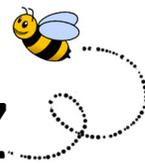


THE BOXBOROUGH BUZZZ



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
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
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
Susan Page-COA
Liz West-COA

November 2015

Minutemen to Host Senior Lunch

The Boxborough Minutemen will sponsor a delicious baked ham lunch with all the fixin's, including dessert, on **Wednesday, November 11, at noon**. Come and chat with your neighbors and enjoy lunch. Special this year will be Boxborough veterans recounting stories of their experiences in some of the major battles of World War II. The luncheon will take place at the **Community Center**.

Please call Laura by November 4 at 978-264-1717 to RSVP.

A Trip Back in Time: The Museum of World War II

On **Wednesday, November 18**, we will travel to Natick to tour The Museum of World War II. Over the course of five decades, Kenneth W. Rendell amassed the largest and most comprehensive private collection of original World War II memorabilia in the world—more than 7,000 artifacts and 500,000 photographs and documents.



This museum uniquely shows the human story interwoven with the military and political events through all of the artifacts from everyday life to documents depicting the most monumental decisions during the war. Nothing in this museum is a reproduction—everything is authentic and most can be touched and handled. Cost is **\$15** per person, and World War II veterans are admitted free.

We will leave Town Hall **shortly before noon**. Please reserve your spot by **November 11**. Also, be aware that there are a few security procedures. Call Laura at 978-264-1717 for details about these and to register.

Online Security @ Boxborough Library

Sargent Memorial Library is offering two sessions of Online Identity & Online Security programs presented by Greg Page of the Merrimack Analysis Group. Both are made possible through the generosity of the Friends of the Boxborough Library.

Who's Tracking You Online? The Quiet "Big Data" Revolution, will be held on **Thursday, November 12** at **7 PM**. Every mouse click, keystroke, and tablet or smart phone selection that we make leaves electronic footprints that help data collectors know who we are. At this interactive presentation, we will talk about the positive, negative, and uncertain implications of this era of Big Data, including critical issues about privacy and security. We will also discuss ways to minimize online footprints.

Finally, *Succeeding on Craigslist*, will be held on **Thursday, November 19** at **7 PM**.

Craigslist is huge. People in more than 50 countries use it to find jobs, information, and goods to buy or sell. This interactive, hour-long seminar will cover key points about selling on craigslist: account setup and management; ways to reach various craigslist communities; avoiding common scams; pricing strategies; delivery and logistics plans; forms of payment; market research; using effective photos, descriptions, and headlines. Attendees will also receive handouts with links to more online resources.



A Message From the Stow Food Pantry

The Stow Food Pantry would like to help Boxborough eat better. If you are on any assistance, you can receive a week's food from us once a month. The Pantry is held twice monthly on **Friday** mornings. The Pantry prides itself on providing local, fresh produce when available, and healthy food for all clients. We serve several towns, including Boxborough, and can handle special diets. Please call to schedule an appointment or to leave a message. 978-897-4230.

Mah Jongg Open House!

Drop in and learn what this ancient game is all about **Thursdays** in November at **2:30 PM** at the **Community Center**.

Boxborough Library Book Sale

The Friends of the Boxborough Library will hold a book sale in the meeting room of the **Sargent Memorial Library** on **Saturday, November 7**, from **9 AM–2 PM**. A preview sale for members will take place **Friday, November 6**, from **7–9 PM**. (Memberships will be available at the door) Proceeds from the sale will go toward additional library programs and museum passes.

Please support this sale by donating gently used hard covers, paperbacks, and audiovisual items, and by attending this sale. Books will be accepted from November 2 to November 5 at the library during regular library hours. Please—no VCR tapes, magazines, or books in really poor condition.



Merrie Christmas Fair

The annual Merrie Christmas Fair will be held on **Saturday, November 21**, in **Boxborough's UCC** and in **Town Hall's Grange Room!** Doors open at **9 AM** and close at **2 PM**. (Doors will reopen at **3 PM** for a Live Auction.) Grandkids might enjoy Breakfast with Santa from **8:30–9:30 AM** in the gathering room upstairs in the church. The fair offers items in many categories—there is even a men's table!

At the Town Hall's Grange Room, you'll find a huge selection of holiday ornaments, handmade knitted and wooden items, baked goods, and jewelry. Also, there will be an assortment of holiday greens to give as gifts or to use in your own home. In the church building, you'll find a Snack Bar, the Silent Auction, Attic Treasures, and more.

Mingle with friends and neighbors at this festive annual tradition, while you avoid the stress of mall madness.

Note: If you have any items you'd like to donate to Attic Treasures, please call Gregg Hamlin (978-263-9238) to arrange for pick up.

Jefferson at Beaver Brook, Boxborough

Have you noticed construction activity by Route 111, Cunningham Road, and Hill Road? Here's the scoop—what you are seeing is the beginning stage of a new local **Chapter 40B Comprehensive Permit** project.

When completed in late 2016 or early 2017, the project called **Jefferson at Beaver Brook, Boxborough**, will consist of 244 one-, two- and three-bedroom rental apartments in 10 buildings. Another building will be a clubhouse with a pool, fitness room, and function room for Jefferson residents. Plans also call for a playground, basketball court, and dog park.



Because Jefferson is being developed under Chapter 40B regulations, 25% of the rental units (61 apartments) will be designated as affordable units. These will be offered through

a lottery system weighted in favor of Boxborough residents. As each building is completed, apartments will become available. There are no age restrictions for residency.

If you are looking to downsize and want to stay in Boxborough, this may be the perfect chance to do so. For additional information, or to indicate an interest in residency at Jefferson, contact Town Planner Adam Duchesneau at **978-264-1723** or **aduchesneau@boxborough-ma.gov**.

The Boxborough Museum

The Museum, at **575 Middle Road**, will be open on **Sunday, November 8**, from **2–4 PM**.

Thank You, Middlesex Savings Bank!

We are grateful to the **Middlesex Savings Bank** for their generous gift of a grant to the Boxborough COA again this year. Thank you for your continued support. Bank Managers Karen Spaziante, of the Boxborough branch, and Keith Karkane, of the West Acton branch, were instrumental in the continuation of the Boxborough COA grant.

Ms. Spaziante reminds us that Middlesex Bank offers accounts with very low fees to seniors. And the local branch, located at **629 Massachusetts Avenue** (Route 111), is convenient for seniors who prefer not to travel to Acton. Mr. Karkane said that Middlesex Bank cares about community, and providing a grant to the COA is one way of providing active support to our town. Please call either Karen 978-263-1711 or Keith 978-263-8006 if you are interested in a review of your retirement plan or have any other questions.

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 Jini Vockel 929-9050

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.

How Word-Wise Are You?

How many words can you make using the letters found in the words **PLYMOUTH PLANTATION**? Set a timer for 10 minutes and jot down as many **4, 5, or 6-letter words** as you can. After time is up, score yourself as follows: **ONE POINT for each 4-letter word; TWO POINTS for each 5-letter word; THREE POINTS for each word that has 6 or more letters.** Add up your points to see how "word-wise" you are!

15–20: Word Wise! **21–30:** Amazingly Word-Wise **31+:** A Word-Wise Wizard!

—Submit articles for the December-January issue by November 6—



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

November

The Golden Ticket

2015

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

Tue, Nov 3 Book Group, 10 AM
Brains and Balance, 10:30 AM
Art Class, 1 PM
Yoga for Seniors, 1 PM

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

Thu, Nov 5 Line Dance, 9 AM
Bridge, 10 AM
Water Exercise, 10:15 AM
Yoga for Seniors, 1 PM
Mah Jongg OH, 2:30 PM

Fri, Nov 6 Fitness with Holly, 9 AM

Sun, Nov 8 Boxborough Museum, 2-4 PM

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

Tue, Nov 10 Brains and Balance, 10:30 AM
Art Class, 1 PM
Yoga for Seniors, 1 PM

Wed, Nov 11 Veterans Day - Town offices and library closed.
COA LUNCHEON will be held.

Thu, Nov 12 Line Dance, 9 AM
Bridge, 10 AM
Water Exercise, 10:15 AM
Yoga for Seniors, 1 PM
Mah Jongg OH, 2:30 PM
COA Board Meeting, 3 PM

Fri, Nov 13 Fitness with Holly, 9 AM

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

Tue, Nov 17 Brains and Balance, 10:30 AM
Art Class, 1 PM
Yoga for Seniors, 1 PM

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

Thu, Nov 19 Line Dance, 9 AM
Bridge, 10 AM
Water Exercise, 10:15 AM
Yoga for Seniors, 1 PM
Mah Jongg OH

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

Tue, Nov 24 Wellness Clinic, 10 AM
Brains and Balance, 10:30 AM
Art Class, 1 PM
Yoga for Seniors, 1 PM

Wed, Nov 25 Fitness with Holly, 9 AM

Thu, Nov 26 Thanksgiving—Town offices and library closed.

Mon, Nov 30 Fitness with Holly, 9 AM
Movie Monday, 1 PM

New in Boxborough

Mah Jongg Open House,
 Thus, Nov 5, 12, and 19, 2:30 PM

Library Book Sale,
 Sat, Nov 7, 9 AM–2 PM

COA Luncheon:
 Sponsored by Boxborough Minutemen
 Wed, Nov 11, noon

Trip to World War II Museum,
 Wed, Nov 18, noon

Merrie Christmas Fair,
 Sat, Nov 21, 9 AM–2 PM, UCC and Town Hall

In Acton
Comm. Supper Mt. Calvary Church, Wed, 5 PM
Quilting Group Mt. Calvary Church, Tue, 9 AM

'Follies' Dress Rehearsal
 Concord Players, Director: Donnie Baillargeon
 Thu Nov 5, 8 PM, Admission \$10



Ongoing Events, Classes

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



Art Classes A 10-week workshop taught by Barbara Shapokas. Meets Tuesday, 1 PM. Community Center.

COA Wellness Clinic Held on the fourth Tuesday of every month. 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. 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 Open House Drop in and learn what this ancient game is all about. Thursdays, 2:30 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 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 _____