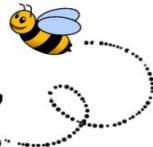


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

Council on Aging

Lauren Abraham,
COA Coordinator
978-264-1717
e-mail: labraham@
boxborough-ma.gov
Cindy Regan, Van Dispatcher
978-264-1730

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 Nadwairski
Mary Pavlik
Alan Rohwer,
Corresponding Secretary
Shirley Warren
Georgia Winfrey, Vice
President

Buzz Production Team

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

September 2019



FCOA Luncheon

The Boxborough Friends of the Council on Aging will host its fall luncheon on **Wednesday, September 11**, at

12:30 PM in the **Boxborough Community Center**. Join us for lunch with old friends and meet new ones. All Boxborough seniors are welcome and admission is free. **(Note time change for the luncheon.)**

To make a reservation, please call the COA office at 978-264-1730. We are also collecting items for the Acton Food Pantry. Your donations are appreciated.

Boxborough's Harvest Fair

Circle **Saturday, September 7**, on your calendar and plan to join your friends and neighbors at the **Boxborough Harvest Fair**. Beginning at **10:45 AM** and ending at **4 PM**, the Fair is held at **Town Hall** and the **UCC**. Parking will be allowed on Stow Road and unclosed sections of Middle Road.

"Happenings" of the day include a petting zoo, zucchini-car races, arts and crafts vendor booths, vegetable booths, and (possibly) a Tai Quan Do demonstration. In the food department, attendees may enjoy our Fire Department's barbecue, along with beer, and hard cider. The Church will sponsor an ice cream social.

We hope to see you at the Fair. This is a chance for Boxborough citizens—of all ages—to mix and mingle with each other! So, as the saying goes, "Come on down!"

Annual Rotary Senior Barbecue Luncheon



The Acton-Boxborough Rotary Club will hold its annual luncheon for seniors on **Sunday, September 22**, at **noon** at the **Boxborough Regency**. The menu will feature a chicken and trimmings dinner. Entertainment will be provided.

Please call the COA office at 978-264-1730 to make a reservation before **September 19**.



Spotlight: Donald Morse

Donald "Donnie" Morse has worn many hats in his 70-plus years of providing service to residents of Boxborough. He is retiring as the Veterans Service Officer (VSO) after 20 years in that job. As VSO he helped veterans with benefit information and provided assistance to veterans and their dependents.

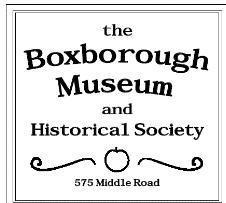
Donnie was born in Boxborough at the family farm on Hill Road. He started his career with the Town as a 14-yearold working as custodian for School House #4. Since that time, he has never stopped working for Boxborough. He served on the Fire Department, Highway Department, Board of Assessors, and Historical Commission. He served proudly as the Superintendent of the Cemeteries for 41 years, taking over for Prescott Burroughs. His service also included Animal Control Officer, Animal Inspector, Fence Viewer, and Field Driver.

Donnie is the proud father of five children, many grandchildren, and currently one great-grandchild—and others are expected! He and his wife Ruth have been married for more than 50 years. He attended the Stockbridge School at the University of Massachusetts, and served in the Army as a Presidential Honor Guard under President Eisenhower.

Donnie is not the retiring type and can be seen tending to his farm and garden most days. We wish him well in his semi-retirement!

Our new Veterans Services Officer is James MacRae. James is available by appointment at 978-929-6614.

The Museum will be open



Sunday 2-4 PM
▪ **September 8**
▪ **October 13**
▪ **November 10**

Scottish Music by North Sea Gas

Back by popular demand, the Sargent Memorial Library is pleased to host the award-winning Scottish band, **North Sea Gas**, on **Tuesday, September 24, at 7 PM**.

One of Scotland's most popular folk bands, their music features guitars, mandolin, fiddle, bouzouki, harmonica, bodhrans, whistles, banjo, and great vocals with awesome three-part harmonies. Treat yourself to an evening of great music and witty stories.

Since 1979, North Sea Gas has released 19 albums and performed their brand of Scottish folk music worldwide. Band members Dave Gilfillan, Ronnie McDonald, and Grant Simpson will sing songs from their most recent album, *When We Go Rolling Home*. An earlier album, *The Fire and the Passion of Scotland*, was awarded Album of the Year on Celtic Radio in Boston. A set of tunes from the same album also won first place in the "Jigs and Reels" category. For more information about North Sea Gas, go to <https://www.northseagas.co.uk>.

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

Foliage Lunch Cruise

Join us on **Wednesday, September 25**, for a leisurely boat ride on the scenic Concord River. Learn of the history along the riverbanks while you enjoy a delicious lunch that includes a sandwich, assorted beverages, and dessert. (Sandwich choices are ham and cheese, chicken salad, egg salad, turkey, or veggie.) To make a reservation and specify your sandwich choice, call the COA office at 978-264-1730 by **Tuesday, September 17**.

The van will leave Town Hall promptly at **12:15 PM**, so please **arrive by noon**. We will be back to Town Hall by **3 PM**. The cost of the trip is **\$43** per person, which includes transportation, an educational boat ride, lunch, and gratuities. Please make your check payable to Town of Boxborough.

An Important Book Discussion

A discussion about Dr. Atul Gawande's book *Being Mortal* will take place at **Sargent Memorial Library on Wednesday, September 11**, starting at **11 AM**. This free event will feature a talk by Kathy Benson and Joanne McCole from Nashoba Nursing Service and Hospice. *Being Mortal* is a sensitive, intelligent, and compassionate examination of the process of death and dying. All humans must face death so it is a vital conversation to have with loved ones and with ourselves.

Named a Best Book of the Year by *The Washington Post*, *The New York Times Book Review*, NPR, and *Chicago Tribune*, Gawande's book will stand as a guidebook for navigating life's final passage.

Discussion will end in time for people to join to the FCOA luncheon at the Community Center.

New Location and Time for Boxborough's Wellness Clinic

Beginning Tuesday, September 24,

Boxborough's Wellness Clinic will be held at the Community Center from **11:30 AM to 12:30 PM**. This free Clinic includes health assessments and screenings, teaching, consultation, and referrals to community resources. It is offered to the general public. For further information, please contact Nashoba Associated Boards of Health (978-772-3335 or 1-800-427-9762 Ext. 340).

Podiatry Clinic

Podiatrist Dr. Ayleen Gregorian will be offering a foot clinic on **Thursday, September 19**, from **10 AM to 2 PM**, 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** cash or checks payable to Dr. Ayleen Gregorian. Reservations are needed, so please call the COA (978-264-1730) to make an appointment. **(NOTE: This is a new location and time for the foot clinic.)**

New COA Van Available

The COA welcomes new van-ride scheduler Cindy Regan. Cindy is available **Tuesday through Friday, 8 AM to noon** for scheduling COA van rides. The van travels to locations in Boxborough and surrounding towns.



Van driver Dolan Geneau looks forward to taking you to your medical appointments, food shopping, social engagements, adult day health programs, and COA programs. Rides are \$1 each way and are available **Monday noon to 5 PM, Tuesday and Wednesday 9 AM to 4 PM**. Call 978-264-1730 at least **2 weeks in advance** to book rides to **medical appointments** and **1 week in advance** to book other rides.

COA Transportation Services

The COA van is available Monday noon to 5 PM, Tuesday and Wednesday 9 AM to 4 PM. Call 978-264-1730 at least 2 weeks in advance to book rides to medical appointments and 1 week in advance to book other rides.

Cancer Patient Transportation Services

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 COA office at 978-264-1730 to see if Lending Hand can help

2019 Fall Class Schedule

- **Brains and Balance:** Practice balance training and exercise your brain with fun activities. Tuesdays, 10:30-11:30 AM. Begins September 24. Cost \$40 for 8-week session.
- **Stretch & Flex Yoga:** A gentle (but strenuous) class where participants learn yoga poses that change levels—reclining, sitting, and standing on a mat. Tuesdays, 1-2 PM. Begins September 3. Cost \$48 for 12-week session.
- **Chair Yoga:** Learn strength-building benefits of yoga while using a chair for stability and support. Tuesdays, 2:15-3 PM. Begins September 3. Cost \$36 for 12-week session.
- **Fitness with Holly:** New session begins September 4. Mondays, Wednesdays, and Fridays, 9-10 AM. Cost: 1 class/week, \$48; 2 classes/week, \$84; 3 classes/week, \$108.
- **Line Dancing:** returns beginning Thursday, September 5, 9-10 AM. Cost \$48 for 12-week session.

All fall classes will be held in the Community Center. To register, call COA Office (978-264-1730).

—Submit Items for October Issue by September 7—



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 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 Labor Day Town Offices and Library closed	2 10-Book Group 1-Stretch & Flex Yoga 2:15-Chair Yoga	3 9-Fitness w/Holly 2-Crafters Group	4 9-Line Dance 2-Mah Jongg	5 9-Fitness w/Holly	6 10:45 AM-4PM Harvest Fair
2-4 Boxborough Museum	8 9-Fitness w/Holly 1-Movie Monday	9 1-Stretch & Flex Yoga 2:15-Chair Yoga	10 9-Fitness w/Holly 11-Book discussion - <i>Being Mortal</i> 12:30 - FCOA Luncheon 2-Crafters Group	11 9-Line Dance 2-Mah Jongg	12 9-Fitness w/Holly	13 14
	15	16 9-Fitness w/Holly 1-Movie Monday	17 1-Stretch & Flex Yoga 2:15-Chair Yoga	18 9-Fitness w/Holly 2-Crafters Group	19 9-Line Dance 10-Podiatry Clinic 2-Mah Jongg	20 21
12-Rotary Senior Barbecue	22 9-Fitness w/Holly 1-Movie Monday	23 10:30-Brains & Balance 11:30-Wellness Clinic 1-Stretch & Flex Yoga 2:15-Chair Yoga 7 PM North Sea Gas	24 9-Fitness w/Holly 1-Concord River Cruise 2-Crafters Group	25 9-Line Dance 2-Mah Jongg	26 9-Fitness w/Holly	27 28
	29	30 9-Fitness w/Holly 1-Movie Monday				

Out of Town

Mt. Calvary Church, Acton

Quilting Group, Tue, 9 AM Starts up again September 10.

First Parish Church, Stow

Community Supper, Wed, 5 PM

Community Dinner, last Fri of the month, 5:30 PM



Ongoing Events, Classes

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



Brains and Balance A fun class for body balance training together with brain drills that "train your brain." Meets Tuesdays, 10:30 AM at the Community Center. **8-week session begins Sept 24, fee is \$40. Sign up by Sept 17. Registration is required.**

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

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. **12-week session begins Sept 3, fee is \$36. Registration is required.**

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. Sargent Memorial Library. Call Library for more information: 978-263-4680.

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. **Session begins Sept 4.**

Line Dance A 12-week class taught by Sam O'Clair. Newcomers welcome! Meets Thursdays, at 9 AM at the Community Center. **Session begins Sept. 5, fee is \$48. Registration is required.**

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

Movie Monday at 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.

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 Tuesdays 1 PM at the Community Center. **12-week session begins Sept 3, fee is \$48. Registration is required.**

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

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!

Name _____

Address

In Memory of