

The BCOA – Area leader in Aging Services



Located in the center of town at 25 Concord Road since 2004, our mission is simple and clear: helping seniors in town live the best lives they can.

We focus on reducing isolation and loneliness, maximizing health and wellness, promoting fun and friendships and building social connections among patrons.

In one place we offer so much!

TRANSPORTATION

Transportation LIMITATIONS negatively affect seniors' access to healthcare resources, their independence, self-confidence and social connectedness.

- Medical trips
- Hair-dresser's
- Dentist
- Physical Therapy
- Hospital
- Groceries
- Pharmacy
- Bank
- Council on Aging
- Town Hall
 - FUN trips

Rides: Monday - Friday
8:00 AM to 3:30 PM
Last pick-up at 3 PM

TWO DAY notice needed

COST:

IN TOWN: \$2/one way
NEIGHBORING TOWN: \$3 one/ way

FRIENDLY FRONT DESK:
978 671 0916. Staff and
Volunteers guide you, 8.30
AM to 4 PM, M-F. Sat: 9-1 PM

SEVERAL SUPPORT

GROUPS help you get over hard periods of loss, chronic illnesses or setbacks by life's transitions.

Caregiver's Support: Wed., Apr. 4 & 18 at 10:00 a.m.
 Facilitated by Mary Coakley.

NEW Saturday Caregiver's Support: Sat., Apr. 7 & 21 at 10:00 a.m. Facilitated by Bonnie Courtemanche

Men's Group: Thurs., Apr. 5 at 1:00 p.m. Led by Wayne Smith

Living with Loss: Wed., Apr. 11 & 25 at 11:00 a.m.
 Facilitated by Susan Bailey, Merrimack Valley Hospice.

Social Group: Mon., Apr. 9, 23 & 30 at 1:00 p.m. and Apr. 2 at 2:00 p.m.

Mr. Fix-It: Dave Moccia

Billerica residents over 60 bring your 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.

OUR DEPARTMENTS

MAIN NUMBER: (978) 671-0916

Health and Wellness Programs X 2010
 (led by Bonnie Courtemanche, Health & Community Program Coordinator)

Life Quality Activities and Volunteer Management X2020
 (led by Jamie Doherty, Volunteer & Activity Coordinator)

Nutritional Programs X2023
 (led by Melissa Paolicelli, Nutrition Coordinator)

Outreach X2026
Community Transportation X 2003
 (led by Jeanne Teehan, Outreach Supervisor)

Systems and Administration X 2017
 (led by Pat Zapert, Operations)

Director: Jean Patel Bushnell X 2024
jbushnell@town.billerica.ma.us

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 Fax: (978) 671-1347
 25 Concord Road, Billerica, MA 01821
 Twitter: Billerica COA
 Facebook: Billerica Council on Aging
www.town.billerica.ma.us
www.nextdoor.com



FREE KIT! Medical personnel *quickly* access your medical history & medications when every second counts.
Call OUTREACH TODAY for details

Supported by a strong BOARD and FRIENDS GROUP

FLIP OVER

EXERCISE and YOU! It is never too late for seniors to start engaging in a REGULAR exercise routine.

New studies have found that seniors who exercise improve not only their physical fitness but experienced psychological benefits as well. Exercise can help alleviate symptoms of depression and improve the mood in general. The increased mobility that comes from regular, moderate exercise can help a senior maintain his or her independence if it is done on a long-term basis. Consistency is more important than intensity. **The BCOA offers so much!**

Free Classes	Fee Classes	The Fitness ROOM
<p>Walking Wonders Monday - Friday: 8:45AM</p> <p>Chair Aerobics Monday: 10:15AM</p> <p>Tai Chi Tuesday: 10:15AM</p> <p>Cardio-Boost Tuesday: 11:45AM</p> <p>Zumba Friday: 11:45AM</p>	<p>Modest \$3/Class</p> <p>Exercise Class Monday: 9AM Wednesday: 9AM</p> <p>Tap Dancing Tuesday: 9AM</p> <p>Line Dancing Tuesday: 1PM Friday: 1PM</p> <p>Yoga Wednesday: 10:15AM Friday: 2:15PM</p>	<p>Just added a Latitude™ Lateral Stability Trainer equipment. Helps people of all fitness levels build the right muscles and gain the confidence to stay active.</p> <p>The Billerica COA Fitness Room is open Monday through Friday from 8:30am to 3:30pm and Saturdays from 9:00am to 12:00pm. Participation is free.</p> <p>Questions, contact Bonnie Courtemanche at 978-671-0916, ext. 2010.</p>

**Blood Pressure Checks: Tuesdays: 9:30 to 11:30 a.m.
Thursdays: 10:30 a.m. to 11:30 a.m.**

<p>Respite Companion Program Provides Caregivers with a Break</p> <p>Are you caring for a loved one at home who is not safe if left alone? Do you need a break for a few hours during the week, knowing that your loved one is in trustworthy care?</p> <p>Our Program can provide peace of mind. Trained, caring Respite Companions are supervised and CORI screened. Contact Bonnie Courtemanche at 978-671-0916 X2010.</p>	<p>Enjoy Melissa's Delicious Breakfast on Fridays. 8:30 to 9:30 a.m.</p> <p>Just walk in, fill out order form, pay (\$3, \$2, or \$1) and your fresh breakfast is served with a smile!</p> <p>Please call 978 671 0916 day before. Some Fridays B/fast is off.</p> <p>Also there are daily meals and a home delivered meal program.</p>	<p>Join Our Choral Group Thursdays at 1:00 p.m. Led by Joanne Gagliardi. Contact Grace Gullotti at 978-670-1360.</p> <hr/> <p>Events GALORE monthly Bingo Bandstand Intergenerational Dance Movie with a meal Senior Talent Show LunchAround Ice cream Socials Holiday Bazaar SEE OUTLOOK newsletter</p>
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OUTREACH: loaded with resources and can make many referrals for your welfare or that of your family. Need home care services? Meals delivered? Roofing estimates? Info on food programs in town? Smoke or CO detectors installed? Social Programs info? **Call them today 978 671 0916, X2026** **FLIP OVER**