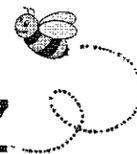


THE BOXBOROUGH BUZZ



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

March 2015

Worcester Historical Museum and Salisbury Mansion

Tired of the snow? Sign up for our trip to the **Worcester Historical Museum** and the **Salisbury Mansion** on **Thursday, March 26**. Discover local treasures beyond your imagination—from small memorabilia to huge machinery.



Fuller Gallery The gallery is home to a large collection of items from Worcester's rich industrial heritage. Worcester companies made and invented items for the Apollo 11 Moon Flight in 1969. Robert Goddard, inventor of the first liquid fuel-powered rocket, was from Worcester, to name just a few of the fascinating facts you will discover here.

Rice Gallery Jonas Rice was the first settler in Worcester in 1713. His story is told in this gallery, along with many artifacts from his era.

(cont. on page 3)

Luncheon and Magic Show

At noon, on Wednesday, March 11, the **Friends of the Council on Aging (FCOA)** will host a luncheon at Boxborough's Community Center. After enjoying lunch with your friends and neighbors, you'll be treated to a Magical Mystery Tour with Mr. Magic (Larry Parker).

Mr. Magic will amaze you with a colorful, fun-filled presentation. He has been doing magic shows for over 40 years—he even performed in Greenland when he was in the Air Force. Recently, Mr. Magic brought back some new tricks from his trip to Shanghai, China. And when Mr. Magic hands you the wand, you too will be able to make magic happen!

Please call Laura at 978-264-1717 by **Wednesday, March 4**, to **RSVP**.

The FCOA would like to belatedly thank the Acton Boxborough Cultural Council for its generous support of the Justin Meyer Jazz Trio at the FCOA December 10 Holiday luncheon. The program was supported by a grant from the Acton Boxborough Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency.

Spring 2015 Classes for Seniors

NOTE: Please make all class registration fees payable to the Boxborough COA.

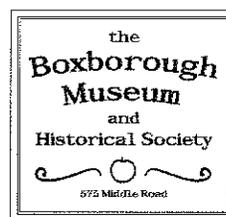
Fitness with Holly Join others in this motivating class. You will improve your strength, balance, and flexibility. Classes are held on **Mondays, Wednesdays, and Fridays at 9 AM** at the Community Center. This 12-week session begins on **Wednesday, March 4**. The cost is \$36 for one class per week; however, you may sign up for one, two, or three classes a week.

Yoga for Seniors The practice of yoga, with its toning postures, along with breathing exercises and meditation, brings ease and balance of the mind and body. This class meets on Tuesdays and Thursdays at 25B Stow Rd. A new 12-week session begins **Tuesday, March 10, and Thursday, March 26**. Cost is \$48 for one day a week and \$96 for 2 days a week.

Tai Chi Our ever popular Tai Chi classes are aimed at harmonizing the body, mind, and spirit with your surroundings. The benefits are improved balance, flexibility, vitality, and better overall health. A new 12-week session begins **Tuesday, March 3**. The class meets **Tuesdays at 10:30 AM** at the Community Center. Cost is \$36.

Line Dance This dance class features great music that offers many health benefits associated with other forms of exercise. It provides great camaraderie, and you don't need a partner. The class meets on **Thursdays at 9 AM** at the Community Center. A new 12-week session starts **March 12**. Cost is \$36.

Water Exercise Improve your strength, balance, and range of motion in this water class at Swymfit in Boxborough. Instructor Curtis Schulz will lead you through a joint-friendly movement routine using 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 26**. Classes take place at Swymfit from **10:15 to 11:00 AM**. Cost is \$30.



**Open 2-4 PM
Sunday, March 8**

New Service at the Library

Thanks to the generous support of the Sargent Memorial Library Foundation, Boxborough library patrons can now download popular magazines!

Zinio for Libraries Zinio, the world's largest newsstand, offers a selection of full color, interactive digital magazines for your enjoyment. Browse from our library's collection of popular titles with no holds, no checkout periods, and no limit to the number of magazines you can download.

Current Issues New issues are released simultaneously with the print edition. Many are available before they arrive at the library and are ready for immediate download.

Easy Browsing Browse our library's collection of titles one at a time, search for your favorite magazines by title, or use the convenient category feature to find new magazines that meet your interests.

Manage Your Collection Using the personal account you need to create, you will have the opportunity to check out the magazines you choose and read them instantly on your computer (both PC and Mac) or access the content on a portable media device. (Note: viewing options, including the ability to download or view the content while online, may differ based on the device and/or magazine publisher).

No Limits Check out as many issues as you want and keep them in your account as long as you wish. A Boxborough library card is required to use this service.

Visit our website for details.
www.boxborough-ma.gov/sargent-memorial-library

Worcester Historical Museum and Salisbury Mansion

(Continued from page 1)

Salisbury Mansion Built in 1772 as a combination house and store, the mansion served as the home of the brilliant "gentleman-merchant" Stephen Salisbury. The mansion was moved and meticulously restored to its 1830s state, the period when it was home to Salisbury's widow Elizabeth.

The van will depart Town Hall at **12:30 PM**. A cost of **\$12** includes admission, transportation, and snacks on the return trip. Please call Laura at 978-264-1717 **by Friday, March 20**, to **RSVP**.



Boxborough Grange 129th Anniversary Meeting

Boxborough Grange #131 was organized on March 4, 1886. It will hold its 129th Anniversary Meeting in the Grange Room of the Boxborough Town Hall on **Friday, March 13**, 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.

Boxborough Historical Society Pot Luck Supper

On **Sunday, March 22**, the Boxborough Historical Society will hold its Annual Pot Luck supper at **5 PM** in the Grange Room at Boxborough Town Hall. Alan Rohwer will present "John Fletcher, Boxborough's Civil War Battle Casualty".

The Civil War had a major impact on our small Town. Many of its men went off to fight, and four did not come home, including three who died from disease. Come and hear the story of John Fletcher, Boxborough's sole battle casualty. Learn about his service and that of his Acton's 26th Regiment Massachusetts Volunteer Infantry in Mississippi, Louisiana, and Virginia. Admission is free and all are welcome. Please call John Fallon at 978-264-0069 to volunteer to bring something to the Supper.



Acton Lions Club Hosts Annual New England Boiled Dinner

A traditional New England boiled dinner will be served to Acton and Boxborough seniors on **Sunday, March 15**, at **1 PM** in the **Acton Senior Center**. Reservations are required.

To **RSVP**, please call the Acton Council on Aging at **978-929-6652**. Calls to make reservations will be accepted starting at **1 PM** on **Monday, March 2**, through **Wednesday, March 11**.

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-4 PM, Monday through Friday**. To book a trip on the COA van, please call **978-844-6809**, which is the **NEW** Central Dispatch phone line. Although the phone number has changed, the same COA van and drivers 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.

Tick-Tock, Tick-Tock: Time to Change Your Clock!

Good news! After the February we've just experienced, on **Sunday, March 8**, a welcome sign occurs that tells us our winter is almost done! This date marks the beginning of Daylight Saving Time (DST). So, before you climb into bed on Saturday, March 7, be sure to set your clocks and watches forward one hour.

And just in case the snow continues to fly, here's another piece of good news for you. Less than 2 weeks after DST starts, **SPRING** begins!

—Submit articles for April Issue by March 11, 2015—



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Boxborough Town Hall
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Boxborough, MA 01719

March

The Golden Ticket

2015

Mon, Mar 2 Fitness with Holly, 9 AM
Movie Monday, 1 PM

Tue, Mar 3 Book Group, 10 AM
Tai Chi, 10:30 AM
Yoga for Seniors, 1 PM
Adv. Beginner Spanish, 1 PM

Wed, Mar 4 Fitness with Holly, 9 AM
Knitting Group, 2 PM

Thu, Mar 5 Line Dance, 9 AM
Water Exercise, 10:15 AM
Yoga for Seniors, 1 PM
Game Day, 1 PM

Fri, Mar 6 Fitness with Holly, 9 AM

Sun, Mar 8 Boxborough Museum, 2-4 PM

Mon, Mar 9 Fitness with Holly, 9 AM
Movie Monday, 1 PM

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

Wed, Mar 11 Fitness with Holly, 9 AM
Wellness Clinic, 11 AM
Knitting Group, 2 PM

Thu, Mar 12 Line Dance, 9 AM
Water Exercise, 10:15 AM
Yoga for Seniors, 1 PM
Game Day, 1 PM
COA Board meeting, 3 PM

Fri, Mar 13 Fitness with Holly, 9 AM

Mon, Mar 16 Fitness with Holly, 9 AM
Movie Monday, 1 PM

Tue, Mar 17 Tai Chi, 10:30 AM
Yoga for Seniors, 1 PM
Adv. Beginner Spanish, 1 PM

Wed, Mar 18 Fitness with Holly, 9 AM
Knitting Group, 2 PM

Thu, Mar 19 Line Dance, 9 AM
Water Exercise, 10:15 AM
Yoga for Seniors, 1 PM
Game Day, 1 PM

Fri, Mar 20 Fitness with Holly, 9 AM

Mon, Mar 23 Fitness with Holly, 9 AM
Movie Monday, 1 PM

Tue, Mar 24 Tai Chi, 10:30 AM
Yoga for Seniors, 1 PM
Adv. Beginner Spanish, 1 PM

Wed, Mar 25 Fitness with Holly, 9 AM
Knitting Group, 2 PM

Thu, Mar 26 Line Dance, 9 AM
Water Exercise, 10:15 AM
Yoga for Seniors, 1 PM
Game Day, 1 PM

Fri, Mar 27 Fitness with Holly, 9 AM

—NEW THIS MONTH IN BOXBOROUGH—

FCOA Lunch with Mr. Magic, Wed, Mar 11, Noon, Community Center
Boxborough Grange Anniversary Meeting, Fri, Mar 13, 7:30 PM, Town Hall
Boxborough Hist. Soc. Pot Luck Supper, Sun, Mar 22, 5 PM, Town Hall
Worcester Historical Society Trip, Thu, Mar 26, leaves at 12:30 PM from Town Hall

IN NEARBY TOWNS

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

**Lions Club's
New England Boiled Dinner**
Acton Senior Center
Sun. Mar 15, 1 PM



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 second Wednesday. Nashoba Nursing Service hosts a monthly wellness check for all ages. 11 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 Vighh. Meets Tuesdays and Thursdays, 1 PM. 25B Stow Road.



Acton Boxborough
United Way

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 _____