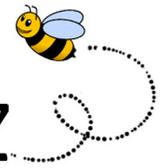


THE

# BOXBOROUGH BUZZZ



## SENIOR NEWS YOU CAN USE

### 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  
& services, educate  
citizens and advocate on  
behalf of elders.*

Susan Fredrickson,  
President  
Helen Berry  
Tina Bhatia  
Lauraine Harding  
Frank Sibley  
Liz West  
Barb Wheeler  
Les Fox, Liaison with  
Board of Selectmen

### Friends of the Council on Aging

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

### Buzz Production Team

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

September 2013

### Tour of the Metropolitan Waterworks Museum



Everything about the Metropolitan Waterworks Museum in Chestnut Hill is BIG—the buildings, the machinery, the landscaping, and the personalities that shaped its story. On **Thursday, September 12**, a docent will lead us on a tour of the museum and share the astonishing history of the Boston water supply, public health improvements, large-scale engineering projects, and the grand Waterworks architecture and landscaping. We will tour the Great Engines Hall, which houses three massive steam-pumping engines. Originally built in 1887, the station was expanded to meet the demand for more water in the 1890s. Many more expansions followed. Eventually, in the 1970s, Boston's water supply was relocated to the Quabbin Reservoir.

On September 12, the COA van will leave Town Hall at **10 AM, returning approximately 3 PM**. Lunch will be at The Chateau Restaurant in Waltham. Four lunch options are available, including Italian entrees and sandwiches. Cost is \$22, which includes transportation, admission, and lunch. To reserve your place for this outstanding event, please call Laura at 978-263-1116 X106.

### Annual Rotary Senior Barbecue Sunday, September 22

The Acton-Boxborough Rotary Barbecue for seniors will be held at the Boxborough Holiday Inn Courtyard. Chicken, potato salad, coleslaw, rolls, and dessert will be prepared and served by the Holiday Inn culinary staff. The Barbecue starts at noon. Please call the Boxborough COA at 978-263-1116 ext. 118 for reservations.

### FCOA Bake Sale, Raffle, & Town Ornaments at Harvest Fair

The FCOA booth at the Boxborough Harvest Fair on Saturday September 7 will once again feature a delectable assortment of home baked goodies. Please contact Lauraine Harding (978-263-2186) or Anne Becklean (978-263-2861) to volunteer to bring something. The FCOA will also be running a 50-50 raffle at Harvest Fair, and limited numbers of the 2010 (Town Hall) and 2012 (new Sargent Memorial Library) Boxborough Town Ornaments will be on sale for \$12. All proceeds go to support programs for Boxborough seniors.

## Fall 2013 Classes for Seniors

Most classes run for 12 weeks; the first four start the week of September 2. Call Laura at the COA to register for these programs: 978-263-1116 ext. 106.

\* **Fitness with Holly** A motivating exercise class designed to improve your strength, cardiovascular endurance, balance, and flexibility. Class sessions meet Mondays, Wednesdays, and Fridays at 9 AM, and will be held at 629 Massachusetts Avenue. The cost is \$36 for one class per week; you may sign up for one, two, or all three days.

● **Tai Chi, New Class Added** 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 and Thursdays at 10:30 AM. The cost is \$36 for one day per week, \$72 for two days per week. Classes will be held at the Community Center.

● **Yoga for Seniors** A practice of combining physical postures and breathing exercises. Yoga is a form of moving meditation that brings more balance to the body and the mind. This class meets on Tuesdays at 1 PM and will be held at 25B Stow Road. The cost is \$48.

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

● **Beginner Spanish Class** *Habla español?* If you don't, but would like to learn, then please join us on Tuesdays at 2:30 PM for beginner lessons. The class starts with very basic concepts in a friendly and relaxed environment. The class will be held at the Community Center; the cost is \$36. (Note: Spanish class starts **September 10.**)

● **Advanced-Beginner Spanish Class** This is a follow-up class to the Beginner Spanish Class. We will continue learning fundamentals verbs while adding new vocabulary to strengthen our conversation skills. The class meets at the Community Center on Tuesdays at 1 PM. The cost is \$36. (Note: Spanish class starts **September 10.**)

● **Drawing Duo: Still Life Drawing** What's better than a drawing class? A drawing class with two fun and dynamic teachers! Janet Wolahan and Laurie Simko are experienced artists who will be teaching on alternate weeks. This dynamic duo will help you develop your basic drawing skills. Each week we will have a new still life set-up to work with; we will explore different drawing techniques to create beautiful, dimensional drawings. All levels are welcome! Emphasis will be on personal growth and progress. Basic drawing materials are provided, but you may bring in any drawing materials you have. Classes meet at the Community Center at 1 PM on Wednesdays. The cost is \$24. (Note: Drawing class starts **September 18.**)

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



## Podiatry Clinic Wednesday, September 4

Services provided at the clinic include: trimming of nails, treatment of corns and calluses, and screening. A \$20 fee payable to Dr. Jack Luber is required at the clinic. The clinic begins at 1 PM. It will take place at the Boxborough Community Center. Please call Laura at the COA to reserve a space or inquire about a home visit.

## Boxborough Neighbors Lunch

Welcome back! We hope everyone had a good summer and will join us on Wednesday September 11 at noon at The United Church of Christ. The Boxborough Neighbors will be hosting the luncheon. We also have a wonderful entertainment program scheduled for 12:45. Please come and visit with your old friends—and meet some new ones! All Boxborough seniors are welcome. Hope to see you! To sign up call Mary Larson: 978-263-7632.



## The Boxborough Harvest Fair

This year the Harvest Fair takes place on **Saturday, September 7, from 11 AM–4 PM** at Boxborough Town Hall and the UCC Congregational. The book *Portrait of a Town* cites the Farmers' Club (founded 1874) as the likely origin for this fair, eventually sponsored by the Grange.

The Fair carries forward some of the long-held traditions of earlier days. Activities include: live music; old-fashioned cider pressing; largest sunflower contest; antique farm equipment; and a scavenger hunt. You are invited to enter your crafts and photographs of Boxborough. Plan to come with your family and friends! Enjoy good food and free admission. For more information, see the Fair's website: [boxboroughfair.org](http://boxboroughfair.org)

## FCOA President's Update

The last year was a busy one and some thanks are in order. Firstly I would like to thank the Acton Boxborough United Way for their generous and increased grant last year and for their recent announcement of an even more generous grant for the next twelve months. This made it possible for the FCOA to support extra classes, for example, 2 days of Gentle Fitness last year and a second day of Tai Chi this Fall. It has also allowed the introduction of additional programs such as the Swymfit water exercise class this summer and the upcoming Zumba class this fall.

We would also like to thank Roche Brothers for their most generous support of the FCOA luncheons in December and June.

Many people were involved in making programs for the Boxborough seniors a reality, far too many to mention. Three names that come to mind are Dave Birt for the great onion soup last December, Frank Powers for his untiring efforts as a member of the Board of Selectmen on behalf of Boxborough seniors and the Community Center, and of course our COA coordinator, Laura Arsenault.

Finally I would like to thank the Board and officers of the FCOA for all their hard work; without them the FCOA could accomplish nothing.

John Fallon President

## COA Transportation Service

The COA van is available at a nominal fee from 9 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 AM and 1 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.

**September**

The Golden Ticket  
Schedule of Events

**2013**

**Mon, Sept 2 Labor Day-** Town Hall closed

**Tue, Sept 3 Book Group,** 10 AM  
**Tai Chi,** 10:30 AM  
**Yoga for Seniors,** 1 PM

**Wed, Sept 4 Fitness with Holly,** 9 AM

**Thu, Sept 5 Line Dance,** 9 AM  
**Tai Chi,** 10:30 AM  
**Game Day,** 1 PM

**Fri, Sept 6 Fitness with Holly,** 9 AM

**Sun, Sept 8 Boxborough Museum,** 2-4 PM

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

**Tue, Sept 10 Tai Chi,** 10:30 AM  
**Yoga for Seniors,** 1 PM  
**Adv. Spanish,** 1 PM  
**Beginner Spanish,** 2:30 PM

**Wed, Sept 11 Fitness with Holly,** 9 AM  
**Wellness Clinic,** 11 AM  
**Box. Neighbors Lunch,** noon  
Sponsor: Box. Neighbors

**Thu, Sept 12 Line Dance,** 9 AM  
**Tai Chi,** 10:30 AM  
**Game Day,** 1 PM  
**COA Board Meeting,** 3 PM

**Fri, Sept 13 Fitness with Holly,** 9 AM

**Mon, Sept 16 Fitness With Holly,** 9 AM  
**Movie Monday,** 1 PM

**Tue, Sept 17 Tai Chi,** 10:30 AM  
**Yoga for Seniors,** 1 PM  
**Adv. Spanish,** 1 PM  
**Beginner Spanish,** 2:30 PM

**Wed, Sept 18 Fitness with Holly,** 9 AM  
**'Drawing Duo,'** 1-2:30 PM

**Thu, Sept 19 Line Dance,** 9 AM  
**Tai Chi,** 10:30 AM  
**Game Day,** 1 PM

**Fri, Sept 20 Fitness with Holly,** 9 AM

**Mon, Sept 23 Fitness with Holly,** 9 AM  
**Movie Monday,** 1 PM

**Tue, Sept 24 Tai Chi,** 10:30 AM  
**Yoga for Seniors,** 1 PM  
**Adv. Spanish,** 1 PM  
**Beginner Spanish,** 2:30 PM

**Wed, Sept 25 Fitness with Holly,** 9 AM  
**'Drawing Duo,'** 1-2:30 PM

**Thu, Sept 26 Line Dance,** 9 AM  
**Tai Chi,** 10:30 AM  
**Game Day,** 1 PM

**Fri, Sept 27 Fitness with Holly,** 9 AM

**Mon, Sept 30 Fitness with Holly,** 9 AM  
**Movie Monday,** 1 PM

**—NEW THIS MONTH IN BOXBOROUGH—**

Podiatry Clinic, Wed Sept 4, 1:00 PM

Harvest Fair, Sat Sept 7, 11 AM – 4 PM

Trip to Waterworks Museum & Chateau Restaurant, Thur Sept 12, 10 AM

Rotary Barbecue, Sept. 22, noon

**IN NEARBY TOWNS**

Community Supper, Mt. Calvary Church, every Wed, 5 PM

Senior Lunch, Mt. Calvary Church, fourth Thur, 12:15 PM

Bridge, St. Matthews Church, every Thur, 10 AM

Quilting Group, Mt. Calvary Church, every Tues, 9 AM



## 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. 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. 11 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. 9 AM.

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

**Line Dance** A 12-week class taught by Sam O'Clair. Meets Thursday at 9 AM. 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 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.

**Beginner Spanish Class** Learn to speak Spanish. Ongoing class meets every Tuesday at 2:30 PM. Community Center.

**Advanced-Beginner Spanish Class** Follow-up class to Beginner Spanish class. Meets every Tuesday at 1 PM Community Center.

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

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



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