness Center 9:00 Walking Wonders 9:00 Senior Music Makers <b>9:30 Fire Prevention Series</b> 10:00 Quilting 11:45 Zumba Class 12:30 Mahjong 1:00 Line Dancing <b>2:00 Radiant Health Care Series</b> 2:00 Women's Pool Lessons 7:30 Chess Club <b>Saturday, Dec. 9.</b> <b>Senior Center is open from 9:00 a.m. to 1:00 p.m.</b> <b>9:30 a.m. Yoga</b> <b>10:00 a.m. Movies</b>
<b>11</b> 8:30 Fitness Center 9:00 Walking Wonders 9:00 Exercise Class 10:00 Art Open Studio	<b>12</b> 8:30 Fitness Center 9:00 Walking Wonders 9:00 Podiatry 9:00 Knit/Crochet	<b>13</b> 8:30 Fitness Center 9:00 Walking Wonders 9:00 Ceramics 9:00 Exercise Class	<b>14</b> 8:30 Fitness Center 9:00 Walking Wonders 9:00 Rummikub 9:00 Reiki	<b>15</b> 8:30 Breakfast 8:30 Fitness Center 9:00 Walking Wonders <b>9:00 Commonwealth Grab &amp; Go</b>



<p><b>10:00 Watercolor Class</b>  10:15 Chair Aerobics  10:15 Meditation  10:00 Scrabble  <b>1:00 Oh My Aching Back</b>  1:00 Social Time</p>	<p>9:30 Bowling at Collins  9:30 Blood Pressure  <b>9:30 Senator Friedman</b>  <b>9:30 Enchanted Village Trp</b>  <b>11:00 BMHS Orchestra</b>  <b>NO TAI CHI OR TAP DANCE</b>  1:30 Cardio-Boost Class  1:00 Party Bridge  1:00 Dominoes  2:00 Women Pool Lessons  2:30 Line Dancing  7:00 Single Sq's Board Mtg.</p>	<p>10:15 Yoga  11:00 Living with Loss  12:00 Cribbage  <b>1:00 Memory Café</b>  <b>3:00 Friends' Holiday Raffle</b></p>	<p>9:00 Horseshoes  9:30 Bowling at Collins  10:00 Horseshoes  10:00 Hearing Clinic  <b>10:00 SHINE</b>  10:30 Blood Pressure  10:30 Computer Class  <b>11:30 Men's Group Lunch</b>  12:30 BINGO  1:00 Choral Group  1:00 Computer Help  7:00 Monthly Sq. Dance</p>	<p>9:00 Senior Music Makers  10:00 Quilting  11:45 Zumba Class  12:30 Mahjong  1:00 Line Dancing  <b>1:00 Free Friday Flicks "Elf"</b>  2:00 Women's Pool Lessons  7:30 Chess Club  <b>Saturday, Dec. 16</b>  <b>BCOA is open 9:00 a.m. to 1:00</b>  <b>9:30 a.m. Yoga</b>  <b>10:00 a.m. MOVIES</b></p>
<p><b>18</b>  8:30 Fitness Center  9:00 Walking Wonders  9:00 Exercise Class  10:00 Art Open Studio  <b>10:00 Watercolor Class</b>  10:00 Scrabble  10:15 Chair Aerobics  <b>10:15 Meditation</b>  <b>1:00 Oh My Aching Back</b>  1:00 Social Time</p>	<p><b>19</b>  8:30 Fitness Center  9:00 Walking Wonders  9:00 Knit/Crochet  9:00 Tap Dancing  9:30 Bowling at Collins  9:30 Blood Pressure Check  10:15 Tai Chi &amp; Qigong  11:45 Cardio Boost Class  1:00 Party Bridge  1:00 Dominoes  1:00 Line Dancing  2:00 Women Pool Lesson</p>	<p><b>20</b>  8:30 Fitness Center  9:00 Walking Wonders  9:00 Ceramics  9:00 Exercise Class  <b>9:30 Cardmaking</b>  <b>9:30 Rep. Lombardo</b>  <b>9:45 Guided Imagery</b>  10:00 Caregiver Support  <b>10:00 Walmart Shopping</b>  <b>1:00 Commodity</b>  <b>Supplemental Food Mkt</b></p>	<p><b>21</b>  8:30 Fitness Center  9:00 Walking Wonders  9:00 Rummikub  10:00 Horseshoes  <b>10:00 SHINE</b>  9:30 Bowling at Collins  10:30 Blood Pressure  12:30 BINGO  1:00 Choral Group  1:00 Computer Help  1:00</p>	<p><b>22</b>  8:30 Fitness Center  9:00 Walking Wonders  <b>NO BREAKFAST</b>  <b>NO SENIOR MUSIC MAKERS</b>  10:00 Quilting  <b>CLOSED AT NOON</b>  <b>NO ZUMBA, LINE DANCE,</b>  <b>MAH JONG OR</b>  <b>CONGREGATE LUNCH</b>  <b>Closed on Sat., Dec. 23</b></p>
<p><b>25</b>  <b>12:00 Noon Christmas Day</b>  <b>Dinner by Temple Shalom</b>  <b>Emeth at BCOA</b></p> 	<p><b>26</b>  8:30 Fitness Center  9:00 Walking Wonders  9:00 Tap Dancing  9:00 Knit/Crochet  9:30 Bowling at Collins  9:30 Blood Pressure Check  10:15 Tai chi &amp; Qigong  11:45 Cardio Boost Class  1:00 Party Bridge  1:00 Dominoes  1:00 Line Dancing  2:00 Genealogy Club  2:00 Women Pool Lessons</p>	<p><b>27</b>  8:30 Fitness Center  9:00 Walking Wonders  9:00 Ceramics  <b>NO EXERCISE OR YOGA</b>  12:00 Cribbage  <b>NO LIVING WITH LOSS</b></p>	<p><b>28</b>  8:30 Fitness Center  9:00 Walking Wonders  9:00 Rummikub  10:00 Horseshoes  <b>10:00 SHINE</b>  9:30 Bowling at Collins  10:30 Blood Pressure  12:30 BINGO  1:00 Choral Group  1:00 Computer Help</p>	<p><b>29</b>  8:30 Fitness Center  9:00 Walking Wonders  <b>NO BREAKFAST</b>  <b>NO SENIOR MUSIC MAKERS</b>  10:00 Quilting  <b>CLOSED AT NOON</b>  <b>NO ZUMBA, LINE DANCE,</b>  <b>MAH JONG OR</b>  <b>CONGREGATE LUNCH</b>  <b>Closed on Sat., Dec. 30</b></p>



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## December Lunch Menu served weekdays at 11:30 a.m.

				1 Beef Stew w/ vegetables (no pota- toes in stew) Steamed Potatoes Dinner Roll Pears
4 Meatloaf Gravy Mashed Potatoes Carrots/Parsnips WW Bread Chef's dessert Ketchup	5 Chicken Parmesan Sauce Pasta w/sauce Zucchini/Summer Squash Dinner Roll Mixed Fruit	6 Minestrone Sausage Peppers and Onions Steamed Potatoes Green Beans Sub Roll Fresh Fruit	7 Vegetable Frittata Roasted Potatoes Baked Apples Yogurt Juice Honey Wheat Roll Ketchup	8 Baked Fish Dill sauce Lemon Rice Pilaf Broccoli Cookie/Lorna Doones Multigrain Bread
11 LS Hot Dog Pork Baked Beans Potato Chips Hot Dog Roll Mandarin Oranges Ketchup, Mustard, Relish	12 Pork Stir fry w/ Sweet and Sour Sauce White Rice Asian Blend Veggies Peaches Oat Bread	13 Lentil Soup Herb Roasted Chicken Sweet Potatoes Brussel's Sprouts WW Dinner Roll Fresh Fruit Cranberry Sauce	14 – <b>Birthday</b> Open Faced Turkey Sandwich w/Gravy Mashed Potato Peas B-day cake/angel food	15 Eggplant Parmesan Pasta Spinach WW Bread Diet Gelatin
18 Meatball Sub 3 meatballs Chef's Veggies Pasta w/sauce Sub Roll Pineapple	19 Chicken Paprika (drumstick) Rice Pilaf Beets Oatmeal Bread Chef's Dessert	20 Chicken Noodle Soup Hamburger Cheese Roasted Potatoes Mixed Veggies Hamburger Roll Yogurt	21 – <b>Special</b> Baked Ham Pineapple Sauce Mashed Potatoes Butternut Squash Twisted Breadstick Applesauce	22 Macaroni & Cheese w/Crumb Topping Broccoli WW Roll Fruit Loaf  <b>½ DAY MOW ONLY</b>
25 <b>BCOA Dinner for those Who are Home Alone On Christmas Day 12:00 noon</b>	26 Lasagna Meat Sauce Cauliflower Dinner Roll Pudding/Diet pudding Parmesian Cheese	27 Seafood Chowder Breaded Fish Green Beans Mashed Potatoes Tarter Sauce Crunch Bar	28 Beef and Pepper Casserole White Rice Corn Dinner Roll 1pc Chef's Dessert	29 Teriyaki Chicken Asian Blend Veggies Asian Noodles WW Bread Pineapple  <b>½ DAY MOW ONLY</b>

**Come Enjoy The Lunch Program**

Provided by Elder Services of the Merrimack Valley. A two-day notice required, and a \$2 donation is suggested. The menu is subject to change. Call Melissa at 978-671-0916 X2023.

**New Lunch Options**

New lunch options available in addition to the main hot/cold meal! Options will change each week. Stop by the lunch room Mon-Thurs. mornings to see what is offered. Choices include: seafood salad, cheese pizza, egg salad, PBJ, chicken salad.

**Enjoy Melissa's Kitchen!****Breakfast on Fridays With a Smile!****8:30 to 9:30 a.m.****Dec. 22th & 29th No breakfast served.**

Simply walk in, fill out your order form, pay and presto your delicious breakfast is ready!

This breakfast is intended for seniors 60 and older, living in Billerica. We welcome younger companions, who also pay.





**Recipe of the Month: Dark Chocolate-Pecan Toffee****Ingredients:**

1 cup unsalted butter, cut up, plus more for baking sheet	1 1/2 cups pecan halves, divided
3/4 cup granulated sugar	1/4 cup packed light brown sugar
1/2 tsp. kosher salt	1/2 tsp. vanilla extract
1 3.5 oz. dark chocolate bar, chopped	3/4 tsp. large flaked sea salt (such as Maldon)

**Directions:**

1. Preheat oven to 350 degrees Fahrenheit. Butter a rimmed baking sheet.
2. Spread pecan halves on a second rimmed baking sheet and toast just until fragrant, 7 to 8 minutes; cool. Arrange 1 cup toasted pecans, flat side down, in a single layer on prepared baking sheet, leaving a 2-to 3-inch border along sides of baking sheet. Chop remaining 1/2 cup pecans; set aside.
3. Combine butter, sugars, salt, vanilla and 1/4 cup water in a medium saucepan. Cook over medium-low heat, stirring constantly, until mixture reaches 290 degrees Fahrenheit, 18 to 20 minutes. Slowly pour hot caramel mixture over pecans, making sure to fully cover each nut and leaving the 2- to 3-inch border around baking sheet.
4. Sprinkle chocolate evenly over toffee; let sit until slightly melted. Spread chocolate, in an even layer, with a small rubber scraper or offset spatula. Sprinkle with chopped pecans and sea salt. Let stand 20 minutes, then refrigerate until cool and set 40 to 45 minutes. Break into small pieces.

Source: [www.countryliving.com/food-drinks/recipes/.../dark-chocolate-pecan-toffee-recipe](http://www.countryliving.com/food-drinks/recipes/.../dark-chocolate-pecan-toffee-recipe)

**TRANSPORTATION****NEW—STARTING IN JANUARY 2018**

Check with Transportation for our NEW out-of-town grocery shopping trips on Fridays to one of the following: Stop & Shop, Whole Foods, Wegmans, Hannaford.  
\$6 Round Trip, Weather Permitting.

**Special Trips: Weather Permitting: Patrons Picked up at Home**  
**Sign up for these Upcoming Trips**

**Last Minute Gifts or Food to get at Walmart/Hannaford Chelmsford**

DATE: **Wednesday, December 20, 2017**

Arrive Walmart 10:00 a.m.

Soup and sandwich at Panera by the Fire

PRICE: Transportation \$6 round trip.

1:00 p.m. Leave Walmart

**Wednesday at the Movies at Lowell Showcase Theater, Weather Permitting**

DATE: **Wednesday, Jan. 3, 17 or Feb. 7, 2018**

Arrive at Lowell Theater at 12:00 p.m.

MINIMUM: 8 people required to run the trip.

Choice of two movies to be determined. Ticket price for Seniors is \$7. Special popcorn and soda \$4.

PRICE: Transportation \$6.00 round trip

Leave theater after movie

MAXIMUM: 12 people

**Plainridge Casino**

DATE: **Tuesday, January 9, 2018**

Leave Billerica 8:30 a.m.

MINIMUM: Must be full bus.

**Weather permitting.**

PRICE: Transportation \$18.00 round trip

2:00 p.m. Leave Plainridge

MAXIMUM: 13 people

Lunch at Casino or on your own.

**Museum of Science Cambridge**

DATE: **Tuesday, Jan. 23, 2018**

PRICE: \$18 admission

Leave Billerica at 9:00 a.m.

MINIMUM: Must be full bus.

**Weather permitting.**

PRICE: Transportation \$10.00 round trip

Grab lunch in Museum or on your own

2:00 p.m. Leave Museum

MAXIMUM: 13 people

**Thanks to.....**

- **7 Eleven: (314 Boston Road)** for snacks on Tues. and Thurs. a.m.
- **Gift Shop:** Raffaella Tzannos, Joe & Joanne Caruso, Filomena Carelle, Elaine Toscano, Claire McLaughlin, Marianne Valente, Leona Constantina, Carl the Sax Player, Cathy O'Connell, Armand LaMarche, Sandy Merrill, Maureen Caron, Joe Derrigo, Mary Clark, Cindy Sullivan, Ellie McCabe, Kathleen Dube, Muriel Swanberry, Joanne Shaughnessy, Joan Parcewski, Terry Gonnella.
- **Fabric, Yarn & Crafts:** Anita Rosa, Dunstable/Tyngsboro Lions Club, Wilmington Dept. Veteran's Services by Louis Cemagliaine, Catherine Kennedy, Sandy Lee, Duncus & Barbara MacLennan, Pat Donnelly, Theresa Gihgras, Susan Jones, Evelyn Fallon.
- **Handmade Items:** Carolyn Noel.
- **Books, Puzzles:** Armand LaMarche, Norma Bailey, Donna Bradley.
- **Cards:** Joanne Shaughnessy, Maureen Caron, Joe & Joanne Caruso.

*Thank You!***The Gift Shop needs your kind donations!****Birding Bits by Cindy Brook  
Winter is Coming!**

Are you ready? Some high-fat foods to have on hand are:

- Peanuts, peanuts, peanuts. Unsalted, in or out of the shell.
- Suet cakes or nuggets (any flavor), seed blocks, bark butter.
- Black oil sunflower seed, sunflower heart chips, safflower seed.

And don't forget roosting boxes and heated birdbaths too.

Source: Senior Beacon

**"Single Squares" Classes  
Thurs. from 7:00 to 9:30 p.m.**

Instructional classes are on Thursdays at 7:00 p.m. Cost is \$8 per person per class. This month's dance is **Thurs., Dec. 14 at 8:00 p.m.** No class 12/21 & 12/28. Call Carol 978-637-2059 for more information.

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

Greetings, Friends,

The holiday is upon us already, and it's the time we spend with family, friends, sharing a meal, celebrating the goodness of the past year, decorating the house, and yes, even relishing those first flakes of snow. It is also a time for us to remember relatives and friends who have passed on. It is also time for us to remember to include those who may be alone, or whose year has had some challenges.

Our first 50-60s dance was held on November 5th, and it was a great success. Everyone had a great time, and we must thank Tony Cucchi for organizing this event.

For the Friends, we will be wrapping up our Annual Holiday Raffle on December 13. We hope you will join us to find out if you are a winner this year! The drawing will be at the BCOA at 3:00 p.m. Light refreshments will be served.

We are grateful for the many volunteers who have helped make the raffle a success. The money raised all goes back to the seniors of Billerica, whether through Outreach support, programs, equipment or a social event. Tickets will be sold until just before the drawing, so help us make this a sell-out! It could be the best \$10 you spend this month.

Personally, I am grateful to have such a wonderful Board. They make it all fun. I am proud to be the new president.

Also, I would like to thank the wonderful staff of the BCOA. They all make us feel welcome each and every time we come through the doors.

Have a safe and happy Holiday Season! Merry Christmas! Happy Hanukah! May the peace of the season warm your heart and your home.

Sincerely,  
John Coyne, President,  
Friends of Billerica COA

**Thanks Friends for funding Pickleball!**

On page 3, you will see that the Friends have made it possible to support very affordable pricing for Pickleball. We are doing this in conjunction with the Billerica Recreation. You can sign up NOW at the Billerica Recreation website.

The game started during the summer of 1965 on Bainbridge Island, Washington, at the home of State Representative Joel Pritchard who went on to become Washington's Lieutenant Governor. It is a racquet sport that combines elements of badminton, tennis, and table tennis with two, three or four players using solid paddles made to hit a perforated polymer ball, similar to a wiffle ball, over a net.





### **Mr. Fix-It: Dave Moccia**

Billerica residents over 60 can bring their broken items to the reception desk with your name and telephone number attached. Dave will call with an estimate of repair charges (parts only). He asks that you donate \$5.00 to the BCOA for each repair.

### **Check out BCOA's Facebook Page**



**Billerica residents follow us on:**  
**nextdoor.com**  
**Our town website is:**  
**town.billerica.ma.us**

### **How to Subscribe or Renew Your Subscription of the Billerica Outlook**

Pick up a form at the BCOA front desk and turn it in to the front desk with the \$8 payment to the BCOA for an annual subscription.

### **Community Luncheons at First Parish Church**

Served on the second Saturday of each month at the Church, 7 Concord Road, between 11:30 a.m. and 1:00 p.m.

The luncheons are sponsored by the First Parish Church, the Sons of Italy and the Billerica Lions Club. All are welcome



### **Lobby Library with Joe**

My monthly Lobby Library program will be held Thursday, December 7 from 10:00 a.m. to 12 noon. I will be bringing a selection of books, DVDs, and audiobooks to browse and borrow. During this time, I am happy to assist you with accessing e-books, signing up for library programs or registering for a library card.

Don't forget you can also **Book-a-Librarian** any time for free! I am available to meet with you at the library, at the COA, over the phone, or at your home, if you are homebound, to assist you with using the library's various resources. Just call me at 978-671-0948 X4113 to make an appointment.

Best, Joe St. Germain  
Outreach Librarian

### **Trips - Get on Board** **Call COA at 978-671-0916**

**You must sign up a month in advance and pay when you register for all trips.**

**New Years at Noon—Dec. 31, 2017;** Cost is \$92 p/p.

Celebrate New Year's Eve with your friends aboard the "Spirit of Boston" for a two hour cruise with a champagne toast and countdown to noon! Includes DJ, dancing, lunch, cruise around Boston Harbor!, transportation, lunch and driver gratuity.

**Live from Nashville Country Legends Show with Lunch at Lake Pearl—April 11, 2018.** Cost is \$95 per person; Lunch choice of stuffed breast of chicken or baked schrod. Includes lunch, show, transportation and driver gratuity.

### **BCOA & Billerica Lions (BLC) Form Stronger Ties**

We are proud to share that Jean Bushnell became 1st. Vice President and Jamie Doherty the Secretary of the Billerica Lions Club.

This was a natural union for us as the BLC, chartered in 1957, is part of the world's largest service club organizations that celebrated 100 years of service in 2017 as the International Lions Club. Their key focus areas of Vision, Hunger, Environment, Youth and Diabetes overlap with many of our services and supports to preserve the life quality of seniors and their families in Billerica.



Pictured are Lou Cornaro, President of the BLC and Jamie Doherty, Activities and Volunteer Director of BCOA.

### **Gift Ideas for Senior's Hobbies**

Gifts such as yarn, art supplies, crossword or jigsaw puzzles, gardening tools, books, books on tape, etc.

Gift cards to Market Basket, Michael's, Joanne's, Gas, or Restaurant, etc.

Gift baskets of food, cookies, jams/jellies or box of chocolates. Stamps are great.

Specialty items, if senior is disabled, such as a fancy new cane, grabber, shawl, lighted magnifier, walker, tray, back pillow, or armchair covers, etc.

Monthly Cleaning services or Pea Pod Food Delivery, or Discount Movie Tickets.

## Caring Support Groups

**Caregiver's Support:** Wed., Dec. 6 & 20 at 10:00 a.m. Facilitated by Mary Coakley.

**Men's Group:** Luncheon Thurs., Dec. 14 at 12:00 p.m. at Stelio's.

**Living with Loss:** Dec. 13 at 11:00 a.m. Susan Bailey, Chaplain, Merrimack Valley Hospice.

**Social Group:** Mon., Dec. 4, 11, & 18 - 1:00 p.m.

## Gingerbread House Decorating Sat., Dec. 2 at 10:00 a.m.



The cost is \$35, but members of the Senior Center will receive a \$20 rebate, making cost affordable at \$15. Sign up through the Billerica Recreation website or call the BCOA for more details at 978-671-0916.

## Saturday Movies at BCOA Dec. 9 & 16 at 10:00 a.m.

Come and enjoy FREE movies with a friend and snack on Saturday mornings. See notice of listing.

## Watercolor Paint Class Back By Popular Demand Starting Monday, Dec 4

Colleen Sgroi's popular **Watercolor Paint Series** is back by popular demand. The next series of classes will be on **Mon., Dec. 4, 11, 18, & Jan. 8, 22, 29 at 10:00 a.m.**

Whether you like to paint or want to learn, this is the class for you. The series is \$36 per person, paid at registration. Fifteen participants max. Facilitated by Artist Colleen Sgroi. **MUST SIGN UP.**

## Hearing Clinic with Apex Hearing Care Thurs. Dec. 14 10:00 a.m. to 1:00 p.m.

Free hearing screenings, as well as a check and cleaning of hearing aids, for those with existing aids. Please call for an appt. at 978-671-0916.

## Oh, My Aching Back

**Mon., Dec. 4, 11 & 18 from 1:00 to 2:30 p.m.**

An up-to-date program for self treatment and prevention of back and neck pain. Program includes learning simple exercises to increase flexibility, decrease pain and stiffness of the back and neck. \$3 per class. Bring a hand towel; wear loose clothing.



## Choral Group is back with New Time! Thursdays at 1:00 p.m.

Like to sing, then join the "Forever Young" singers. They will be performing at Christmas time. If interested, contact Grace Gullotti at 978-670-1360.

## Senior Music Makers December Schedule

Senior Music Makers will be here 12/1, 12/8 and 12/15. There are No Senior Music Makers on 12/22 & 12/29.

## Free Friday Flicks at the BCOA

**Dec. 1 at 1:00 p.m. Movie: "The Holiday"**

**Dec. 15 at 1:00 p.m. Movie: "Elf"**

Join your friends for a great movie and a snack!

## Commonwealth Care Grab & Go in Lobby Fri., Dec. 15 at 9:00 a.m.

Established in 2003, Commonwealth Care Alliance is a community-based, not-for-profit healthcare organization dedicated to improving care for people with complex chronic conditions, including multiple disabilities. It is an organization with 30 years of experience supporting adults and elders with complex physical, developmental, intellectual and mental health disabilities.

## Cardmaking Wed., Dec. 20 at 9:30 a.m.

Janet Habeshian helps you make beautiful one-of-a-kind cards. No experience necessary; all materials provided. Limit of 8 participants; **new participants welcomed** **MUST SIGN UP.**

## NEW—Guided Meditation with Direct Imagery Wed., Dec. 20 at 9:45 a.m.

Join us for a new program, Guided Meditation with Direct Imagery. Sessions will help to reduce stress and are facilitated by Carol Butze, RN, BSN, MeD. Classes will be held on the 3rd Wednesday of each month. **MUST SIGN UP.**

## Sunshine Lady - Eleanor Santarpio

**Sympathy Card was sent to Jack and Beverly Roach**

## Coming Up! Save These Dates And Sign Up at 978-671-0916

**Sen. Friedman Office Hour/Lobby—Tues., Jan. 9 at 9:30 a.m.**

**Martin Luther King Day, Fri., Jan. 12 at 11:30; Lunch and a Movie: Selma;**

**Rep. Marc Lombardo Office Hour—Wed., Jan. 17 at 9:30 a.m.**



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***Billerica Council on Aging  
programs are funded by the  
Town of Billerica and the  
Executive Office of Elder  
Affairs.***

**Billerica Council on Aging**

25 Concord Road  
Billerica, MA 01821  
www.town.billerica.ma.us  
Phone: 978-671-0916



**Wish Project Thanks**

The Wish Project thanked the BCOA Knitting Nanas for the handmade hats, mittens and blankets created for babies and children. The families that are lucky enough to receive them will be very grateful for the love and care that was put into them!



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'**

\$ \_\_\_\_\_ Date: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

***(Please Print)***

Donor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

***(Please Print)***

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

Please Notify the following individual(s):

***(Please Print)***

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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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