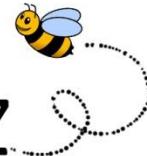


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

April 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
Frank Sibley
Barb Wheeler
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

Senior Fraud and Scam Seminar—and a Free Continental Breakfast!

You are invited to attend a seminar **April 4 at 10:15 AM**, at the **Boxborough Regency**. At this important event, the Hotel will treat attendees to a free continental breakfast!

Warren B. Ryder, Boxborough's Police Chief, is partnering with the Middlesex District Attorney's Office to host this seminar. Its purpose is to alert senior citizens about scams and schemes that target the elderly, as well as provide tips on ways to safeguard finances from exploitation. The seminar will include a panel discussion followed by a question and answer session led by Middlesex District Attorney, Marian T. Ryan. Panelists include staff from the Middlesex District Attorney Office's Elder and Disabled Persons Protection Unit, Protective Service Workers at the Middlesex District Attorney's Office, Chief Ryder, and Boxborough Middlesex Savings Bank Manager, Karen Spaziante.

This seminar is open to anyone, regardless of residency or age. Please mark your calendar and plan to join us for breakfast as you learn about this important topic.

Take Time for a Break . . . at The Breakers!

You are invited to join your friends and neighbors, **Wednesday, May 23**, for a very special COA trip! The group will be heading to **Newport, RI**, a city famous for its remarkable mansions—one of the best known is **The Breakers**. Attendees should plan to **gather at 7:15 AM at Boxborough Town Hall**, for **prompt departure at 7:30 AM**.

The Breakers is considered to be an architectural masterpiece; it was one of the magnificent homes of the wealthy Vanderbilt family. Our trip will feature a self-guided audio tour of this 70-room "palace."

Next on the agenda is lunch at the **Brick Alley Pub**, a favorite eatery located in Newport's waterfront area. Your meal choices include Chicken Parmigianino, Sirloin Steak Tips, or Baked Sea Scallops. After lunch, our bus will depart for Newport's famous Ocean Drive, also known as the Ten-Mile-Drive. We'll arrive **back in Boxborough about 4 PM**—perhaps a bit weary, but filled with wonderful memories of this special day!

Cost per person is **\$103**, based on 40-paying passengers. which includes the self-guided audio-tour, lunch, and the Wilson Bus Line luxury passenger coach. **Payment and meal choices are due no later than April 23.**

Spotlight Series: Boxborough Town Planner



We are pleased to introduce you to Adam L. Duchesneau, our Boxborough Town Planner. You might ask, "What does our Town Planner do?" Well, here's the answer! Adam acts as the

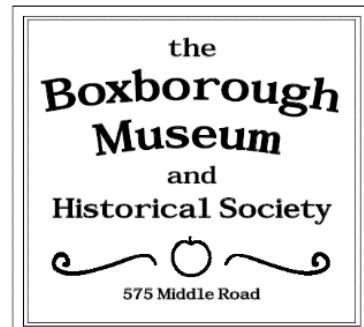
primary inter-board liaison on land-use matters. He provides technical assistance and advises Town boards and departments on issues relating to land-use regulations, permitting, municipal planning, open-space preservation, economic development, and affordable housing. Adam is also responsible for the Town's GIS (Geographic Information System) operations.

Adam has been a Professional Planner for 12 years, including the last 4 as the Boxborough Town Planner. Adam has an undergraduate degree in Natural Resources from the University of Wisconsin, a Masters in Regional Planning from Cornell University, and also has achieved professional certification from the American Institute of Certified Planners (AICP). When asked about his top goal, Adam quickly replied, "My goal is to continue to ensure that Boxborough remains a rural, engaged community for everyone."

Adam's office is conveniently located in Town Hall, so stop by and meet him. To make an appointment with Adam, call 978-264-1723 or contact him by email at aduchesneau@boxborough-ma.gov.

Reminder: Library Book Sale

The Friends of the Boxborough Library will hold a **book sale** in the **Sargent Memorial Library Meeting Room** on **Saturday, April 7, from 9 AM to 2 PM**. A **preview sale** for members will take place **Friday, April 6, from 5 PM to 8 PM**. (Memberships will be available at the door.)



The Boxborough Museum will be open on the following Sundays:

April 8, 2 – 4 PM

May 20, 2 – 5 PM

June 10, 1 – 3 PM

The Gravestone Girls Present: "Welcome to the Graveyard"

On **Wednesday, April 11, at 7 PM**, you are in for a special evening at the **Sargent Memorial Library**. The Gravestone Girls, a group whose stated mission is to *Keep Our Dead Alive*, will be presenting a virtual tour called "Welcome to the Graveyard." The tour will take attendees from colonial burial grounds, through the rural cemetery movement of the 19th century and into 21st century locations, with emphasis on Boxborough's cemeteries.

In this popular program, The Gravestone Girls teach about the art, symbolism, and history found in graveyards, "the living history museums" that are located on the main streets and backyards of New England. These peaceful and beautiful spaces have much to tell us about our area's history and those who lived here before us.

Everyone is welcome to this program, sponsored by the Whitcomb House Trust Fund. Please plan to join us and let The Gravestone Girls "welcome" you to the graveyard!

LELWD: Annual Senior Luncheon



The Littleton Electric Light and Water Department Annual Senior Luncheon will be held at **noon on Wednesday, April 18**, at the **Littleton High School Cafeteria, 56 King Street, Littleton**.

Tickets are available in the COA office. Please call 978-264-1717 to reserve tickets. You can pick them up at the COA office or have them mailed to your home.

FCOA 2018 Annual Meeting

The 2018 Friends of the Boxborough Council on Aging (FCOA) Annual Meeting will take place on **Wednesday, April 18, at 10:15 AM at the Community Center**. All are welcome to discuss plans for the coming year. *If the Community Center is still being renovated, the meeting will be at Town Hall.*

Hurricane of 1938

On September 21, 1938, New England was hit by possibly the most devastating hurricane in the region's history. Rated as a Category 3 hurricane, the winds in this storm reached over 185 miles per hour. Come to the **Boxborough Town Hall on Sunday, April 22, at 2 PM** as the Boxborough Historical Society sponsors a presentation about the causes and impact of this life-altering storm on New England, Massachusetts, and Boxborough. Admission is free and all are welcome.

New Check-in Process: Town Meetings and Voting in Elections

When you next go to Town Meeting or to vote in an election, the check-in line will be a lot faster. No more spelling your last name! Now all you have to do is say your street name and your house or apartment number, and finally your name. After testing this new procedure at the February Special Town Meeting, Town Clerk Liz Markiewicz determined that this is the way to go in the future!

So, from now on, whether you're attending a Town Meeting or voting in an election, you'll be asked to give the name of your street, your address number, and your name. You'll have a chance to try this out at the Annual Town Meeting, which begins Monday, May 14, at 7 PM, in the Blanchard Memorial School gym!

Senator Eldridge Hosts Senior Conference

State Senator Jamie Eldridge is hosting the 38th Annual Senior Conference on **Thursday April 19, from 8 AM to 2:30 PM** at the **Assabet Valley Regional High School in 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 at 617-722-1120**. The COA will provide transportation if there is enough interest (minimum 6 passengers). Please call early if you would like to use the van.

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.

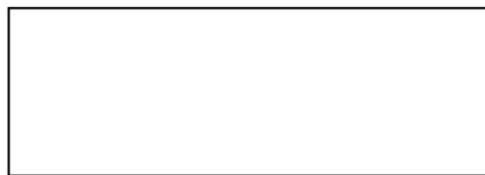
Lending Hand Services

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.

Annual Town Hall Brunch Postponed Until May

This year, the Annual Town Hall Brunch for seniors **will not** take place in April. Instead, the Brunch will be held in May at the newly remodeled Community Center. Please plan to **check the next (May) BUZZ for the exact date** of this event.

–Submit articles for month issue by May 7–



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Boxborough Council on Aging
Boxborough Town Hall
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Boxborough, MA 01719

April 2018

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 9-Fitness w/Holly 1-Movie Monday	2 10-Book Group 1-Yoga	3 4 9-Fitness w/Holly 10:15-Senior Fraud and Scam Seminar 2-Crafters Group	5 9-Line Dance 9:15-Bridge 2-Mah Jongg	6 9-Fitness w/Holly Library Book sale(Preview) 5 PM-8 PM	7 Library Book Sale 9 AM-2 PM
8 2-4 Boxborough Museum	9 9-Fitness w/Holly 1-Movie Monday	10 1-Yoga	11 9-Fitness w/Holly 2-Crafters Group 7-The Graveyard Girls	12 9-Line Dance 9:15-Bridge 2-Mah Jongg	13 9-Fitness w/Holly	14
15	16 Patriot's Day Town offices and Library Closed	17 1-Yoga	18 9-Fitness w/Holly 10:15-FCOA Annual Meeting 12- LELWD Lunch 2-Crafters Group	19 9-2 Sen. Eldridge's Senior Conference 9-Line Dance 9:15-Bridge 2-Mah Jongg	20 9-Fitness w/Holly	21
22 2-Box.Hist.Society 'Hurricane of 1938'	23 9-Fitness w/Holly 1-Movie Monday	24 10-Wellness Clinic 1- Yoga	25 9-Fitness w/Holly 2-Crafters Group	26 9-Line Dance 9:15-Bridge 2-Mah Jongg	27 9-Fitness w/Holly	28
29	30 9-Fitness w/Holly 1-Movie Monday					

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



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, 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.

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 Library for more information: 978-263-4680.

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

Line Dance A 12-week class taught by Sam O'Clair. Meets Thursdays, 9 AM at UCC.

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

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, 1 PM at UCC.

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