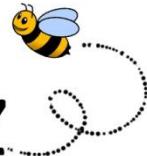


THE BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

September 2018

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
Barb Wheeler
Karen Whitcomb
Les Fox, Liaison with Board of Selectmen

Friends of the Council on Aging

John Fallon, President
Barbara Birt
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
Tess Summers

Harvest Fair!



Join your friends and neighbors on **Saturday, September 8**, for our annual **Boxborough Harvest Fair**. This is your opportunity to show what you grow or create. The Fair is from **10:45 AM to 4 PM** at **Town Hall** and the **UCC Congregational Church**.

At the Fair you will be able to purchase craft items, tap your toes or sway to fun music, view displays and demos by local artisans, and obtain information about various Town organizations.

To learn more about the Fair activities and how to become an active participant, go to the Harvest Fair website at <https://boxboroughfair.org>.

FCOA Bake Sale and Town Ornaments Sale

The Friends of the Council on Aging (FCOA) will have a booth at the **Boxborough Harvest Fair on Saturday, September 8**. Stop by and purchase a delectable assortment of home-baked goodies. (*If you would like to bake for this event, contact*



Lauraine Harding at 978-263-2186.). There will also be a limited number of 2010 (Town Hall) and 2012 (new Sargent Memorial Library) ornaments available to buy 2 for \$10. All proceeds go to support programs for Boxborough seniors.

Boxborough Police Senior Luncheon

Wednesday, September 12, our Boxborough Police will provide a free lunch and public safety presentation for all Boxborough seniors. The Boxborough Police Officers Union is contributing toward this lunch, which will start **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.



at



Spotlight Series: Our New Town Administrator (TA)

This month's Spotlight shines on Ryan Ferrara, Boxborough's new TA. After serving for several years as Middleton's

Assistant TA, Ryan is looking forward to the responsibility and challenge of being Boxborough's TA. And challenged he has been! Upon arriving in early July, Ryan had three major Town positions to fill: Building Inspector, Treasurer/Collector, and Assessor. Working closely with the Board of Selectmen (BOS), these vacancies have been filled.

When asked what it was that attracted him to our Town, Ryan explained that Boxborough has a reputation of being well run, with citizens' trust in their Town government well-established. As evidence of this, he cited the many citizen volunteers whose participation on various boards and committees makes Boxborough a better place for all folks in which to live. He also likes the prospect of working with an engaged BOS who are dedicated to improving the Town.

While discussing his management style, Ryan said that he seeks to be genuine—one who listens to others and respects their ideas. He believes that over his career, he has learned ways to do things—and ways *not* to do things. He plans to use this knowledge to be a good leader and manager. Lastly, Ryan explained, "I believe an organization is only as good as its people. I value quality people and view myself as a team-builder, who will strive to support and empower my staff."

Welcome to Boxborough, Ryan! We are delighted to have you join us as Boxborough's new TA and wish you well in this new endeavor and adventure!

Podiatry Clinic

Podiatrist Dr. Alyeen Gregorian will be offering a foot clinic at **9 AM on Friday, September 28, at Town Hall**. Trimming of nails, treatment of corns and calluses, and screening for foot health will be offered. The cost is **\$30**. Reservations are required, so please call Laura (978-264-1717) to make an appointment.

Boxborough's "New" Community Center: Check It Out!

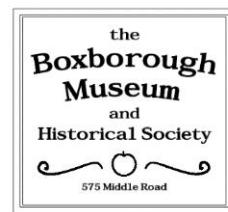
Have you seen the newly renovated Boxborough Community Center? If not, be sure to attend a COA activity to check it out. Whether you're there for a luncheon or activity, you will be amazed and delighted at the transformation!

Ron Vogel, head of the UCC buildings and grounds, explained the multi-step plan developed to modernize the UCC Community Center. He indicated that to accomplish this major project, approximately 40 UCC church members supplied the labor, and that all work met current building codes. The space is used by church organizations and for various COA programs. Some of the new amenities are:

- Air conditioning (Greatly appreciated by all!)
- Center door facing Town Hall
- Floor with cork underlayment for comfortable cushioning
- Windows with insulated panes
- Ceiling and lighting
- Painted walls
- Enlarged ADA-compliant bathrooms
- Storage closet for chairs and tables; a separate closet for COA materials
- Modernization of the ADA-compliant kitchen area, including new storage cabinets for both church and COA activities

So, check the calendar of events in the BUZZ and plan to attend COA activities in this beautiful space that has been created by UCC members. And when you see Ron, or other church members, be sure to thank them on behalf of Boxborough's seniors!

(Modernization of the Community Center is part of a major renovation project taken on by the UCC; Greg Turner is in charge of the renovations.)



The Museum will be open
2-4 PM Sundays
September 9
October 14
November 11

Annual Rotary Senior Luncheon

The Annual Acton-Boxborough Rotary luncheon for seniors will be held **on Sunday, September 16, at noon at the Boxborough Regency Hotel**. Lunch is sponsored and served by the Rotary Club and is prepared by the culinary team at the hotel. For your enjoyment Gary Morin, a strolling accordionist, will be playing tunes from the 40s, 50s, and 60s. Please call Laura at 978-264-1717 to make a reservation.

Don't Miss the Boat, Save the Date!

The COA has booked two Concord River Cruises: one on Thursday, October 11, and the other on Friday, October 12. During this popular trip, you'll enjoy a delicious lunch while cruising on the Concord and Sudbury Rivers. Experience the beauty of nature and hear the history associated with the sights you'll see. The cost of each cruise and lunch is \$38. The COA Van will leave Town Hall at 12:15 PM for a 1 o'clock lunch cruise. Call Laura early (978-264-1717) to reserve your spot so you don't miss the boat!

Saving the Boxborough Esker

The Boxborough Historical Society will present "The Fight to Save the Boxborough Esker" on **Sunday, September 30, 2 PM, at the Boxborough Town Hall**. Resident George Krusen will present the history of the esker, a ridge of stratified sand and gravel west of Route 495. He will discuss how the esker was saved from destruction through citizen participation. Admission is free and all are welcome to attend.

Fall Class Schedule

Fitness with Holly Classes meet Mondays, Wednesdays, and Fridays 9 AM at the Community Center. This 12-week session begins Wednesday, September 5. Cost: \$48 for one class a week, \$84 for two classes a week, and \$108 for three classes a week.

Gentle Yoga with Julia Class meets

Tuesdays 1 PM at the Community Center, begins September 11. Cost: \$48 for a 12-week session.

Line Dance Class with Sam Class meets Thursdays 9 AM at the Community Center, begins September 6. Cost: \$48 for a 12-week session.

Brains and Balance with Holly This exercise class will help you prevent falls and keep you mentally sharp. Discover how much fun balance training can be while you exercise your brain with drills that "train your brain." These exercises are designed to improve your memory, reasoning, problem-solving, and conceptualization skills. Class meets Tuesdays 10:30 AM at the Community Center, begins September 18. Cost: \$50 for a 10-week session.



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 to 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.

FYI: Important Dates for Registered Voters!

September 4

State Primary Election Day. Polls open at Town Hall from 7 AM to 8 PM.

September 5

Boxborough STM. Boxborough Regency Hotel, Parade Room starting at 7 PM.

- **Article 1:** TEMPORARY MORATORIUM ON RECREATIONAL MARIJUANA ESTABLISHMENTS.
- **Article 2:** CITIZEN PETITION – GENERAL BYLAW AMENDMENT – TO PROHIBIT ALL TYPES OF NON-MEDICAL MARIJUANA ESTABLISHMENTS.

–Submit articles 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 2018

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3 Labor Day Town offices and Library closed	4 7AM-8PM- State Primary Election 10-Book Group	5 9-Fitness w/Holly 2-Crafters Group 7- Boxborough STM	6 9-Line Dance 9:15-Bridge 2-Mah Jongg	7 9-Fitness w/Holly	8 10:45AM-4PM Harvest Fair
9 2-4 Boxborough Museum	10 9-Fitness w/Holly 1-Movie Monday	11 1-Yoga	12 9-Fitness w/Holly 12-Police Luncheon 2-Crafters Group	13 9-Line Dance 9:15-Bridge 2-Mah Jongg	14 9-Fitness w/Holly	15
16 12- Annual Rotary Senior Luncheon	17 9-Fitness w/Holly 1-Movie Monday	18 10:30-Brains & Bal. 1- Yoga	19 9-Fitness w/Holly 2-Crafters Group	20 9-Line Dance 9:15-Bridge 2-Mah Jongg	21 9-Fitness w/Holly	22
23	24 9-Fitness w/Holly 1-Movie Monday	25 10- Wellness Clinic 10:30-Brains & Balance 1-Yoga	26 9-Fitness w/Holly 2-Crafters Group	27 9-Line Dance 9:15-Bridge 2-Mah Jongg	28 9-Podiatry Clinic 9-Fitness w/Holly	29
3 2- 'Saving the Boxboro Esker'						

Out of Town

Mt. Calvary Church, Acton

Quilting Group, Tues 9 AM
Community Supper Wed 5PM



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. Session begins Sept 18.

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, 9:15 AM. Town Hall. For more information, please 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. Session begins Sept 5.

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.

Line Dance A 12-week class taught by Sam O'Clair. Meets Thursdays, 9 AM at the Community Center. Session begins Sept. 6.

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

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 1 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!

Donation (\$ _____)

\$5 _____ \$10 _____ Other _____

Name _____

Address _____

In Memory of _____