

THE

BOXBOROUGH BUZZZ



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.*

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Dave Birt
Tina Bhatia
Susan Fredrickson
Lauraine Harding
Frank Sibley
Liz West
Frank Powers, Liaison
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September 2012

Come Join Us!

Fall 2012 Classes for Seniors

All classes run for 12 weeks and start the week of Sept. 10.

● **Fitness with Holly** A motivating exercise class to improve your strength, cardio vascular endurance, balance, and flexibility. Class meets Mondays, Wednesdays, and Fridays at 9:00 AM. The cost is \$36 for one class per week; sign up for one, two, or all three days.

● **Gentle Fitness with Phyllis** A fun class for seniors by a senior. You will gain flexibility, strength, and stamina. Begin at your own pace and go from there. This class meets on Tuesdays and Thursdays at 11:00 AM. The cost is \$36 for one class per week; you may sign up for one or two days.

● **Tai Chi** A healthy exercise that simultaneously relaxes and invigorates the body. Many people practice Tai Chi as an alternative to traditional exercise and still reap the benefits associated with a focused approach to body movement. This class meets on Tuesdays at 10:30 AM. The cost is \$36.

● **Yoga for Seniors** A practice of combining physical postures and breathing exercises. Yoga is a form of meditation that brings more balance to the body and the mind. This class meets on Tuesdays at 1:00 PM. The cost is \$48.

● **Line Dance Class** A dance class inspired by music offers many health benefits associated with other forms of exercise. There is great music, camaraderie, and you don't need a partner. This class meets on Thursdays at 9:00 AM. The cost is \$36.

● **Beginner Spanish Class** Eleonora Pontoriero, a native Spanish speaker, will teach the foundation blocks that introduce new concepts and vocabulary. This class meets on Tuesdays at 1:00 PM. The cost is \$24.00.

● **Advanced Spanish Class** Eleonora Pontoriero will determine which class is right for you. This class meets on Wednesdays at 1:00PM. The cost is \$24.00

Call Laura Arsenault at the COA Office to register and find the locations for these programs.

Financial support for these programs comes from Friends of the Council on Aging, the Boxborough Recreation Commission, and the Executive Office of Elder Affairs.

Open Enrollment for Medicare Start October 15

The Open Enrollment Period for Medicare is October 15-December 7. Learn what you need to know from our Town's SHINE counselor. Call Laura Arsenault (978-263-1116, ext. 106) to make an appointment.

Calling For Artists! The Senior Art Show Returns!

Carpe Diem! The Senior Art Show, sponsored by the Boxborough Council on Aging, will be held at the Sargent Memorial Library in **October**. Seize this opportunity to share your artwork with our community!

Painting, photography, needlework, and quilting are all examples of appropriate art for the show. You may submit up to two pieces of art for consideration. All pieces should be ready to hang when delivered to the Library; this means that they should have the necessary frames, mats, and wire or dowels for quilts. It's been a while since the last Senior Art Show was held, so we're hoping that there is plenty of artwork ready to share with the community.

For more details on submitting your work, please call Laura Arsenault at 978-263-1116 X106. Laura will be happy to answer your questions.

Lunch at Prison's Fife & Drum Thursday, September 20

Can you enjoy a delicious lunch out that includes beverage, entrée, and dessert for \$3.21? Yes! The Fife & Drum, the **café at the Concord prison** (Northeast Correctional Center) offers just such a bargain as part of a unique culinary program. Inmates learn every aspect of preparing and serving meals, and enthusiastic public gets a bargain. Reserve a spot on the van now by calling Marcia at 978-263 1116 ext.118. Please bring correct change for your lunch. The van fee is \$2.00. We will leave from Town Hall at 11:00am.

Thursday Bridge Group Moves to St. Matthews

In 1966 a Bridge Group with mostly Boxborough residents began playing every Thursday at Boxborough Town Hall. Today we have 16 players, but just 3 are from Boxborough. Beginning September 6, the Thursday Bridge Group will relocate to St. Matthews Church, 435 Central Street, Acton, which has space and is more centrally located. The time will remain 10:00 AM-3:00 PM. Join this fun and friendly group, which will add the game cribbage. For more information please call Dean Machamer at 978-263-2976.

A Holiday Inn Treat: Tea Sandwiches and Scones!

A special **COA Café** will be held Wednesday, September 19, from 10–11:30 AM at the Community Center. **The Holiday Inn's** Executive Chef, known as Chef Joe, will provide several specialties that are guaranteed to tickle your taste buds! Along with a tray of assorted tea sandwiches, you'll be treated to a variety of fresh baked scones . . . blueberry, ginger, and others.



Chef Joe has been delighting people with his culinary skills for over 35 years. On several occasions he created meals for Julia Child and her guests at her home in Cambridge. When Ms. Child's 80th birthday was celebrated at the Copley Plaza in Boston, Chef Joe made some of her favorite dishes. Chef Joe was also one of several chefs from around the country invited to create the delicacies served to guests for Rose Kennedy's 100th birthday on the lawn of the Kennedy compound in Hyannis.

Circle September 19th on your calendar and plan to join this special event at the COA Café. You'll be in for a some great culinary treats and good company!



FCOA to Sell Food, Ornaments at Harvest Fair

The FCOA booth at the Boxborough Harvest Fair on Saturday September 8 will once again feature a delectable assortment of home baked goodies. Also available will be the 2012 Boxborough Town Ornament, which is the third in the series and features the new Sargent Memorial Library. The ornament costs \$12, and all proceeds go to support programs for local seniors. The 2011 ornaments have all been sold, but a limited number of the 2010 ornaments featuring the Boxborough Town Hall will also be available.

“Check it out”@ The Sargent Memorial Library

Book Group The Library Book Group meets the first Tuesday of the month (Sept.–May) at 10 AM at the library. New members are always welcome. The September 4 book selection is *Cutting for Stone* by Abraham Verghese. Call the library if you need to order a copy. Current monthly selections are listed on our website.

New Databases Library patrons now have access to a new marketing and reference database. **AtoZdatabases** includes 30 million business profiles and 220 million residents. Ideal for sales leads, employment opportunities, finding individuals, and much more. Search by multiple limits, and output up to 250 records at a time. Sections are updated regularly. Access this database from our website. For remote access, a valid Boxborough library card is required to login.

This new database is funded by a Sargent Memorial Library Foundation donation.

library website: www.boxlib.org

library phone: (978)263-4680

Boxborough Historic Home Tour September 22

The Boxborough Historical Society will hold the 2012 Tour of historic homes in Boxborough on September from noon–5:00 PM. There will be nine homes including the Rev. Joseph Willard house, c.1796, the Ephraim Whitcomb house, c. 1804, and the Jacob Littlefield house, c. 1843. There are three homes that will be seen for the first time this year. One is the Boaz Brown house, c.1730, also known as the "Muster" house, where the local mustered as Minutemen on that historic day of April in

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.

1775. The Tour starts at the Boxborough Museum, 575 Middle Road. Tickets are \$20 per person, and can be reserved now and picked up on Tour day along with maps and home descriptions.

For tickets or information, telephone Planning Committee members Jeanne Kangas (978-263-8495), Christine Robinson (978-263-6246) or Alan Rohwer (978-263-3944).

Benefits of Mentally-Stimulating Games



The New England Journal of Medicine reported results of a study that followed the leisure activities of seniors for 20 years. One area of the study looked specifically at whether or not participants developed dementia.

Mentally-stimulating games were those that challenged participants to think, such as crossword puzzles, board games or cards, and other activities like reading or playing a musical instrument. The study also looked at the amount of physical activity in participants' lives. The results showed that those who kept both their minds and bodies active proved to be less likely to develop dementia.

Those who participated in physical and mentally-stimulating activities once a week reduced their risk of dementia by 7%. Those who played mind games for seniors more often and who lived a more dynamic lifestyle with activities like dancing, tennis or even walking, reduced their risk by 63%.

Volunteer Driver Transportation

If the COA van is not available, you may directly call a volunteer who has offered to drive Boxborough Seniors for local trips. There is no charge. Names and numbers are listed in the COA S.O.S. Brochure, or call Laura 978-263-1116, ext. 106 for details.

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

Mon, Sept 3 Library closed

Tues, Sept 4 Book Group, 10 AM

Wed, Sept 5 Community Supper at
Mount Calvary Church, 5 PM

Thur, Sept 6 Bridge, at St. Matthews
Church, 10 AM
Game Day, Comm. Ctr, 1 PM

Sat, Sept 8 * Harvest Fair, at UCC Church
11-4 PM

Sun, Sept 9 Boxborough Museum, 2 PM

Mon, Sept 10 Fitness with Holly, 9 AM
Movie Monday, 1 PM

Tues, Sept 11 Quilting, 9 AM
Tai Chi, 10:30 AM
Gentle Fitness,
at Town Hall 11 AM
Beginning Spanish, 1 PM
Yoga, 25B Stow Road, 1 PM

Wed, Sept 12 Fitness with Holly, 9 AM
Wellness Clinic,
at U.C.C. Church, 11 AM
Box.Neighbors Lunch, noon
Sponsored by Boxborough
Neighbors
Adv. Spanish, at library, 1 PM
Community Supper, at
Mount Calvary Church, 5 PM

Thur, Sept 13 Line Dancing, 9 AM
Bridge, at St. Mathews Church
,10 AM
Gentle Fitness, Community
Center, 11:00 AM
Game Day, Comm. Ctr, 1 PM
COA Board Meeting, 3 PM

Fri, Sept 14 Fitness with Holly, 9 AM

Mon, Sept 17 Fitness with Holly, 9 AM
Movie Monday, 1 PM

* special this month



Acton Boxborough
United Way

Tue, Sept 18 Quilting, 9 AM
Tai Chi, 10:30 AM
Gentle Fitness
at Town Hall, 11 AM
Beginning Spanish, at
Community Center, 1 PM
Yoga, 25B Stow Road, 1 PM

Wed, Sept 19 *
Fitness with Holly, 9 AM
COA Café Special Holiday Inn
Hosting, 10 - 11:30 AM
Adv. Spanish, at library, 1 PM
Community Supper at
Mount Calvary Church, 5 PM

Thur, Sept 20 Line Dancing, 9 AM
Bridge, St. Matthews Church,
10 AM
Gentle Fitness at
Community Center, 11 AM
* Fife & Drum Lunch,
Van leaves Town Hall 11 AM
Bach's Lunch, " Music of Brazil"
at Indian Hill, 11 AM; 1:30 PM
Game Day, Comm. Ctr, 1 PM

Fri, Sept 21 Fitness with Holly, 9 AM

Sat, Sept 22 * Historic Home Tour, 12-5 PM

Sun, Sept 23 * A-B Rotary BBQ, Holiday Inn

Mon, Sept 24 Fitness with Holly, 9 AM
Movie Monday, 1 PM

Tue, Sept 25 Quilting, 9 AM
Tai Chi, 10:30 AM
Gentle Fitness, at
Town Hall, 11 AM
Yoga, 25B Stow Road, 1 PM
Beginning Spanish, at
Community Center, 1 PM

Wed, Sept 26 Fitness with Holly, 9 AM
Adv. Spanish, at library, 1 PM
Community Supper at
Mt. Calvary Church, 5 PM

Thur, Sept 27 Line Dancing, 9 AM
Bridge, at St Matthews Church
10 AM
Gentle Fitness , Community
Center, 11 AM
Senior Lunch Acton, 12:15 PM
Game Day, Comm. Ctr, 1 PM

Fri, Sept 28 Fitness with Holly, 9 AM