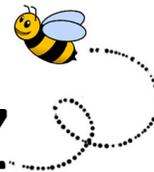


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

April 2012

Council on Aging

Laura Arsenault,
COA Coordinator
978-263-1116 ext. 106
e-mail: laura.arsenault@
town.boxborough.ma.us
Marcia McNeil,
COA Dispatcher & Staff
978-263-1116 ext. 118

COA Board Members

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

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Dave Birt, Co-Chair
Barb Wheeler
Betsey Krusen
Frank Sibley
Susan Fredrickson
Patty Gayowski
Frank Powers, Liaison
with Board of Selectmen

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Eunice Hinckley
Astrid Perko
Ginnie Richardson
Peggy Spinner
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Buzz Production Team

Tina Bhatia-COA
Anne Canfield
Susan Page
Liz West

No Fooling!

In April, There is Such a Thing as a Free Lunch

Who says there is no such thing as a free lunch? April offers numerous free and low-cost meals for seniors. Some are familiar, while others are new. Check the calendar for all mealtimes. Here are the new ones for April:

Lunch in Lexington, Tuesday, April 3

The Council on Aging Van will be traveling to the Fife & Drum Café located at Minuteman Vocational Technical School. You may purchase lunch a la carte and items from the Bakery. The van departs from Town Hall at 10:45 AM.

Mt. Calvary Community Supper, Wednesday, April 11 & 25

This month marks the debut of a new community supper at Mt. Calvary Church in Acton. The suppers will be held from 5 to 6 PM at 472 Mass. Ave., Acton, at the corner of Prospect Street. There is no charge, and everyone is invited. On April 11, diners can enjoy Italian antipasto plus spaghetti and meatballs. On April 25, the menu will feature beef stroganoff, noodles, carrots, and salad.

LELWD: Annual Senior Luncheon, Wednesday, April 18

The Littleton Electric Light and Water Department Annual Senior Luncheon will be held on April 18 at the Russell Street Elementary School, 55 Russell Street, Littleton, MA. The lunch is served at 12:00 noon. Tickets are available in the COA office. Please call 978-263-1116 X106 to reserve your tickets. You can pick them up or have them mailed to your home.



32nd Annual Senior Conference

Hosted by State Senator Jamie Eldridge

Thursday, April 19, 2012

The conference, to be held at Assabet Regional High School, will offer informational workshops, health screenings, and many vendors of senior products will be there. The conference begins at 9:00 AM. Coffee and doughnuts will be served in the morning and lunch will be served starting at 11:30 AM. There is no charge. The school is located at 215 Fitchburg St., Marlborough, MA. Please call the COA Office at 978-263-1116 X106.

Remember, these are in addition to the regularly scheduled Boxborough Neighbors lunch and the Senior Lunch in Acton.

Donate to the Library Book Sale

The Friends of the Boxborough Library will hold its **annual spring book sale** in the meeting room of the Sargent Memorial Library, 427 Massachusetts Avenue, on Saturday, May 5 from 9:00 AM to 2:00 PM. A Preview Sale for members will take place Friday, May 4 from 7:00–9:00 PM. (Memberships will be available at the door.) Proceeds from the sale of books will go toward additional library programs, speakers, and the purchase of museum passes.



You can support the sale two ways: by donating gently used hardcovers, paperbacks and audiovisual items; and by attending this sale. Books will be accepted April 30 to May 3 at the Library during regular library hours. Please no magazines or damaged books. If any senior needs help transporting books, please call the COA office.

History of Wachusett Reservoir

On Sunday April 22, the Boxborough Historical Society will present Eamon McCarthy Earls speaking on "The Construction and History of the Wachusett Reservoir" at 7:00 PM in the Morse and Hilberg rooms of the Boxborough Town Hall, 29 Middle Road. Eamon is the author of "Wachusett: How Boston's 19th Century Quest for Water Changed Four Towns and a Way of Life". This is the story of how, from 1895 to 1908, the project transformed Clinton, Sterling, Boylston and West Boylston by damming the upper Nashua River to create Boston's first truly modern water supply. Admission is free and all are welcome.

Game Day--Change of Day from Wednesday to Thursday



The Boxborough Community Center will be open every *Thursday* afternoon for games, puzzles, and socializing. Water is available, but bringing snacks is encouraged. Doors open at 1:00 PM.

Live Performances

Warmer weather is a great time to get out of the house and attend one of the many live performances in the area. We are lucky to have several local theatres and a first-rate music center. This month you can enjoy two free performances and a low-cost one. Mark these dates on your calendar:

On Wednesday, April 11, at 7:30 PM, seniors can attend a **Dress Rehearsal for Musical Chairs** at Theater III in West Acton. This is a lively, funny musical about a playwright whose career depends on the opening night audience of his new play. There is no admission charge, but donations are appreciated. 978-263-5711.

Thursday, April 19, is the date for the "**Bach's Concert**" at Indian Hill in Littleton. The center offers free concerts the third Thursday of the month. Two performances are held, at 11:00 AM and 1:30 PM. Concert: Justin Meyer & Friends (jazz greats & standards). Bring your own lunch but enjoy complimentary coffee, tea, and cookies. Reservations accepted for parties of 5+. For more information, call: 978-486-9524.

Last but not least is the Concord Players' **Dress Rehearsal for Little Women**. This takes place on Thursday, April 26 at 8:00 PM at 51 Walden St., Concord. \$5.00 at the door. Please call a day or two ahead to confirm this performance. 978-369-2990.

ABRHS Senior Community Service Day

Students from the senior class are having their Community Service Day on Friday, April 27. The students work in teams and are available to do such yard work as raking, sweeping, spreading mulch, and other outdoor tasks. There is no charge for this service, but *you will need to provide water and a snack*. If you would like some help on that day or have questions about what tasks are eligible, please call Laura at the COA at 978-263-1116 X106.

Celebrating Ireland in Story & Song

The Sargent Memorial Library in Boxborough will host an evening of Celtic music on **Tuesday, April 24 at 7:00 PM**. Irish musicians Hughie Purcell, Phil Edmonds and Mary King will present "Celebrating Ireland in Story and Song", which embraces Irish history and culture. Everyone is welcome.

Healthy Snacking

Did you know it's important to add a midmorning and midafternoon snack to your day? Here's why—a healthy snack may help balance your metabolism and can provide sustained energy. And since protein boosts the immune system, it should be part of each snack. To enhance flavors, try mixing textures and adding herbs or spices to healthful foods. Lastly, remember to read labels and limit portion sizes. Here are some ideas to get you started on the road to healthy snacking.



- Apple slices spread with peanut butter, hummus, mustard, or low-fat cream cheese.
- One-quarter cup of nuts (walnuts, sunflower seeds, almonds);
- small piece of fruit or cheese.
- Three slices of chicken, turkey, or pork spread with 2 teaspoons of mustard.

COA Transportation Service

The COA van is available at a nominal fee from 9:00 AM to 3:30 PM Monday through Thursday for Boxborough seniors and residents with disabilities. The van is available for medical appointments, food shopping and most local programs. To schedule a ride, call Van Dispatcher Marcia McNeil at 978-263-1116, ext. 118, between 9:00AM and 1:00PM at least two days in advance and provide the date you need a ride, the name and location of your destination, and the time of your appointment.

Note: Road to Recovery at 1-800-227-2345 provides free transportation and information services for cancer patients.

- Sliced apples, berries, or wholegrain cereal added to low-fat plain yogurt.
- A whole-wheat pita pocket stuffed with hummus, lettuce, tomato, and cucumber.
- Popped low-fat popcorn sprinkled with Parmesan cheese.
- A soft tortilla heated with low-fat cheese and sliced peppers or mushrooms.
- Low-fat milk blended with a banana, strawberries, and ice.
- Celery stalks filled with low-fat cream cheese or peanut butter.
- Whole-wheat pretzels, low salt or salt-free, dipped in mustard or peanut butter.

New Museum Passes at the Boxborough Library

Thanks to the generosity of the Friends of the Boxborough Library, the **Harvard Museum of Natural History** has been added to our list of museum passes. The museum is on the grounds of Harvard University in Cambridge, MA, and it has three parts: the Herbaria, the Museum of Comparative Zoology, and the Mineralogical Museum. The galleries also house the historic Blaschka glass models of plants, popularly known as the Glass Flowers. Patrons with a valid C/W MARS library card may reserve museum passes online www.boxlib.org or call the library at 978-263-4680.

Volunteer Driver Transportation

In the event the COA van is not available, you may directly call the following people who have offered to drive Boxborough Seniors for local trips. There is no charge for these volunteer drivers.

Swan Anderson.....978-263-0272
Anne Canfield..... 978-263-2664
Lorraine Carvalho.....978-263-806
Rita Grossman.....978-264-4077
Kristen Hilberg.....978-501-2912
Karyn Kealty.....978-635-9133
Anne McNeece.....978-263-9626
Susan Vine.....978-266-1266
Jini Vockel.....978-929-9050

April

The Golden Ticket
Schedule of Events

2012

Mon, Apr 2	Fitness with Holly, 9 AM Movie Monday, 1 PM	Wed, Apr 18	Fitness with Holly, 9 AM Watercolor, 1:30 PM * LELWD Annual Senior lunch, 12:00 noon
Tues, Apr 3	Quilting, 9 AM Tai Chi, 10:30 AM * Lunch in Lexington, 10:45 AM Gentle Fitness, 11:45 AM	Thur, Apr 19	* Annual Senior Conference, 9 AM, Marlborough, MA Line Dancing, 9 AM * Bach's Lunch at Indian Hill, 11:00 AM & 1:30 PM Yoga, 1 PM Game Day, 1 PM
Wed, Apr 4	Fitness with Holly, 9 AM Watercolor, 1:30 PM	Sun, Apr 22	* History of Wachusett Reservoir, 7 PM, Town Hall
Thur, Apr 5	Line Dancing, 9 AM Yoga, 1 PM Game Day, 1 PM	Mon, Apr 23	Fitness with Holly, 9 AM COA Café, drop-in 9:30 AM Movie Monday, 1 PM
Fri, Apr 6	Fitness with Holly, 9 AM	Tue, Apr 24	Quilting, 9 AM Tai Chi, 10:30 AM Gentle Fitness, 11:45 AM Beginning Spanish, 1:30 PM * Celebrating Ireland, at Sargent Memorial Library, 7 PM
Mon, Apr 9	Fitness with Holly, 9 AM Movie Monday, 1 PM	Wed, Apr 25	Fitness with Holly, 9 AM Watercolor, 1:30 PM * Community Supper at Mt. Calvary church, 5 PM
Tues, Apr 10	Quilting, 9 AM Tai Chi, 10:30 AM Gentle Fitness, 11:45 AM	Thur, Apr 26	Line Dancing, 9 AM Senior Lunch Acton, 12:15 PM Yoga, 1 PM Game Day, 1 PM * Dress Rehearsal for Little Women, 8:00 PM, Concord Players, No charge * ABRHS Senior community service Day
Wed, Apr 11	Fitness with Holly, 9 AM Wellness Clinic, 11 AM Box.Neighbors Lunch, noon Sponsored by Boxborough Conservation Trust Watercolor, 1:30 PM * Community Supper at Mt. Calvary church, 5 PM * Dress Rehearsal for Musical Chairs, 7:30 PM, Theater III, No charge	Fri, Apr 27	Adv.Spanish, 10:30 AM
Thur, Apr 12	Line Dancing, 9 AM Yoga, 1 PM Game Day, 1 PM	Mon, Apr 30	Fitness with Holly, 9 AM Movie Monday, 1 PM * special this month
Fri, Apr 13	Fitness with Holly, 9 AM		
Sun, Apr 15	Boxborough Museum, 2 PM		
Mon, Apr 16	Fitness with Holly, 9 AM Library closed		
Tues, Apr 17	Quilting, 9 AM Tai Chi, 10:30 AM Gentle Fitness, 11:45 AM		