

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 trip
- Hairdresser
- Dentist
- Physical Therapy
- Hospital
- Groceries
- Pharmacy
- Bank
- Council on Aging
- Town Hall
- FUN Trips

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

FOUR DAY Notice
needed for most rides
SEVEN DAY Notice
needed for medical rides

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

FRIENDLY FRONT DESK:
978-671-0916. Staff and
Volunteers guide you,
Mon – Fri: 8:30 AM to 4 PM
Sat: 9AM to 1PM

SEVERAL SUPPORT

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

Caregiver's Support: 1st and 3rd Wed of the month, at 10:00 a.m. Facilitated by Mary Coakley.

Men's Group: 1st Thurs. of the month at 1:00 p.m. Led by Wayne Smith

Bereavement Support: 2nd and 4th Wed of the Month at Noon. Facilitated by Susan Bailey, Merrimack Valley Hospice. (Formerly Living with Loss

Social Time: Mon at 1:00 p.m. (Held at 2:00 p.m. on Bandstand Mondays)

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.

Outlook Newsletter
 \$10.00 for annual subscription to our monthly newsletter!

OUR DEPARTMENTS

MAIN NUMBER: (978) 671-0916

Health and Wellness Programs X2010
 (led by Bonnie Courtemanche, Health & Community Program Coordinator)

Life Quality Activities and Volunteer Management X2020
 (led by Donna Robinson, Activity Assistant)

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

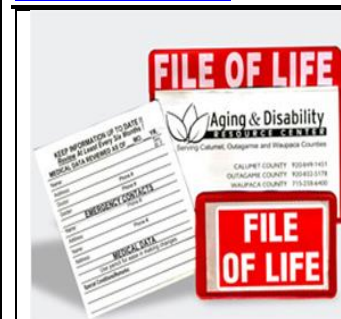
Outreach and X2026
Community Transportation X 2003
 (led by Jeanne Teehan, Outreach Supervisor)

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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 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.

Call OUTREACH TODAY for details

Supported by a strong BOARD and FRIENDS GROUP

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 & \$4 / Class</p> <p>Exercise Class: \$3.00/Class Monday: 9:00AM Wednesday: 9:00AM</p> <p>Brain & Balance: \$4.00/Class Monday: 1:00PM</p> <p>Tap Dancing: \$4.00/Class Tuesday: 9:00AM</p> <p>Line Dancing: \$4.00/Class Tuesday: 1:00PM Friday: 1:00PM</p> <p>Yoga: \$4.00 / Class Wednesday: 10:15AM</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. 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, X2010.</p>
<p>Blood Pressure Checks: Tuesdays: 9:30 to 11:30 a.m. Wednesdays: 9:00 a.m. to 11:00 a.m. Thursdays: 10:30 a.m. to 11:30 a.m. and 2:30 p.m. to 3:30 p.m. 1st and 3rd Saturdays 10:00 a.m. to 11:00 a.m.</p>		
<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.</p> <p>Contact Bonnie Courtemanche at 978-671-0916 X2010.</p>	<p>Enjoy Melissa's Delicious Breakfast on Fridays</p> <p>8:30 to 9:30 a.m.</p> <p>Just walk in, fill out order form, pay 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 us to learn more!</p> <hr/> <p>Events GALORE monthly</p> <p>Bingo Bandstand LunchAround Trips to Fun Local Venues Book Club Memory Café</p> <p>Craft Groups: Ceramics, Card Making, Knitting, Painting, Quilting</p>
<p>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? Food programs in town? Smoke or CO detectors installed? Social Programs info? Call them today 978 671 0916, X2026</p>		