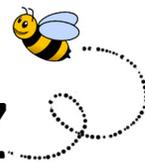


THE

# BOXBOROUGH BUZZZ



## SENIOR NEWS YOU CAN USE

March 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

### Welcome Spring with Food and Song

If the mere thought of spring puts a song in your heart, you will surely want to attend a special free luncheon on **Wednesday, March 9, at noon**. The Council on Aging (COA), the Friends of the Council on Aging (FCOA), and the Holiday Inn of Boxborough are combining resources to bring you a delicious lunch and a superb entertainer—John Fitzsimmons.



John Fitzsimmons is a writer, teacher, raconteur, and singer of folksongs. His deep, resonant voice is familiar to regulars at the Colonial Inn in Concord; he has been performing there every Thursday night for decades. John's songs will lift winter-weary spirits, get toes tapping, and provide delight for all. Mark your calendars now.

This event will be held at the **Community Center**. There is no charge to attend, but please **RSVP by Friday, March 4**. Call Laura at 978-264-1717.



### 2015 Income Tax Preparation: A Free Service

This year, there will be **two dates in March** to schedule an appointment with AARP trained tax preparers in Boxborough. If you are a low- to moderate-income taxpayer, you are eligible to participate. To make an appointment, call Laura at the COA: 978-264-1717. **This service will be available at the Sargent Memorial Library** on the following Thursday afternoons: **March 3** and **March 17**. Please call as soon as possible if you would like to reserve a spot.

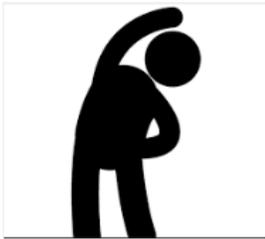
## Spring 2016 Schedule

*All class registration fee checks should be made out to the Boxborough COA.*

### Fitness with Holly

This motivating class is designed to help you improve your strength, balance, and flexibility. Classes are held **Mondays, Wednesdays, and Fridays at 9 AM at the Community Center**, 30 Middle Rd. This 12-week session **begins Monday, March 7**. The cost is \$48 for one class a week, \$84 for two classes, and \$108 for three classes.

### Gentle Yoga



The practice of yoga, with its physical postures, along with breathing exercises and meditation, brings more ease and balance in the mind and body. This class meets **Tuesdays** and

**Thursdays at 25B Stow Rd**. A new 12-week session will begin **Tuesday March 8** and **Thursday March 10**. The cost is \$48 for class per week and \$96 for two classes per week.

### Line Dance

This class features great music and offers many health benefits associated with other forms of exercise. There is a real camaraderie among participants, and you don't need a partner. This class meets **Thursdays at 9 AM at the Community Center**. A new 12-week session **begins March 10**. The cost is \$48.

### Water Exercise

Improve your strength, balance, and range of motion in this **water class held at Swymfit in Boxborough**. Instructor Curtis Schulz will lead you through a joint-friendly movement routine; participants may use floatation belts for assistance. These classes are a great way to increase your activity level while having fun in the water. The next 6-week session **starts Thursday, March 24, at 10:15 AM**. The cost is \$30.

## Annual New England Boiled Dinner: Hosted by Acton Lions

On **Sunday, March 20, at 1 PM**, a traditional New England boiled dinner will be served **in the Acton Senior Center**, to Acton and Boxborough seniors. Reservations are required.

To **RSVP**, please **call the Acton Council on Aging at 978-929-6652**. Calls to make reservations need to be made no later than **Friday, March 11**.

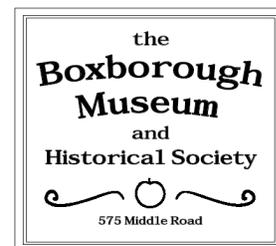


## Brains and Balance Program— It's Back!

Please circle **March 8** on your calendar! This is the day that the very successful **Brains and Balance Program** begins its next session. The classes meet on **Tuesdays, at 10:30 AM, in the Community Center**. The cost for the 6-week session is \$24.

Programs such as this may help seniors avoid falls and stay mentally sharp. Attendees will find out how much fun balance training can be as they learn exercise drills that help to "train your brain." These specially designed drills are intended to help improve memory, reasoning, conceptualization, and language and problem-solving skills.

Plan to join us for the new session of this innovative program. For more information or to register, please call Laura at 978-264-1717.



The Boxborough Museum will be open **2-4 PM** on **Sunday, March 13**.

## Small Dietary Changes Can Make a Big Difference

The US Government has published new dietary guidelines for Americans. While most people have better diets than in the past, we still have a way to go. Most people have a diet that is too low in fruits, vegetables, and dairy. Most eat too many added sugars, saturated fats, and sodium. And most adults are overweight or obese.

Luckily, small changes in food choices can make a big difference over time. For example, an active 61-year-old man requires 400 fewer calories a day than he needed at age 35; an active woman of the same age requires 200 fewer calories. If these people did not change their diets over time, they would gradually pack on about 20 pounds a year.

Good food choices can help us maintain a healthy weight and often avoid certain diet-related health problems, such as diabetes and heart disease. Here are two painless ways to improve your diet:

**1. Choose healthier beverages, snacks, and oils.** Instead of an orange soda, pour yourself an orange-flavored seltzer or orangeade. Instead of snacking on a candy bar or cookies, enjoy a handful of fresh grapes or almonds. Instead of cooking with butter or margarine, use olive oil.

**2. Eat a rainbow.** Colorful foods are often high in nutrients. They contain a variety of healthful vitamins, minerals, and phytochemicals. A colorful plate can stimulate your appetite while improving your diet. Here are some colorful dietary choices:

**Red:** ripe peppers, tomatoes, watermelon, strawberries

**Orange:** oranges, squash, sweet potatoes, cantaloupe

**Yellow:** corn, bananas, pineapple, lemons

**Green:** asparagus, avocado, spinach, celery, broccoli

**Blue/purple:** blueberries, eggplant, red cabbage, grapes, plums



## Boxborough Grange 130th Anniversary Meeting



Boxborough Grange #131 was organized on March 4, 1886. It will hold its **130th Anniversary Meeting** in the Grange Room of the **Boxborough Town Hall** on **Friday, March 11**, starting at **7:30 PM**.

This meeting is open to the public and will feature presentation of the annual Grange Community Service Award to a deserving citizen or group in the Town of Boxborough plus service awards to members of the Grange. Entertainment and refreshments will follow. All are welcome and admission is free. Please RSVP to 978-263-2241.

## 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.

### **The Lowdown on Leprechauns**

Ancient Celts believed in many mythical creatures, including different kinds of faeries. Leprechauns, one type of faerie, have changed over time. They have always been described as small shoemakers, but before 1900, they were said to dress in the color red and wear three-cornered hats. However, today leprechauns are described somewhat differently. For example, they are:

- usually shown dressed in green with tall hats.
- associated with buried treasure—but are so crafty that humans rarely see their gold.
- a protected species in Europe.
- honored in Portland, Oregon, where the world’s smallest park—Mill Ends Park—is dedicated as a leprechaun colony.

**—Submit articles for the April issue by March 11—**



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## Ongoing Events, Classes

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



**Art Class** A 10-week workshop taught by Barbara Shapokas. Meets Tuesdays, 1 PM. Community Center.

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

**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.

**Bridge** An ongoing group that always welcomes new members. Meets Thursdays, 10 AM-1 PM. 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.

**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.

**Mah Jongg** Drop in and learn what this ancient game is all about. Thursdays, 2:15 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.

**Yoga for Seniors** A 12-week class of stretching, balance, and strengthening taught by Julia Vigg. 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 \_\_\_\_\_

# March 2016

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
		<b>7 AM-8 PM Presidential Primary Election</b> 1-Art Class 1-Yoga	9-Fitness with Holly 2-Knitting	9-Line Dance 10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg	9-Fitness with Holly	
<b>6</b>	9-Fitness with Holly 1-Movie Monday	<b>8</b>	9-Fitness with Holly <b>12-Spring Luncheon: Singer John Fitzsimmons</b> 2-Knitting	<b>10</b>	9-Fitness with Holly <b>7:30- Grange Anniversary Meeting</b>	<b>11</b>
<b>13</b>	9-Fitness Holly 1-Movie Monday	<b>15</b>	9-Fitness with Holly 2-Knitting	<b>17</b>	9-Fitness with Holly	<b>18</b>
<b>20</b>	9-Fitness Holly 1-Movie Monday	<b>22</b>	9-Fitness with Holly 2-Knitting	<b>24</b>	9-Fitness with Holly	<b>25</b>
<b>27</b>	9-Fitness Holly 1-Movie Monday	<b>29</b>	9-Fitness with Holly 2-Knitting	<b>31</b>	9-Fitness with Holly	

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

**Annual New England Boiled Dinner, Host: Acton Lions**  
 Acton Senior Center  
 Sunday, March 20, 1 PM

**Out of Town**

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