

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.

Barb Wheeler, President
Dave Birt
Tina Bhatia
Susan Fredrickson
Lauraine Harding
Frank Sibley
Liz West
Frank Powers, Liaison
with Board of Selectmen

Friends of the Council on Aging

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

Buzz Production Team

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

December 2012

Joy to the World!

The FCOA Party is December 5

Start the holiday season with your friends and neighbors on Wednesday, December 5, when the Boxborough Friends of the Council on Aging will hold its annual Holiday party. The party runs from noon–2 PM at the Community Center. As a special treat, the Acton Boxborough High School Madrigal Singers will perform. This is an extraordinary group of talented students led by Jennifer Moss, AB Director of Choral Activities.

All are welcome and admission is free. Please call the COA to make a reservation, 978-263-1116, ext. 106. The Friends hope that you can celebrate with us at this very special holiday gathering!

New Library Photo Exhibit

Scenes of Boxborough and New England

The Library is hosting a new photography exhibit for the months of December and January. Local senior Susan Page will show Boxborough scenes. In addition, her water abstracts will be displayed (most shot locally on the Cisco campus). Kathleen Elcox of Concord will show scenes from Concord and Eastern Massachusetts. A reception is scheduled for Tuesday, December 18 from 5:30–7:30 PM.

Special Town Meeting

A Special Town Meeting will be held on Monday, January 7, 2013 at 7 PM in the Blanchard Memorial School gymnasium. Residents will be asked to vote on 7 warrant articles. The first three are to fund the first year of the collective bargaining agreements for the Police, Fire and Dispatch unions. The next article seeks funding to increase the hours for the Inspector of Buildings/Code Administration Officer to 40 hours per week (from 25) to include adequate hours to cover the facilities management needs of the town and school buildings. The fifth article starts the process to change the tax collector position from elected to appointed. This change requires a vote at a town meeting as well as on the annual municipal election ballot. Articles six and seven ask the voters to approve the release of a trail easement (a new one will be accepted by the ConsComm) and the acceptance of Pine Pasture Run as a public way. A copy of the warrant will be available at town.boxborough.ma.us/news and will be mailed to households with registered voters by 12/21. Please come to Town Meeting and participate in the purest form of democracy.

Winter 2012 Classes for Seniors

Three ongoing classes are beginning new cycles in December.

Starting the week of December 4.

● **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.

Starting December 10.

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

Call Laura Arsenault at the COA 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.

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Boxborough Safety Net Services

Put These Precautions in Place NOW—When an emergency occurs, you will be so glad that you did!

File(s) of Life—Free at the COA Office

The more information medical personnel have, the better they can serve you in an emergency.

The File of Life card contains vital health information for medical personnel, doctors, and family members. There are 2 sizes: a magnetic one for your refrigerator door and a smaller one to carry. Emergency response personnel are trained to look for these.

(Safety Net cont.)

Boxborough Emergency Call List

You will be contacted by phone in a townwide emergency.

If you cannot be reached by phone, a designated contact person will be called. Failing that, a Boxborough Emergency Reserve Corps member (with a picture ID) will arrive at your home. If the member receives no response, the Police and Fire Departments will be notified.

Boxborough Police Department Daily Check-In Calls

Are You Okay? At a time you choose, the police department will call you daily to be sure you are okay. (If you will be away, notify them ahead of time.) The officer will try 3 times. If no answer, an officer will visit your house in person.

For more information, call Laura Arsenault at the COA: 978-263-1116 X106.

Money Management Program

The **Money Management Program (MMP)** is co-sponsored by the AARP Foundation, the Massachusetts Executive Office of Elder Affairs, and Mass Home Care. **MMP** volunteers are trained to assist with the mechanics of monthly bill paying /check writing, supporting Minuteman Senior Services to help seniors meet life's daily challenges.

Boxborough now has a trained **MMP** volunteer to work with you, pay your bills and organize the related paperwork. Some specific examples of how the volunteer can assist you are:

- establishing a list of monthly income and expenses.
- sorting financial mail and organizing bills for payment.
- balancing your checkbook and reconciling it to your bank statement.
- writing checks from a designated account for you to sign.
- helping with related tasks as agreed to by you, the volunteer, and the program coordinator.

Please note that **you** make the spending decisions and sign all of the checks. For further information and details about the **MMP**, please call Laura at 978-263-1116 Ext. 106.

Boxborough Town Ornaments Available

The 2012 Sargent Memorial Library Town Ornament will be available at the December 5 FCOA Luncheon. The cost of the ornament is \$12 and all proceeds go to support programs for Boxborough seniors. This is the third in the series; the 2011 ornaments have all been sold but a limited number of the 2010 ornaments featuring the Boxborough Town Hall will also be available.



Ornaments can also be purchased at the COA during working hours.

More Boxborough-Themed Gifts

The Boxborough Museum, 575 Middle Road, will be open from 2–4 PM on Saturday, December 1. Come get a head start on your holiday shopping. Available items include the 1891 Lucie Hagar *History of Boxborough*, the 1983 Bicentennial *Boxborough: a Portrait of a Town* and the Boxborough Afghan (in green). Admission is free, all are welcome, and members of the Boxborough Historical Society will be on hand to discuss Boxborough's history and the exhibits.

Two Affordable Local Condos To be Sold by Lottery

The Town of Boxborough is accepting applications for the sale of two different condominiums, one at 318 Codman Hill Road, Unit 1 E, and one at 176 Swanson Road, Unit 302. The units will be sold by lottery for \$85,000 and \$96,822 respectively to eligible buyers. Eligibility is based on age, family size, and income. An open house is scheduled for December 8th at 10:00 a.m. and will be followed by an informational session at Town Hall, 29 Middle Rd. at noon in the Morse Hilberg Room.

Applications are due no later than 4:00 p.m. on December 21, 2012. To learn the eligibility requirements, pick up an informational packet and application. You can find these at Town Hall, the Sargent Memorial Library, and on the town website www.town.boxborough.ma.us

Friends of the Boxborough Library Note Cards for Sale

If you want gifts with a Boxborough theme, check out these items available at the Library.

- Packet of 5 note cards with pictures of the library, \$5
- Boxborough pencils, 3 for \$1
- Sargent Memorial Library Bookbags, \$2

All proceeds go to the Friends of the Boxborough Library to fund library programs and museum passes.

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.

Volunteer Driver Transportation

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

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

Also: Road to Recovery 1-800-227-2345 transportation & information for cancer patients.

Sat, Dec 1 **Boxborough Museum, 2-4 PM**

Mon, Dec 3 **Movie Monday, 1 PM**
Fitness with Holly, 9 AM

Tue, Dec 4 **Quilting, 9 AM**
Book Club, 10 AM
Tai Chi, 10:30 AM
Gentle Fitness, Town Hall, 11 AM
Yoga, 1 PM

Wed, Dec 5 **Fitness with Holly, 9 AM**
* **FCOA Holiday Party, Comm. Ctr, noon**
Draw Big!, Town Hall, 1 PM
Comm. Supper, Mt. Cal. Church, 5 PM

Thu, Dec 6 **Line Dancing, 9 AM**
Bridge, 10 AM
Gentle Fitness, Comm. Ctr, 11 AM
Game Day, 1 PM

Fri, Dec 7 **Fitness with Holly, 9 AM**
Memoir Group, 1-3 PM

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

Tue, Dec 11 **Quilting, 9 AM**
Tai Chi, 10:30 AM
Gentle Fitness, Town Hall, 11 AM
Yoga, 1 PM

Wed, Dec 12 **Fitness with Holly, 9 AM**
Wellness Clinic, UCC, 10 - noon
Box. Neighbors Lunch, noon
 Sponsored by Box. Minuteman, UCC
Draw Big!, Town Hall, 1 PM
Comm. Supper, Mt. Cal. Church, 5 PM

Thu, Dec 13 **Bridge, 10 AM**
Gentle Fitness, Comm. Ctr, 11 AM
Game Day, 1 PM
COA Board Meeting, 3 PM
Holiday Madrigal Concert, Library, 7 P
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Fri, Dec 14 **Fitness with Holly, 9 AM**
Memoir Group, 1-3 PM

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

Tue, Dec 18 **Quilting, 9 AM**
Tai Chi, 10:30 AM
Gentle Fitness, Town Hall, 11 AM
Yoga, 1 PM
Photographers' Reception, Library,
5:30-7:30 PM

Wed, Dec 19 **Fitness with Holly, 9 AM**
Comm. Supper, Mt. Cal. Church, 5 PM

Thu, Dec 20 **Bridge, 10 AM**
Gentle Fitness, Comm. Ctr, 11 AM
Bach's Lunch, Tunes from Gospel
 Indian Hill, 11 AM & 1:30 PM
Senior Lunch, Acton, 12:15 PM
Game Day, 1 PM

Fri, Dec 21 **Fitness with Holly, 9 AM**
Memoir Group, 1-3 PM

Mon, Dec 24 **Library closed**

Thu, Dec 27 **Bridge, 10 AM**
Game Day, 1 PM

Mon, Dec 31 **Library closed**

Winter Word Search

* special this month

M S X N T S H O V E L Z Z
I T F E O S G X B F C S C
T O S W B N L U L S O L H
T R A Y O O O M I A C E A
E M L E G W V G Z N O D M
N Y T A G P E L Z D A S P
S G Z R A L S C A R F P A
Q B P S N O M C R B B T G
A E F E S W N O D R F E N
X L R V Z S O L S T I C E
S L E E T F Y D Q S K I X

BELL
BLIZZARDS
CHAMPAGNE
COCOA
COLD
GLOVES
MITTENS
NEW YEARS EVE
SALT
SAND
SCARF
SHOVEL
SKI
SLEDS
SLEET
SNOWPLOWS
SOLSTICE
STORMY
TOBOGGANS



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. UCC. Food is provided on a rotating basis by local Boxborough organizations. Call Mary Larson to sign up: 978-263-7632.

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

Bridge at St. Matthews Church An ongoing group that always welcomes new members. Meets every Thursday, 10 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. 10 AM-noon. UCC.

COA Cafe Enjoy coffee, tea, snacks, and conversation. Once every month (check calendar), 10 AM. Community Center. Drop in.

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 Monday Wednesday & Friday at 629 Mass. Ave. Sign up for one, two or three days. \$36/\$72/\$108. 9 AM.

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

Gentle Fitness with Phyllis A 12-week class for all fitness levels. Meets Tuesday at Town Hall & Thursday at Community Center, 11 AM. \$36 for once a week class.

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

Memoir Group An ongoing group for those who wish to write and share memoirs. Meets Friday at 1-3 PM, Community Center.

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 9 AM-noon. Mt. Calvary 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. Mt. Calvary Church, 12:15 PM.

Spanish for Beginners Learn to speak Spanish. Ongoing class meets every Tuesday at 1 PM. Community Center.

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

Yoga for Seniors A 12-week class of stretching, balance, and yoga taught by Julia Vighh. Meets Tuesday at 1 PM, 25B Stow Road. \$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 _____