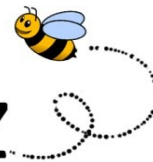


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

Summer 2019

Council on Aging

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boxborough-ma.gov

COA Board

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

Tina Bhatia
Barbara Birt, Vice Chair
Anne Canfield
Taryn Light
Frank Powers, Chair
Barbara Wheeler,
Secretary
Karen Whitcomb
Wes Fowlks, Select Board
Liaison
John Fallon, FCOA Liaison

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Buzz Production Team

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

Friends of the Council on Aging Luncheon

On **Wednesday, June 12**, the Boxborough Friends of the Council on Aging (FCOA) will hold its anniversary luncheon. The event begins at **noon** in the **Community Center**. The luncheon will feature a delightful meal, along with a multimedia presentation by noted musicologist Bruce Hambro. The focus of this program will be the familiar Broadway tunes of Richard Rodgers, Lorenz Hart, and Oscar Hammerstein.



Come enjoy the festivities along with your friends and neighbors. Oh, and be sure to bring your singing voice! All Boxborough seniors are welcome and admission is free. Please call Lauren to make a reservation (978-264-1717).

Check out the box on the last page of this issue to test your knowledge of Broadway shows and tunes.

Boxborough Fifer's Day

On **Saturday, June 15**, Boxborough will celebrate Fifer's Day at **Flerra Meadows** on Stow Road. This event is jointly sponsored by the Boxborough District Minuteman Company and the Town's Public Celebrations and Ceremonies Committee. Fifer's Day is a special time when Boxborough citizens come together to celebrate our Town.



The Day begins at **9:30 AM** with the Fifer's 4-Mile Road Race. The race is followed by a parade that starts at Blanchard School at **11 AM** and ends at Flerra Meadows, where the Golden Fife Award will be presented. Fair activities start at **noon** and include a barbecue and food that offers a vegetarian option, children's games and activities, a donut-eating contest, a volleyball tournament, booths representing Town organizations, and a craft fair. There will also be live music for attendees to enjoy throughout the afternoon.



For more information or to sign up for a non-profit booth, craft booth, road race, or volleyball, please go to www.fifersday.org.



Spotlight: Local Farmers' Markets

Farmers' markets take place all over our state, and they are one of the treats of the season. These markets supply far more than just

fresh food; they are big, happy social events, where you see friends and neighbors. Often, they offer live entertainment as well.

The fruits and vegetables at many markets have been picked the same day you buy them. Most markets offer other foods as well: local meats, wine, beer, breads, cheese, eggs, honey, and exotic prepared foods.



Two tips will make shopping easier. First, bring your own reusable bags. If you have a large cloth bag, you can throw your wallet inside. Second, carry cash, preferably many small bills. Using a \$20 bill to pay for a tomato will not endear you to a farmer!

Here is a list of a few of the nearby farmers' markets:

Acton-Boxborough Farmers' Market

Pearl Street, West Acton Village
Jun 16-Oct 27, Sundays 10 AM-1 PM
Fruits, vegetables, baked foods, cheeses, meats, wines, specialty products, entertainment

Chelmsford Farmers' Market

Intersection of Routes 110 and 4 (Town Common, North Road)
July 12-October 18, Thursdays 2-6 PM
Plenty of local produce, pasta, fudge, dog treats

Maynard Farmers' Market

Mill Pond Parking Lot, Clock Tower Place, Main Street, Rt. 62
June to October, Saturdays 9 AM-1 PM
Dairy, meats, baked goods, honey, plants, coffee, pet food, local music

Westford Farmers' Market

Main Street and Boston Road Town Common
48 Main Street, Westford
July 9-August 27, Tuesdays 2:30-6:30 PM
Fruits, grains, vegetables, eggs, herbs, honey, meats, crafts

Thank You, Thank You, Thank You!

On **Thursday, June 6**, the COA has planned a trip to the **Charles River Museum of Industry and Innovation**. And at this time, the Council on Aging would like to extend a special **thank you to the Friends of the Council on Aging** (FCOA) for sponsoring the cost of transportation to this fascinating Museum. Bus will leave Town Hall at 10:00AM.

The FCOA recently received a grant through the generosity of the Middlesex Savings Bank and has chosen to fund the cost of the bus for this trip. Additional funds from the same grant may be used for future COA trips, so be sure to watch for upcoming trips to events and museums!

Meditation for Healthy Living

A positive attitude and "food for the soul" are as important to healthy living as eating right and exercising. Come to the Meditation for Healthy Living workshop on **Saturday, June 8**, at **11 AM** at the **Sargent Memorial Library**. You will learn and try a simple meditation technique to relieve stress and help create a healthy living regimen. Instructor Eileen Carlotto has been practicing meditation for over 30 years. Plan to attend this engaging and powerful workshop.

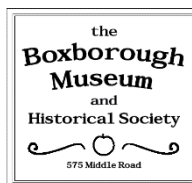
Let's Celebrate National Ice Cream Month!

In 1984, President Reagan officially declared July to be National Ice Cream Month. And in celebration of this "delicious" fact, the COA invites you to an ice cream social on **Wednesday, July 10**, at **1 PM**, in the **Community Center**. Ice cream will be provided **free of charge** by the Visiting Angels of Acton. Please join us for a yummy treat with friends and neighbors!

The Museum will be open

Sundays 2-4 PM

- June 9
- July 14
- August 11
- September 8



Answer Key: 2,5,1,3,4,6

Jazzin' the Blues



Are you ready to go on a musical journey? Well, if so—plan to be at **Sargent Memorial Library** on **Thursday, June 20**, at

7 PM. Recording musician Paul Speidel will take attendees from the beginnings of Jazz and its Country-Blues roots, through each subsequent period of its evolution. From there, he will lead you right up to modern-day examples of the Blues' influence—not just in Jazz—but also in Latin, Soul, and Rock-n-Roll!

Paul and his acoustic bass player highlight the characteristics of swing and simple musical forms and improvisation, as defined in each stage of Jazz's development. Pieces by classical artists are emphasized and introduced with some background and history of the music. He will also share memorable tidbits about the piece or the composer.

So, mark your calendar and get ready to learn about the evolution and influence of Jazz on different types of music. This enjoyable program is a slice of music history—told in the form of a live concert!

Museum Passes at the Library

Do you have cabin fever? If so, check out the list of museum passes at our Sargent Memorial Library or online at www.boxborough-ma.gov/sargent-memorial-library. These passes are supported by local businesses and the Friends of the Library.

Some passes provide free admissions, while others offer large discounts off the admission

fees. Want to enjoy the outdoors? Our Library has passes to MA state parks and to the MA Audubon. Love the arts? Pick up a pass for the Worcester Art Museum or the Museum of Fine Arts. From local museums, such as the Discovery Museum in Acton, to the Museum of Science in Boston, there is something for everyone to enjoy!

For questions about museum passes and how to reserve them, contact the Sargent Memorial Library at 978-263-4680.

Massachusetts Equipment Distribution Program (MassEDP)

The MassEDP will be hosting a presentation about their services and equipment. The presentation will be held at **1 PM**, on **Monday, June 10**, at the **Boxborough Community Center**.

The MassEDP lends communication devices to individuals who have hearing or vision limitations. These devices are loaned for little or no cost, depending on income level, and allow individuals to enjoy clear phone conversations and the ability to contact 911 in case of an emergency. Disabilities include deafness, hard of hearing, blind and low-vision, as well as cognitive and speech limitations. All ages are welcome. To be eligible, you must be a resident of Massachusetts, have a permanent disability that can be verified by your physician, and have a residential phone service plan.

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, call **978-844-6809**.

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 Lauren at 978-264-1717 to see if Lending Hand can help.

Match That Tune!

Richard Rodgers, Lorenz Hart, and Oscar Hammerstein wrote either the music or lyrics for each show tune listed in column 1. Match the number of the tune in column 1 to the name of the show in column 2 in which it was featured.

Tune Name

1. With a Song in My Heart
2. Some Enchanted Evening
3. You'll Never Walk Alone
4. Climb Every Mountain
5. People Will Say We're in Love
6. It Might as Well Be Spring

Show Name

- _____ South Pacific
- _____ Oklahoma
- _____ Spring Is Here
- _____ Carousel
- _____ Sound of Music
- _____ State Fair

Answer Key on Page 2

–Submit Items for the September Issue by August 5–



Change Service Requested

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Boxborough Council on Aging
Boxborough Town Hall
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Boxborough, MA 01719

June 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
						<i>1</i>
<i>2</i>	<i>3</i> 9-Fitness w/Holly 1-Movie Monday	<i>4</i> 1-Yoga	<i>5</i> 9-Fitness w/Holly 2-Crafters Group	<i>6</i> 9-Line Dance 9:30-Bridge <i>10-Charles River Museum Trip</i> 2-Mah Jongg	<i>7</i> 9-Fitness w/Holly	<i>8</i> <i>11-Meditation for Healthy Living</i>
<i>9</i> 2-4 Boxboro Museum	<i>10</i> 9-Fitness w/Holly 1-Movie Monday <i>1-Mass.Equipment Distri.Presentation</i>	<i>11</i> 1-Yoga	<i>12</i> 9-Fitness w/Holly <i>12-FCOA Luncheon</i> 2-Crafters Group	<i>13</i> 9-Line Dance 9:30-Bridge 2-Mah Jongg	<i>14</i> 9-Fitness w/Holly	<i>15</i> <i>Fifer's Day</i>
<i>16</i>	<i>17</i> 9-Fitness w/Holly 1-Movie Monday	<i>18</i> 1-Yoga	<i>19</i> 9-Fitness w/Holly 2-Crafters Group	<i>20</i> 9-Line Dance 9:30-Bridge 2-Mah Jongg <i>7-Jazzin' The Blues</i>	<i>21</i> 9-Fitness w/Holly	<i>22</i>
<i>22</i>	<i>23</i> 9-Fitness w/Holly 1-Movie Monday	<i>24</i> 10-Wellness Clinic 1-Yoga	<i>25</i> 9-Fitness w/Holly 2-Crafters Group	<i>26</i> 9-Line Dance 9:30-Bridge 2-Mah Jongg	<i>27</i> 9-Fitness w/Holly	<i>28</i>

Out of Town	Mt. Calvary Church, Acton First Parish Church, Stow	Community Supper, Wed, 5 PM Community Dinner, last Fri of the month, 5:30 PM
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July 2019

Aug 2019

Mon, Jul 1	Fitness with Holly, 9 AM Movie Monday, 1 PM	Thur, Aug 1	Bridge, 9:30 AM Mah Jongg, 2 PM
Wed, Jul 3	Fitness with Holly, 9 AM Crafters Group, 2 PM	Fri, Aug 2	Fitness with Holly, 9 AM
Thur, Jul 4	Independence Day- Library and Town Hall closed	Mon, Aug 5	Fitness with Holly, 9 AM Movie Monday, 1 PM
Mon, Jul 8	Fitness with Holly, 9 AM Movie Monday, 1 PM	Tue, Aug 6	Gentle Yoga, 1 PM
Tue, Jul 9	Gentle Yoga, 1 PM	Wed, Aug 7	Fitness with Holly, 9 AM Crafters Group, 2 PM
Wed, Jul 10	Fitness with Holly, 9 AM Ice Cream Social, 1 PM Crafters Group, 2 PM	Thur, Aug 8	Bridge, 9:30 AM Mah Jongg, 2 PM
Thur, Jul 11	Bridge, 9:30 AM Mah Jongg, 2 PM	Fri, Aug 9	Fitness with Holly, 9 AM
Fri, Jul 12	Fitness with Holly, 9 AM	Sun, Aug 11	Boxborough Museum, 2-4 PM
Sun, Jul 14	Boxborough Museum, 2-4 PM	Mon, Aug 12	Fitness with Holly, 9 AM Movie Monday, 1 PM
Mon, Jul 15	Fitness with Holly, 9 AM Movie Monday, 1 PM	Tue, Aug 13	Gentle Yoga, 1 PM
Wed, Jul 17	Fitness with Holly, 9 AM Crafters Group, 2 PM	Wed, Aug 14	Fitness with Holly, 9 AM Crafters Group, 2 PM
Thur, Jul 18	Bridge, 9:30 AM Podiatry Clinic, 9:30 AM Mah Jongg, 2 PM	Thur, Aug 15	Bridge, 9:30 AM Mah Jongg, 2 PM
Fri, Jul 19	Fitness with Holly, 9 AM	Fri, Aug 16	Fitness with Holly, 9 AM
Mon, Jul 22	Fitness with Holly, 9 AM Movie Monday, 1 PM	Mon, Aug 19	Fitness with Holly, 9 AM Movie Monday, 1 PM
Tue, Jul 23	Gentle Yoga, 1 PM Wellness Clinic, 10 AM	Tue, Aug 20	Gentle Yoga, 1 PM
Wed, Jul 24	Fitness with Holly, 9 AM Crafters Group, 2 PM	Wed, Aug 21	Fitness with Holly, 9 AM Crafters Group, 2 PM
Thur, Jul 25	Bridge, 9:30 AM Mah Jongg, 2 PM	Thur, Aug 22	Bridge, 9:30 AM Mah Jongg, 2 PM
Fri, Jul 26	Fitness with Holly, 9 AM	Fri, Aug 23	Fitness with Holly, 9 AM
Mon, Jul 29	Fitness with Holly, 9 AM Movie Monday, 1 PM	Mon, Aug 26	Fitness with Holly, 9 AM Movie Monday, 1 PM
Tue, Jul 30	Gentle Yoga, 1 PM	Tue, Aug 27	Wellness Clinic, 10 AM Gentle Yoga, 1 PM
Wed, Jul 31	Fitness with Holly, 9 AM Crafters Group, 2 PM	Wed, Aug 28	Fitness with Holly, 9 AM Crafters Group, 2 PM
		Thur, Aug 29	Bridge, 9:30 AM Mah Jongg, 2 PM
		Fri, Aug 30	Fitness with Holly, 9 AM