

THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

Council on Aging

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COA Board Members

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

Frank Powers, President
Tina Bhatia
Lauraine Harding
Susan Page
Frank Sibley
Liz West
Barb Wheeler
Les Fox, Liaison with Board
of Selectmen

Friends of the Council on Aging

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Barbara Birt
Anne Becklean
Lorraine Carvalho
Mary Cobleigh
Patty Gayowski
Sheila Lloyd
Astrid Perko
Ginnie Richardson
Alan Rohwer
Peggy Spinner
Shirley Warren
Georgia Winfrey

Buzz Production Team

Tina Bhatia-COA
Anne Canfield
Taryn Light
Susan Page-COA
Liz West-COA

December 2014–January 2015

FCOA Annual Holiday Party!

It's that special time of year once again, and the FCOA will be hosting its annual **Holiday Party**. The festivities will begin at **noon** on **Wednesday, December 10**, in the **Community Center**.

The menu will be the traditional December lasagna, and the Justin Meyer Jazz Trio from Indian Hill Music will provide entertainment. This marks a change of pace since rather than holiday music, the Trio's program will consist of jazz and swing music.

Everyone is welcome to join us for some great food, great music, and a fun time. Admission is free, but please call Laura at the COA (978-264-1717) to make a reservation so enough food can be prepared. Please plan to gather with your friends and neighbors at this festive holiday event!

Fabulous 50s Bash!



Do you remember when? If so, then here's your chance to take a trip down memory lane! Plan to join in the fun at the **50s Bash**, led by DJ Patrick McIntyre—our Boxborough Treasurer—who has 30 years of DJ experience!

WHEN: Wednesday, January 14 at 1PM

WHERE: Community Center

WHAT: Music from the 50s and a 50s trivia game emceed by DJ Patrick

You are encouraged to dress in a 50s outfit with 50s accessories. Bring a 50s photo of yourself for a contest where everyone tries to identify those 50s faces. Refreshments will be served. Please call Laura (978-264-1717) to RSVP.

So make the scene and beat the January blues—you'll have a blast! See you later, alligator!

Schedule for 2015 Winter Classes

PLEASE NOTE this important change! Checks for all classes should be made payable to Boxborough COA.

- **Fitness with Holly** Participants will improve their strength, balance, and flexibility. Classes are held **Mondays, Wednesdays** and **Fridays** at **9AM** at the Boxborough Community Center. This 12-week session begins on **Monday, December 1**. The cost is \$36 for one class per week; you may sign up for 1, 2, or 3 classes per week.
- **Yoga for Seniors** The practice of yoga, with its physical postures, breathing exercises, and meditation, brings more ease and balance in the mind and body. This class meets on **Tuesdays** and **Thursdays** at **1 PM**, at **25B Stow Rd.** A new 12-week session begins on **Tuesday, December 9** and **Thursday, December 18**. The cost is \$48 for 1 day a week and \$96 for 2 days.
- **Tai Chi** Our ever popular Tai Chi class is aimed at harmonizing the body, mind, and spirit with one's surroundings. Benefits are improved balance, flexibility, vitality, and better overall health. A new 12-week session begins **December 2**. Class meets on **Tuesdays** at **10:45 AM** at the Community Center. Cost is \$36.
- **Water Exercise Class** Improve your strength, balance, and range of motion in this class at Swymfit in Boxborough. Instructor Curtis Schulz will lead you through a joint-friendly movement routine using floatation belts for assistance. Have fun while increasing your activity level. The next 6-week session starts **Thursday, December 4**. Classes are held from **10:15 AM** to **11 AM**. The cost is \$30.
- **Line Dance Class** This dance class uses great music and offers many health benefits associated with other forms of exercise. There is much camaraderie, and you don't need a partner. The class meets on **Thursdays** at **9 AM**. A new 12-week session will begin **December 4** at the Community Center. The cost is \$36.

Gifts of Honor

The Boxborough Council on Aging would like to recognize donations made to the Friends of the Council on Aging during the past 12 months in memory of the following people:

- Arthur Day
- Pat Fallon
- James Harding
- Dean Machamer

Photography Show at Sargent Memorial Library

On **Wednesday, December 3**, at **1 PM**, Frank Sibley's Boxborough-themed photos will be on display at the library. On **Tuesday, December 16**, at **1 PM**, a series of albums with smaller prints will be added for public viewing. Frank will be on hand to describe the collection and to answer questions. Among the events depicted will be: Fifer's Day parades and fairs, Minuteman marches, and senior lunches and trips.



The Singing Trooper

After **January 5, 2015**, all materials will be stored in the Library's History Room. Each album will have instructions for e-mail ordering digital prints free-of-charge. For more information, call the library 978-263-4680.

Holiday Music Concert

The ABRHS **Madrigal Singers** will perform their annual Traditional Holiday Music Concert at the Sargent Memorial Library on **Thursday, December 4, at 7 PM**. Please join us for this wonderful music program which celebrates the spirit of the holidays past and present. Refreshments will be served. This program is sponsored by the generosity of the Friends of the Boxborough Library. Everyone is welcome. For additional information, please call the library (978-263-4680), or visit our website at www.boxlib.org.



Band Concert and Breakfast Buffet

The Blanchard Elementary School invites Boxborough seniors to enjoy a light breakfast buffet that will include pastries, muffins, fruits, coffee, and juice. The buffet, which will be held at Blanchard Elementary School on **Thursday, December 11**, opens at **7:45 AM**. Breakfast will be followed by a concert from the award-winning Blanchard School Band. The Band's performance will start at **8:45 AM**. The 6th Grade Student Council is hosting this delightful event that will be provided by the talented young musicians of Boxborough!

Podiatry Clinic

On **Wednesday, January 7, at 1 PM**, the COA will hold a podiatry clinic at the Community Center. Services will include nail trimming, treatment of corns and calluses, and screening. A \$20 fee payable to Dr. Jack Luber is required at the clinic. If you are interested in this service, call Laura (978-264-1717) to make an appointment or to inquire about a home visit.

Bathroom Safety

Bathrooms can be dangerous. Over 400 people each year drown in them accidentally, and almost 200,000 people wind up in emergency rooms for bathroom-related injuries. Falling accidents in bathrooms are common because these rooms have hard surfaces that are slippery when wet. Unfortunately, seniors are more likely than younger people to have such accidents. They often take medications that cause dizziness. Also, balance may decline with age due to several conditions, such as cataracts, neuropathy, and aging of the middle ear.

Luckily, a few simple steps can lessen your danger. Here are some actions you can take.

- **Make surfaces skid-proof.** Use rubber or plastic mats in the tub and shower. Make sure that floor rugs stick to the floor.
- **Add grab-bars.** Install sturdy grab-bars near the tub, shower, and toilet.
- **Lower water temperature.** Water temperature should be below 120 degrees. Seniors may be slow to identify scalding water because of aging senses. Also, their thin skin makes them vulnerable to severe burns.
- **Improve nighttime lighting.** Install nightlights and low-wattage hall lights to make nighttime trips to the bathroom safer.
- **Check that bathroom locks can be opened from both sides of the door.** If a fall occurs, a helper can enter a locked bathroom without breaking down the door.

COA Transportation Services

Boxborough seniors and residents with disabilities can make reservations through Cross Town Connect for van rides to medical appointments, food shopping, and most local programs. The cost is nominal. You can 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**, which is the **NEW** Central Dispatch phone line. Although the phone number has changed, the same COA van and drivers will be providing your service.

Volunteer Driver Transportation

Boxborough Volunteer Drivers if van is unavailable (all area code 978)

Swan Anderson 263-0272 ■ Anne Canfield 263-2664
Lorraine Carvalho 263-8060 ■ Rita Grossman 264-4077 ■ Kristen Hilberg 501-2912
Karyn Kealty 635-9133 ■ Anne McNeece 263-9626
Susan Vine 266-1266 ■ Jini Vockel 929-9050

Road to Recovery Call 1-800-227-2345 for transportation and information for cancer patients.

December 2014

**The Golden Ticket
Schedule of Events**

January 2015

Mon, Dec 1 Fitness with Holly, 9 AM Movie Monday, 1 PM	Thu, Dec 18 Line Dancing, 9 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM Game Day, 1 PM COA Board Meeting, 3 PM	Mon, Jan 12 Fitness with Holly, 9 AM Movie Monday, 1 PM
Tue, Dec 2 Book Group, 10 AM Tai Chi, 10:30 AM Yoga for Seniors, 1 PM	Fri, Dec. 19 Fitness with Holly, 9 AM	Tue, Jan 13 Tai Chi, 10:30 AM Adv. Beg. Spanish, 1 PM Yoga for Seniors, 1 PM
Wed, Dec 3 Fitness with Holly, 9 AM	Mon, Dec 22 Fitness with Holly, 9 AM Movie Monday, 1 PM	Wed, Jan 14 Fitness with Holly, 9 AM
Thu, Dec 4 Line Dancing, 9 AM Water Exercise, 10:15 AM Mastering Tech Tools, 10:30 AM Yoga for Seniors, 1 PM Game Day, 1 PM	Tue, Dec 23 Tai Chi, 10:30 AM Yoga for Seniors, 1 PM	Thu, Jan 15 Line Dancing, 9 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM Game Day, 1 PM
Fri, Dec 5 Fitness with Holly, 9 AM	Thu, Dec 25 Christmas -Town Offices and library closed	Fri, Jan 16 Fitness with Holly, 9 AM
Sat, Dec 6 Boxborough Museum, 2-4 PM	Mon, Dec 29 Movie Monday, 1 PM	Mon, Jan 19 MLK Day-Town Offices and library closed
Mon, Dec 8 Fitness with Holly, 9 AM Movie Monday, 1 PM	Tue, Dec 30 Tai Chi, 10:30 AM	Tue, Jan 20 Tai Chi, 10:30 AM Adv. Beg. Spanish, 1 PM Yoga for Seniors, 1 PM
Tue, Dec 9 Tai Chi, 10:30 AM Yoga for Seniors, 1 PM	Thu, Jan 1 New Year's Day- Town Offices and library closed	Wed, Jan 21 Fitness with Holly, 9 AM
Wed, Dec 10 Fitness with Holly, 9 AM Wellness Clinic, 11 AM	Mon, Jan 5 Fitness with Holly, 9 AM Movie Monday, 1 PM	Thu, Jan 22 Line Dancing, 9 AM Water Exercise, 10:15 AM Game Day, 1 PM Yoga for Seniors, 1 PM
Thu, Dec 11 Line Dancing, 9 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM Game Day, 1 PM	Tue, Jan 6 Book Group, 10 AM Tai Chi, 10:30 AM Adv. Beg. Spanish, 1 PM Yoga for Seniors, 1 PM	Fri, Jan 23 Fitness with Holly, 9 AM
Fri, Dec 12 Fitness with Holly, 9 AM	Wed, Jan 7 Fitness with Holly, 9 AM Wellness Clinic, 11 AM	Mon, Jan 26 Fitness with Holly, 9 AM Movie Monday, 1 PM
Mon, Dec 15 Fitness with Holly, 9 AM Movie Monday, 1 PM	Thu, Jan 8 Line Dancing, 9 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM Game Day, 1 PM COA Board Meeting, 3 PM	Tue, Jan 27 Tai Chi, 10:30 AM Adv. Beg. Spanish, 1 PM Yoga for Seniors, 1 PM
Tue, Dec 16 Tai Chi, 10:30 AM Yoga for Seniors, 1 PM	Fri, Jan 9 Fitness with Holly, 9 AM	Wed, Jan 28 Fitness with Holly, 9 AM
Wed, Dec 17 Fitness with Holly, 9 AM	Sun, Jan 11 Boxborough Museum, 2-4 PM	Thu, Jan 29 Line Dancing, 9 AM Water Exercise, 10:15 AM Game Day, 1 PM Yoga for Seniors, 1 PM
		Fri, Jan 30 Fitness with Holly, 9 AM

-NEW IN BOXBOROUGH-

FCOA Holiday Party, Wed, Dec 10, noon

Blanchard Breakfast and Concert, Thu, Dec 11, 7:45 AM

50's Trivia Party Wed Jan 14, 1 PM

-IN NEARBY TOWNS-

Community Supper, Mt. Calvary Church, every Wed, 5 PM

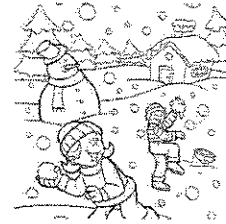
Senior Lunch, Mt. Calvary Church, fourth Thu, 12:15 PM

Quilting Group, Mt. Calvary Church, every Tue, 9 AM



Ongoing Events, Classes

To learn more about any event, call
Laura Arsenault: 978-264-1717



Book Group Meets first Tuesday of the month, 10 AM. Library. New members are always welcome.

COA Wellness Clinic Second Wednesday of the month. Nashoba Nursing Service hosts a monthly wellness check for all ages. 11 AM-noon. Community Center.

Community Supper in Acton For everyone on every Wednesday at Mt. Calvary Church. No charge. 5 PM.

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.

Game Day Come and play popular card and board games. Thursdays, 1 PM. Community Center. All are welcome.

Knitting Group A group for those who enjoy knitting or want to learn how to knit. Meets Wednesdays, 2-4 PM. Sargent Memorial Library. Call Anne McNeece for information: 978-263-9626.

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

Mastering Tech Tools a series of classes for seniors how to use and enjoy laptops, tablets, and smartphones.

Movie Mondays @ Sargent Memorial Library 1 PM every Monday the library is open.

Quilting Group An ongoing group that makes quilts for the needy worldwide. Meets Tuesday at Mt. Calvary Church, Acton, 9 AM-noon. For more information, please call Astrid Perko at 978-263-7016.

Senior Luncheon in Acton An ongoing group that usually meets every fourth Thursday. Mt. Calvary Church. 12:15 PM.

Advanced-Beginner Spanish Class Follow-up class to Beginner Spanish class. Meets Tuesdays, 1 PM. Community Center.

Tai Chi A 12-week class taught by Jeff Cote and staff. Meets Tuesdays, 10:30 AM. Community Center.

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

Yoga for Seniors A 12-week class of stretching, balance, and yoga taught by Julia Vighh. Meets Tuesdays and Thursdays, 1 PM. 25B Stow Road.



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 _____