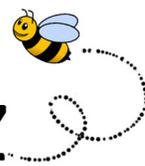


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

October 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
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
Liz West-COA

FCOA Lunch and Laughter

The Boxborough Friends of the Council on Aging will host its next luncheon on **Wednesday, October 12**, at **noon** in the **Boxborough Community Center**. We will be joined by an amazing comedy group from the Acton Boxborough Regional High School. Come and meet old friends and enjoy the fun. All Boxborough seniors are welcome and admission is free. Please call the Boxborough Council on Aging Office at 978-264-1717 to make a reservation.

Butterflies and Ice Cream



Friday, October 14, is your opportunity to see New England butterflies and tropical species from all over the world. **The Butterfly Place** in Westford features an indoor garden-setting where you'll be able to observe butterflies sipping from flowers, basking in the sunshine, and flying freely in a natural habitat. You'll also see koi fish and quail birds that live among the butterflies.

After experiencing this unique venue, it's on to **Kimball Farm** for your choice of ice cream or any snack you would like to buy. The van will leave from **Town Hall at 1 PM**. The cost is **\$10 per person**, which includes transportation and admission to The Butterfly Place. Your ice cream or other treat at Kimball Farm **is not** covered. Please call Laura at 978-264-1717 to sign up for this delightful and delicious trip!

Aging in Place

Whether you are a longtime Boxborough resident or are new to our community, on **Monday October 17**, the fourth in a series of informative seminars for seniors and adults will be held at the **Sargent Memorial Library**. **Beginning at 6:30 PM**, this program will feature three speakers: one from **Boxborough's Fire Department (BFD)**, one from **Boxborough's Police Department (BPD)**, and one from the **Nashoba Associated Boards of Health (NABH)**.

(Continued on page 2)

SHINE: Medicare Open Enrollment Presentation

Beginning October 15 and ending December 7, open enrollment in Medicare prescription drug and health insurance plans will take place. During Medicare's Open Enrollment period, you'll have a chance to change your plan for next year, and the **Minuteman Senior Services SHINE Program** can help you review your options.

An informal presentation on this topic will be held in Boxborough on **Tuesday, October 4, at 1 PM**, in the **Community Center**. At this time, a representative from the SHINE program will explain the Medicare changes in 2016 and answer your questions, such as:

- What are the changes to your prescription drug plan?
- What are your options for Medicare coverage?
- How does your health insurance plan work? How does it compare to others?

The SHINE program offers accurate and unbiased information regarding both Medicare insurance plans and drug plans. Additionally, you will have the opportunity to schedule a free private session with Boxborough's trained SHINE counselor.

Podiatry Clinic



On **Wednesday, October 5**, the COA will hold a Podiatry Clinic at **the Community Center**. Services provided by at the clinic include: Trimming of nails, treatment of corns and calluses, and screening. A

\$25 fee payable to Dr. Jack Luber is required at the clinic. The clinic **begins at 1 PM**. Please call Laura at 978 264-1717 to reserve a space.

(Aging in Place Continued)

Designed to help seniors remain safely in their homes, topics to be discussed by the BFD speaker will include an explanation of their free, year-round home-safety-check program. The BPD speaker will discuss topics such as, phone scams, door-to-door salespeople, drug drop-off procedures, and "Are You Okay Calls." A nurse from NABH will discuss some of the many services the organization offers to Boxborough residents.

Please mark your calendar and plan to join your friends and neighbors at this important seminar. For additional information, contact Laura at the COA (978-264-1717).



Yoga Open House

Tuesday, October 18, at 2 PM, you are invited to attend a **Yoga Open House**, at **25B Stow Road**. At that time, instructor Julia Vighh will demonstrate and lead attendees through various poses and techniques designed to help with balance, muscle and bone strengthening, and flexibility.

If you are new to Yoga, want to restart a routine to relieve stress, fight osteoporosis, or any miscellaneous pain, plan to come to the Open House to learn what Yoga can do for your health and wellbeing!

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.



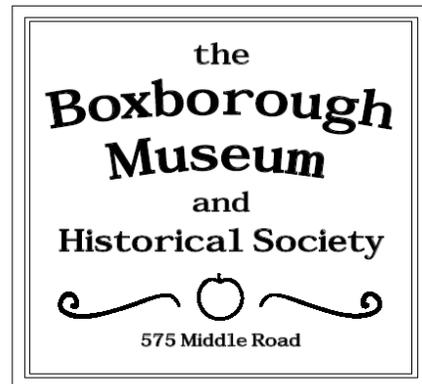
Once again we are grateful for the support of the Acton Boxborough United Way through a grant to the FCOA for Boxborough seniors. Thanks also to the Acton Boxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council a State Agency, for its generous support of the October 2015 lunch program with Sally Matson portraying Margaret Bourke-White, a pioneering photo journalist.

We entertained an average of over 50 guests at our three 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 to 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.

Thanks to all the FCOA Board members who give of their time and labor for our efforts on behalf of the seniors. A particular thank you and hearty best wishes to our departing vice president and luncheon coordinator, Anne Becklean, who has moved to Maine. 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



The Museum will be open from **2-4 PM** on **Sunday, October 9.**



Bake Sale Thank You

The FCOA would like to thank all the bakers, buyers, and especially the volunteers at our bake-sale booth at the Harvest Fair. We greatly appreciate the support of our programs for the Boxborough seniors.

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.

EARLY VOTING Now Available in Boxborough!

To make it more convenient for voters to participate in the **November 8 Presidential Election**, early voting will be available at the **Boxborough Town Hall**, in the **Town Clerk's Office**. Registered voters can cast their ballot during the dates and hours listed below.

- **Mon, Oct 24: 8 AM – 8 PM**
- **Tue, Oct 25 through Thu, Oct 27: 8 AM–4 PM**
- **Sat, Oct 29: 9 AM–noon**
- **Mon, Oct 31: 8 AM–8 PM**
- **Tue, Nov 1 through Thu, Nov 3: 8 AM–4 PM**
- **Fri, Nov 4: 9 AM–noon**

—Submit articles for November Issue by October 7—



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

October 2016

| SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------------------|---|---|--|--|---|-----|
| 2 | 3 9-Fitness with Holly 1-Movie Monday | 4 10-Book Group 10:30-Brains & Balance 1-Yoga 1-SHINE Presentation | 5 9-Fitness with Holly 1-Podiatry Clinic 2-Crafters Group | 6 9-Line Dance 9:30-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg | 7 9-Fitness with Holly | 8 |
| 9 2-4 Boxboro Museum | 10 Columbus Day Town Offices and Library closed | 11 10:30-Brains & Balance 1-Yoga | 12 9-Fitness with Holly 12- FCOA Luncheon: Comedy Show by ABRHS 2-Crafters Group | 13 9-Line Dance 9:30-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg | 14 9-Fitness with Holly 1-Trip to Butterfly Place & Kimball Farm | 15 |
| 16 | 17 9-Fitness with Holly 1-Movie Monday 6:30-Aging in Place | 18 10:30-Brains & Balance 1-Yoga 2-Yoga Open House | 19 9-Fitness with Holly 2-Crafters Group | 20 9-Line Dance 9:30-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg | 21 9-Fitness with Holly | 22 |
| 23 | 24 9-Fitness with Holly 1-Movie Monday | 25 10-Wellness Clinic 10:30-Brains & Balance 1-Yoga | 26 9-Fitness with Holly 2-Crafters Group | 27 9-Line Dance 9:30-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg | 28 9-Fitness with Holly | 29 |
| 30 | 31 | | | | | |

Out of Town

Held at Mt. Calvary Church, Acton

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



Ongoing Events, Classes

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



Brains and Balance Fun class for body-balance training, together with brain drills that "train your brain" Meets Tuesdays, 10:30 AM. Community Center.

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, 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.

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.

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.

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.

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 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 _____