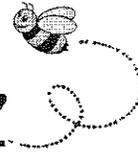


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

Council on Aging

Laura Arsenault,
COA Coordinator
978-264-1717
e-mail: larsenault@
boxborough-ma.gov

COA Board Members

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

Frank Powers, President
Tina Bhatia
Lauraine Harding
Susan Page
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
Sheila Lloyd
Astrid Perko
Ginnie Richardson
Alan Rohwer
Peggy Spinner
Shirley Warren
Georgia Winfrey

Buzz Production Team

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

April 2015

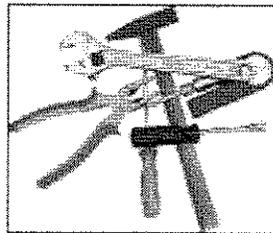
Town Hall Employee Brunch for Seniors

Here's a sure sign of spring! On **Wednesday, April 8**, at **11 AM**, the staff of Town Hall will host a brunch for seniors at the **Community Center**. The menu will include breakfast casseroles, quiches, sausages, fresh fruit, baked goods, juices, and coffee. This event is very popular, so mark your calendar to come and enjoy great company and terrific food! Please call Laura at 978-264-1717 to let us know you're coming.

Could you use a "Lending Hand"?

The safety and well-being of Boxborough seniors is a concern of the COA. The COA knows that many people resist or give up making repairs and doing chores, because they know these actions may result in injury.

- Have you ever put off small repairs because of painful arthritis?
- Do your winter clothes never make it to the attic due to your sore back?
- Do you wonder who to call when a repair/task needs to be done, or when you don't know how to do it yourself?

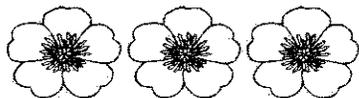


The COA has wondered about these things, too. The neighborly spirit has always been strong in Boxborough, and the COA in conjunction with the Boxborough Minuteman Company would like to lend a hand. If you find yourself in need of help because of lack of strength, transportation, or knowledge, please call Laura at 978-264-1717. Describe your predicament. There is a very good chance we may be able to provide you with the help you need.

Also, please be advised that this service is NOT intended for routine on-going activities (e.g., mowing lawns, etc.) but rather for special situations.

Trip to See Art in Bloom

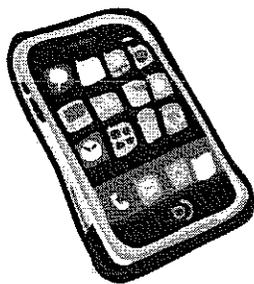
Let's celebrate spring together! "Art in Bloom" is coming to the **Fitchburg Art Museum** in April. Join the museum outing on **Friday, April 10, at 1:30 PM**. The exhibit has been an annual event in Fitchburg for 17 years, and it promises to lift your spirits after the official "deepest winter ever".



Florists, nurseries, garden clubs, and inspired individuals display magnificent floral creations for 4 days in the Museum galleries. In addition to the pleasure of seeing so many beautiful flower arrangements, refreshments are free—a special perk for seniors! The van will leave Town Hall at 1:30 PM. Cost is \$10. Reserve your place by calling Laura at 978-264-1717 no later than Monday, April 13.

Mastering Tech Tools: Using a Smart Phone

Last fall, the COA and the Library ran a series of informal classes designed to help seniors not only use but also enjoy new technology. On **April 30, at 3 PM**, the series will continue at the **Library**. Our next class covers how to use an Android-type smart phone (NOT an iPhone—we will offer another class on that in the future).



Classes are aimed at beginners, so we cover the basics: making and receiving calls; picking up voicemail; texting; and getting apps. You will see demonstrations, receive instruction, and have a

chance to ask lots of questions. Then you can try what you have learned. If enough people are interested, we will offer more advanced classes in the future. Call Laura at 978-264-1717 to register.

Sargent Memorial Library Events

Ragtime

Our Library building is ten years old. To thank the community for its support, special programs will run throughout the year. On **Thursday, April 9, at 7 PM**, the Sargent Memorial Library will host Pianist/Composer Deborah Wyndham for an evening of "Ragtime". Through music, Deborah shares the history of our nation's first 'pop' music: ragtime. Ragtime was the beginnings of jazz and has gone on to influence many other musicians and styles of music. It is an important part of our American musical heritage, and it's fun to hear.

Pianist/composer Deborah Wyndham, who has given over 3,000 past performances, plays a wide variety of music from ragtime and other early jazz styles to original contemporary music. With appearances on d ABC, FOX and NBC listeners have described her playing as sounding 'like four hands'. This program is sponsored by the generosity of the Friends of the Boxborough Library. Everyone is welcome.

Book Sale

Friends of the Boxborough Library will hold a book sale in the meeting room of the **Sargent Memorial Library** on **Saturday, May 3, from 9 AM–2 PM**. A Preview Sale for members will take place **Friday, May 2, from 7 PM–9 PM**. (Membership will be available at the door.) Proceeds from the sale will go toward additional library programs and museum passes.

Please support this sale by attending and by donating your gently-used hardcover books, paperbacks, and audiovisual items. Donations will be accepted from April 28–May 1 at the library during regular library hours. Please—no VCR tapes, magazines, or books in really poor condition. If a Boxborough senior needs help donating books, please call the COA at 978-264-1717.

Boxborough Museum
Open 2–4 PM
Sunday, April 12

Boxborough Historical Society Presents: "The Wetherbees"

On **Sunday, April 26**, the Boxborough Historical Society will meet at **7 PM** in the Morse and Hilberg rooms of **Town Hall**. Duncan Brown and Mary Larson will present "The Wetherbees: A Family in Boxborough's History". Come learn the story of a family that has been part of Boxborough for longer than the Town has existed. Admission is free and all are welcome.

###

LELWD: Annual Senior Luncheon

The Littleton Electric Light and Water Department Annual Senior Luncheon will be held on **Wednesday, April 22**, at the Russell Street Elementary School, 55 Russell Street, Littleton, MA. The lunch is served at **noon**. Tickets are available in the COA office. Please call 978-264-1717 to reserve your tickets. You can pick them at the COA office or have them mailed to your home.

###

Go Solar!

Have you wondered if your house could support solar panels to bring you the benefits and savings of a renewable energy source? To learn more, come to the **Boxborough Solar Forum** on **Thursday, April 16, at 7 PM at the Library**. Two experts will explain the economics of installing solar panels and cover the basic equipment, along with the ABC's of installation. This event is sponsored by the Boxborough Energy Committee, which is launching the Boxborough Solar Initiative. This program is supported by the Town. Come learn about this exciting opportunity.

Nashoba Nurse's Hours

Temara Bedard, the Boxborough Town Nurse, will be at **Town Hall** with Lauren Abraham, our Community Services Coordinator, on **April 28**, from **10 AM until noon**. Starting on June 23 and continuing thereafter, she will hold **regular nurse clinic hours** at that time every fourth Tuesday.

###

34th Annual Senior Conference Hosted by Senator Jamie Eldridge

The Senior Conference, to be held on **Thursday, April 24, at Hudson High School**, will offer informational workshops and health screenings. Senator Eldridge will be joined by Congresswoman Niki Tsongas, Secretary of the Executive Office of Elder Affairs, Attorney General Martha Coakley, and many others. Vendors will be selling a variety of products for seniors. The conference begins at **9 AM** and ends at **2 PM**. Coffee and doughnuts will be served in the morning, and lunch starts at **11:30 AM**. There is no charge. The school is located at **69 Brigham St., Hudson, MA**. Please call Laura at 978-264-1717 for more information.



Podiatry Clinic

On **Wednesday, April 1**, the COA will hold a podiatry clinic. Services at the clinic include: Trimming of nails, treatment of corns and calluses, and screening. A \$20 fee payable to Dr. Jack Lubert is required at the clinic. The clinic begins at **1 PM**. It will take place at the Community Center. Call Laura at 978-264-1717 to reserve a spot or inquire about a home visit.

COA Transportation Services

Boxborough seniors and residents with disabilities can call Cross Town Connect to reserve van rides to medical appointments, food shopping, and most local programs. The cost is nominal. Make reservations and cancellations any time from **8:30 AM-4 PM, Monday through Friday**. To book a trip on the COA van, please **call 978-844-6809**, the **NEW** Central Dispatch phone line. The same COA van and drivers as before will be providing your service.

Volunteer Driver Transportation

Boxborough Volunteer Drivers if van is unavailable (all area code 978)

Swan Anderson 263-0272 Anne Canfield 263-2664 Lorraine Carvalho 263-8060 ■
Rita Grossman 264-4077 Kristen Hilberg 501-2912 Karyn Kealty 635-9133
■ Anne McNeece 263-9626 Susan Vine 266-1266 Jini Vockel 929-9050

Road to Recovery Call 1-800-227-2345 for transportation and information for cancer patients.

April

The Golden Ticket

2015

Wed, Apr 1 **Fitness with Holly, 9 AM**
Knitting Group, 2 PM

Thu, Apr 2 **Line Dance, 9 AM**
Water Exercise, 10:15 AM
Yoga for Seniors, 1 PM
Game Day, 1 PM

Fri, Apr 3 **Fitness with Holly, 9 AM**

Sun, Apr 5 **Boxborough Museum, 2-4 PM**

Mon, Apr 6 **Fitness with Holly, 9 AM**
Movie Monday, 1 PM

Tue, Apr 7 **Book Group, 10 AM**
Tai Chi, 10:30 AM
Yoga for Seniors, 1 PM
Adv. Beginner Spanish, 1 PM

Wed, Apr 8 **Fitness with Holly, 9 AM**
Knitting Group, 2 PM

Thu, Apr 9 **Line Dance, 9 AM**
Water Exercise, 10:15 AM
Yoga for Seniors, 1 PM
Game Day, 1 PM
COA Board meeting, 3 PM

Fri, Apr 10 **Fitness with Holly, 9 AM**

Mon, Apr 13 **Fitness with Holly, 9 AM**
Movie Monday, 1 PM

Tue, Apr 14 **Tai Chi, 10:30 AM**
Yoga for Seniors, 1 PM
Adv. Beginner Spanish, 1 PM

Wed, Apr 15 **Fitness with Holly, 9 AM**
Knitting Group, 2 PM

Thu, Apr 16 **Line Dance, 9 AM**
Water Exercise, 10:15 AM
Yoga for Seniors, 1 PM
Game Day, 1 PM

Fri, Apr 17 **Fitness with Holly, 9 AM**

Mon, Apr 20 **Patriots Day** – Town offices and
Library closed

Tue, Apr 21 **Tai Chi, 10:30 AM**
Yoga for Seniors, 1 PM
Adv. Beginner Spanish, 1 PM

Wed, Apr 22 **Fitness with Holly, 9 AM**
Knitting Group, 2 PM

Thu, Apr 23 **Line Dance, 9 AM**
Water Exercise, 10:15 AM
Yoga for Seniors, 1 PM
Game Day, 1 PM

Fri, Apr 24 **Fitness with Holly, 9 AM**

Mon, Apr 27 **Fitness with Holly, 9 AM**
Movie Monday, 1 PM

Tue, Apr 28 **Wellness Clinic, 10 AM**
Tai Chi, 10:30 AM–noon
Yoga for Seniors, 1 PM
Adv. Beginner Spanish, 1 PM

Wed, Apr 29 **Fitness with Holly, 9 AM**
Knitting Group, 2 PM

Thu, Apr 30 **Line Dance, 9 AM**
Water Exercise, 10:15 AM
Yoga for Seniors, 1 PM
Game Day, 1 PM

New In Boxborough

Podiatry Clinic Wed, Apr 1, 1 PM, Comm.Ctr
Town Hall Brunch Wed, Apr 8, 11 AM,
Comm. Ctr.
Ragtime Thu, Apr 9, 7 PM, Library
'Art in Bloom' Trip to Fitchburg Art Museum
Fri, Apr 10, leaves at 1 PM from Town Hall

Go Solar! Thu, Apr 16, 7 PM, Library
Boxborough Historical Society Meeting Sun,
Apr 26, 7 PM, Town Hall
Mastering Tech.Tools– Smartphone Thu,
Apr 30, 3 PM, Library
Library Book Sale Sat, May 2, 9 AM–2 PM

LELWD : Annual Senior Luncheon, Wed, Apr 22, noon, Russell Street Elementary School, Littleton
35th Annual Senior Conference, Thu, Apr 23, 9 AM - 2 PM, Hudson High School, Hudson

In Acton

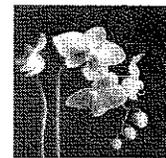
Community Supper Mt. Calvary Church, Wed, 5PM
Senior Lunch Mt. Calvary Church, fourth Thu, 12:15 PM
Quilting Group Mt. Calvary Church, Tue, 9 AM

Dress Rehearsal

Kiss Me, Kate by Cole Porter
Concord Players, Apr 23, 8 PM Admission \$10



Ongoing Events, Classes



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

Book Group Meets first Tuesday, 10 AM. Library. New members are always welcome.

COA Wellness Clinic Held on the fourth Tuesday. Nashoba Nursing Service hosts a monthly wellness check for all ages. 10 AM-noon. Community Center.

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, and Fridays at Community Center. Sign up for one, two or three days. 9 AM.

Game Day Come and play popular card games, such as canasta, and board games. 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.

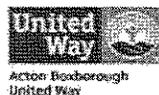
Senior Luncheon in Acton An ongoing group that usually meets every fourth Thursday. Mt. Calvary Church, 12:15 PM.

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.

Water Exercise A 6-week class; friendly water exercises taught by Curtis Schulz. Meets Thursdays, 10:15 AM. Swymfit, 90 Swanson Road.

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