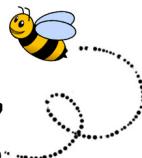


THE BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

March 2017

Council on Aging

Laura Arsenault,
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
Mary Cobleigh
Patty Gayowski
Loretta Grushecky
Lauraine Harding
Sheila Lloyd
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
Barbara Tornstrom
Liz West-COA

BCT Lunch for Seniors

Shake off that cabin fever and join all for a Boxborough Conservation Trust (BCT) lunch on **Wednesday, March 8, at noon**, in the **Community Center**. The menu planned, by Mitzi Garcia-Weil, will include shrimp creole (not spicy hot but aromatic), brown rice and beans, baked broccoli casserole, rolls and butter, and finger desserts. Mark your calendars and learn about a local organization that helps preserve Boxborough's natural beauty. Please call Laura at 978-264-1717 to RSVP.



The BCT is a private, non-profit all-volunteer land trust that was founded in 1997 by Boxborough residents. Members principally fund the organization and also provide volunteer time. The BCT works to achieve three outcomes:

- Preserve Boxborough's rural character and natural resources by conserving undeveloped land that is valuable for water, farming, wildlife, nature, and other significant features.
- Care for the conserved land owned by the BCT and the Town of Boxborough through stewardship of trails and control of invasive vines and plants.
- Get the community engaged through walks, talks, the Common Ground newsletter, programs at Blanchard Memorial Elementary School, and through the <https://bctrust.org> website and social media sites such as Facebook.

The president of the BCT, Rita Gibes Grossman, will present her talk, "Blazing Trails in Boxborough" following lunch. She will display a photo tour of BCT and Town-owned conservation properties to show why land protection matters.

Spring Class Schedule

Fitness with Holly Join others in this motivating class as you improve your strength, balance, and flexibility. Classes are held on **Mondays, Wednesdays, and Fridays at 9 AM** at the **Community Center**. This 12-week session begins on **Monday, March 20**. Cost: \$48 for one class a week; \$84 for two classes a week; and \$108 for three classes a week.

Gentle Yoga with Julia The practice of yoga is known for its ability to enhance health, vitality, and peace of mind. Postures and movements taught increase strength, balance, and flexibility. Beginners are always welcome! This class meets **Tuesdays and Thursdays at 1 PM at 25B Stow Road**. The cost is \$48 for a 13-week session, one class a week, or \$96 for two classes weekly. Sessions begin **Tuesday, March 28**, and **Thursday, March 30**.

Line Dance Class with Sam A dance class with great music that offers many health benefits associated with other forms of exercise. There is great camaraderie and you don't need a partner. The class meets on **Thursdays at 9 AM** at the **Community Center**. The cost is \$48 for a 12-week session. Class **begins March 30**.



A Program of Celtic Music and Dance

Join us in celebrating St. Patrick's Day with a concert of traditional Celtic music performed by the **Gloucester Hornpipe & Clog Society**. The concert will take place at the **Sargent Memorial Library Wednesday, March 8, at 7 PM**. You'll watch Irish jigs and hear beautiful ballads presented by five very talented musicians whose voices blend in wonderful harmony. Instruments used by the group include guitar, dulcimer, accordion, fiddle, and the age-old delights of bones, spoons, and drums.

The Gloucester H&C Society has been entertaining audiences throughout New England for decades. Everyone is welcome to attend this delightful program, which is sponsored by the **Whitcomb House Trust Fund**.

Boxborough Grange 131st Anniversary Meeting

Boxborough Grange #131 was organized on March 4, 1886. It will hold its **131st Anniversary Meeting** in the **Grange Room** of the **Boxborough Town Hall** on **Friday March 10**, starting at **7:30 PM**. Grange Community Service Award(s) to a deserving citizen or group in the Town of Boxborough, along with service awards to members of the Grange. Entertainment and refreshments will follow. All are welcome and admission is free. Please RSVP to 978-263-2241.

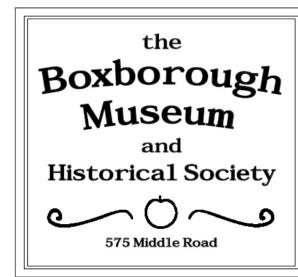
Acton Lions Club Annual NE Boiled Dinner

A traditional New England boiled dinner will be served to Acton and Boxborough seniors **at 1 PM on Sunday, March 19** in the Acton Senior Center. Reservations are required. To **RSVP**, please call the **Acton COA (978-929-6652)** beginning **March 6** thru **March 15**.



Groton Memory Café

Join us for the **Groton Memory Café, Thursday, March 23, from 10 AM–noon** at the Groton Council on Aging **163 W. Main St. West Groton**. Starting at 10:30 AM, Harpist, Rebecca Swett, will entertain us. The café is sponsored by Cooperative Elder Services, Inc. and made possible by a grant from the Middlesex Savings Charitable Foundation. For more information, call Mary Rohwer at 978-263-3944.



The Boxborough Museum will be open from **2–4 PM** on **Sunday, March 12**.

"Bach's" Lunch at Indian Hill Music School

On **Thursday, March 16**, you're in for a treat! Faculty members and musicians from the **Indian Hill Music School** will be presenting a concert of **Traditional Irish Music and Dance**. You'll find yourself tapping your toes as you listen to the sounds of an Irish flute, a banjo, and a fiddle. You'll also enjoy watching a dancer as the music plays!

⁶ **Admission is free, and complementary coffee, tea, and cookies** will be available . . . however, you may want to pack your own "Bach's" lunch! So mark your calendar and plan to join us for this special event! The **van will leave from Town Hall at 1:10 PM** for the concert at Indian Hill and **will return before 3 PM**. Please call Laura (928-264-1717) to reserve your place on the van.

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Mourning in Civil War America

Sunday, March 26, at the meeting of the **Boxborough Historical Society**, a program titled "**Mourning in Civil War America**" will be presented by **Elizabeth Hallett** and **Aileen Kelley**. Both women are veteran Civil War re-enactors and are well versed in all areas of life on the "home front" during that time period. The Civil War created a host of widows on both sides and brought mourning to many cities and towns—including Boxborough. Five local men never came home.

The meeting begins at **2:30 PM** at the **Boxborough Museum, 575 Middle Road**. At the program's conclusion, attendees may examine the Museum's two original hearses that bracket this time period. **Admission is free**.

Boxborough Library Book Sale

The Friends of the Boxborough Library will hold a **book sale** in the meeting room of the **Sargent Memorial Library** on **Saturday, April 1** from **9 AM–2 PM**. A **Preview Sale for members** will take place **Friday, March 31** from **7–9 PM**. (Memberships will be available at the door.) Proceeds from the sale of books will go toward additional library programs and museum passes.

Please support this sale by donating your gently used hard covers, paperbacks, and audiovisual items, and by attending this sale. **Books will be accepted** from **March 27–30** at the library during regular library hours. Please no VCR tapes, magazines, or books in really poor condition. If any senior wants books picked up please call the COA office at 978-264-1717.

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Paint a Silk Scarf!



Silk scarves are elegant and just right for so many occasions. When you paint a scarf, you add your own touch in a beautiful way. Join Karen Halloran Community Liaison from **CareOne**, Concord, for a complimentary silk scarf painting class on **Wednesday, March 15, at 1 PM** in the **Community Center**.

You will leave with a lovely scarf for yourself or as a gift! No experience necessary and all materials are included. Join us for this **free** session. Please call Laura right away at 978-264-1717, because the class is limited to 12 participants.

COA Transportation Services

Boxborough seniors and residents with disabilities can call Cross Town Connect to reserve van rides to medical appointments, food shopping, and most local programs. The cost is nominal. Make reservations and cancellations any time from **8:30 AM–4 PM, Monday through Friday**. To book a trip on the COA van, please call **978-844-6809**.

Call Volunteer Drivers if van is unavailable (all area code 978)

Anne Canfield 263-2664 Lorraine Carvalho 263-8060 Rita Grossman 264-4077
Kristen Hilberg 501-2912 Karyn Kealty 635-9133 Anne McNeece 263-9626

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.

A Word-Wise Challenge: WELCOME SPRING!

Here's a word-wise challenge for you! Using the phrase **WELCOME SPRING**, how many words can you make with only letters found in that phrase? Set a timer for 10 minutes and jot down as **many 4-, 5-, 6- (or more) letter words** as you can. After time is up, score yourself as follows: **ZERO POINTS for plural words; ONE POINT for each 4-letter word; TWO POINTS for each 5-letter word; THREE POINTS for each 6- (or more) letter word**. Then add up your points to see how word-wise you are!

10-25: Word-Wise; 26-39: Word-Wise Star; 40+: Word-Wise Wizard.

—Submit articles for April Issue by March 10—



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Boxborough Town Hall
29 Middle Road
Boxborough, MA 01719

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9-Fitness w/Holly 1-Podiatry Clinic 2-Crafters Group	2 9-Line Dance 9:30-Bridge 1-Yoga 2-Mah Jongg	3 9-Fitness w/Holly	4
5	6 9-Fitness w/Holly 1-Movie Monday	7 10-Book Group 10:30- Brains & Balance 1-Yoga	8 9-Fitness w/Holly 12-BCT Lunch 2-Crafters Group 7-Celtic Music at Library	9 9-Line Dance 9:30-Bridge 1-Yoga 2-Mah Jongg	10 9-Fitness w/Holly 7:30-Grange Anniversary Meeting	11
12 2-4 Boxborough Museum	13 9-Fitness w/Holly 1-Movie Monday	14 10:30- Brains & Balance 1-Yoga	15 9-Fitness w/Holly 1-Paint a Silk Scarf 2-Crafters Group	16 9-Line Dance 9:30-Bridge 1-Yoga 1:30-Bach's Lunch 2-Mah Jongg	17 9-Fitness w/Holly	18
19 12-Lion's Club Boiled Dinner	20 9-Fitness w/Holly 1-Movie Monday	21 10:30- Brains & Balance 1- Yoga	22 9-Fitness w/Holly 2-Crafters Group	23 9-Line Dance 9:30-Bridge 10- Groton Memory Café 1-Yoga 2-Mah Jongg	24 9-Fitness w/Holly	25
26 2:30- Mourning in Civil War America	27 9-Fitness w/Holly 1-Movie Monday	28 10- Wellness Clinic 10:30- Brains & Balance 1-Yoga	29 9-Fitness w/Holly 2-Crafters Group	30 9-Line Dance 9:30-Bridge 1-Yoga 2-Mah Jongg	31 9-Fitness w/Holly 7-Library Book Sale Preview	April 1- 9 AM Library Book Sale

Out of Town

Mt. Calvary Church, Acton

Groton Council on Aging

Quilting Group, Tue, 9 AM

Community Supper, Wed, 5 PM

Memory Café, Fourth Thu, 10 AM



Ongoing Events, Classes

To learn more about any event, call
Laura Arsemault; 978-264-1717



Brains and Balance: Fun class for body-balance training, together with brain drills that "train your brain." Meets Tuesdays, 10:30 AM. Community Center.

Book Group: Meets first Tuesday of every month, Sept-May, 10 AM. Library. New members are always welcome.

Bridge: An ongoing group that always welcomes new members. Meets Thursdays, 9:30 AM. Town Hall. For more information, call Val at 978-263-8184 or Anne at 978-263-2664.

Community Supper in Acton: For everyone on every Wednesday at Mt. Calvary Church. No charge. 5 PM.

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

Crafters Group: A group for those who enjoy knitting, crochet, beading, cross-stitch, any craft at all, make new friends and work on your project. Meets Wednesday, 2-4 PM. Sargent Memorial Library. Call Library for more information. 978-263-4680.

Line Dance: A 12-week class taught by Sam O'Clair. Meets Thursdays, 9 AM. Community Center.

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

Movie Mondays @ Sargent Memorial Library: 1 PM every Monday that the Library is open.

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

Wellness Clinic: Held on the fourth Tuesday. Nashoba Nursing Service hosts a monthly wellness check for all ages. 10 AM. Town Hall

Yoga for Seniors: A 12-week class of stretching, balance and strengthening taught by Julia Viggh. Meets Tuesdays and Thursdays, 1 PM. 25B Stow Road



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 _____