

THE BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

April 2017

Council on Aging

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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

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Barbara Birt
Lorraine Carvalho
Patty Gayowski
Loretta Grushecky
Lauraine Harding
Sheila Lloyd
Mary Nadwairski
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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

Are You Ready for a Little "B" and a "CDP"?



"B" = Brunch. To celebrate the arrival of spring, the **staff of Town Hall** is once again hosting its annual brunch for seniors. At **10:30 AM on Wednesday, April 12**, you are invited to the **Community Center** to join staff members and your neighbors for a delicious brunch. The menu will include breakfast items, such as quiches, sausages, breakfast casseroles, fresh fruit, juices, and coffee.

"CDP" = Cupcake Decorating Party. While you're enjoying the brunch, folks from the **Life Care Center of Acton** and the **River Court Residences in Groton** will set up an area for you to **decorate cupcakes** that can be enjoyed on site, or taken home and devoured later! (*Perhaps there is even someone at home that you'll want to share your creations with!*)

Please don't forget to call **Laura (978-264-1717)** to RSVP and remember that brunch begins at 10:30 AM. We hope to see you at this fun event!



Senior Class Community Service Day

Students from the ABRHS senior class are holding their annual **Community Service Day**, on **Friday, April 28**. Teams of student volunteers will do a variety of spring yard-work tasks, such as driveway sweeping, leaf raking, and mulch spreading.

If you have questions about appropriate tasks, please call Laura (978-264-1717). Also, because scheduled time slots fill up quickly, please call right away to get on the list.

Bettering Boxborough Together

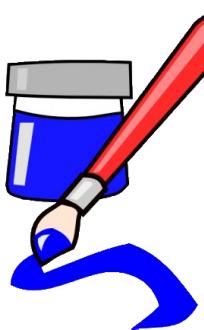
“Bettering Boxborough Together” is a new effort focused on our community's well-being. How can we make Boxborough a better, healthier place to live? What about Boxborough is most appealing to you?



Please join us on **Tuesday, April 4**, from **7 to 9 PM** at **Sargent Memorial Library** for a conversation about our Town. We will share the results of a recent survey that was sent to every household and enlist your help in identifying Boxborough's strengths and challenges. We hope to have a lively exchange of ideas from a broad range of perspectives. Refreshments will be served, and we hope to see you there!



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 at **CareOne**, Concord, for a complimentary silk scarf painting class on

Wednesday, April 26, at 1 PM.

You will leave with a lovely scarf for yourself (or a gift for someone else)! No experience necessary and all materials included. The results are beautiful and you don't have to be an artist! Join us for this free session at **the Community Center**. Please call Laura right away at 978-264-1717 because the class is limited to 12 participants.

Water Exercise Class

Improve your strength, balance, and range of motion in this 6-week class held at Swymfit in Boxborough. Instructor Curtis Schulz will lead participants through a joint-friendly movement routine that uses floatation belts for assistance. These classes are a great way to increase your activity level while having fun in the water. The next **session starts Thursday, April 6**; classes run from **10:15 to 11 AM**. Cost is \$30 for the 6-week session.



Annual Senior Conference

On **Thursday, April 20**, State Senator Jamie Eldridge is hosting the **36th Annual Senior Conference**. The event takes place from **9 AM to 2 PM** at **Assabet Valley Regional High School, Marlborough**. Doors open at **8 AM** for coffee and doughnuts, followed by workshops, health screenings, and entertainment. **Lunch will be served at noon** in the school cafeteria.

For more information, contact **District Director Danillo Sena (617-722-1120)**. The COA van will provide transportation, if there is enough interest (minimum of 6 passengers). **Please call Laura (979-264-1717) to RSVP.**



LELWD Annual Senior Luncheon

The Littleton Electric Light and Water Department (LELWD) Annual Senior Luncheon will be held on **Wednesday, April 19**, at the Littleton High School Cafeteria, 56 King Street, Littleton. Lunch will be served at **noon**.

Please call Laura (978-264-1717) to reserve your tickets. Tickets may be picked up at the COA office or mailed to your home.

The Boxborough Museum and Historical Society will be open from **2 to 4 PM** on **Sunday, April 9**.

Free Friday Film Features

The Acton-Boxborough Cultural Council is hosting the **Our World Film Series** on **Fridays** in late **April** and **May**. The first film is "A Short Night" scheduled for **April 28** in the Faulkner Room of **Acton Town Hall**, 472 Main Street, starting at **7 PM**. These screening features recently produced short films by filmmakers from Massachusetts colleges and universities. On **May 5, 12 and 19**, ABCC will be showing recently produced and award winning International films. More information about the Our World Film Series is available on the ABCC website actonboxboroughculturalcouncil.org.

Movie Monday at Sargent Memorial Library

It's Monday morning and Boxborough's younger folks are back to work or school . . . what's a senior to do? Well here's one suggestion—attend Movie Monday at Sargent Memorial Library!

Every Monday the Library is open, all are welcome to gather at **1 PM** to enjoy a **free** movie. Films that recently have been shown include *Sully*, *Allied*, and *Loving*. Sample titles of current films that possibly may be seen soon include *Jackie*, *La La Land*, and *Hidden Figures*. Movies having topics of particular interest to attendees are also shown.

So, the next Monday you're free, come join us for Movie Monday! To learn what's playing, call the Library (978-263-4680) Monday morning.

Remembered Childhoods

On **Sunday, April 30**, the **Boxborough Historical Society** will host *Remembered Childhoods: A Guide to Autobiography and Memoirs of Childhood and Youth*, by Jeffrey Long. *Remembered Childhoods* was the culmination of a 25-year journey by Mr. Long. The book focuses on first-person accounts that tell, at least in part, the remembered stories of childhood and youth. The book is organized around categories that reflect shared themes and characteristics.

Come and hear the story of his literary journey and its results. Mr. Long is a native of Massachusetts who has been a teacher, editor, and librarian. He currently holds instructor positions at Becker College and Assumption College in Worcester and writes film reviews for the *Worcester Telegram and Gazette*. The presentation will start at **2 PM** in the **Morse/Hilberg Room, Boxborough Town Hall**. Admission is **free** and all are welcome.

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Podiatry Clinic

On **Wednesday, April 5**, beginning at **1 PM**, the COA will hold a podiatry clinic in the **Community Center**. Services provided at the clinic include treatment of corns and calluses, trimming nails, and screening. A **\$25** fee, payable to Dr. Jack Luber, is required at the time of service. Please call Laura (978-264-1717) to make an appointment.



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 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

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.

2017 Annual Town Meeting

Boxborough's **2017 Annual Town Meeting (ATM) will begin at 7 PM, on Monday, May 8, in the Blanchard Memorial School gymnasium. If necessary, the ATM will continue Tuesday, May 9, and Thursday, May 11.** In late April, Warrants will be mailed to the homes of all Boxborough's registered voters. To learn more about what happens at our ATMs, check out the Town's website (www.boxborough-ma.gov) and enjoy watching a few interesting, informative, and entertaining interviews!

—Submit articles for May Issue by April 10—



Change Service Requested

Boxborough Council on Aging
29 Middle Road
Boxborough, MA 01719
U.S. Postage Paid
Standardized
PRE-SORT
Permit No. 26
Acton, MA

April 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|--|----------|
| | 2 9-Fitness w/Holly 1-Movie Monday | 3 4 10-Book Group 10:30-Brains and Balance 1-Yoga 7-Bettering Boxborough Together | 5 9-Fitness w/Holly 1-Podiatry Clinic 2-Crafters | 6 9-Line Dance 9:30-Bridge 10:15 Water Exercises 1-Yoga 2-Mah Jongg | 7 9-Fitness w/Holly | 8 |
| 2-4 Boxborough Museum | 9 10 9-Fitness w/Holly 1-Movie Monday | 11 10:30-Brains and Balance 1-Yoga | 12 9-Fitness w/Holly 10:30-Town Hall Brunch 11-Cupcakes 2-Crafters | 13 9-Line Dance 9:30-Bridge 10:15-Water Exercises 1-Yoga 2-Mah Jongg | 14 9-Fitness w/Holly | 15 |
| | 16 Patriots Day Town Hall and Library Closed | 17 18 10:30-Brains and Balance 1-Yoga | 19 9-Fitness w/Holly 12-LELWD Luncheon 2-Crafters | 20 9-Line Dance 9-Annual Senior Conference 9:30-Bridge 10:15-Water Exercises 1-Yoga 2-Mah Jongg | 21 9-Fitness w/Holly | 22 |
| | 23 24 9-Fitness w/Holly 1-Movie Monday | 25 10:30-Brains and Balance 10-Wellness 1-Yoga | 26 9-Fitness w/Holly 1-Silk Scarf Painting 2-Crafters | 27 9-Line Dance 9:30-Bridge 10:15 Water Exercises 1-Yoga 2-Mah Jongg | 28 9-Fitness w/Holly 9-ABRS Community Service Day | 29 |
| 30 2- Remembered Childhoods | | | | | | |

Out of Town

Mt. Calvary Church, Acton

Community Supper, Wednesdays, 5 PM
Quilters, Tuesdays. 9 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 at the Community Center.

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

Bridge: An ongoing group that always welcomes new members. Meets Thursdays, 9:30 AM at 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 5:00 PM at Mt. Calvary Church. No charge.

Fitness with Holly: A 12-week class meets Mondays, Wednesdays and Fridays at the 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.

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

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

Water Exercise: A 6-week class; friendly water exercises taught by Curtis Schulz. Meets Thursdays, 10:15 AM. Swymfit, 90 Swanson Road.

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



Acton Boxborough
United Way

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 _____