

# THE BOXBOROUGH BUZZZ

## SENIOR NEWS YOU CAN USE

November 2019

### Council on Aging

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### COA Board

*Identify needs, develop and implement programs and services, educate populace, and advocate on behalf of elders.*

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Barbara Birt  
Anne Canfield, Vice Chair  
Taryn Light  
Bill Litant  
Barbara Wheeler, Secretary  
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Susan Bak, Select Board  
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### Buzz Production Team

Tina Bhatia  
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### Boxborough Fire Department Senior Luncheon

On **Wednesday, November 13**, at **noon**, you are invited to the **Community Center** to enjoy a free lunch provided by the BFD. After a scrumptious meal of meat lasagna, salad, and bread, you will hear about the BFD's Senior SAFE Program. Examples of services provided to seniors through this program include the installation of smoke and carbon monoxide alarms plus the testing and replacement of batteries.

So, mark your calendar and plan to join your friends and neighbors as you enjoy lunch, socialize, and learn about fire safety in your home. To reserve your space for this event, please call 978-264-1730 by **Friday, November 8**.

**We welcome you to bring a donation for the Acton Food Pantry.**

### Merrie Christmas Fair

Feel the holiday excitement in the air! On **Saturday, November 23**, join your friends and neighbors for the annual Boxborough United Church of Christ Merrie Christmas Fair. It will be held at the **Church**, the **Community Center**, and **Town Hall Grange Room**. Doors open at **9 AM** and close at **2 PM**. (The doors reopen at **3 PM** for a live auction.)

The Fair will feature a wide variety of items to purchase, such as handcrafted items, Christmas decorations, baked goods, greenery, ornaments for your tree or to give as gifts, and much, much, more! There will also be a Children's Room where the little ones can shop. Santa will be there so you can take pictures of your grandchildren with him. Additionally, be sure to also visit the Sugar Plum Café located in the Community Center, participate in the Silent Auction, and find special items in Attic Treasures. For more information about the Fair, call 978-263-7387. See you there!

### Market Basket Mondays

The COA Van runs a one-hour shopping trip to **Market Basket** in Littleton on **Mondays**. **Home pick-up** is between **9:30 AM** and **9:45 AM**. Call Van Dispatch at 978-264-1730 on the Friday before shopping to schedule pick up. The cost of the trip is **\$2** round trip. Would you prefer a shopping trip to a different store? Call to let us know!



**Spotlight:**  
**Allie Shaughnessy,**  
**Social Worker Intern**

Allie comes to the Town of Boxborough as a social worker intern. She is working with Lauren Abraham, our COA Director/Community Services Director, and is available to help our seniors solve or cope with problems in their everyday life. These issues can be looking for resources in elder programs, assistance with finances, and confidential one-on-one meetings. Through May 2020, she is available to Boxborough seniors on **Mondays, Tuesdays, and Thursdays** from **8 AM to 4 PM** at **Town Hall**.

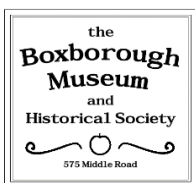
Allie is pursuing a Masters Degree in Social Work full-time at Simmons College. She earned her undergraduate degree in psychology at the University of Massachusetts in Amherst. She has previously worked at the Littleton Academy helping young adults with trauma issues. Allie also worked at Open Sky Community Services in Whitinsville helping adults with intellectual disabilities.

In her very limited spare time, Allie enjoys reading. She has been a soccer player but cannot find time now for this activity.

Stop by the Town Hall and meet Allie. To contact her call 978-264-1734 or email her at [community\\_outreach@boxborough-ma.gov](mailto:community_outreach@boxborough-ma.gov).

**Senior CharlieCard Event**

If you are 65 or older, you are eligible for **reduced MBTA fares** with a Senior CharlieCard. These Cards are **valid** for **8 years**. If at least 15 seniors sign up, Boxborough may host a free event to complete Senior CharlieCard applications and take photo IDs at our Community Center. So save yourself a trip to Boston and sign up for this event! If interested, call 978-264-1730.



The Museum will be open  
**2-4 PM**  
**Sunday November 10**  
**SATURDAY December 7**

**Indian Hill Bach’s Lunch Concerts**

You are invited to attend a series of free monthly musical performances at the **Indian Hill Music School**, 36 King Street, Littleton. This concert series features Indian Hill faculty and orchestra members performing a variety of musical offerings that range from classical and jazz to Broadway and folk. Performances are offered once a month, (typically the second Thursday of each month) at 11 AM and 1:30 PM. Complimentary coffee, tea, and cookies are served, or bring your own lunch. The COA will be offering a van trip for the **1:30 PM** concert on **November 14**. Cost for the van is **\$1** each way with pickup/dropoff at your home. To book transportation for the trip, call the COA at 978-264-1730 **by the Monday before** the concert.

**November Library Happenings**

There are many exciting happenings at the Sargent Library in November. On **Saturday, November 9**, at **10:30 AM**, there is a presentation on Japanese gift-wrapping using cloth. **Thursday, November 14**, at **7 PM**, a live band will be performing Nobel Prize winning poet Tagore’s poems set to music. **Thursday, November 21**, at **7 PM**, brings Gloucester Hornpipe and Clog Society Band with a performance of American Colonial-era tunes. For information about these free events, visit the library’s website at [boxlib.org](http://boxlib.org).

**Property Tax Exemption Options**

Our Town Assessor, Sanders Genna, reminds us that there are property tax exemptions for the elderly, military, blind, disabled, and for spouses of active military who died in combat. Sandy will give a short presentation about the different exemption programs available at the start of our November 13 luncheon. These exemptions are income-based on a current income maximum of \$57,388. Your home is not considered in this calculation. However, anything else that can be turned into cash is considered. The maximum exemption allowed is \$487.03. All information provided to the Assessor’s Office is confidential. If you feel you are eligible for an exemption, contact the Assessor’s Office at 978-264-1721 to apply.

### **Senior Property Tax Work-Off**

If you are a senior and have lived in Boxborough for one year, you may be eligible to participate in the Senior Property Tax Work-Off Program. The abatement amount earned through this program must be included in your gross income. You need to apply annually for the Tax Work-Off Program during the month of November, so stop by Town Hall and fill out an application.

### **Something New: Out to Lunch!**

Boxborough's seniors are being offered something new—our first monthly lunch trip! And what better way to begin this program than by going out for a pre-holiday luncheon at Sudbury's **Wayside Inn**. Call by **Monday, November 18** to sign up.

On **Wednesday, November 20**, our COA Van will leave from Town Hall **promptly at 10:45 AM** and head to the Wayside Inn for our **11:45 AM** reservation. Each attendee will order from the Inn's menu and pay for his or her own lunch. (*Price range: \$12 to \$29.*)

The van will bring you back to Town Hall after lunch. The fee for your van ride is **\$2** per person. This luncheon trip is limited to the first 10 people who sign up by calling the COA at 978-264-1730.

### **Twin Elementary School Proposal**

Join us **on Monday, November 18, 10:30 AM**, at the Community Center. ABRSD Superintendent Peter Light and Building Committee Chair Mary Brolin will explain the proposal to build a new elementary school in preparation for a  
*(continued next column)*

Special Town Meeting vote in December. ABRSD is proposing to build a new twin elementary school to replace the aging facilities at the Douglas and Gates schools. The building will be located in West Acton and will also accommodate the Carol Huebner Early Childhood Program (CHECP.) Combining all three programs into a single building gives the District a solution to two elementary schools and CHECP in 3 years, rather than 10-15 years, at the lowest possible cost to the towns. Coffee and treats will be provided. Call 978-264-1730 to RSVP.

### **Diabetes Information Session**

November is Diabetes Awareness Month. In recognition of this, the COA is partnering with Nashoba Nursing Service and Hospice to bring a free community information session and lunch on **Thursday, November 14, at 11 AM** at the **Community Center**. The purpose of this session is to educate attendees on how to recognize the symptoms of the disease and to learn about managing it through healthier food choices and lifestyle changes that can reduce the risk. The session will be presented by Joanne McCone (RN, BSN) from the Nashoba Nursing Service and Hospice. Information provided will illustrate the impact of diabetes on body systems, tests for the disease, and how to manage medications. Additionally, pre-diabetes, Type 1, and Type 2 diabetes will be addressed. Lastly, handouts and a healthy sandwich lunch will be provided. For more information, please visit [www.nashoba.org](http://www.nashoba.org), or connect on Facebook for free community events. Call the COA at 978-264-1730 by Tuesday, November 12 to sign up.

### **COA Transportation Services**

The COA van is available Monday, first pick-up at 12:30 PM and last pick-up at 4:30 PM. Tuesday, through Thursday, first-pick up is 9:30 AM, last pick-up is 3:30 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 978-264-1730 to see if Lending Hand can help.

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**Reminder:** The Boxborough Library Book Sale will be held on November 1, 2, and 3.

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**Fuel Assistance Program:** It's time to remind you about the Fuel Assistance Program, which is available to those who qualify. If you would like to learn more about this Program, please call the COA at 978-264-1730.

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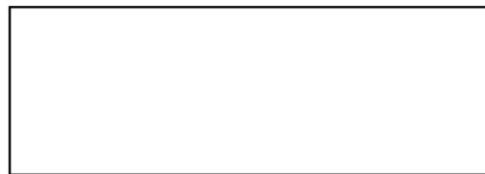
**Calling all Seniors and Future Seniors:** Would you like share your talents with the COA? Volunteer applications are available on the Town website and at Town Hall.

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**SHINE**(Service Health Insurance Needs of Elders): Questions about Medicare? For answers, make an appointment with Boxborough's SHINE Counselor Clyde Kessel. (978-264-1730)

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**—Submit Items for our December Issue by November 8—**



*Change Service Requested*

PRE-SORT  
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Boxborough Council on Aging  
Boxborough Town Hall  
29 Middle Road  
Boxborough, MA 01719

# November 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 9-Fitness w/Holly <b>5 PM-7 PM</b> <b>Library Book Sale</b> <b>(Member Preview)</b>	2 <b>9 AM-2 PM</b> <b>Library Book Sale</b>
3 <b>2 PM-4 PM</b> <b>Library</b> <b>'Everything</b> <b>must go'</b> <b>Book Sale</b>	4 9-Fitness w/Holly 9:30-Market Basket Trip 1-Movie Monday	5 10-Book Group 10:30-Brains & Balance 1-SHINE Counselor 1-Stretch and Flex Yoga 2:15-Chair Yoga	6 9-Fitness w/Holly 2-Crafters Group	7 9-Line Dance 1-SHINE Counselor 2-Mah Jongg	8 9-Fitness w/Holly	9 <b>10:30-Japanese</b> <b>Gift Wrapping</b>
10 2 PM-4 PM Boxborough Museum	11 <b>Veterans' Day</b>  <b>Town offices and</b> <b>Library closed.</b>	12 10:30-Brains & Balance 1-Stretch and Flex Yoga 1-SHINE Counselor 2:15-Chair Yoga	13 9-Fitness w/Holly <b>12-COA Luncheon</b> <b>Sponsor:</b> <b>Boxborough Fire</b> <b>Department</b> 2-Crafters Group	14 9-Line Dance <b>11-Diabetes Awareness</b> 1:30-Bach's Lunch 1-SHINE Counselor 2-Mah Jongg <b>7 PM-Tagore's</b> <b>Compositions</b>	15 9-Fitness w/Holly	16
17	18 9-Fitness w/Holly 9:30-Market Basket Trip <b>10:30-Twin</b> <b>Elementary School</b> <b>Proposal</b> 1-Movie Monday	19 1-Stretch and Flex Yoga 1-SHINE Counselor 2:15-Chair Yoga	20 9-Fitness w/Holly <b>10:45-Lunch Trip to</b> <b>Wayside Inn</b> 2-Crafters Group	21 9-Line Dance <b>10-Podiatry Clinic</b> 1-SHINE Counselor 2-Mah Jongg <b>7 PM-Gloucester</b> <b>Hornpipe and Clog</b> <b>Society Band</b>	22 9-Fitness w/Holly	23 <b>9 AM- 2 PM</b> <b>Merrie</b> <b>Christmas Fair</b>
24	25 9-Fitness w/Holly 9:30- Market Basket Trip 1-Movie Monday	26 <b>11:30-Wellness Clinic</b> 1- Stretch and Flex Yoga 1-SHINE Counselor 2:15-Chair Yoga	27 9-Fitness w/Holly 2-Crafters Group	28 <b>Thanksgiving Day</b>  <b>Town Offices and</b> <b>Library closed</b>	29	30

**Out of Town**

**Mt. Calvary Church, Acton**

**First Parish Church, Stow**  
**Littleton Council on Aging**

Quilting Group, Tuesdays, 9 AM  
Community Supper, Wednesdays, 5 PM  
Community Dinner, first Friday of the month, 5:30 PM  
Bridge Group, Fridays, 9:30 AM – 12:30 PM

## Ongoing Events, Classes



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



**Bach's Lunch** Enjoy a free concert by Indian Hill Music School. Musicians present variety of music, classical and jazz to Broadway and folk! Every second Thursday at 1:30 PM.

**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.

**Book Group** Meets first Tuesday of every month, September - May, 10 AM at the Library. Contact the library for more information at 978-486-4680.

**Bridge Group** An ongoing group that meets Fridays, 9:30 AM at Littleton COA. New members welcome. Call Val (978-263-8184) or Anne (978-263-2664) for information.

**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.

**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 at the Sargent Memorial Library when the Library is open. Call the Library for more information at 978-263-4680.

**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.

**Line Dance** A 12-week class taught by Sam O'Clair. Newcomers welcome! Meets Thursdays at 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 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. 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 on Tuesdays at 1 PM at the Community Center.

**Weekly Market Basket Trip** Monday morning shopping trip. Call by Friday morning to reserve a van seat for Monday's trip. Cost \$2 for round trip.

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

**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 \_\_\_\_\_