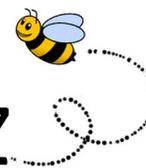


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

Council on Aging

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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.

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

January-February 2013

Special Valentine's Day Lunch

February can be a grey and gloomy month, but this year we have something to brighten spirits. You are invited to a Valentine's Day luncheon party that promises to be very special. The party will be held at noon on February 14 at the Community Center. Enjoy romantic music, Valentine's Day punch, and a delicious baked chicken lunch prepared by Chef John. Who knows—you might even go home with a little something from a secret Valentine! Lunch is provided by Life Care Center of Acton; punch and dessert are gifts from our own Friends of the Council on Aging. Registration is required, and must be done by January 31, so call Marcia now at 978-263-1116 ext. 118. And don't worry about the weather. If needed, we have a snow date on Thursday, February 21.



Winter 2013 Classes for Seniors

Three ongoing classes are beginning new cycles in January.

- **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. Starting Jan. 10, class meets on Thursdays at 11:00 AM. The cost is \$36.

(continued on page 2)

Special Town Meeting

A Special Town Meeting will be held on Monday, January 7, 2013 at 7 PM in the Blanchard Memorial School gym. 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 Conservation Commission) 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 was mailed to all registered voters in December. Call Town Hall if you did not receive a warrant. Then come to Town Meeting and vote!



Memorial Gifts



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

- Warren Bazirgan
- Helen Bjorklund
- Pat Fallon
- James Harding
- Harold and Marion Jensen
- Betsey Krusen
- Dexter Loring
- Oakey O'Clair
- Dennis Spinner
- John Whitcomb
- Florence White



Theater: Upcoming Dress Rehearsals

Laughter is one of those healthy activities that we all need! So, if you want to have fun and spice up your winter with some laughter, consider attending the dress rehearsals for one or both of the plays described below.

"Sealed for Freshness" at Theatre III, 250 Central St., West Acton. Dress rehearsal will be held on **Wednesday, January 23**, at 7:30 PM. There is no charge and light refreshments will be served. The play tells the story of five mid-western women whose hermetically sealed, airtight lives unravel during a sidesplitting Tupperware party gone awry. You might say that these ladies are the original "Desperate Housewives"! For more information, call 978-266-9530.

"Murders of the 1940s" at The Concord Players, 51 Walden St., Concord. Dress rehearsal will be held on **Thursday, February 7**, at 8 PM. Admission is \$8.00. The play, a wildly comedic romp, pokes non-stop fun at show business and the corny thrillers of old Hollywood. The tale—complete with secret passageways, sliding panels, and people who aren't what they seem to be—unfolds in the library of an estate located in Chappaqua, NY. For more information, call 978-369-2990.

(continued from page 1)

Winter 2013 Classes for Seniors

● **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. Starting Jan. 3, 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. Starting Jan. 8, class meets on Tuesdays at 1:00 PM and costs \$24. Call Laura Arsenault at the COA to register and find the locations for these programs: 978-263-1116 ext. 106.

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



Historical Society Pot Luck Supper Feb 24

On Sunday, February 24, the Boxborough Historical Society will hold its Annual Pot Luck Supper at 5 PM in the Grange Room at Boxborough Town Hall. Corinne Hosfeld Smith will present a program on "The History of the Fitchburg Railroad." The Fitchburg Railroad was a key transportation link in Northwest Middlesex County and very important to the town of Boxborough through the flag stop on Depot Road and a full station in West Acton.

Corinne is an expert in the travels of Henry David Thoreau, as well as an accomplished librarian and author. Her book *Westward I Go Free: Tracing Thoreau's Last Journey* was published in 2012. While researching this book she made an extensive study of the Fitchburg Railroad and its impact on this area.

Admission to the Pot Luck Supper is free and all are welcome. Please call John Fallon at 978-264-0069 to volunteer to bring something to the Supper.

Save the Date!

Library Legislative Breakfast

The Sargent Memorial Library has been asked by the Massachusetts Board of Library Commissioners to host one of the annual Library Legislative Breakfasts held throughout the state at our library on **Friday, February 8, 2013** at 8–9:30 AM. Please come and show your support for libraries, especially Boxborough’s library, to our legislators and to the Massachusetts library community.

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Driving Safely in Winter Weather

Most seniors are experienced drivers, but winter presents driving hazards for everyone. Drive defensively--remember, this is Massachusetts! Please follow these tips:

1. Winterize your car. Check brakes, wipers, defroster, headlights and heater.

2. Stop gently to avoid skidding. If your wheels lock up, ease off the brake.

3. Turn on your headlights to increase your visibility to others; keep your lights clean and free of ice or debris.

4. On bad roads, drive slowly and leave more distance between you and the next car.

5. Stay alert. Look ahead to provide more reaction time.

6. Before driving, clear all snow and ice from your vehicle's hood, windows and roof.

7. Use snow or all-season tires or chains for better traction and smoother slowing.

8. Be particularly alert on bridges, overpasses, and shaded areas, which can freeze first and remain icy longer than roadways.



9. On wet roads, don't drive faster than the windshield wipers can clear water from the windshield. Check your wiper blades.

10. Equip your car with emergency supplies: blankets, food, water, spare fuses, a flashlight with batteries, an ice scraper, flares and a first-aid kit.

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.



Ongoing Events, Classes



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

Boxborough Neighbors Luncheon Meets second Wednesday of the month. UCC. Food is provided on a rotating basis by local Boxborough organizations. No Luncheon scheduled in January and February. Will resume in March.

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.

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 Thursday at Community Center. 11 AM. \$36

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 Community Center. 1-3 PM.

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. 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 Viggh. 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 _____