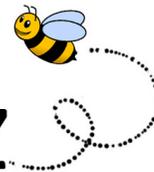


# THE BOXBOROUGH BUZZZ



## SENIOR NEWS YOU CAN USE

May 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.*

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

### Friends of the Council on Aging

Sheila Lloyd, President  
Barbara Birt  
Anne Becklean  
Kathy Blackey  
Lorraine Carvalho  
John Fallon  
Patty Gayowski  
Lauraine Harding  
Eunice Hinckley  
Astrid Perko  
Ginnie Richardson  
Peggy Spinner  
Shirley Warren

### Buzz Production Team

Tina Bhatia-COA  
Anne Canfield  
Susan Page  
Liz West

### Hear Ye! Hear Ye! Hear Ye!

Boxborough's Town Meeting will start **May 14th, 7:00 PM**, at **Blanchard Memorial School gymnasium**. This is the time of year when friends and neighbors gather to actively participate in Town government . . . and Boxborough needs you to be there!



The first order of business on May 14 will be to hold a Special Town Meeting. Article 2 of that meeting is the Lease of U.C.C. Fellowship Hall for a Community Center. Come and voice your opinion for or against.

Please call the Council on Aging office, 978-263-1116 ext. 118, if you need to arrange for a ride on May 14 and subsequent Town Meeting evenings.



### Trip to the Isabella Stewart Gardner Museum

On **Friday, May 11**, you are invited to **The Gardner**, a unique Boston museum. Established in 1903 by Isabella Stewart Gardner, this museum houses an art collection of world importance. It is the only private collection in which the building, collection, and installations were created by one individual. A fifteenth-century courtyard, boasting gardens and plants that change seasonally, is the central showpiece of the museum.

In January, a new wing opened, providing approximately 70,000 square feet of additional space. Visitors check in at the new wing and enter *The Gardner* by walking through a glass-enclosed corridor that leads to the light-filled floral display of the original courtyard.

The van will leave Town Hall at 11:15 AM and arrive at *The Gardner* at 12:30 PM. There, we'll receive a brief overview of the museum and begin a self-guided tour. We will leave Boston at approximately 2:45 PM. We suggest that you bring a brown bag lunch; the COA will provide water and light snacks in the van. The \$20.00 cost includes transportation, admission, and snacks. For more information and to register, call Laura, 978-263-1116 X106.

The annual meeting of the **Board of the Friends of the Boxborough Council on Aging** will be held on Wed., May 23, 2012, at 3 PM at the Community Center, 30 Middle Rd., Boxborough.

## Medical Buzz Words

Well, it's May already—spring and warmer weather are here. This, of course, means that many unused muscles and ligaments that have been sitting idle will be itching to get outdoors and move about. What's not to like? Well, injuries, for one, and bugs and pale skin being exposed to the sun, that's what.

With any change in the weather, common sense prevention is worthwhile if it means not spending your hard earned dollars on doctors unnecessarily.

Things to think about:

1. Watching the Patriots on the big screen in your basement all year is not aerobic activity. Any resolutions to get back into shape should be approached slowly and steadily. Warm up and stretch (at least 15 minutes), especially for any of the muscle groups that support your weight, before going out on the jogging trail or digging in your garden! Then slowly work your way to your goal.
2. Sun Protection—your skin thins out with age and thus becomes more susceptible to burn and solar damage. And that adds wrinkles! And if that weren't enough, skin cancer is always an equal opportunity risk. SPF 30 is a recommended level for any significant time in the sun. And an overcast day does NOT lower the risk.
3. I know bugs love me. If they like you too, tell them to get lost *before* you get bitten. There is a variety of insect repelling sprays containing DEET that can do the job. Ticks are already active. Yup. Apparently they thought this winter was mild too.

Until next time—Stay Healthy!

Michael Fleming PA-C

## Free Vision, Glaucoma, and Cataract Screening, Wed. May 9

D'Ambrosio Eye Care Center's trained staff members will offer vision /eye screening, check eye pressures for glaucoma, cataracts and offer one-on-one consultation with the Ophthalmologist. This is a drop-in clinic; no appointments are needed. This free eye screening will run concurrently with the



monthly Wellness Clinic provided by the Nashoba Associated Boards of Health from 11:00am to 12:00pm at the U.C.C.Church.

## Gluten-Free Cooking Program@ the Library

The Sargent Memorial Library in Boxborough will host food writer Ellen Allard, the Gluten Free Diva, for her "Gluten Free Diva in the Kitchen!" program on **Tuesday, May 22, 2012 at 7 PM**. In addition to posting on her upbeat gluten-free and dairy-free blog, Ellen is currently working to help people achieve optimal health through informed food and lifestyle choices. She communicates her enthusiasm through teaching gluten-free cooking and baking classes and by means of numerous print and online publications, including the new magazine *Foodies of New England*. Ellen started her blog in January 2006 shortly after being diagnosed with Celiac Disease, an autoimmune disorder once considered rare but now increasingly common. This program is free and sponsored by the generosity of the Friends of the Boxborough Library. Everyone is welcome.

## Join the Lunch Bunch! Thursday, May 10 at Noon at the Boxborough Community Center

Now that we have a venue in Boxborough, the Life Care Center of Acton has offered to provide lunches to Boxborough seniors on a quarterly basis. The menu for May is: roast pork with mashed potatoes, vegetables, and dessert will also be served. Please join us! There is no charge. Please call Marcia McNeil at ext. 118 to make a reservation.

## Memorial Day Parade Monday, May 28

Our parade steps off at 8:30 AM from the corner of Hill Road and Wetherbee Lane. It proceeds to the North Cemetery, down Middle Road to Town Hall (about 9:00 AM), and then on to South Cemetery. Brief ceremonies are held at each of the cemeteries and at Town Hall. We hope everyone can join us on this special day to remember those who gave everything for their country.



## Fifer's Day Saturday, June 16

The 2012 Boxborough Fifer's Day celebration will take place on Saturday, June 16, at Flerra Field. The day commences at 9:30 AM with the Fifer's Four-Mile Road Race. This is followed by a parade from the Blanchard School to Flerra Field at 11:00 AM and then presentation of the Golden Fife Award. The Fair will commence at noon and include food and barbecue, children's games and activities, a volleyball tournament, booths representing Town organizations, and a craft fair. There will be band music throughout the afternoon. For more information or to sign up for a non-profit booth, craft booth, Road Race, or Volleyball entry, please go to [www.fifersday.org](http://www.fifersday.org).

## 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 9:00 AM and 1:00 PM at least two days in advance to discuss the details of your ride.

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

## Acton-Boxborough Cultural Council Film Series: "OUR WORLD, MAY IS MOVIE MONTH"

**In May, free** movies will be shown at the Acton Town Hall on Friday evenings. They will start at 7:00 PM and last approximately two hours. Recommended for ages 16 and older.

- **May 4:** Scotland will be showcased in **"Local Hero" (PG), a light comedy** starring Burt Lancaster and Peter Riegert. A Texas billionaire tries to purchase a Scottish fishing village.
- **May 11:** In **"Bliss" (unrated)**, a Turkish film, a disheveled 17-year-old girl is found unconscious by the side of a country road. Together the girl and her cousin embark on a surprising journey across traditional and modern-day Turkey.
- **May 18: "The Wedding Banquet" (R)**, is a Chinese film directed by Ang Lee. This warm-hearted depicts the farcical confusion that emerges when a gay New Yorker stages a marriage of convenience.
- **On Friday June 8, 7:00 PM, at the Sargent Memorial Library in Boxborough**, we host an evening of short films. Several film makers will be there to discuss their movies and answer questions. Refreshments will be served.

## Volunteer Driver Transportation

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

Swan Anderson.....	978-263-0272
Anne Canfield.....	978-263-2664
Lorraine Carvalho.....	978-263-8060
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

**Boxborough Community Transit Service Survey**

Boxborough is undertaking a survey of residents to better understand the public transportation needs in our community: who currently uses public transportation; what they use it for; where they go; and if they aren't using it, what their reasons are for not doing so. This survey is part of a larger effort to address the lack of public transportation options across 13 towns between Routes 128 and 495. The goal of this larger effort is to find more efficient and cost-effective solutions to providing public transportation to residents, businesses, and organizations within and across all thirteen towns. We welcome and encourage your participation in this survey.

**The Online Survey Can Be Found At:**

[www.surveymonkey.com/s/BOXBOROUGH](http://www.surveymonkey.com/s/BOXBOROUGH)



**Boxborough Council on Aging  
Boxborough Town Hall  
29 Middle Road  
Boxborough, MA 01719**

**PRE-SORT  
Standardized  
U.S. Postage Paid  
Acton, MA  
Permit No. 26**

*Change Service Requested*



May

The Golden Ticket  
Schedule of Events

2012

**Tues, May 1** **Quilting**, 9 AM  
**Book Group**, 10 AM, Sargent Library  
**Tai Chi**, 10:30 AM  
**Gentle Fitness**, 11:45 AM  
**Beginning Spanish**, 1:30 PM

**Wed, May 2** **Fitness with Holly**, 9 AM

**Thur, May 3** **Line Dancing**, 9 AM  
**Bridge** at Town Hall, 10 AM  
**Yoga**, 1 PM  
**Game Day**, 1 PM

**Fri, May 4** **Fitness with Holly**, 9 AM  
**Adv.Spanish**,10:30 AM  
\* **Book Sale (Preview)**,  
Sargent Memorial Library, 7-9 PM  
\* **Movie**, Acton Town Hall, 7 PM

**Sat, May 5** \* **Annual Book Sale**, Sargent Memorial Library, 9-2 AM

**Mon, May 7** **Fitness with Holly**, 9 AM  
**Movie Monday**, 1 PM

**Tues, May 8** **Quilting**, 9 AM  
**Tai Chi**, 10:30 AM  
**Gentle Fitness**, 11:45 AM  
**Beginning Spanish**, 1:30 PM

**Wed, May 9** **Fitness with Holly**, 9 AM  
**Wellness Clinic**, 11 AM  
\* **Vision Clinic** ,U.C.C. Church, 11 AM  
\* **Box. Neighbors Lunch**, noon  
Sponsor: U.C.C. Church  
\* **Community Supper**  
Mount Calvary Church, 5 PM

**Thur, May 10** **Line Dancing**, 9 AM  
**Bridge** at Town Hall,10 AM  
**Yoga**, 1 PM  
**Lunch Bunch**, Noon  
**Game Day**, 1 PM

**Fri, May 11** **Fitness with Holly**, 9 AM  
**Adv.Spanish**,10:30 AM  
\* **Isabella Stewart Garden Museum Trip**, Van leaves Town Hall 11:15 AM  
\* **Movie** , Acton Town Hall, 7 PM

**Mon, May 14** **Fitness with Holly**, 9 AM  
**Movie Monday**, 1 PM  
\* **Annual Town Meeting**,7 PM

\* special this month

**Tues, May 15** **Quilting**, 9 AM  
**Tai Chi**, 10:30 AM  
**Gentle Fitness**, 11:45 AM  
**Beginning Spanish**, 1:30 PM

**Wed, May 16** **Fitness with Holly**, 9 AM

**Thur, May 17** **Line Dancing**, 9 AM  
**Bridge**,Town Hall, 10 AM  
\* **Bach's Lunch** Indian Hill, 11:00 AM & 1:30 PM  
**Yoga**, 1 PM  
**Game Day**, 1 PM

**Fri, May 18** **Adv.Spanish**,10:30 AM  
\* **Movie**. Acton Town Hall,7 PM

**Sun, May 20** **Boxborough Museum**, 2 PM

**Mon, May 21** **Fitness with Holly**, 9 AM  
**COA Café**, drop-in 9:30 AM  
**Movie Monday**, 1 PM

**Tue, May 22** **Quilting**, 9 AM  
**Tai Chi**, 10:30 AM  
**Gentle Fitness**, 11:45 AM  
**Beginning Spanish**, 1:30 PM  
\* **Gluten-free Cooking**, at Sargent Library, 7 PM

**Wed, May 23** **Fitness with Holly**, 9 AM  
\* **FCOA Annual Board Meeting**  
Community Center, 3 PM  
**Community Supper** at Mt.Calvary Church, 5 PM

**Thur, May 24** **Bridge** at Town Hall,10 AM  
**Senior Lunch Acton**, Mt. Calvary Church, 12:15 PM  
**Yoga**, 1 PM  
**Game Day**, 1 PM

**Fri, May 25** **Adv.Spanish**,10:30 AM

**Mon, May 28** **Fitness with Holly**, 9 AM  
\* **Memorial day Parade**

**Tues, May 29** **Quilting**, 9 AM  
**Tai Chi**, 10:30 AM  
**Gentle Fitness**, 11:45 AM  
**Beginning Spanish**, 1:30 PM

**Wed, May 30** **Fitness with Holly**, 9 AM

**Thur, May 31** **Bridge** at Town Hall,10 AM  
**Yoga**, 1 PM  
**Game Day**, 1 PM





# Ongoing Events, Classes



To learn more about any event, call Laura Arsenault: 978-263-1116 ext. 106

**Boxborough Neighbors Luncheon** Meets the 2nd Wednesday of the month. Food is provided on a rotating basis by local Boxborough Organizations. Call Mary Larson to sign up: 978-263-7632. U.C.C. Church.

**Bridge at Town Hall** An ongoing group that always welcomes new members. Meets every Thursday at 10:00 AM. Call Dean Machamer at 978-263-2976.

**COA Wellness Clinic** Second Wednesday of the month. Nashoba Nursing Service hosts a monthly wellness check for all ages. 11:00 AM-noon. U.C.C. Church

**COA Cafe** Enjoy coffee, tea, snacks, and conversation. No charge. 9:30 AM drop-in. Community Center.

**Community Supper in Acton** for everyone on 1<sup>st</sup> and 3<sup>rd</sup> Wed. of the month at Mt. Calvary Church. No Charge. 5 PM

**Fitness Class with Holly** A 12-week class meets Mon, Wed, Fri. at 629 Mass. Ave. Sign up for one, two, or three days. \$36/\$72/\$108.

**Game Day** Come and play popular board games with others, every Thursday, 1-3 PM at the Community Center. All are welcome.

**Gentle Fitness for Seniors** A 12-week class for all fitness levels taught by Phillis Kennedy. Meets once a week. 11:45 AM. Community Center. \$36.

**Line Dancing** A 12-week class taught by Sam O'Clair. Meets Thursdays at 9 AM. Community Center. \$36

**Movie Mondays @Sargent Memorial Library** 1:00 PM every Monday the library is open.

**Quilting Group** An ongoing group that makes quilts for the needy worldwide. Meets Tuesdays 9 AM-noon. Mt. Calvary Lutheran Church, Acton. Call Astrid Perko at 978-263-7016.

**Senior Luncheon in Acton** An ongoing group that meets on the fourth Thursday of the month at Mt. Calvary Church. 12:15 in the Great Hall.

**Spanish Lessons** Learn to speak Spanish. Ongoing. Two classes, beginner and advanced beginners. Tue. 1:30-3:00 PM and Fri. 10:30 AM-noon. Community Center.

**Tai Chi** A 12-week class taught by Jeff Cote and staff. Meets every Tuesday at 10:30—11:30. Community Center. \$36.

**Yoga for Seniors** A 12-week class of stretching, balance, and yoga taught by Julia Viggh. Meets Thursday, at 1 PM. Yoga Studio. \$48

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