

THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

Council on Aging

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COA Board Members

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

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February 2014

Valentine's Day Party!

Like magic, you can transform February from gray to red! And here's how—come to the Valentine's Day Party, **noon, Friday February 14, at the Community Center.** Enjoy a Valentine's Day lunch provided by Life Care Center of Acton. Music, punch, goodies, and some surprises will also add fun to this special day.



Valentine's Day was first associated with romantic love in the Middle Ages, and celebrating the day with folks who care may be the perfect antidote for the February blahs. And don't worry about the weather, because we have a snow date: **Friday, February 21.**

*NOTE: Registration for this popular event is required for admission, and must be done **by February 7**, so call now at 978-264-1717. Food and favors will be limited to the registration list, so please respect those who did register and only show up if you sign up.*

New Easy-Chair Exercise Class Coming this Spring!

Have you ever felt it was time to get up from your easy chair and start to exercise? If the answer is yes, the Council on Aging has a class for you.

Instructor Linda Sango has 35 years of teaching experience. This class will be tailored to the needs of each participant. Many choices will be available: sitting, standing, hand-weights, whatever you're most comfortable with. The goal is to enjoy what you are doing and have fun in the process. Classes start **March 20** and meet at the Community Center on **Thursdays from 10:30 to 11:30 AM.** The cost is \$20 for 6 sessions. For more information or to register, call Laura at 978-264-1717.



The COA Needs Your Input!

This month, you'll find an important Questionnaire included in the *BUZZ*. To better serve Boxborough's senior community, your COA is reaching out to all our town seniors to learn your thoughts and concerns about a number of various subjects.

The Questionnaire is printed on the blue sheet of paper found inside this issue of the *BUZZ*.

You can do two things to help out your COA.

- 1.) First, read through and fill out the Questionnaire.
- 2.) Then, use the addressed, mail-ready envelope to return your completed Questionnaire to the COA office.



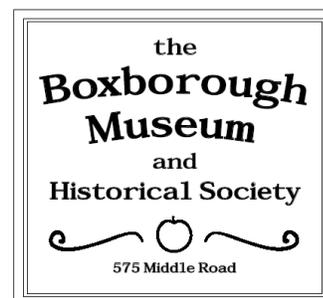
Please mail your completed Questionnaire **no later than February 10, 2014**. Thank you in advance for your input . . . and remember, taking the time to complete and return this form will help your COA to better understand your needs and what the COA can do to help you with them!

Free 2013 Income Tax-Preparation Service

Starting in February and continuing through mid-April, **The AARP Foundation** sponsors a free tax-preparation service for low-to-moderate income taxpayers. If you want to use this service, please call the COA at 978-264-1717 to make an appointment with the trained preparer. All appointments will be held on Thursdays at the Sargent Memorial Library. You'll need to provide a copy of last year's Federal and State tax returns and all 2013 tax forms, such as W2, 1099, Social Security and IRA, pension, annuities, and any miscellaneous income earned during 2013. This service does not include: preparing business returns, investment advice, or calculating asset basis or complex Schedule D calculations.

Massachusetts Circuit Breaker Tax Credit

If you are applying for the CB Credit, the tax preparer will help you determine your eligibility for this credit. You or your spouse, if married and filing jointly, must be at least 65 years of age before January 1, 2014, to qualify for this credit. In summary, you must file as single, married jointly, or head of household to qualify. If married filing separately, you do not qualify for this credit. Lastly, please bring your 2012 or 2013 Real Estate Tax bill or a copy of your rental contract to your appointment.



The Museum will be open **2-4 PM Sunday, February 9** and **March 9**.

Boxborough Historical Society Meeting

On **Sunday, February 23**, the Boxborough Historical Society will meet at **7 PM** in the Morse and Hilberg rooms of the Boxborough Town Hall. John Fallon will present "Education for Boxborough: 1783 to 2013". How did the Boxborough schools develop? Who paid to build the original Blanchard School and who is it named for? (Hint: it was not Luther Blanchard.) How did the Acton-Boxborough Regional School District come about and why did it almost not happen? Admission is **free** and all are welcome.

New Year's Resolution: Learn something new today!

Just in time for the New Year, the Sargent Memorial Library in Boxborough is introducing an exciting new service to library patrons. **Universal Class** offers self-guided classes on a wide variety of subjects with a growing catalog of over 500 courses.

Available classes range from computers, resume writing, business, home & garden, health and medicine, hobbies, and more. For more information, follow the **Universal Class** link on our website www.boxlib.org. *This new service is sponsored by a donation from the Sargent Memorial Library Foundation*

New Genealogy Resource @ the Library

Thanks to the generosity of the Sargent Memorial Library Foundation, the Sargent Memorial Library is pleased to announce that we have expanded our genealogy resources to include both the popular **Ancestry® Library Edition** powered by Ancestry.com® and **HeritageQuest® Online**.



Ancestry® Library Edition provides access to more than 7,000 available databases with sources like censuses, vital records, immigration records, family histories, military records, court and legal documents, directories, photos, maps, and more.

HeritageQuest® Online is a comprehensive treasury of American genealogical sources—rich in unique primary sources, local and family histories, and finding aids with coverage dating back to the 1700's. **HeritageQuest® Online may be accessed from home with your Boxborough Library card.**

Bring your questions and come explore all of the information you need to answer all the questions you have about your family history.

COA Transportation Services

Boxborough seniors and residents with disabilities can make reservations through Cross Town Connect for van rides to medical appointments, food shopping, and most local programs. The cost is nominal. You can make 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. Although the phone number is different, the same COA Van and the same drivers will be providing your service.

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 • Karyn 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.

February

The Golden Ticket
Schedule of Events

2014

Mon, Feb 3 Fitness with Holly, 9 AM
Movie Monday, 1 PM

Tue, Feb 4 Book Group, 10 AM
Tai Chi, 10:30 AM
Yoga for Seniors, 1 PM
Adv. Beginner Spanish, 1PM

Wed, Feb 5 Fitness with Holly, 9 AM
Knitting Group, 2 PM

Thu, Feb 6 Line Dance, 9 AM
Game Day, 1 PM

Fri, Feb 7 Fitness with Holly, 9 AM

Sun, Feb 9 Boxborough Museum,
2-4 PM

Mon, Feb 10 Fitness with Holly, 9 AM
Movie Monday, 1 PM

Tue, Feb 11 Tai Chi, 10:30 AM
Yoga for Seniors, 1 PM
Adv. Beginner Spanish, 1 PM

Wed, Feb 12 Fitness with Holly, 9 AM
Knitting Group, 2 PM

Thu, Feb 13 Line Dance, 9 AM
Game Day, 1 PM

Fri, Feb 14 Fitness with Holly, 9 AM

Mon, Feb 17 President's Day – Town offices
closed

Tue, Feb 18 Tai Chi, 10:30 AM
Yoga for Seniors, 1 PM
Adv. Beginner Spanish, 1 PM

Wed, Feb 19 Fitness With Holly, 9 AM
Knitting Group, 2 PM

Thu, Feb 20 Line Dance, 9 AM
Game Day, 1 PM

Fri, Feb 21 Fitness with Holly, 9 AM

Mon, Feb 24 Fitness with Holly, 9 AM
Movie Monday, 1 PM

Tue, Feb 25 Tai Chi, 10:30 AM
Yoga for Seniors, 1 PM
Adv. Beginner Spanish, 1 PM

Wed, Feb 26 Fitness with Holly, 9 AM
Knitting Group, 2 PM

Thu, Feb 27 Line Dance, 9 AM
Game Day, 1 PM

Fri, Feb 28 Fitness with Holly, 9 AM

—NEW THIS MONTH IN BOXBOROUGH—

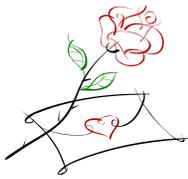
Wellness Clinic, Fri, Feb 14, 11 AM, Community Center
Valentine's Day Luncheon, Fri, Feb 14, noon at Community Center
Boxborough Historical Society Meeting, Sun, Feb 23, 7 PM at Town Hall

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

'Night Watch'

Dress Rehearsal, Concord Players
Thu. Feb 13, 8 PM, \$ 5



Ongoing Events, Classes

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



Book Group Meets first Tuesday of the month 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 Usually held on the second Wednesday of the month. However, this month it will be held on Friday, February 14 at the Community Center. 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 Mondays, Wednesdays, & Fridays at 629 Mass. Ave. Sign up for one, two or three days. 9 AM.

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

Knitting Group A group for those who enjoy knitting or want to learn how to knit. Meets Wednesdays 2-4 PM. Sargent Memorial Library. Call Anne McNeece for information: 978-263-9626.

Line Dance A 12-week class taught by Sam O'Clair. Meets Thursdays 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 Tuesdays 1 PM. Community Center.

Tai Chi A 12-week class taught by Jeff Cote and staff. Meets Tuesdays 10:30 AM. Community Center.

Yoga for Seniors A 12-week class of stretching, balance, and yoga taught by Julia Viggh. Meets Tuesdays 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 Memorv of _____