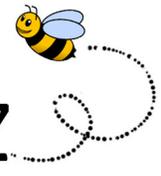


THE

# BOXBOROUGH BUZZZ



## SENIOR NEWS YOU CAN USE

December 2013-January 2014

### Council on Aging

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

### COA Board Members

*identify needs, develop and  
implement programs &  
services, educate citizens  
and advocate on behalf of  
elders.*

Frank Powers, 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

### Boxborough COA joins Cross Town Connect: Book Rides on the COA Van in a New Way

Boxborough has joined a new regional transportation program called Cross Town Connect, which provides a central dispatch service with increased hours of operation. Starting on **Monday, December 16**, you will be able to make van reservations and cancellations any time from 8:30 AM to 4 PM Monday through Friday. To book a trip on the COA van, call 978-844-6809, the new Central Dispatch phone line. The same COA Van and the same drivers will be providing your service. The costs for rides will stay the same. The only change is the new dispatch service and increased access to make your COA van reservations.

**Until the switch takes place on December 16**, continue to call the Boxborough COA for van rides at 978-264-1728. All rides that have been pre-booked will transfer over to the new system. If you have any questions about this new service and how it will work for you, please contact Laura: 978-264-1717.

### Visit to the Fitchburg Art Museum



Get ready for a real treat on **Friday, January 24**, when you'll have an opportunity to visit the **Fitchburg Art Museum**. Currently, the Museum is having a renaissance—in staff, attitude, image, and updated exhibits. Under the direction of Nick Capasso, who came from the DeCordova in 2011, and Associate Curator Mary Tinti, the Museum is finding its artistic edge. The FAM has ample exhibit space, and Tinti explains that they are trying to “blow the dust out” and to help patrons warm up to contemporary art and enjoy the Museum's extensive African Art and photography collections.

Current exhibits include “Still Life Lives,” which showcases regional artists, an exhibit of photography from the Museum's collection, and a show of the witty and colorful folk-style creations of George Greenamyre of Marshfield.

Please plan to join us January 24. **The cost is \$10**, which includes the van and admission. **The van will leave Town Hall at 1 PM.** For more information and to sign up for the trip, call Laura at 978-264-1717.

## 2013 Winter Classes for Seniors

Four ongoing classes are beginning new 12-week cycles in December.

- **Tai Chi** A healthy exercise that relaxes and invigorates the body. Tai Chi is an alternative to traditional exercise, yet it still reaps the benefits associated with a focused approach to body movement. Class meets **Tuesdays and Thursdays at 10:30 AM**. The cost is \$36 for one day a week or \$72 for both days. Begins December 3.
- **Yoga for Seniors** A practice combining physical postures and breathing exercises. Yoga is a form of moving meditation that provides balance and tone to the body and mind. Class meets on **Tuesdays at 1 PM**. The cost is \$48. Starting December 3.
- **Line Dance Class** A dance class that offers many health benefits associated with other forms of exercise. There is lively music and camaraderie, and you don't need a partner. This class meets on **Thursdays at 9 AM**. The cost is \$36. Starting December 5.
- **Fitness with Holly** A motivating exercise class that will improve your strength, cardiovascular endurance, balance, and flexibility. This class meets **Mondays, Wednesdays, and Fridays at 9 AM**. The cost is \$36 for one class per week; you may sign up for one, two, or all three days. Starting December 4.

Call Laura at 978-264-1717 to register and learn the locations for these programs.

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

## Blanchard Band Winter Concert

The Blanchard Band Winter Concert will be held on **Tuesday, December 10, at 9 AM** for **senior citizens**, staff, and students. Seniors are invited to attend a pre-concert breakfast in the school library, beginning at **8 AM**. So mark your calendar, and plan to come mingle with friends and neighbors, while you enjoy breakfast and great music performed by the Blanchard School Band!

***NOTE:** An evening performance of the Band's Winter Concert will be held on **Monday, December 9, at 7 PM**.*

## Boxborough FCOA Holiday Party

The Boxborough Friends of the Council on Aging will hold its Annual Holiday Party and Luncheon on **Wednesday, December 4** from **noon–2 PM** in the Boxborough Community Center. All are welcome to get together and have fun seeing old and new friends. The highlight of the lunch will be a performance by an ensemble of the Blanchard School Band. This is an extraordinary and award-winning group of talented students under the leadership of Chris Baird, Blanchard Band Director. All are welcome, and admission is free, but please call the COA office at 978-264-1717 to make a reservation so that enough food can be prepared. Join us in making this a very special holiday gathering!

## Boxborough Neighbors Final Luncheon

The Boxborough Neighbors hope you will join them on **Wednesday, December 11** at the UCC at noon for their final luncheon. Boxborough Minutemen will serve a delicious luncheon and beautiful music will be provided by harpist Rebecca Swett of Littleton. To sign up, please call Mary Larson: 978-263-7632.

The Boxborough Neighbors began decades ago by members of the UCC. Every month, people would bring their lunches to the church and socialize. In 1995 we thought it would be a good idea to have seniors come as guests, rather than asking them to bring their lunches. Local community groups offered to sponsor our eight monthly luncheons, so we began with about 20 seniors. That number quickly doubled but recently has declined.

We have thoroughly enjoyed our meals together, but feel it is now time to end these monthly luncheons. Warm thanks to all the Boxborough groups who have consistently supported this activity—not only with wonderful food and generosity, but also with friendship: The Garden Club, the Blanchard PTF, the Minutemen and the UCC have been with us since the start; then the Conservation Trust and the Police Department, Fire Department, Library, and Town Hall employees joined in. THANK YOU ALL from Mary, Dean, and Karyn.

## ❄️ Gifts of Honor ❄️

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:

Lorna Lane	Dick Golden
Ann Smith	Oakey O'Clair
Ruth Feltus	James Harding
Dexter Loring	Pat Fallon

Also, a donation was made to honor the 50th Wedding Anniversary of Tom and Mary Steele.



## Holiday Music Concert

The **ABRHS Madrigal Singers** will perform their annual Traditional Holiday Music Concert at the Sargent Memorial Library on **Tuesday, December 10, at 7 PM**. Please join us for this wonderful music program which celebrates the spirit of the holidays past and present. Refreshments will be served. This program is sponsored through the generosity of the Friends of the Boxborough Library. Everyone is welcome. For additional information, please call the library 978-263-4680, or visit our website at [www.boxlib.org](http://www.boxlib.org)

## Library Knitting Group

Like to knit? Want to learn how? Join the library-knitting group on **Wednesday** afternoons from **2-4 PM** in the Local History Room. For information contact Anne McNeece [annemcn@comcast.net](mailto:annemcn@comcast.net) 978-263-9626.

## January Senior Art Show

All senior residents are welcome to submit "Show-Ready Pieces," works that are framed or mounted with wires to permit hanging. Drawings, paintings, pastels, photography, sculpture, and needlework may be entered.

Artwork may be dropped off at the Library on **Monday January 6 between 10 AM and noon**. The Boxborough Council on Aging reserves the right to limit the number of pieces and refuse any entry. A waiver of liability must be signed by the artist. **Artists must register with Laura at 978-264-1717 before Friday, December 20.**

The Boxborough Council on Aging will be hosting an Artist's Reception open to the public on **Thursday January 9, from 3-4:30 PM**. This will be an opportunity to meet and greet the artists. Light refreshments will be served. Everyone is welcome!



## Podiatry Clinic

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 on Wednesday, January 8**. It will take place at the Boxborough Community Center. Please call Laura at 978-264-1717 to reserve a space or inquire about a home visit.

## Big Changes in COA Transportation Service!

**Until December 16**, 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 978-264-1728, between **9 AM and 1 PM** at least two days in advance to discuss the details of your ride.

**After December 16**, call Central Dispatch for van rides at 978-844-6809. (See Cross Town Connect Article on page 1 for details.)

### Volunteer Driver Transportation

**Boxborough Volunteer Drivers if van is unavailable. (All area code 978)**  
Swan Anderson 263-0272 • Rita Grossman 264-4077 • Anne 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.

# December 2013

## The Golden Ticket Schedule of Events

# January 2014

<b>Mon, Dec 2</b> Fitness with Holly, 9 AM Movie Monday, 1 PM	<b>Wed, Dec 18</b> Fitness with Holly, 9 AM	<b>Mon, Jan 13</b> Fitness with Holly, 9 AM Movie Monday, 1 PM
<b>Tue, Dec 3</b> Book Group, 10 AM Tai Chi, 10:30 AM Adv. Beg. Spanish, 1PM Yoga for Seniors, 1 PM	<b>Thu, Dec 19</b> Line Dancing, 9 AM Tai Chi, 10:30 AM Game Day, 1 PM	<b>Tue, Jan 14</b> Tai Chi, 10:30 AM Adv. Beg. Spanish, 1 PM Yoga for Seniors, 1 PM
<b>Wed, Dec 4</b> Fitness with Holly, 9 AM	<b>Fri, Dec. 20</b> Fitness with Holly, 9 AM	<b>Wed, Jan 15</b> Fitness with Holly, 9 AM
<b>Thu, Dec 5</b> Line Dancing, 9 AM Tai Chi, 10:30 AM Game Day, 1 PM	<b>Mon, Dec 23</b> Fitness with Holly, 9 AM Movie Monday, 1 PM	<b>Thu, Jan 16</b> Line Dancing, 9 AM Tai Chi, 10:30 AM Game Day, 1 PM
<b>Fri, Dec 6</b> Fitness with Holly, 9 AM Fun With Photography, 11 AM	<b>Wed, Dec. 25</b> Town Offices Closed	<b>Fri, Jan 17</b> Fitness with Holly, 9 AM
<b>Sat, Dec 7</b> Boxborough Museum, 2-4 PM	<b>Mon, Dec 30</b> Fitness with Holly, 9 AM Movie Monday, 1 PM	<b>Mon, Jan 20</b> MLK Day-Town Offices Closed
<b>Mon, Dec 9</b> Fitness with Holly, 9 AM Movie Monday, 1 PM	<b>Thu, Jan 2</b> Line Dancing, 9 AM Game Day, 1 PM	<b>Tue, Jan 21</b> Tai Chi, 10:30 AM Adv. Beg. Spanish, 1 PM Yoga for Seniors, 1 PM
<b>Tue, Dec 10</b> Tai Chi, 10:30 AM Adv. Beg. Spanish, 1 PM Yoga for Seniors, 1 PM	<b>Fri, Jan 3</b> Fitness with Holly, 9 AM	<b>Wed, Jan 22</b> Fitness with Holly, 9 AM
<b>Wed, Dec 11</b> Fitness with Holly, 9 AM Wellness Clinic, 11 AM – noon, UCC Box. Neighbors Lunch, noon	<b>Mon, Jan 6</b> Fitness with Holly, 9 AM Movie Monday, 1 PM	<b>Thu, Jan 23</b> Line Dancing, 9 AM Tai Chi, 10:30 AM Game Day, 1 PM
<b>Thu, Dec 12</b> Line Dancing, 9 AM Tai Chi, 10:30 AM Game Day, 1 PM COA Board Meeting, 3 PM	<b>Tue, Jan 7</b> Book Group, 10 AM Tai Chi, 10:30 AM Adv. Beg. Spanish, 1 PM Yoga for Seniors, 1 PM	<b>Fri, Jan 24</b> Fitness with Holly, 9 AM
<b>Fri, Dec 13</b> Fitness with Holly, 9 AM	<b>Wed, Jan 8</b> Fitness with Holly, 9 AM Wellness Clinic, Comm.Ctr, 11 AM –noon	<b>Mon, Jan 27</b> Fitness with Holly, 9 AM Movie Monday, 1 PM
<b>Mon, Dec 16</b> Fitness with Holly, 9 AM Movie Monday, 1 PM	<b>Thu, Jan 9</b> Line Dancing, 9 AM Tai Chi, 10:30 AM Game Day, 1 PM COA Board Meeting, Library, 2 PM	<b>Tue, Jan 28</b> Tai Chi, 10:30 AM Adv. Beg. Spanish, 1 PM Yoga for Seniors, 1 PM
<b>Tue, Dec 17</b> Tai Chi, 10:30 AM Yoga for Seniors, 1 PM	<b>Fri, Jan 10</b> Fitness with Holly, 9 AM	<b>Wed, Jan 29</b> Fitness with Holly, 9 AM
	<b>Sun, Jan 12</b> Boxborough Museum, 2-4 PM	<b>Thu, Jan 30</b> Line Dancing, 9 AM Tai Chi, 10:30 AM Game Day, 1 PM
		<b>Fri, Jan 31</b> Fitness with Holly, 9 AM

### NEW IN BOXBOROUGH

**FCOA Holiday Party**, Wed Dec 4, noon to 2 PM  
**Blanchard Breakfast and Concert**, Tue Dec 10, 8 AM  
**Holiday Music Concert, Library**, Tue Dec 10, 7 PM

**Podiatry Clinic**, Comm.Ctr, Wed Jan 8, 1 PM  
**Senior Art Show Reception**, Library, Thu Jan 9, 3-4:30 PM  
**Trip to Fitchburg Art Museum**, Fri Jan 24, 1 PM

### IN NEARBY TOWNS

**Community Supper**, Mt. Calvary Church, every Wed, 5 PM not on Dec 25  
**Senior Lunch**, Mt. Calvary Church, fourth Thur, 12:15 PM not on Dec 26  
**Bridge**, St. Matthews Church, every Thur, 10 AM not on Dec 26  
**Quilting Group**, Mt. Calvary Church, every Tues, 9 AM

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