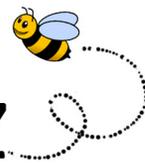


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

Council on Aging

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COA Coordinator
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boxborough-ma.gov

COA Board Members

*Identify needs, develop and
implement programs and
services, educate citizens, and
advocate on behalf of elders.*

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Tina Bhatia
Lauraine Harding
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October 2015

FCOA Lunch: Meet Margaret Bourke-White, Courageous Photographer

On **Wednesday, October 14, at noon**, Margaret Bourke-White will come to life when actress Sally Matson appears at the **Community Center** luncheon, hosted by the Boxborough Friends of the Council on Aging (FCOA). This is an entertaining history lesson about a fascinating woman.



Bourke-White was the first accredited female photographer of WWII, going on bombing missions and into Buchenwald. *Life* magazine posted her image on its first cover, and she photographed major figures of her time: Churchill, Patton, Stalin, and Gandhi, among others. Actress Matson, a member of the living history group Solo

Together, has been acting and directing for decades. In this presentation, she becomes Bourke-White, reflecting on her interactions with several famous people, including Amelia Earhart, Stalin, and Patton.

The 45-minute presentation will have you nodding and smiling as you hear the history and see the photographs. **Admission is free**, so please join us for what one person called "a living newsreel." Call Laura at 978-264-1717 to reserve your spot.

Trip to the Currier Museum of Art

Join us on **Thursday, October 22**, for a trip to the Currier Museum in Manchester, New Hampshire. The Currier features European and American paintings, decorative arts, photographs, and sculptures, including works by Picasso, Monet, O'Keeffe, and Wyeth. This is a gem of a museum! A light lunch or snack will be available to purchase at the museum's lovely café, The Winter Garden, which offers a variety of tasty and reasonably priced items.

Take this opportunity to travel to the museum with friends and view their eclectic collections and current exhibitions. The bus will leave Town Hall at **10:30 AM** and will return mid-afternoon. Cost is **\$15**. Call Laura at 978-264-1717 to sign up.

NEW: Brains and Balance— New Class for Boxborough Seniors

Falls are a leading cause of hospitalization and long-term care required by seniors in the US. However, researchers no longer believe that falling and losing mental capacity are inevitable parts of the aging process.

Programs such as **Brains and Balance** may help prevent falls while helping you stay mentally sharp. To learn more about this program, you are invited to attend a **free Open House on Tuesday, October 13, at 10:30 AM** at the **Community Center**. Come and discover how much fun balance training can be while you exercise your brain with drills that “train your brain.” These specially designed drills are designed to improve your memory, reasoning, conceptualization, language, and problem-solving skills.

Please join us at the Open House to learn more about this innovative program. Regular classes will be scheduled on Tuesdays if there is demand.



NEW: Interested in a Regular Mah Jongg Group?

Are you ready for something new? Or would you like to get back to playing Mah Jongg with a group? Julia Vighh, who teaches the popular Senior Yoga Class, has offered to teach Mah Jongg to a group of people who are interested in joining a regular, weekly game **starting in November**. The game is not difficult once you learn how to play. Take this opportunity to enjoy playing and/or learning Mah Jongg. It's a great game, a long winter, and it's free!

We need some Mah Jongg sets to get started. If you have a set to donate or are interested in the group, please call Laura at 978-264-1717.



New Library Hours in October

Effective **Tuesday, October 13**, the Library will be open evenings until **8 PM**. New hours will be **Monday–Thursday, 10 AM–8 PM** and **Saturdays 10 AM–3 PM**.

Hair You Go!

Monday, October 19, at 10:30 AM, two talented hairdressers are coming to Boxborough! Through their program “Hair on the Go,” Suzanne and Georgia visit area senior facilities and other COAs to offer seniors wet-down haircuts, followed by a fluff-dry.

Reasonably priced at **\$10.50 per cut**, this service takes only about 15 minutes. So, if you're looking for an affordable way to “spruce up,” plan to visit the **Community Center** and put your hair in Suzanne or Georgia's very experienced and capable hands!

Please call Laura (978-264-1717) to reserve a space or to make a home appointment.



Online Identity & Online Security Presentations @ Boxborough's Library

As part of our tenth anniversary celebration, the **Sargent Memorial Library** will present a series of Online Identity & Online Security programs presented by Greg Page of the Merrimack Analysis Group.

We will host two sessions of **Cyber Crime Prevention on Thursday, October 29, at 2 PM and 7 PM**. This seminar begins with a broad overview of such topics as phishing scams, malicious software, identity theft risks, social engineering, and more. Then, with recent data and contemporary information provided by the FBI, hear about the most current trends, tactics, and procedures used by cyber-criminals who target seniors on-line. Finally, learn strategies for preventing and mitigating cyber-crimes, as well as initial steps to take if you are already a cyber-crime victim. The afternoon program will focus on cyber-crime prevention for seniors. This program is co-sponsored with the Boxborough Council on Aging.

Two additional programs in this series, Who's Tracking You Online? The Quiet “Big Data Revolution” and Succeeding on craigslist, will be held in November.

FCOA President's Annual Update

This has been an active year for Boxborough seniors at the Community Center, as a full program of classes continue to be held. In December 2014, Town Hall staff, specifically Laura Arsenault, the COA coordinator, and Jennifer Barrett, the Town Accountant, took over the financial administration of these of these programs. Their work is greatly appreciated. I would like to thank Patty Gayowski for all the work she has done in this regard over the past years.

Once again, we are grateful for the support of the Acton Boxborough United Way through a grant to the FCOA for Boxborough seniors. Thanks also to the Acton Boxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council a State Agency, for its generous support of the Justin Meyer Jazz Trio at the FCOA December 10 Holiday luncheon.

We entertained an average of over 50 guests at our four luncheons last year. Special thanks go to the DPW who help us setting up tables and chairs, to Anne Becklean for her meal planning, to Mary Cobleigh her valuable assistant, and everyone who contributed to the delicious food. We appreciate the work of Lorraine Carvalho who decorates the room and our tables, be it fall, holiday, or spring, to the enjoyment of all.

Thanks to all the FCOA Board members who give of their time and labor for our efforts on behalf of the seniors. Laura Arsenault, the COA Coordinator is always ready and willing to assist with contacts and planning for events and program. Thank you, one and all!

John Fallon, President

Clinics Scheduled: Podiatry & Two Flu

On **Wednesday, October 7**, at **1 PM**, the COA will hold a podiatry clinic at the **Community Center**. Services include: trimming of nails, treatment of corns and calluses, and screening. A **\$20 fee** payable to Dr. Jack Luber is required at the clinic. To reserve a spot or inquire about a home visit, call Laura at 978-264-1717.

Also, the Nashoba Associated Boards of Health (NABH), in conjunction with Boxborough's Board of Health, will be holding two local flu clinics. The first clinic will be held at **Blanchard Memorial Elementary School** on **Thursday, October 1**, from **3 to 6 PM** in the gymnasium.

The second clinic will be held on **Monday, October 12 (Columbus Day)**, at the **Community Center**, from **10 AM to noon**. It is NABH's hope that by holding this clinic on a holiday, it will be easier for more families to get their flu shots. Remember, the Centers for Disease Control and Prevention (CCD) recommends a yearly flu vaccine for everyone 6 months of age and older.

When you come to either clinic, please bring a copy of your Health Insurance Card(s). For additional information, contact NABH at 1-800-427-9762.

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Celebrate Our Museum's Tenth Birthday

Come to the **10th Anniversary Celebration** of the **Boxborough Museum** on **Sunday, October 4**, from **2-4 PM** at 575 Middle Road. (If it rains, the location will be Town Hall.) Please join us for this Birthday Party, and bring the whole family. Enjoy music, maybe a Barbershop Quartet singing some old time songs, cake and ice cream, of course—and cider and coffee. Kids can play games and maybe enter a contest or two. Tour the Museum and see displays prepared just for this event. See you there!

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**.

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.

2016 Medicare Open Enrollment Presentation

Medicare Open Enrollment **begins October 7** and **ends December 7**.

On **Wednesday, October 28, 1:30 PM**, at the **Community Center**, a SHINE councilor will give a presentation about Medicare choices. Information will be provided that explains options regarding affordability, health plan choices, and prescription coverage.

If you are a "Boomer," new to Medicare, information will be available on how to make decisions about Medicare. Don't wait until you're 64; learn your options now. During open enrollment, our local SHINE Counselor, Clyde, is available on **Mondays** from **1-3 PM** at **Town Hall** in the Community Services Office. Call the Council on Aging for more information.

—Submit articles for the November issue by October 9, 2015—



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| Thu, Oct 1 | Line Dance, 9 AM Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM |
| Fri, Oct 2 | Fitness with Holly, 9 AM |
| Sun, Oct 4 | Boxborough Museum, 2-4 PM |
| Mon, Oct 5 | Fitness with Holly, 9 AM Movie Monday, 1 PM |
| Tue, Oct 6 | Book Group, 10 AM Art Class, 1 PM Yoga for Seniors, 1 PM |
| Wed, Oct 7 | Fitness with Holly, 9 AM Knitting Group, 2 PM |
| Thu, Oct 8 | Line Dance, 9 AM Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM |
| Fri, Oct 9 | Fitness with Holly, 9 AM |
| Mon, Oct 12 | Columbus Day —Town offices and Library closed. FLU CLINIC OPEN. |
| Tue, Oct 13 | Art Class, 1 PM Yoga for Seniors, 1 PM |
| Wed, Oct 14 | Fitness with Holly, 9 AM Knitting Group, 2 PM |
| Thu, Oct 15 | Line Dance, 9 AM Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM |

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| Fri, Oct 16 | Fitness with Holly, 9 AM |
| Mon, Oct 19 | Fitness with Holly, 9 AM Movie Monday, 1 PM |
| Tue, Oct 20 | Brains and Balance, 10:30 AM Art Class, 1 PM Yoga for Seniors, 1 PM |
| Wed, Oct 21 | Fitness with Holly, 9 AM Knitting Group, 2 PM |
| Thu, Oct 22 | Line Dance, 9 AM Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM |
| Fri, Oct 23 | Fitness with Holly, 9 AM |
| Mon, Oct 26 | Fitness with Holly, 9 AM Movie Monday, 1 PM |
| Tue, Oct 27 | Brains and Balance, 10:30 AM Art Class, 1 PM Yoga for Seniors, 1 PM |
| Wed, Oct 28 | Fitness with Holly, 9 AM Knitting Group, 2 PM |
| Thu, Oct 29 | Line Dance, 9 AM Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM |
| Fri, Oct 30 | Fitness with Holly, 9 AM |

New in Boxborough

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| Flu Clinics, Thu, Oct 1, 3–6 PM, Blanchard Gym Mon, Oct 12, 10 AM–noon, Comm. Center |
| Box.Museum: 10th Anniv. Celebration, Sun, Oct 4, 2–4 PM |
| Podiatry Clinic, Wed, Oct 7, 1 PM |
| FCOA Luncheon: ‘Margaret Bourke-White, Courageous Photographer’, Wed, Oct 14, noon |
| Hair on the Go, Mon, Oct 19, 10:30 AM |

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| Brains and Balance Open House, Tue, Oct 13, 10:30 AM |
| Cyber Security, Thu, Oct 29, 2–3 PM & 7–8 PM, Library |
| SHINE Presentation, Wed Oct 28, 1:30 PM |
| Trip to Currier Museum, Thu, Oct 22, leaves at 10:30 AM from Town Hall |

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

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| ‘Steel Magnolias’ Dress Rehearsal Theater III, Director: Janet Tyndall Wed Oct 14, 7:30 PM, Admission \$5 |
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Ongoing Events, Classes

To learn more about any event, call
Laura Arsenault: 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. 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.

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.

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 _____

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In Memory of _____