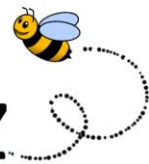


THE BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

September 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 populace and
advocate on behalf of elders.*

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

Friends of the Council on Aging

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

"Just Tell 'Em I Had Fun . . . "



Photo courtesy of Alan Rohwer

Liz West, a resident of Boxborough for over 45 years, was a lifelong volunteer who served on numerous local boards and committees. With her love of life, varied interests, and sense of humor, Liz touched the lives of many townspeople. Known as an exceptional photographer, Liz expressed her appreciation for the beauty she saw in our world through her photographs.

Whether it was a sunrise or sunset, flower or bird, animal or person, Liz captured her subjects with a keen photographic eye, winning many awards for her stunning photography.

Liz also was a talented writer who worked in the field of educational publishing for many years. In the late 1980s and early 1990's she cofounded, edited and wrote for the former "Boxborough Bee newspaper." Most recently, she was the backbone of *The Boxborough Buzz*, designing its layout and crafting each issue in preparation for final printing. Additionally, Liz co-wrote with three others, "BOXBOROUGH: A Portrait of a Town: 1783-1983, a delightful history of Boxborough and its residents.

Honored for her long-standing commitment to Boxborough, Liz was named the Parade Marshal of the 2017 Fifer's Day Parade. Lastly, if the staff of The BUZZ asked Liz what she would like people to know about her life, we think that she might have stated simply, "Just tell 'em I had fun!"

Police and Fire Departments Senior Luncheon

On **Wednesday, September 13** the Boxborough Police and Fire Departments are co-sponsoring a free luncheon and public safety presentation for all Boxborough seniors. The Boxborough Police Officers Union and the Boxborough Professional Firefighters Union are each contributing toward this event. Lunch starts at **noon** at the **Community Center**.

Come socialize, enjoy lunch, and get advice about safety issues. To register for this luncheon, call Laura at 978-264-1717.

New Podiatry Clinic

Friday, September 1, at 9:30 AM, Board Certified Podiatrist Dr. Alyeen Gregorian will be offering a **foot clinic at the Community Center.**

Trimming of nails, treatment of corns and calluses, and a screening for foot health will be offered. Reservations are required. Please call Laura at 978-264-1717 to make an appointment. **The cost is \$30,** to be paid at time of service.



News Flash —HURRY! — Get Your Ticket Now!



Attention all Red Sox fans! A limited number of tickets are still available for the **September 14 Red Sox ball game.**

Our hometown heroes will be battling the Oakland Athletics at Fenway Park that day. A Silver Fox motor coach will **leave Boxborough's Town Hall promptly at 11 AM** and **return to Town about 5:30 PM.**

To join the fun, call Laura (978-264-1717) and reserve your ticket! Cost for the bus and a game ticket is \$89.

Annual Rotary Senior Luncheon

The Acton-Boxborough Rotary luncheon for seniors will be held at the **Boxborough**



Regency on Sunday, September, 17 at noon. The food will be prepared by the Regency culinary staff.

Chicken, potato, coleslaw, rolls, cookies and ice cream will be served. Please call the Boxborough Council on Aging at 978-264-1717 by September 14 to make your reservation or to cancel a reservation.

Fall 2017 Schedules for Classes

Fitness with Holly

Participants in this motivating class will improve their strength, balance, and flexibility. Classes are held on **Mondays, Wednesdays, and Fridays at 9 AM** at the **Community Center.** The 12-week session **begins Wednesday, September 6.** The cost per week is \$48 for one class, \$84 for two classes, and \$108 for three classes.

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. This is a friendly, relaxed, and supportive group. Beginners are always welcome! Classes are held at the **Community Center on Tuesdays and Thursdays at 1 PM.** This 12-week session **begins September 12.** The cost per week is \$48 for one class and \$96 for two classes.

Line Dance Class with Sam

This dance class features great music and 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.** This 12-week session **begins September 7.** The cost is \$48.

Brains and Balance Class

Researchers no longer believe that falling and losing mental capacity are inevitable parts of the aging process. You can take steps to reduce the chance of suffering a debilitating fall. You will discover how much fun balance training can be while you exercise your brain with drills that "train your brain." The specially designed drills are designed to improve your memory, reasoning, conceptualization, and problem-solving skills. Classes are held **Tuesdays at the Community Center at 10:30 AM.** The 12-week session **begins September 19.** The cost is \$50.



FCOA Booth at the Harvest Fair

Please join your friends and neighbors on **Saturday, September 9AM** at the annual **Boxborough Harvest Fair**. This is your opportunity to show what you grow or make! The fun **begins at 10:45 AM and continues to 4 PM at Town Hall and the UCC Congregational Church**.

While at the Fair, be sure to stop by the FCOA booth, where you'll find an assortment of delicious home-baked goodies to purchase. *(If you would like to bake for this event, please contact Barbara Birt at 978-263-3943 or Lauraine Harding at 978-263-2186.)* There also will be a limited number of the 2010 (Town Hall) and 2012 (new Sargent Memorial Library) Boxborough Town ornaments on sale, 2 for \$10. Proceeds from the sales are used to support programs for Boxborough's seniors.

Additionally, you'll be able to purchase craft items, tap your toes to music, view displays and demos by local artisans, and obtain information about various Town organizations and local businesses.

To learn more about planned activities and how to become an active participant, **visit the Harvest Fair website: boxboroughfair.org**.

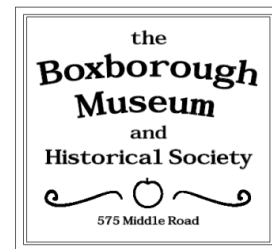


North Sea Gas Celtic Band Returns to Boxborough

Back by popular demand, the Sargent Memorial Library is pleased to host a return performance of **North Sea Glass** on **Tuesday, September 19, at 7 PM**. One of Scotland's most popular bands, their music features guitars, mandolin, fiddle, bouzouki, bodhrans, whistles, banjo, and great vocals with tremendous three-part harmonies.

Since 1979, North Sea Gas has been performing their brand of Scottish music worldwide. Band members Dave Gilfillan, Ronnie McDonald, and Grant Simpson will sing songs from their most recent album, *The Fire in the Glen* and *The Passion of Scotland*, winner of the 2013 Album of the Year Award on Celtic Radio in Boston. A set of tunes from the same album also won first place in the Jigs and Reels category.

Sponsored by the **Whitcomb House Trust Fund**. Everyone is welcome!



The Museum will be open from 2 – 4PM on Sunday, September 10.

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 Laura if van is unavailable (798-264-1717). Drivers may be available.

Road to Recovery

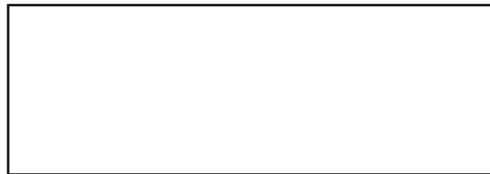
Call 1-800-227-2345 for transportation and information for cancer patients.

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.

Don't Ignore Your Medicare Mail! Important documents are sent in September for Medicare Open Enrollment (October 15th through December 7th).

—Submit articles for the October Issue by September 8



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

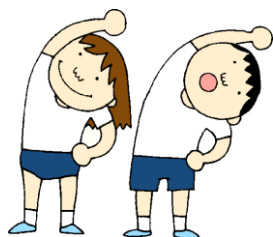
September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ 9:30-Podiatry Clinic	²
³	⁴ Labor Day Town offices and Library Closed	⁵ 10-Book Group 1-Yoga	⁶ 9-Fitness w/Holly 2-Crafters Group	⁷ 9-Line Dance 9:30-Bridge 1-Yoga 2-Mah Jongg	⁸ 9-Fitness w/Holly	⁹ 11-Harvest Fair
¹⁰ 2-4 Boxboro Museum	¹¹ 9-Fitness w/Holly 1-Movie Monday	¹² 1-Yoga	¹³ 9-Fitness w/Holly 12- COA Lunch Sponsored by: Police & Fire Dept. 2-Crafters Group	¹⁴ 9-Line Dance 9:30-Bridge 11- Red Sox Game 1-Yoga 2-Mah Jongg	¹⁵ 9-Fitness w/Holly	¹⁶
¹⁷ 12-Rotary Senior Luncheon	¹⁸ 9-Fitness w/Holly 1-Movie Monday	¹⁹ 10- Wellness Clinic 10:30- Brains & Balance 1- Yoga 7- 'North Sea Gas' Concert	²⁰ 9-Fitness w/Holly 2-Crafters Group	²¹ 9-Line Dance 9:30-Bridge 1-Yoga 2-Mah Jongg	²² 9-Fitness w/Holly	²³
²⁴	²⁵ 9-Fitness w/Holly 1-Movie Monday	²⁶ 10:30- Brains & Balance 1-Yoga	²⁷ 9-Fitness w/Holly 2-Crafters Group	²⁸ 9-Line Dance 9:30-Bridge 1-Yoga 2-Mah Jongg	²⁹ 9-Fitness w/Holly	³⁰

Out of Town

Mt. Calvary Church, Acton

Quilting Group, Tue, 9 AM
Community Supper, Wed, 5 PM



Ongoing Events, Classes

To learn more about any event, call
Laura Arsenault: 978-264-1717



Brains and Balance A fun class for body balance training together with brain drills that "train your brain" Meets Tuesdays, 10:30 AM. Community Center. **New session begins Sept 19. Cost \$50.**

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 5 PM at Mt. Calvary Church. No charge.

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. **New session begins Sept 6. Cost \$48, \$84, and \$108 for one, two, and three classes/week.**

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 Wednesdays, 2-4 PM. Sargent Memorial Library. Call the Library for more information: 978-263-4680.

Line Dance A 12-week class taught by Sam O'Clair. Meets Thursdays, 9 AM at the Community Center. **New session begins Sept 7. Cost \$48 for 12 weeks session.**

Mah Jongg Drop in and learn what this ancient game is all about. Thursdays ,2 PM at 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. **Will start again on Sept. 12.** 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 at the Community Center. **New session begins Sept 12. Cost \$48 for one class/week and \$96 for two classes/week.**

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 _____