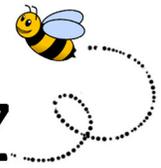


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

Council on Aging

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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
Tina Bhatia
Susan Fredrickson
Lauraine Harding
Frank Sibley
Liz West

Friends of the Council on Aging

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

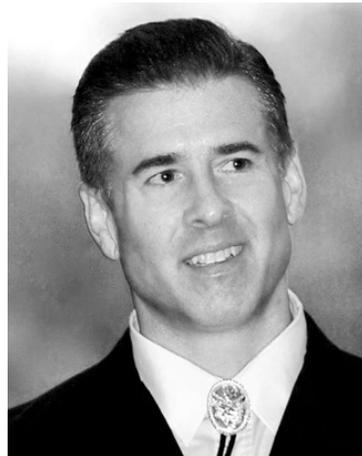
Buzz Production Team

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

June-July 2013

The Singing Trooper Returns to Boxborough!

Have you ever heard the old saying "The second time around is even better"? Well, mark your calendar and get ready for an "even better" and truly exceptional treat! At **noon**, on **Wednesday, June 19**, the **Friends of the Council on Aging** will hold its anniversary lunch in the Boxborough Community Center. On this occasion and back by popular demand, Sgt. Dan Clark (retired), the "Singing Trooper," will again perform in Boxborough.



During and after his 20-year career with the Massachusetts State Police, Mr. Clark has sung with the Boston Pops and many other local and national venues; he has led the National Anthem for the Bruins, Celtics, Patriots, and Red Sox.

All Boxborough seniors are invited to join the Friends for this special lunch and program. There is no admission charge, but for planning purposes, you will need to reserve a place. Please call Laura at the COA (978-263-1116, ext. 106) to make your reservation.

Brides and Their Dresses American Textile History Museum

On **Friday, June 28**, we will visit the Textile Museum in Lowell to view their current exhibit, **Behind the Veil: Brides and Their Dresses**. A variety of wedding dresses, from the 19th century up to the present, are on view. You will see traditional storybook styles and nontraditional alternative dresses. This unique exhibit also includes the stories behind the dresses:

- Why did they choose a simple or elaborate style?
- Did they make their dress or buy it?
- Why did they choose an alternative, nontraditional style?

You will discover the answers to these questions and more, at the exhibit, adding substance and spice to the experience. The van leaves Town Hall at 9:30 AM. Cost for the van and admission is \$10. Lunch is at Cobblestones in the historic "Yorick Building" in Lowell. A fixed price of \$15 includes sandwiches, side salads, coffee, and soda. Please RSVP to Laura at 978-263-1116 ext. 106.

Beat the July Heat at the COA Ice Cream Social



Did you know that the first ice cream parlor opened in New York City in 1776? In the spirit of this American tradition, you are invited to an **Ice Cream Social, Wednesday, July 10, at 1 PM in the Community Center.**

Come and satisfy your sweet tooth while listening to your favorite tunes played live on the piano. A generous selection of ice cream flavors and yummy toppings will be provided for your tasting pleasure. All are welcome and this is a free event.

Summer 2013: Schedules for Classes

Fitness Class with Holly

Join others in this fun and motivating class. Participants will improve their strength, balance, and flexibility. **Summer Session 1** will run **June 10 through June 28** (Mondays, Wednesdays, and Fridays); **Summer Session 2** will run **July 8 through August 14** (Mondays and Wednesdays). The cost for Session 1 is \$36.00; the cost for Session 2 is \$30.00. The price will be adjusted according to how many days per week you choose.

Yoga for Seniors

The practice of yoga, with its physical postures, breathing exercises, and meditation, brings more ease and balance in the mind and body. The **Summer Session** will run Tuesdays, **1 PM, June 18 through August 20**. (No classes will be held on June 25 or July 16.) The cost is \$32.

Tai Chi

Our ever popular Tai Chi classes are aimed at harmonizing the body, mind, and spirit with one's surroundings. The benefits are improved balance, flexibility, vitality, and better overall health. A new twelve-week session will begin **June 1**, and will be held **Tuesdays, 10:30 AM**. The cost is \$36.

Boxborough COA Water Exercise Class at Swymfit

Improve your strength, balance, range of motion and endurance through this 6-week water class at Swymfit in Boxborough. Instructors Dr. Steve Victorson and Curtis Schulz will lead you through a joint-friendly, movement-oriented pool routine using flotation belts for assistance. These classes are a great way to increase your activity level and improve general health and fitness. Classes are held on **Thursdays from June 13–July 25** (no class on July 4) between **10:15–11 AM**. Class limit 12. Cost is \$60. To register, call Laura at 978-263-1116 ext.106.

Boxborough COA Guest Pass at Swymfit

Boxborough Seniors may visit Swymfit Water & Fitness Gym **once each week** and take advantage of the free Guest Pass purchased by the Friends of the Boxborough Council on Aging. Enjoy Swymfit's 4-lane, warm water pool, and try the joint-friendly Keiser exercise machines, recumbent bicycles, and other fitness equipment. Move better and increase your energy through the combination of land and water exercise at Swymfit. To register or learn more, call Laura at 978-263-1116 ext.106.



Note Location of June 3 STM!

The June 3rd Special Town Meeting will be held at **the Holiday Inn in the Parade Room**, not in the gymnasium of the Blanchard School. Given the potential for a large number of attendees, who would not be able to be safely and fully accommodated at the Blanchard School, the Board of Selectmen at their recent meeting, in consultation with the Moderator, SC Chair, and others, voted to change the location after the warrant had been mailed.

Fifer's Day Fun

The 2013 Boxborough Fifer's Day celebration will take place on **Saturday, June 15**, at Flerra Field. Fifer's Day is jointly sponsored by the Boxborough District Minuteman Company and the Town's Public Celebrations Committee. The day begins at 9:30 AM with the Fifer's Four Mile Road Race, followed by an 11 AM parade from Blanchard School to Flerra and then presentation of the Golden Fife Award. The Fair starts at noon and includes food and barbecue, (including a vegetarian option), children's games and activities, volley ball and tug-of-war tournaments, donut-eating contest, karate demonstrations, booths representing Town organizations, and a craft fair. Live music plays throughout the afternoon. For more information or to sign up for a booth, Road Race or Volleyball, please go to www.fifersday.org.

Have a Fifer's Day Picture Taken

Remember the days of the picture booth at the penny arcade? The Boxborough FCOA will be sponsoring an old-fashioned picture booth at Fifer's Day. However, this one will be much more spacious and the pictures larger than at the penny arcade. Do you have a special friend or a lot of them? (The booth holds up to 10.) Do you have grandchildren who are growing like weeds? Want a picture in costume to amaze your children? Come to the FCOA picture booth at Fifer's Day. Have some fun and support Boxborough's seniors.

In Case of Stroke, Act F.A.S.T! Call 9-1-1 Immediately

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to **call 9-1-1 for help** right away. F.A.S.T. stands for:

F is for **Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A is for **Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S is for **Speech Difficulty** – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

T is for **Time to Call 9-1-1** – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.



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. Food is provided on a rotating basis by local Boxborough organizations. Call Mary Larson to sign up: 978-263-7632. At UCC on June 12 & Library on July 8.

Book Group Meets first Tuesday of the month Sept–May 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. No clinic in July & Aug.

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. 9 AM. Two summer sessions:

Summer Session 1: June 10 – June 28 runs thrice a week (Mon, Wed & Fri) for \$36

Summer Session 2: July 8 – Aug 14 (Mon & Wed) for \$30.

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

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

Quilting Group is off for the summer after June 25 and will resume in September. Call Astrid Perko at 978-263-7016.

Senior Luncheon in Acton will resume in September Mt. Calvary Church. 12:15 PM.

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

Summer Session: Begins on June 1.

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

Summer Session: June 18–Aug 20 (No classes on July 16) for \$32.

Water Exercise A 6-week class of joint-friendly and movement-oriented pool routine taught by Dr. Steve Victorson and Curtis Schulz at Harvard Ridge Swymfit. Every Thursday between 10:15-11 AM.

Summer session: June 13-July 25 (no class on July 4) for \$60.



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 _____



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