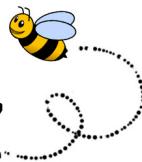


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

Summer 2017

Council on Aging

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COA Coordinator
978-264-1717
e-mail: larsenault@
boxborough-ma.gov

COA Board Members

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

Frank Powers, President
Tina Bhatia
Barbara Birt
Taryn Light
Frank Sibley
Liz West
Barb Wheeler
Les Fox, Liaison with Board
of Selectmen

Friends of the COA

John Fallon, President
Barbara Birt
Lorraine Carvalho
Patty Gayowski
Loretta Grushecky
Lauraine Harding
Mary Nadwairski
Astrid Perko
Ginnie Richardson
Alan Rohwer
Shirley Warren
Georgia Winfrey

Buzz Production Team

Tina Bhatia-COA
Barbara Birt-COA
Anne Canfield
Taryn Light-COA
Liz West-COA

FCOA Anniversary Luncheon and the GWO

At **noon**, on **Wednesday, June 14**, the Boxborough Friends of the Council on Aging (FCOA) will be holding its anniversary luncheon. This event will take place at the **Community Center**.

Back by popular demand, entertainment will be provided by a group of talented soloists and an accompanist from the **Greater Worcester Opera** (GWO). Their performance will consist of songs from Gilbert & Sullivan, with perhaps of couple of opera arias in the mix! The mission of the GWO is to bring opera performance and education to Central Massachusetts.

Plan to come celebrate with the FCOA by enjoying lunch and then experiencing the excitement of hearing the beauty of the human voice, unamplified and unaffected. All Boxborough seniors are welcome and **admission is free**. Please call Laura at 978-264-1717 to RSVP.

Red Sox Game!

Thursday, September 14, the Boxborough and Harvard COAs invite you to attend the Boston Red Sox vs. the Oakland Athletics at Fenway Park.



We will leave from **Boxborough Town Hall** promptly at **11 AM** and ride to Boston on a luxury Silver Fox motor coach. We'll arrive at Fenway Park about an hour and a half prior to the 1:35 PM game, which will allow you time to buy your lunch and watch the pre-game warm-ups. We'll enjoy all the action from our

reserved seats under a roof on the third base side grandstand. After the game, we'll board the coach and be back in Boxborough around 5:30 PM.

The **cost is \$89 per person**. To reserve your ticket and seat on the motor coach, please call Laura at 978-264-1717. Remember: Don't strike out! Sign up now!

Summer 2017 Class Schedule

Fitness with Holly Join others in this motivating class. Participants will improve their strength, balance, and flexibility. The session **begins June 14 and ends August 18**. Classes are held Mondays, Wednesdays, and Fridays. The cost is **\$4 per class**. All classes will be held at the **Community Center** at **9 AM**. *Please note: No classes will be held the week of July 4.*

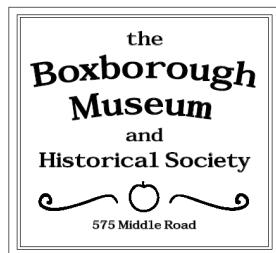
Gentle Yoga The practice of yoga, with its physical postures, along with breathing exercises and meditation, brings more ease and balance in the mind and body. The session **begins June 27 and ends August 17**. Classes will be held Tuesdays and Thursdays at **25 Stow Road at 1PM**. The cost is **\$4 per class**.

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Let's Celebrate National Ice Cream Month!



In 1984, President Reagan officially declared July to be National Ice Cream Month. In celebration of this "delicious" fact, the COA invites you to an ice cream social on **Wednesday, July 12, at 1 PM**, in the **Community Center**. Ice cream will be provided **free of charge** by the Visiting Angels of Acton. Please join us for a yummy treat with friends and neighbors.



The Museum will be open **2-4 PM** on **Sundays, June 11, July 9, August 13 and September 10**.

Reminder: Prompt Lift-off for Tall Ships Trip

Back in January, if you made a reservation with the COA to attend the 2017 Tall Ships Regatta, this is a gentle reminder to be on time! The bus leaves **Town Hall** promptly at **8 AM** on **Tuesday, June 20**. **It cannot wait for slowpokes.** Set out your sunscreen and other supplies the night before and join us for a glorious day!

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The Herbs of the Mediterranean

Boxborough's **Sargent Memorial Library** will once again host the owners of **Stockbridge Farm**, on **Thursday, June 1**, at **1 PM**. This year's presentation, "**The Herbs of the Mediterranean**," explores this region's healthy, uncomplicated diet—a diet that is built on vegetables, fruits, grains, fish, and olive oil. No matter where you live, Mediterranean food is easy to replicate.

This interactive program will last approximately an hour and include culinary demonstrations. Each participant will receive a taste of dishes prepared during the program, as well as a copy of all recipes. Stockbridge Farm will bring their handcrafted herbal products to purchase. Bring your questions, your appetite, and join in the fun!

The **Whitcomb House Trust Fund** is sponsoring this program. Everyone is welcome.

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Boxborough Fifer's Day

The 2017 Boxborough Fifer's Day Celebration and Fair will take place **Saturday, June 17**, at Flerra Field. Fifer's Day is sponsored jointly by the Boxborough District Minuteman Company and Boxborough's Public Celebration and Ceremonies Committee. The Day commences at **9:30 AM** with the Fifer's **4-Mile Road Race**. This is followed by a **parade from the Blanchard School at 11 AM** and ends at Flerra Field, where the Golden Fife Award is presented.

The Fair **starts at noon** and offers food and barbecue (including a vegetarian option); children's games and activities; a volleyball tournament; a donut eating contest; booths representing Town organizations; and craft booths. Additionally, there will be live music throughout the afternoon, as well as an ALS Ice Bucket Challenge that will be held mid-afternoon. For more information, or to sign up for a non-profit booth, craft booth, road race, volleyball tournament, or the ALS Challenge, please go to www.fifersday.org.



Farmers' Markets, a Summertime Treat

Farmers' markets are one of the treats of the season. These markets supply far more than just fresh food; they are big, happy social events, where you see friends, neighbors, and dogs. Many offer live entertainment as well.



Often, the fruits and vegetables have been picked the same day you buy them. Most markets offer other foods as well: local meats, wine, beer, breads, cheese, eggs, honey, and exotic prepared foods.

Two tips will make shopping easier: first, bring your own reusable bags; second, carry cash, preferably many small bills. Paying for a tomoato with a twenty-dollar bill will not endear you to a farmer. Here are three nearby markets:

Acton-Boxborough Farmers' Market

Pearl Street, West Acton
Opens Sunday, June 11, 10 AM-1 PM

Maynard Farmers' Market

Mill Pond Parking Lot, Clock Tower Place, Main Street, Rt 62
Opens Saturday, June 24, 9 AM-1 PM

Harvard Farmers' Market

27 Mass Ave, Hildreth Elementary School
Opens Saturday, August 5, 10 AM-1 PM



HOOPLA at @ Boxborough's Library

The Sargent Memorial Library is excited to announce that it has added Hoopla to the Library's expanding list of digital services. Hoopla includes a large online catalog of eBooks, audiobooks, music albums, movies, TV shows, and comics. There are no holds and no waiting lists—all titles may be accessed instantly.

All titles are available for streaming using the hoopladigital.com website on a PC or Mac. Borrowed titles may be both streamed and temporarily downloaded using the Hoopla Digital app on IOS and Android devices.

The service is limited to Boxborough residents, who may borrow up to 6 titles per calendar month. To get started with Hoopla, visit www.hoopladigital.com or download the Hoopla Digital app from your device's app store.

COA Van Transportation Services

Boxborough seniors and residents with disabilities can call Cross Town Connect to make reservations for medical appointments, food shopping, and other needs. Reservations should be made at least 48 hours ahead and can be made a month in advance. To book a trip on the COA van, please call **978-844-6809** any time from **8:30 AM to 4 PM, Monday through Friday**.

Volunteers drivers may be available when the Van is not. For details, call Laura 978-264-1717.

Lending Hand Services

Need a helping hand with a specific task, such as moving a heavy object or hanging a window shade? Call Laura at 978-264-1717 to see if **Lending Hand** can help.

Special Summertime Days

After a long winter, most folks look forward to summer. Some enjoy doing nothing, while others like traditional observances, such as the Fourth of July. But why celebrate only big holidays when summer also has many smaller ones to enjoy? Here are just a few of those days to add fun to your summer!

June

2—*Donut Day*; **11**—*Corn on the Cob Day*; **23**—*Take Your Dog to Work Day*

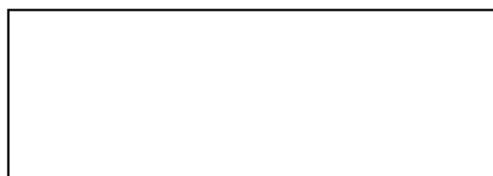
July

6—*Fried Chicken Day*; **16**—*Ice Cream Day*; **23**—*Parents' Day*

August

5—*Underwear Day*; **13**—*Lefthanders Day*; **19**—*Honey Bee Day*

—Submit articles for September Issue by August 4—



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

June 2017

SUN	MON	TUE	WED	THU	FRI	SAT
				1 9-Line Dance 9:15-Bridge 10:15-Water Exercise 1-Yoga 1-<i>Herbs of Mediterranean</i> 2-Mah Jongg	2 9-Fitness w/ Holly	3
4	5 9-Fitness w/ Holly 1-Movie Monday	6 1-Yoga	7 9-Fitness w/ Holly 2-Crafters Group	8 9-Line Dance 9:15-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg	9 9-Fitness w/ Holly	10
11 2-4 Boxboro Museum	12 9-Fitness w/ Holly 1-Movie Monday	13	14 9-Fitness w/ Holly (New Session) 12- <i>FCOA Luncheon & Worcester Opera</i> 2-Crafters Group	15 9-Line Dance 9:15-Bridge 10:15-Water Exercise 2-Mah Jongg	16 9-Fitness w/ Holly	17 9:30- <i>Fifer's Day Celebrations Begins</i>
18	19 9-Fitness w/Holly 1-Movie Monday	20 8-<i>Trip to Tall Ships</i>	21 9-Fitness w/ Holly 2-Crafters Group	22 9:15-Bridge 10:15-Water Exercise 2-Mah Jongg	23 9-Fitness w/ Holly	24
25	26 9-Fitness w/Holly 1-Movie Monday	27 10-Wellness Clinic 1-Yoga (New session)	28 2-Crafters Group	29 9:15-Bridge 10:15-Water Exercise 2-Mah Jongg 1-Yoga	30 9-Fitness w/ Holly	31

Out of Town

Held at Mt. Calvary Church, Acton

Quilting Group, Tue, 9 AM (till June 20)

Comm. Supper, Wed. 5 PM

July 2017		Aug 2017	
Mon, Jul 3	Movie Monday, 1 PM	Tues, Aug 1	Yoga, 1 PM
Tues, Jul 4	Independence Day - Library and Town Hall closed	Wed, Aug 2	Fitness with Holly, 9 AM Crafters Group, 2 PM
Wed, Jul 5	Crafters Group, 2 PM	Thur, Aug 3	Bridge, 9:15 AM Yoga, 1 PM Mah Jongg, 2 PM
Thur, Jul 6	Bridge, 9:15 AM Yoga, 1 PM Mah Jongg, 2 PM	Fri, Aug 4	Fitness with Holly, 9 AM
Sun, July 9	Boxboro Museum, 2-4 PM	Mon, Aug 7	Fitness with Holly, 9 AM Movie Monday, 1 PM
Mon, Jul 10	Fitness with Holly, 9 AM Movie Monday, 1 PM	Tues, Aug 8	Yoga, 1 PM
Tues, Jul 11	Yoga, 1 PM	Wed, Aug 9	Fitness with Holly, 9 AM Crafters Group, 2 PM
Wed, Jul 12	Fitness with Holly, 9 AM Ice-cream Social, 1 PM Crafters Group, 2 PM	Thur, Aug 10	Bridge, 9:15 AM Yoga, 1 PM Mah Jongg, 2 PM
Thur, Jul 13	Bridge, 9:15 AM Yoga, 1 PM Mah Jongg, 2 PM	Fri, Aug 11	Fitness with Holly, 9 AM
Fri, Jul 14	Fitness with Holly, 9 AM	Sun, Aug 13	Boxboro Museum, 2-4 PM
Mon, Jul 17	Fitness with Holly, 9 AM Movie Monday, 1 PM	Mon, Aug 14	Fitness with Holly, 9 AM Movie Monday, 1 PM
Tue, Jul 18	Yoga, 1 PM	Tue, Aug 15	Yoga, 1 PM
Wed, Jul 19	Fitness with Holly, 9 AM Crafters Group, 2 PM	Wed, Aug 16	Fitness with Holly, 9 AM Crafters Group, 2 PM
Thur, Jul 20	Bridge, 9:15 AM Yoga, 1 PM Mah Jongg, 2 PM	Thur, Aug 17	Bridge, 9:15 AM Yoga, 1 PM Mah Jongg, 2 PM
Fri, July 21	Fitness with Holly, 9 AM	Fri, Aug 18	Fitness with Holly, 9 AM
Mon, Jul 24	Fitness with Holly, 9 AM Movie Monday, 1 PM		
Tue, Jul 25	Wellness Clinic, 10 AM Yoga, 1 PM		
Wed, Jul 26	Fitness with Holly, 9 AM Crafters Group, 2 PM		
Thur, Jul 27	Bridge, 9:15 AM Yoga, 1 PM Mah Jongg, 2 PM		
Fri, Jul 28	Fitness with Holly, 9 AM		
Mon, Jul 31	Movie Monday, 1 PM		