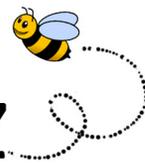


THE

# BOXBOROUGH BUZZZ



## SENIOR NEWS YOU CAN USE

August-September 2016

### 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  
Barbara Birt  
Taryn Light  
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  
Loretta Grushecky  
Sheila Lloyd  
Mary Nadwairski  
Astrid Perko  
Ginnie Richardson  
Alan Rohwer  
Peggy Spinner  
Shirley Warren  
Georgia Winfrey

### Buzz Production Team

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

### Fire and Police Departments Sponsor Luncheon

On **Wednesday, September 14**, the Boxborough Fire and Police Departments are co-sponsoring a free luncheon and public safety presentation for all Boxborough seniors. The Boxborough Professional Firefighters Union and the Boxborough Police Officers Union are each contributing generously to the food purchases for this event, which starts at **noon** at the **Community Center**.

Not only does this popular event provide a chance for seniors to socialize, it is also an opportunity for seniors to become informed about safety issues that could affect them. For example, the police will discuss the latest scams and frauds that target seniors and will explain how you can protect yourself. To register for this event, please call Laura at 978-264-1717.

### Annual Rotary Senior Luncheon

**Sunday, September 18**, the Annual Acton-Boxborough Rotary Luncheon for seniors will be held at the **Boxborough Holiday Inn**. The food will be prepared by the Holiday Inn's culinary staff. Chicken, potato, coleslaw, rolls, cookies, and ice cream will be served. The lunch starts at **noon**. Please call Laura (978-264-1717) by September 15 to make or to cancel a reservation.

### Countdown to Medicare

An informative seminar titled **Planning for Medicare** will be held at **6:30 PM** on **Monday, September 19**, at the **Sargent Memorial Library**. Whether you are planning to retire soon, or continue to work, it's important for you to learn about the various Medicare options that are available to you so that you can make the right healthcare decisions for yourself.

The seminar will consist of a presentation and discussion led by a knowledgeable Blue Cross Blue Shield of Massachusetts representative.

*(continued on page 2)*

## 2016 Schedule for Fall Classes

**Fitness with Holly** In this motivating class, participants will improve their strength, balance, and flexibility. Classes are held at the Community Center on Mondays, Wednesdays, and Fridays at 9 AM. This 12-week session begins Monday, September 12. Cost: \$48 for one class per week; \$84 for two classes; \$108 for three classes.

**Gentle Yoga with Julia** The practice of yoga utilizes physical postures, breathing exercises, and meditation to help bring ease and balance in the mind and body. This 12-week session begins September 13 and meets on Tuesdays and Thursdays at 25B Stow Road, 1 PM. Cost: \$48 for one class per week and \$96 for two classes per week. Beginners are always welcome in this friendly and supportive group.

**Line Dance Class with Sam** This 12-week dance class has great music, while offering many health benefits associated with other forms of exercise. There is lots of camaraderie, and you don't need a partner. Beginning September 8, the class meets on Thursdays at the Community Center, 9 AM. Cost: \$48.

**Water Exercise Class with Curtis** Join others and have fun as you improve your strength, balance, and range of motion. This class is a great way to increase your activity level while you enjoy time in the water. The class is held Thursdays from 10:15 AM to 11 AM, at Boxborough's Swymfit. The 6-week session begins September 8. Cost: \$30.

**Brains and Balance Class** Researchers no longer believe that falling and losing mental capacity are inevitable parts of aging. You can take steps to reduce your chance of suffering a debilitating fall. This exercise class is designed to help prevent falls and keep you mentally sharp. You will discover how much fun balance training can be while you exercise your brain with drills that "train your brain". These exercises are designed to improve memory, reasoning, conceptualization, and problem-solving skills. Classes are held at the Community Center, Tuesdays at 10:30 AM. The 10-week session begins September 27. Cost: \$50.

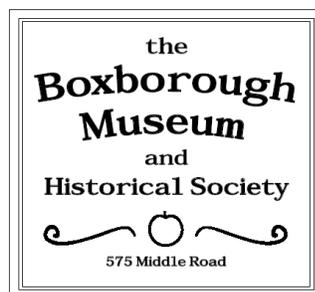
## *(Countdown to Medicare Continued)*

Topics include:

- Explanation of Medicare Parts A, B, and C
- Medicare enrollment timeline
- Medigap plans that help supplement
- Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA

If you're getting close to Medicare eligibility, this seminar is for you!

*This program is co-sponsored by the Boxborough Council on Aging and the Sargent Memorial Library/Whitcomb House Trust Fund.*



The Museum will be open from **2-4 PM** on **Sunday, August 14** and **September 11**.



## **Flu Clinic to Be Held in Boxborough**

Nashoba Associated Boards of Health (NABH), in conjunction with Boxborough's Board of Health, will hold a **flu clinic** on **Tuesday, September 27**, in the Grange Room at Boxborough Town Hall, from **10-11 AM**. This is a drop-in clinic, so no appointment is necessary. The Centers for Disease Control and Prevention (CCD) recommends a yearly flu vaccine for everyone six months of age and older. When you come to the clinic, please bring a copy of your Health Insurance Card. **For additional information or to request a home visit**, please contact NABH at 978-772-3335 or 1-800-427-9762, ext. 340.

## North Sea Gas Concert at Sargent Memorial Library

Back by popular demand, the Sargent Memorial Library is pleased to host a return performance by the **North Sea Gas** on **Wednesday, September 14, at 7 PM.**

This is one of Scotland's most popular bands, with guitars, mandolin, fiddle, bouzouki, bodhrans, whistles, banjo, and great vocals with tremendous three-part harmonies. Founded in 1979, **North Sea Gas** has been performing its own brand of Scottish music all over the world. Dave Gilfillan, Ronnie McDonald, and Grant Simpson will sing songs from their most recent album, *The Fire in the Glen*, and from *The Passion of Scotland*, which won the 2013 Album of the Year Award on Celtic Radio in Boston.

This program is sponsored by the Whitcomb House Trust fund. Everyone is welcome.



## New Discounted Pass to EMK Institute

The Sargent Memorial Library is pleased to announce the addition of discounted passes to the Edward M. Kennedy Institute. The EMK Institute for the United States Senate is designed to bring the history of the United States Senate alive, using technology to engage and inspire. The Institute features a representation of the United States Senate Chamber, interactive exhibits, and a reproduction of Senator Kennedy's office.

To experience the Senate Chamber, Chamber Surround, temporary exhibits, and Senator Kennedy's office, please plan for a 1.5 to 2 hour visit. The Institute is located on Columbia Point in Boston adjacent to the JFK Presidential Library and Museum.

For additional information on this or other library passes, visit our website: [www.boxborough-ma.gov/sargent-memorial-library](http://www.boxborough-ma.gov/sargent-memorial-library). Click on the museum passes link. Reservations can be made online or by calling the library at 978-263-4680. All passes are funded by generosity of the Friends of the Boxborough Library.

## FCOA Booth at the Harvest Fair

It's almost fall and you know what that means—our annual **Boxborough Harvest Fair** on **Saturday, September 10.** The fair will be held from **10:45 AM to 4 PM** at **Town Hall** and the **UCC, Congregational.**

Stop by the FCOA booth, which will offer an assortment of delectable home-baked treats. (*If you would like to bake for this event, please call Peggy Spinner at 978-263-2084.*) A limited number of the 2010 Town Hall and 2012 Sargent Memorial Library ornaments will be on sale, two for \$10. All FCOA proceeds will be used to support programs for Boxborough's seniors.

Come to the Boxborough Harvest Fair and enjoy music, be awed at produce and artwork, watch therapy animals, and meet your friends! To display your produce or artwork, to sell your craftwork or art, or to volunteer, go to the Boxborough Harvest Fair website at [boxboroughfair.org](http://boxboroughfair.org).

## 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.**

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

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

## Road to Recovery

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

## Lending Hand Services

Need a helping hand with a specific task, such as moving a heavy object or hanging a window shade? Call Laura at 978-264-1717 to see if **Lending Hand** can help.

**THANK YOU  
MIDDLESEX SAVINGS BANK**

FOR YOUR SPONSORSHIP OF THIS NEWSLETTER!

Visit their Facebook page to learn about their support to local communities.

**—Submit articles for October Issue by September 9—**



*Change Service Requested*

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

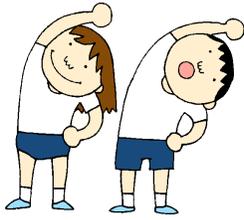
# September 2016

SUN	MON	TUE	WED	THU	FRI	SAT
				1 10-Bridge 2-Mah Jongg	2	3
4	5 <b>Labor Day</b> Town offices and Library Closed	6 10- Book Group	7 2-Crafters Group	8 <b>State Primary Election</b> 7 AM - 8 PM 9-Line Dance 10-Bridge 10:15-Water Exercise 2-Mah Jongg	9	10 <b>10-Harvest Fair</b>
11 2-4 Boxboro Museum	12 9-Fitness w/ Holly 1-Movie Monday	13 1-Yoga	14 9-Fitness w/ Holly <b>12-COA Luncheon</b> <b>Sponsored by:</b> <b>Fire/Police Dept.</b> 2- Crafters Group <b>7-'North Sea Gas'</b> <b>Concert</b>	15 9-Line Dance 10-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg	16 9-Fitness w/ Holly	17
18 <b>12-Rotary Senior Luncheon</b>	19 9-Fitness w/ Holly 1-Movie Monday <b>6:30-Planning for Medicare</b>	20 <b>Noon - 8 PM</b> <b>Minuteman High School Special Election</b> 1-Yoga	21 9-Fitness w/ Holly 2- Crafters Group	22 9-Line Dance 10-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg	23 9-Fitness w/ Holly	24
25	26 9-Fitness w/ Holly 1-Movie Monday	27 <b>10-Flu &amp; Wellness Clinic</b> 10:30-Brains & Balance 1-Yoga	28 9-Fitness w/ Holly 2- Crafters Group	29 9-Line Dance 10-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg	30 9-Fitness w/ Holly	

**Out of Town**

**Held at Mt. Calvary Church, Acton**

Quilting Group, Tue, 9 AM  
Comm. Supper, Wed. 5 PM



## Ongoing Events, Classes

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



**Brains and Balance** Fun class for body balance training together brain drills that "train your brain" Meets Tuesdays, 10:30 AM. Community Center. **New classes begin on Sept 27. Cost \$50 for 19 weeks session.**

**Book Group** Meets first Tuesday of every month, Sept-May, 10 AM. Library. New members are always welcome.

**Bridge** An ongoing group that always welcomes new members. Meets Thursdays, 10 AM. Town Hall. For more information, call Val at 978-263-8184 or Anne at 978-263-2664.

**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. **New classes begin Sept 12. Cost \$48, \$84 and \$108 for one, two or three classes/week.**

**Crafters Group** A group for those who enjoy knitting, crochet, beading, cross-stitch, any craft at all. Make new friends, and work on your project. Meets Wednesdays, 2-4 PM. Sargent Memorial Library. Call Library for more information: 978-263-4680.

**Line Dance** A 12-week class taught by Sam O'Clair. Meets Thursdays, 9 AM. Community Center. **New classes begin Sept 8. Cost \$48 for 12 week session.**

**Mah Jongg** Drop in and learn what this ancient game is all about. Thursdays, 2 PM. Community Center.

**Movie Mondays @ Sargent Memorial Library** 1 PM every Monday that the Library is open.

**Quilting Group** An ongoing group that makes quilts for the needy worldwide. Meets Tuesdays at Mt. Calvary Church, Acton, 9 AM-noon. Call Astrid Perko at 978-263-7016.

**Water Exercise** A 6-week class; friendly water exercises taught by Curtis Schulz. Meets Thursdays, 10:15 AM. Swymfit, 90 Swanson Road. **New classes begin on Sept 8. Cost \$30 for 6 weeks session.**

**Wellness Clinic** Held on the fourth Tuesday. Nashoba Nursing Service hosts a monthly wellness check for all ages. 10 AM. Town Hall.

**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. **New classes begin on Sept 13. Cost \$48 for one class/week and \$96 for two classes/week.**



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