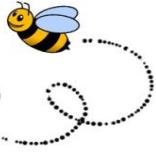


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

Council on Aging

Lauren Abraham,
COA Director
978-264-1717
e-mail: labraham@
boxborough-ma.gov
Cindy Regan, Van/Events
978-264-1730
Email:cregan@
boxborough-ma.gov

COA Board

Identify needs, develop and implement programs and services, educate populace and advocate on behalf of elders.

Tina Bhatia
Barbara Birt
Anne Canfield, Vice Chair
Taryn Light
Bill Litant
Barbara Wheeler, Secretary
Karen Whitcomb, Chair
Susan Bak, Select Board
Liaison
John Fallon, FCOA Liaison

Friends of the Council on Aging

John Fallon, President
Barbara Birt, Recording Secretary
Patty Gayowski, Treasurer
Loretta Grushecky
Lauraine Harding
Mary Nadwarski
Mary Pavlik
Alan Rohwer,
Corresponding Secretary
Shirley Warren
Georgia Winfrey, Vice President

Buzz Production Team

Tina Bhatia
Barbara Birt
Anne Canfield
Chris Flisher
Taryn Light
Tess Summers

January 2020

Yankee Pot Roast Luncheon

Are you dreading the thought of the January blues and looking for a way to chase them away? If so, here is a suggestion for you! Come and join your friends and neighbors and enjoy an old-fashioned Yankee pot roast luncheon.



On **January 8 at noon**, in the **Community Center**, Life Care Center of Acton will be hosting a traditional (and yummy) pot roast dinner for Boxborough seniors. Due to the popularity of this luncheon, please **RSVP no later than January 3** by calling 978-264-1730. This will ensure that there will be enough food for all attendees. The luncheon now accepts donations to the food pantry.

Lastly, because we live in New England and this event is taking place in January, if the weather on the scheduled date is inclement, the luncheon will be rescheduled for January 15.

Minutemen Christmas Tree Pickup

This season the Boxborough Minutemen will be collecting and (with help from the DPW) disposing of Christmas trees on **Saturday, January 4**. Residents have 2 options for tree disposal:



Option 1: Deliver your tree to the **old DPW location** (577 Mass Ave.) between the hours of **10 AM and 2 PM**. We will accept your tree and dispose of it – cost **\$5**.
Option 2: Have the Minutemen collect your tree at your home in Boxborough (at the street please) – cost **\$10**. Obtain and fill out a form and place it in the box in the Town Hall lobby or mail to: Boxborough Minutemen, 650 Mass Ave, Boxborough, MA 01719 **before January 2** with your cash or check to: Boxborough Minutemen. Forms may be picked up at the Town Hall reception area, the Library, the Transfer Station house, or printed on line from: www.boxboroughminutemen.org.



Spotlight: Paul Fillebrown Jr, Fire Chief

Chief Fillebrown, a fifth-generation firefighter, comes to us after 34 years of experience with the Ayer Fire Department, 18 of which were served as Captain.

His resume begins with an educational entry, having taught 9th Grade technical education and coached football and wrestling, all for the city of Nashua. Paul's own education includes numerous Fire Academy courses, Advanced EMT certification, Bachelors in Education, and Masters level courses in the field of Fire Science.

Paul's passion for education motivated him and four others to create the SAFE fire safety curriculum that is taught in schools throughout the Commonwealth.

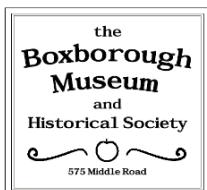
Prior to officially taking his post, Chief Fillebrown attended our Town's Harvest Fair and was wholeheartedly impressed by the welcoming citizens he intends to serve. He left the event feeling he was entering "one big family."

After evaluating the needs of the Town and the department, Paul feels that one of the biggest challenges he faces in his new position is providing the citizens with a Fire Department that is staffed to meet the needs of the Town.

Paul resides in Ayer with his family and looks forward to working with and serving the citizens of Boxborough. He wants to remind us of our Senior Safe smoke detector program that is free to our senior residents. Please call 978-274-1770 to find out more.

The Museum will be open the following **Sundays** from **2-4 PM** .

January 12
February 9
March 8



Thank You, Friends of the Council on Aging (FCOA)

The Council on Aging (COA) appreciates that the FCOA paid the full cost of transportation to the holiday concert at the Methuen Music Hall. The bus was wonderfully comfy, the driver was exceptionally competent (on a snow-covered 495), and the organ player and trumpet players were amazing!

So here's a shout of thanks to the FCOA from the COA for making possible a most enjoyable (and affordable experience) for a group of Boxborough seniors! As the old cheer says, "Two, four, six, eight! Who do we appreciate? The FCOA!"

Out to Lunch!

Join us for a Chinese buffet lunch at the **Yangtze River** in Littleton on **Thursday January 23**. Cost of the buffet is **\$9.95** per person, not including tax or tip. Yangtze River will make separate checks and seniors will be responsible for paying their own bill. Our reservation is at **11:45 AM**. The van will leave Town Hall at **11:25 AM** and will cost **\$2** roundtrip. This luncheon trip is limited to the first 10 people who call the COA at 978-264-1730 by the morning of **Friday, January 17**. Boxborough seniors have first priority; out of town seniors will be added to the waitlist and may join the trip if room is available.

Library Happenings

Do you know that there are weekly **Monday afternoon** movies at the **Library**? Check the Library website, stop by, or call to find out what movie is showing and enjoy a movie during the cold January weather. Shows are from **1 to 3 PM** every Monday the Library is open.

There is also a monthly Cookbook Club on the third or fourth Saturday of each month at the Library. Check the Library News and Events for the schedule.



Thank You, Middlesex Bank!



The Council on Aging (COA) wishes to extend a special thanks to the Boxborough and West Acton branches of the Middlesex Savings Bank. In

2010, our COA became one of the Middlesex Savings Bank's community partners. As a result of the continuing support by the Bank, the COA has been able to print a quality newsletter (The Boxborough BUZZ) for our Town's seniors.

This year, 10 issues of The BUZZ were mailed to almost 750 senior households in Town. The newsletter provides a valuable service to this population and is a vehicle for seniors to learn about a variety of programs and events that take place each month.

In closing, the COA again thanks the Middlesex Bank for their support over the past (WOW!) 9 years. This continued generosity has made a real difference in the lives of our seniors!

COA Weather Cancellation

The COA will follow the Acton-Boxborough Regional School District (ABRSD) to determine if COA activities, classes, events, and van service are **cancelled**.

When the ABRSD calls for a **delayed opening**, all COA morning activities, classes, events, and the van service will be cancelled.

To learn about weather cancellations or delays, check these websites:

www.abschools.org

www.boxborough-ma.gov/council-on-aging

www.facebook.com/betteringboxboroughtogether

(continued next column)

COA instructors, event organizers, and activity leaders may decide to **cancel due to weather even if ABRSD is open**. In these cases, the event organizer will notify participants and the COA. Participants may also call the COA (978-264-1730) to find out if a class or event is cancelled.

Memorial Gifts

The Friends of the Boxborough Council on Aging would like to thank the many donors who contributed to the Friends during 2019 and acknowledge gifts in memory of:

Dave Birt

Lee and Phil Delano

Pat Fallon

Lorna Lane

Mary Larson

Hazel O' Clair

All deceased Boxborough Minutemen

Wellness Clinic

Stop by the Wellness Clinic on **Tuesday, January 28**, at the **Community Center** from **11:30 AM to 12:30 PM**. This **free** clinic includes health assessments and screenings, consultations, and referrals. For more information, contact the Nashoba Associated Boards of Health (978-772-3335 or 1-800-427-9762 Ext. 340).

Podiatry Clinic

 Podiatrist Dr. Alyeen Gregorian will be offering a foot clinic starting at **10:10 AM on Thursday, January 16**, at the **Community Center**. Trimming of nails, treatment of corns and calluses, and a screening for foot health will be offered. The cost is **\$35**. Reservations are required, so please call 978-264-1730 to make an appointment.

COA Van Services

Van Rides Available Monday through Thursday, 9:30 AM to 3:30 PM
Call at least 2 days ahead to book your ride: 978-264-1730
Monday Morning Market Basket Trip: book by Friday 10 AM

The COA van is available to provide local rides to Boxborough residents age 60 or older. The van travels to surrounding towns and may be used for medical appointments, grocery shopping, errands, food pantry trips, attending COA programs, attending local day programs, and more. Rides must be booked in advance. We will do our best to accommodate late requests.

Albert Einstein Presentation

Life Care Center of Acton will present "Albert Einstein" with impressionist George Cappaccio, who will teach us about the life and accomplishments of one of the greatest minds of all time – Albert Einstein! **Friday, January 3, at 1 PM** at the **Community Center**. Please call 978-264-1730 to RSVP for this event.

Guidelines for Submissions to the BUZZ

The Boxborough BUZZ welcomes brief announcements of events relevant to the interest of Boxborough seniors. Email your submissions to BoxboroughBuzz@gmail.com for consideration. Items may be published in a future issue of the *BUZZ*, as space allows. Submissions must be limited to 100 words and may be edited for length.

Please include the following information with your submission:

- Event name and description
- Date, time, and location of event
- Your contact information

–Submit Items for our February Issue by January 6–



Change Service Requested

PRE-SORT
Standardized
U.S. Postage Paid
Acton, MA
Permit No. 26

Boxborough Council on Aging
Boxborough Town Hall
29 Middle Road
Boxborough, MA 01719
Standardized
U.S. Postage Paid
Acton, MA
Permit No. 26

January 2020

SUN	MON	TUES	WED	THUR	FRI	SAT
			<i>1</i> New Year's Day Town offices and Library closed	<i>2</i> 2-Mah Jongg	<i>3</i> 9-Fitness w/Holly 1-Albert Einstein Presentation @ Community Center	<i>4</i> Minuteman Tree Pick up
<i>5</i> 2-4 PM Boxborough Museum	<i>6</i> 9-Fitness w/Holly 9:30-Market Basket Trip 1-Movie Monday	<i>7</i> 10-Book Club 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>8</i> 9-Fitness w/Holly 12-COA Luncheon Sponsor: Life Care Center 2-Crafters Group	<i>9</i> 9-Line Dance 2-Mah Jongg	<i>10</i> 9-Fitness w/Holly	<i>11</i>
<i>12</i>	<i>13</i> 9-Fitness w/Holly 9:30-Market Basket Trip 1-Movie Monday	<i>14</i>	<i>15</i> 9-Fitness w/Holly 2-Crafters Group	<i>16</i> 9-Line Dance 9:30-Podiatry Clinic 2-Mah Jongg	<i>17</i> 9-Fitness w/Holly	<i>18</i>
<i>19</i>	<i>20</i> Martin Luther King Jr. Day Town offices and Library closed	<i>21</i> 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>22</i> 9-Fitness w/Holly 2-Crafters Group	<i>23</i> 9-Line Dance Out to Lunch Trip 11:25 Van leaves Town Hall 2-Mah Jongg	<i>24</i> 9-Fitness w/Holly	<i>25</i>
<i>26</i>	<i>27</i> 9-Fitness w/Holly 9:30- Market Basket Trip 1-Movie Monday	<i>28</i> 11:30-Wellness Clinic 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>29</i> 9-Fitness w/Holly 2-Crafters Group	<i>30</i> 9-Line Dance 2-Mah Jongg	<i>31</i> 9-Fitness w/Holly	

Out of Town

Mt. Calvary Church, Acton

**First Parish Church, Stow
Littleton Council on Aging**

Quilting Group, Tuesdays, 9 AM
Community Supper, Wednesdays, 5 PM
Community Dinner, first Friday of the month, 5:30 PM
Bridge Group, Fridays, 9:30 AM – 12:30 PM



Ongoing Events, Classes

To learn more about any event,
call the COA: 978-264-1730



Book Group Meets first Tuesday of the month, September – May at 10 AM at the Library. Contact the Library for more information at 978-486-4680.

Bridge Group An on-going group that meets Fridays, 9:30 AM at Littleton COA. New members welcome. Call Val (978-263-8184) or Anne (978-263-2664) for information.

Chair Yoga A 45-minute class with modified yoga poses performed with a chair for added support. Taught by Rebecca Reber. Meets Tuesdays, 2:15 PM at the Community Center.

Crafters Group A group for those who enjoy knitting, crochet, beading, cross-stitch, or any craft at all. Make new friends, and work on your project. Meets Wednesdays, 2–4 PM at the Sargent Memorial Library when the Library is open. Call the Library for more information at 978-263-4680.

Fitness with Holly A 12-week class meets Mondays, Wednesdays, and Fridays at 9 AM at the Community Center. Sign up for one, two, or three days.

Line Dance A 12-week class taught by Sam O'Clair. Newcomers welcome! Meets Thursdays at 9 AM at the Community Center.

Mah Jongg Drop in and learn what this ancient game is all about. Thursdays, 2 PM at the Community Center.

Movie Monday at the Sargent Memorial Library at 1 PM every Monday that the Library is open.

Quilting Group An ongoing group that makes quilts for the needy worldwide. This group meets on Tuesdays at Mt. Calvary Church, Acton at 9 AM. Call Astrid Perko at 978-263-7016 for information.

Stretch & Flex Yoga A 1-hour class for seniors with floor and standing strength-building exercises and yoga poses to stretch muscles. Taught by Rebecca Reber. Meets on Tuesdays at 1 PM at the Community Center.

Weekly Market Basket Trip Monday morning shopping trip. Call by Friday morning to reserve a van seat for Monday's trip. Cost \$2 for round trip.

Wellness Clinic Held on the fourth Tuesday. Nashoba Nursing Service hosts a monthly wellness check for all ages from 11:30 AM-12:30 PM.

Note: You can sign up for exercise classes anytime. Fees will be prorated.

The Friends of the Council on Aging provides financial and volunteer support for programs, classes, and special events of the Friends and the Council on Aging.

To make a donation as a Friend, or as a memorial, clip out this form and send your tax-deductible gift to the **Treasurer, Patty Gayowski, 31 Eldridge Rd, Boxborough, MA 01719**. Make checks payable to the **Friends of the COA**. Thanks!

Donation (\$)

\$5 \$10 Other

Name

Address

In Memory of