

THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

April 2016

Council on Aging

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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
Barbara Birt
Taryn Light
Frank Sibley
Liz West
Barb Wheeler
Les Fox, Liaison with Board of Selectmen

Friends of the Council on Aging

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Alan Rohwer
Peggy Spinner
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Buzz Production Team

Tina Bhatia-COA
Anne Canfield
Taryn Light-COA
Liz West-COA

Town Hall Employee Brunch for Seniors

Spring has arrived, and with it, a happy annual event. On **Wednesday, April 13, at 11 AM**, the staff of Town Hall will host a brunch for seniors at the **Community Center**. The menu will include breakfast casseroles, quiches, sausages, fresh fruit, baked goods, juices, and coffee. This is a popular event, so mark your calendars now. Enjoy great company and terrific food! Please **call Laura at 978-264-1717** to let us know you're coming.



A Taste of France and a Visit to the Concord Museum

Please join us **Thursday, April 28**, for a trip to historic Concord MA. Our first stop will be a delightful **luncheon at La Provence**, a charming French restaurant filled with the colors of Provence. Chef and owner Robert Didier began his culinary apprenticeship at the age of 13. After completing his training in southeastern France, his career took him to Scotland and England. Upon moving to the Boston area, he opened La Provence in Concord and has been delighting customers ever since. There will be a set menu for our luncheon that includes soup, salad, quiche, and coffee or tea.



Our second stop will be at the **Concord Museum** where, beginning April 15, an **exhibit titled N.C. Wyeth's Men of Concord** will be being featured. This exhibit explores N.C. Wyeth's fascination with Henry David Thoreau and brings together for the first time in almost 80 years the 12 original panels N.C. Wyeth painted for the book *Men of Concord and Some Others, as Portrayed in the Journal of Henry David Thoreau* (1936).

The cost of this trip (**\$25**) includes lunch at La Provence and the Museum's entrance fee. The bus will **leave Town Hall promptly at 11 AM** and will return midafternoon. **Please call Laura (978-264-1717) by Thursday, April 21, to sign up for this special trip.**

Sargent Memorial Library Events

Library Book Sale The Friends of the Boxborough Library will hold a book sale in the **Sargent Memorial Library on Saturday, April 9**, from **9 AM–2 PM**. A **preview sale for members** will take place **Friday, April 8**, from **7–9 PM**. (Memberships will be available at the door.) Proceeds from the sale 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 **April 4 to April 7** at the library during regular library hours. Please: no VCR tapes, magazines, or books in really poor condition. If any senior wants books picked up, please call the COA office at 978-264-1717.

On Silent Wings: The Magic of the Snowy Owl Join us **Wednesday, April 13, at 7 PM**, when we host author and wildlife photographer Peter Christoph for his presentation *On Silent Wings: The Magic of the Snowy Owl*. During last winter, this award-winning Massachusetts wildlife photographer spent 14 days along the Atlantic coast following snowy owls during their long winter migration from the frozen tundra in the high Arctic to local beaches. Peter was there to capture rare and intimate photos. Several of these photos have earned national and international awards. This program is part of a series of library events made possible by a donation from the Whitcomb House Library Fund dedicated to programming for Boxborough's seniors. Everyone is welcome.

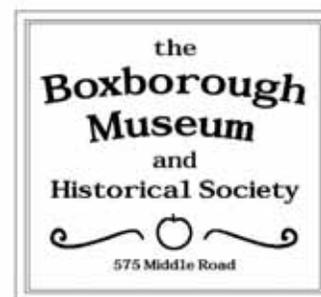
Adult Coloring Club Adults have discovered coloring isn't just for kids anymore. Join us at Boxborough's library for monthly coloring night, beginning **Thursday, April 21, 6:30-7:45 PM**. We will provide adult level coloring materials and atmosphere on the **third Thursday** each month. Coloring has been shown to reduce stress and increase calmness. No registration required. Stop in and enjoy a relaxing hour of coloring and good company. This program is free and sponsored by the generosity of the Friends of the Boxborough Library.

The Historical Society Presents

A History of Boxborough Post Offices On **Sunday, April 3**, the Boxborough Historical Society will present John Dubois discussing "**A History of Boxborough Post Offices.**" This presentation will focus primarily on nineteenth century. John will display four very rare envelopes and three letters sent from or to Boxborough between 1832 and 1872 and discuss the methods used to "stamp" the envelopes and distribute mail. The meeting will start at **2 PM** in the **Morse and Hilberg rooms of the Boxborough Town Hall**. John has spent over 20 years collecting and analyzing historic letters and stamps and is a member of various national associations. Admission is free and all are welcome.

The Pine Hawk Excavation: Native American Presence in Acton

On **Thursday, April 28**, the Boxborough Historical Society will present Doug Halley discussing "The Pine Hawk Excavation: Native American Presence in Acton." During the excavation for the Acton sewer project, a major archeological site was discovered on the property. Doug Halley, the long time former director of the Acton Health Department, will discuss the Native American presence that was found and remind people of cultures that existed long before most of our ancestors arrived from Europe. The Pine Hawk project led to other research and archeological projects focused on the past use of lands in this area by Native Americans. The meeting starts at **7 PM** in the **Morse and Hilberg rooms of the Boxborough Town Hall**. Admission is free and all are welcome.



The Boxborough Museum will be open from **2–4 PM on Sunday, April 10.**

Podiatry Clinic



On **Wednesday, April 6**, the COA will hold a podiatry clinic. Services at the clinic include: trimming of nails, treatment of corns and calluses, and screening. A

\$20 fee payable to Dr. Jack Luber is required at the clinic. The clinic begins at **1 PM** and will take place at the Community Center. Please call Laura at 978-264-1717 to reserve a spot or inquire about a home visit.

Invitation: 36th Annual Senior Conference

On **Thursday, April 21**, the 36th Annual Senior Conference will be held in **Marlborough** at the **Assabet Valley Regional High School**. This free Conference, hosted by **Senator Jamie Eldridge**, begins at **9 AM** and ends at **2 PM**. **Doors open at 8 AM for coffee and doughnuts**, followed by workshops, health screenings, and entertainment. **Lunch will be served at noon** in the school cafeteria.

For more information, please contact District Director Danillo Sena (617-722-1120). Our COA will provide transportation if there is enough interest (minimum 6 passengers). **Please call Laura (978-264-1717) no later than April 18** if you plan to attend and would like to ride in the van.

ABRHS Seniors Team Up for a Day of Community Service!

On **Friday, April 29**, ABRHS seniors are holding their annual Community Service Day. Working in teams, the student volunteers will do various types of spring yard work, such as leaf raking, driveway sweeping, or laying down mulch.

If you would like help with your yard work on this day, or have questions about what types of tasks are appropriate, call Laura at (978-264-1717). Since the scheduled times for this service fill up quickly, call right away!



LELWD's Annual Senior Luncheon

The Littleton Electric Light and Water Department's Annual Senior Luncheon will be held **Wednesday, April 20**, in the Littleton High School cafeteria, 56 King Street, Littleton, MA. Lunch will be served **at noon**. (*NOTE: This is a new location for this event.*)

Tickets are available in the COA office. **Please call Laura by April 15** (978-264-1717) to reserve your tickets. You may pick them up at the COA office or have them mailed to your home.

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

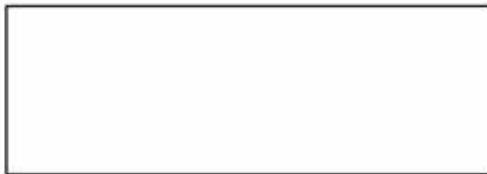
Need a helping hand with a specific task, such as moving a heavy object or hanging a window shade? Call Laura at 978-264-1717 to see if **Lending Hand** can help.

An Invitation for You!

Event: Boxborough's 2016 Annual Town Meeting
Date: Monday, May 9 (To continue 5/10, 5/12 . . . until we finish!)
Time: 7 PM
Place: Blanchard School Gymnasium
Purpose: To have a voice (and vote) in Boxborough's Town Government

Warrants will be mailed to addresses of Boxborough's registered voters during the last week in April.

—Submit articles for the May issue by April 11—



Change Service Requested

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

April 2016

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
2- Historical Society: Post Office History	9-Fitness w/ Holly 1-Movie Monday	10-Book Group 10:30-Brains & Balance 1-Yoga	9-Fitness w/ Holly 1-Podiatry Clinic 2-Knitting	9-Line Dance 10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg	9-Fitness w/ Holly 7-9 PM Library Book Sale (Preview)	9-2 Library Book Sale
10	11	12	13	14	15	16
2-4 Boxboro Museum	9-Fitness w/ Holly 1-Movie Monday	10:30-Brains & Balance 1-Yoga	11- Town Hall Brunch 2- Knitting 7- On Silent Wings	9-Line Dance 10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg	9-Fitness w/ Holly	
17	18	19	20	21	22	23
	Patriots' Day Library and Town Offices Closed.	10:30-Brains & Balance 1-Yoga	9-Fitness w/ Holly 2-Knitting	9-Line Dance 10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg 6:30-Adult Coloring Club	9-Fitness w/ Holly	
24	25	26	27	28	29	30
	9-Fitness w/ Holly 1-Movie Monday	10-Wellness Clinic 10:30-Brains & Balance 1-Yoga	9-Fitness w/ Holly 2-Knitting	9-Line Dance 10-Bridge 11- Concord Museum Trip 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg 7- Hist. Soc.: Pine Hawk	9-Fitness w/ Holly ABRHS Comm. Service Day	

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

LELWD: Annual Senior Luncheon
 Littleton High School Cafeteria, Littleton
 Wed, April 20, noon

Annual Senior Conference
 Assabet Valley Regional High School,
 Marlborough



Ongoing Events, Classes

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



<p>Adult Coloring Club Held on the third Thursday monthly. Begins April 21. 6:30. Sargent Memorial Library.</p> <p>COA Wellness Clinic Held on the fourth Tuesday. Nashoba Nursing Service hosts a monthly wellness check for all ages. 10 AM. Town Hall.</p> <p>Book Group Meets first Tuesday of every month, Sept-May, 10 AM. Library. New members are always welcome.</p> <p>Brains and Balance Fun class for body balance training together brain drills that "train your brain." Meets Tuesdays, 10:30 AM. Community Center.</p> <p>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.</p> <p>Community Supper in Acton For everyone on every Wednesday at Mt. Calvary Church. No charge. 5 PM.</p> <p>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.</p>	<p>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 more information: 978-263-9626.</p> <p>Line Dance A 12-week class taught by Sam O'Clair. Meets Thursdays, 9 AM. Community Center.</p> <p>Mah Jongg Drop in and learn what this ancient game is all about. Thursdays, 2:15 PM. Community Center</p> <p>Movie Mondays @ Sargent Memorial Library 1 PM every Monday that the Library is open.</p> <p>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.</p> <p>Water Exercise A 6-week class; friendly water exercises taught by Curtis Schulz. Meets Thursdays, 10:15 AM. Swymfit, 90 Swanson Road.</p> <p>Yoga for Seniors A 12-week class of stretching, balance, and strengthening taught by Julia Viggh. Meets Tuesdays and Thursdays, 1 PM. 25B Stow Road.</p>
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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 _____