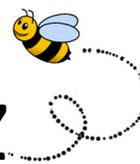


THE

# BOXBOROUGH BUZZZ



## SENIOR NEWS YOU CAN USE

December 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 COA

John Fallon, President  
Barbara Birt  
Lorraine Carvalho  
Mary Cobleigh  
Patty Gayowski  
Loretta Grushecky  
Lauraine Harding  
Sheila Lloyd  
Mary Nadwairski  
Astrid Perko  
Ginnie Richardson  
Alan Rohwer  
Peggy Spinner  
Shirley Warren  
Georgia Winfrey

### Buzz Production Team

Tina Bhatia-COA  
Barbara Birt-COA  
Anne Canfield  
Taryn Light-COA  
Barbara Tornstrom  
Liz West-COA

### Tower Hill Holiday Display

Plan to join us **Friday, December 9**, to experience Tower Hill's spectacular display "**Winter Reimagined.**" Local garden clubs and Tower Hill staff have decorated trees with nature-inspired ornaments. As you move through lush conservatories, be prepared to marvel at the imagination that created and is displayed on the many various trees.



In the Garden Gift Shop, you'll have the opportunity to find unique items for everyone on your shopping list. There also will be time to enjoy a snack or lunch at Twigs Café. Please call Laura at 978-264-1717 to RSVP by Wednesday, December 7. **The van will leave Town Hall at 10:30 AM.** The **cost of the trip is \$15** and does not include Twigs Café or shopping at the gift shop.

### Boxborough FCOA Holiday Luncheon

Plan to join your friends and neighbors as they ring in the Holiday Season at the **Boxborough FCOA luncheon.** The special gathering will be held at the **Community Center** from **noon to 2 PM, on Wednesday, December 14.**

The highlight of the luncheon will be a performance by the **ABRHS Madrigal Singers.** These talented students will present a Traditional Holiday Music Concert that is guaranteed to get you in the holiday spirit. **Admission is free** and all are welcome, but please call Laura (978-264-1717) to RSVP so that enough food can be prepared: lasagna, tossed salad, and dessert. We look forward to sharing good food, great holiday music, and terrific company!

## Winter 2016/17 Class Schedules

**Fitness with Holly** Join others in this motivating class. Participants will improve their strength, balance, and flexibility. Classes meet **Mondays, Wednesdays, and Fridays at 9 AM** at the **Community Center**. This 12-week-session begins **Monday, December 12**. The cost is \$48 for one class per week, \$84 for two classes per week, and \$108 for three classes per week.



**Gentle Yoga with Julia** The practice of yoga is known for its ability to enhance health, vitality, and peace of mind. Postures and movements taught increase strength, balance, and flexibility. This is a friendly, relaxed, and supportive group. Beginners are always welcome! This **12-week-session** begins **Tuesday, January 3, and Thursday, January 5, at 1 PM** at **25B Stow Road**. The cost is \$48 for one class per week and \$96 for two classes per week.

**Line Dance Class with Sam** This dance class has great music and offers many health benefits associated with other forms of exercise. There is great camaraderie and you don't need a partner. The class meets **Thursdays at 9 AM** at the **Community Center**. This 12-week-session begins **December 8**. The cost is \$48.

**Water Exercise Class with Curtis** Improve your strength, balance, and range of motion in this water class. These classes are a great way to increase your activity level while having fun in the water. Classes take place at **Swymfit in Boxborough from 10:15-11 AM**. This 6-week-session begins **Thursday, January 5**. The cost is \$30.

## Blanchard School Breakfast and Band Concert

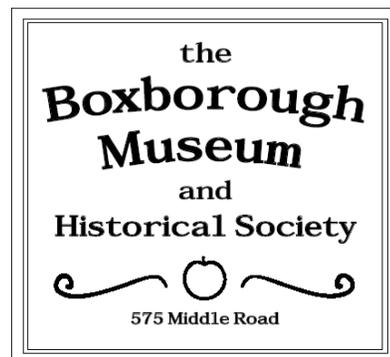
On **Thursday, December 8**, the Blanchard Elementary School invites Boxborough seniors to a breakfast buffet and band concert. The buffet, which takes place at **Blanchard Elementary School**, opens at **8 AM** and includes pastries, muffins, fruits, coffee, and juice.

Breakfast will be followed by a concert from the award-winning Blanchard Band. The Sixth-Grade Student Council is hosting this delightful event.

## Free Monthly Memory Café

Join us for the free, drop-in, Memory Café on **Thursday, December 22, from 10 AM-noon**. Enjoy conversation, refreshments, and entertainment in a welcoming place for individuals and their caregivers living with memory changes.

This month's guest entertainer is Steve Staines who will play your favorite holiday tunes. We meet at the **Groton Council on Aging, on the fourth Thursday of every month, at 163 W. Main St, West Groton**. For more information call Mary Rohwer at 978-263-3944. This program is sponsored by Cooperative Elder Services and supported by a grant from Middlesex Savings Charitable Foundation.



The Museum will be open from **2-4 PM** on **Saturday, December 3, and on Sunday, January 8**.



## ❄️ 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 12 months in memory of the following people:

- David Birt
- Kitty D'Entremont
- Pat Fallon
- Henry Fredrickson
- Cyril Perkin
- Dennis Spinner
- Jerrain Van Tuyl

## Holiday Music Concert

The ABRHS Madrigal Singers will perform their annual Traditional Holiday Music Concert at the **Sargent Memorial Library on Thursday, December 15, 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 by the generosity of the Friends of the Boxborough Library. Everyone is welcome. For additional information, please call the library at 978-263-4680, or visit our website at <http://www.boxborough-ma.gov/sargent-memorial-library>.

## Boxborough Health Services

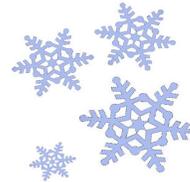
Tamara Bedard, RN, our Boxborough Town Nurse, and Susan Hoag, LPN, from the Nashoba Board of Health Nursing Team, are here for you! Tamara provides a monthly Wellness Clinic for health screenings on the **fourth Tuesday** of each month, from **10–11 AM**, in the **Community Services Office** located on the second floor of **Town Hall**. No appointment is necessary.

Tamara is a resource for non-urgent questions or concerns **Monday through Friday** from **8 AM – 4:30 PM**. She also makes home visits for wellness checks and offers resource support and information. Feel free to call her at 978-772-3335, X340, or email her at this address: [tamarabedard@nashoba.org](mailto:tamarabedard@nashoba.org).

Please call Tamara if you are concerned about someone who is

- at risk, or an underserved resident of any age.
- a frail elder who may need additional services.
- in need of assistance with coordinating care.
- hoarding or has clutter issues.

For advanced directives and forms, such as important end of life planning, go to [www.molst-ma.org](http://www.molst-ma.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

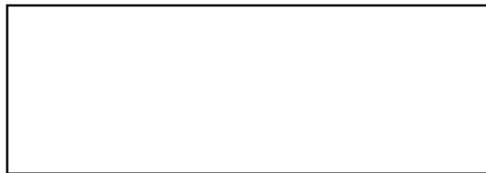
Need a helping hand with a specific task, such as moving a heavy object or hanging a window shade? Call Laura at 978-264-1717 to see if **Lending Hand** can help.

## Special Town Meeting!

A Special Town Meeting will convene on **Monday, December 12**, at **7 PM** in the **Blanchard Memorial School** gym. The warrant contains 9 items, including purchasing conservation land, changing the dog licensing by-law, entering into a PILOT (payment in lieu of taxes) agreement for a solar photovoltaic facility, repairs to the Flerra Field playground, several articles related to the police and fire departments, and funding for a municipal space needs consultant.

The warrant is available online now. Copies should arrive in your mailbox in early December.

**—Submit articles for January-February Issue by December 12 —**



*Change Service Requested*

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

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

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**—Submit articles for February Issue by January 11—**



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## December 2016

SUN	MON	TUE	WED	THU	FRI	SAT
				<b>1</b> 9-Line Dance 9:30-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg	<b>2</b> 9-Fitness w/ Holly	<b>3</b> 2-4 Boxboro Museum
<b>4</b>	<b>5</b> 9-Fitness w/ Holly 1-Movie Monday	<b>6</b> 10-Book Group 1-Yoga	<b>7</b> 9-Fitness w/ Holly 2-Crafters Group	<b>8</b> <b>8-Blanchard Breakfast</b> 9-Line Dance 9:30-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg	<b>9</b> 9-Fitness w/ Holly <b>10:30-Trip to Tower Hill Botanical Gardens</b>	<b>10</b>
<b>11</b>	<b>12</b> 9-Fitness w/ Holly 1-Movie Monday <b>7-Special Town Meeting</b>	<b>13</b> 1-Yoga	<b>14</b> 9-Fitness w/ Holly <b>12-FCOA Holiday Luncheon with ABRHS Madrigals Singers</b> 2-Crafters Group	<b>15</b> 9-Line Dance 9:30-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg <b>7- Madrigals/ Library</b>	<b>16</b> 9-Fitness w/ Holly	<b>17</b>
<b>18</b>	<b>19</b> 9-Fitness w/Holly 1-Movie Monday	<b>20</b> 1-Yoga	<b>21</b> 9-Fitness w/ Holly	<b>22</b> 9-Line Dance 9:30-Bridge 10:15-Water Exercise 1- Yoga 2-Mah Jongg	<b>23</b> 9-Fitness w/ Holly	<b>24</b>
<b>25</b>	<b>26</b> <b>Christmas Day Observed Town offices and Library closed</b>	<b>27</b> 10-Wellness Clinic	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

**Out of Town**

**Mt. Calvary Church, Acton**

**Groton Council on Aging**

Quilting Group, Tue, 9 AM

Comm. Supper, Wed. 5 PM

Memory Café, fourth Thursday, 10 AM



## Ongoing Events, Classes

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



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

**Brains and Balance** Fun class for body balance training together with brain drills that "train your brain" Meets Tuesdays, 10:30 AM. Community Center. Classes will resume in January.

**Bridge** An ongoing group that always welcomes new members. Meets Thursdays, 9:30 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.

**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.

**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.

**Line Dance** A 12-week class taught by Sam O'Clair. Meets Thursdays, 9 AM. Community Center.

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

**Memory Café** A free, drop-in event for individuals and their caregivers living with memory changes. Meets fourth Thursday of every month, 10 AM. Groton Council on Aging. Call Mary Rohwer at 978-263-3944.

**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.

**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 Vighh. 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 \_\_\_\_\_