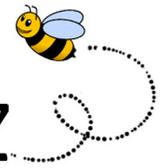


THE

# BOXBOROUGH BUZZZ



## SENIOR NEWS YOU CAN USE

October 2013

### Council on Aging

Laura Arsenault,  
COA Coordinator  
978-264-1717  
e-mail: laura.arsenault@  
town.boxborough.ma.us

Marcia McNeil,  
COA Dispatcher & Staff  
978-264-1728

### 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

Lauraine Harding

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

## The Old Mill Restaurant and Mt. Wachusett Day Trip



October is an especially pretty time to travel to Westminster, MA, and on **Thursday, October 17**, the Council on Aging is sponsoring a trip to enjoy a buffet lunch at the Old Mill Restaurant. Once an actual sawmill, the Old Mill today is a charming restaurant in a picturesque setting. A ride to the summit of Mt. Wachusett after lunch is planned (weather permitting). The cost is \$20 per person, all-inclusive. The COA Van will leave from Town Hall at 11:00 AM. Please make your reservations by calling the Council on Aging Office at their **new number**: 978-264-1717.



## FCOA Luncheon Emerson: Your Hospital Then and Now

The Boxborough Friends of the Council on Aging will hold its next speaker's lunch on **Wednesday, October 30 at noon** at the Boxborough Community Center, 30 Middle Road. As most of us know, Emerson Hospital in Concord is a critical and valuable resource to seniors in our area. Come and hear how, over the last 100 years, Emerson grew from small beginnings to the sophisticated and outstanding community hospital it is today.

All seniors are welcome and **admission is free**, so please join us for good food and a stimulating program. To make a reservation, call the Council on Aging Office at their **new number**: 978-264-1717.

## **Boxboro Flu Clinic**

On **Wednesday, October 9, 10 AM–noon**, the Nashoba Associated Boards of Health/Nashoba Nursing Service & Hospice, in conjunction with your Local Board of Health, will hold a flu clinic at the United Church of Christ. No appointment is necessary. Age 6 months and older. Bring a copy of your Health Insurance Card(s). For further information, please contact NABH at 978-772-3335 or 1-800-427-9762 ext. 333.

The CDC (Centers for Disease Control and Prevention) recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season. Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season.

## **Fun with Photography**

Learn how to take appealing digital pictures and how to share them in different ways with friends and family. Don't worry if you've never take a picture before—the first class will familiarize you with your equipment and show you not only how to take a picture but also how to view it on a computer. Class is taught by local photographers Liz West and Frank Sibley. Later classes will focus on improving images both when you take them and afterwards. Class limit 10. Fridays at 11 AM in the Community Center starting October 11 for 8 weeks. Free. To register, call Laur.a at 978-264-1717

## **Boxborough Neighbors Lunch**

We hope everyone will join us for lunch on **Wednesday, October 9**, at noon at The United Church of Christ. Our local Garden Club will be hosting this luncheon, and we thank them for their ongoing generosity and support. All Boxborough seniors are welcome. Please come; visit with your old friends and meet new ones. To sign up call Mary Larson: 978-263-7632.



## **Attention All Artists!**

The annual Senior Art Show, sponsored by the Boxborough Council on Aging, will be held in **November** and will provide an opportunity for you to share your artistic gifts with your community. Whether your talent is in the field of photography, painting, needlework, quilting, or another appropriate area, you're encouraged to show your artwork at the Sargent Memorial Library. Start planning now.

You may submit up to three pieces of art for consideration. Submissions should be ready to hang when brought to the Library; this means that when you deliver your pieces, each one should have the necessary frames, mats, and wires or dowels for display. For more details about the show and to answer questions about submitting your work, please call Laura at 978-264-1717.

## **Medicare Open Enrollment: SHINE Presentation**

Medicare open enrollment starts on October 15 and ends on December 7, 2013. There will be changes to Medicare prescription drug and health insurance plans, and Minuteman Senior Services can help you understand them. The SHINE presentation can help you review your options and answer questions, such as:

- What are the changes to your prescription drug plan?
- What are your options for Medicare coverage?
- How does your particular health insurance plan work and how does it compare to others?

A representative from the SHINE program at Minuteman Senior Services will present all the Medicare changes for this year and explain these changes to beneficiaries, family members, and caregivers. SHINE provides accurate, unbiased information regarding health insurance and prescription drug options, as well free and confidential counseling. You will also have the opportunity to schedule a private session with the Boxborough SHINE counselor.

This program, hosted by the COA, will be held on **Wednesday, October 23, at 1:30 PM, in the Community Center.**

## **Introduction to Zumba Fitness**

Gina Flaherty, who began her formal dance education and training in 1975, will be offering an introductory 10-session class to Zumba Fitness this fall. Zumba, a dance-based fitness class, combines motivating international music with easy-to-follow dance and fitness moves that help tone and sculpt your entire body.

The rhythms used in Zumba alternate between fast and slow movements to create aerobic intervals that allow your body to burn calories more efficiently, while building endurance, strength, coordination, and improved balance. This class is designed for anyone at any age and ability. Students are encouraged to move at their own pace in their own way, which gives participants the feeling of a party rather than a fitness class!

The Zumba session runs from **October 7 – November 13** (no class Oct 14 or Nov 11). Classes will be held from **5:30 to 6:15 PM**, on Mondays and Wednesdays, at 629 Mass Ave. The price is \$80 per 10-session card. To reserve a space, call Laura at the COA: 978-264-1717.

### **For Boxborough Seniors Only**

Friends of Boxborough Council on Aging will supplement \$30 toward the Introduction to Zumba class card of \$80, **so your price is \$50.**

## **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 978-264-1728, 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.



**New phone numbers at Boxborough Town Hall!**

Main number 978-264-1700

Direct Line to Council on Aging 978-264-1717

Direct Line to Van Dispatch 978-264-1728

**—Submit articles for November Issue by October 11, 2013—**



**Boxborough Council on Aging  
Boxborough Town Hall  
29 Middle Road  
Boxborough, MA 01719**

**PRE-SORT  
Standardized  
U.S. Postage Paid  
Acton, MA  
Permit No. 26**

*Change Service Requested*



# Schedule of Events

**October**

**2013**

**Tue, Oct 1**      **Book Group**, 10 AM  
**Tai Chi**, 10:30 AM  
**Yoga for Seniors**, 1 PM  
**Adv. Beginner Spanish**, 1PM

**Wed, Oct 2**      **Fitness with Holly**, 9 AM

**Thu, Oct 3**      **Line Dance**, 9 AM  
**Tai Chi**, 10:30 AM  
**Game Day**, 1 PM

**Fri, Oct 4**      **Fitness with Holly**, 9 AM

**Mon, Oct 7**      **Fitness with Holly**, 9 AM  
**Movie Monday**, 1 PM  
**Intro to Zumba**, 5:30 PM

**Tue, Oct 8**      **Tai Chi**, 10:30 AM  
**Yoga for Seniors**, 1 PM  
**Adv. Beginner Spanish**, 1 PM

**Wed, Oct 9**      **Fitness with Holly**, 9 AM  
**Wellness Clinic**, 11 AM  
**Box. Neighbors Lunch**, noon  
**Intro to Zumba**, 5:30 PM

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

**Fri, Oct 11**     **Fitness with Holly**, 9 AM  
**Fun with Photography**, 11 AM

**Sun, Oct 13**     **Boxborough Museum**, 2-4 PM

**Mon, Oct 14**     **Columbus day**-Town Offices  
Closed

**Tue, Oct 15**     **Tai Chi**, 10:30 AM  
**Yoga for Seniors**, 1 PM  
**Adv. Beginner Spanish**, 1PM

**Wed, Oct 16**     **Fitness With Holly**, 9 AM  
**Intro to Zumba**, 5:30 PM

**Thu, Oct 17**     **Line Dance**, 9 AM  
**Tai Chi**, 10:30 AM  
**Game Day**, 1 PM

**Fri, Oct 18**     **Fitness with Holly**, 9 AM  
**Fun with Photography**, 11 AM

**Mon, Oct 21**     **Fitness with Holly**, 9 AM  
**Movie Monday**, 1 PM  
**Intro to Zumba**, 5:30 PM

**Tue, Oct 22**     **Tai Chi**, 10:30 AM  
**Yoga for Seniors**, 1 PM  
**Adv. Beginner Spanish**, 1 PM

**Wed, Oct 23**     **Fitness with Holly**, 9 AM  
**Intro to Zumba**, 5:30 PM

**Thu, Oct 24**     **Line Dance**, 9 AM  
**Tai Chi**, 10:30 AM  
**Game Day**, 1 PM

**Fri, Oct 25**     **Fitness with Holly**, 9 AM  
**Fun with Photography**, 11 AM

**Mon, Oct 28**     **Fitness with Holly**, 9 AM  
**Movie Monday**, 1 PM  
**Intro to Zumba**, 5:30 PM

**Tue, Oct 29**     **Tai Chi**, 10:30 AM  
**Yoga for Seniors**, 1 PM  
**Adv. Beginner Spanish**, 1 PM

**Wed, Oct 30**     **Fitness With Holly**, 9 AM  
**Intro to Zumba**, 5:30 PM

**Thu, Oct 31**     **Line Dance**, 9 AM  
**Tai Chi**, 10:30 AM  
**Game Day**, 1 PM

**—NEW THIS MONTH IN BOXBOROUGH—**

**Flu and Wellness Clinic**, Wed Oct 9, 10 AM

**S.H.I.N.E. Program**, Wed Oct 23, 1:30 PM

**Trip to The old Mill Restaurant**, Thur Oct 17, 11 AM

**FCOA Luncheon & Talk 'Emerson: Your Hospital Then and Now'** Oct.30. noon

**IN NEARBY TOWNS**

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

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

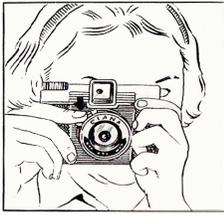
**Bridge**, St. Matthews Church, every Thur, 10 AM

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

**'The Wizard of Oz'**

Dress Rehearsal

Theater III Wed Oct 9, 7:30 PM



## Ongoing Events, Classes



To learn more about any event, call  
Laura Arsenault: 978-264-1717

**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.

**Fun with Photography** A 8-week class taught by Liz West and Frank Sibley. Friday at 11 PM. Free.

**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.

**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 Viggh. Meets Tuesday at 1 PM. 25B Stow Road.

**Intro to Zumba** A 7-week dance based fitness class of slower pace with motivating international music taught by Gina Flaherty. Meets Monday and Wednesday at 5:30 PM. 629 Mass. Ave.



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