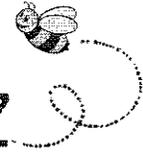


THE

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
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
Loretta Gruschecky
Sheila Lloyd
Mary Nadwairski
Astrid Perko
Ginnie Richardson
Alan Rohwer
Peggy Spinner
Shirley Warren
Georgia Winfrey

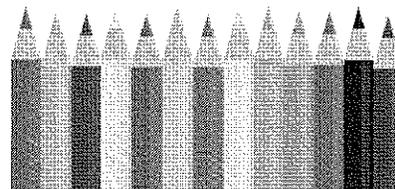
Buzz Production Team

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

August-September 2015

Boxborough Fire and Police Departments Sponsor Luncheon

On **Wednesday, September 9**, the Boxborough Fire and Police Departments are co-sponsoring a **free** luncheon and public safety presentation for all Boxborough seniors. The Boxborough Professional Firefighters Union and the Boxborough Police Officers Union are each contributing generously to the food purchase for this event, which starts at **noon** at the Community Center. This popular event provides a chance for you to both socialize and learn. So mark your calendar and plan to come enjoy a delicious meal and become informed about safety issues that could affect you. For example, the police will discuss the latest frauds and scams that target seniors and will explain how you can protect yourself. **To register for this event, please call Laura at 978-264-1717.**



Make Your Mark in Art with Barbara Shapokas

Beginning **Tuesday, September 15**, a **10-week workshop** will be offered by Barbara Shapokas. This workshop, designed to free your imagination and creativity, will be held at the **Community Center** from **1-2:30 PM**.

Attendees will be introduced to the adventures, lives, and work of some famous artists. Then you will make your mark in art by creating works using mixed mediums, such as fabrics, pastels, paints, markers, and photographs. Each class will relate to the artist's imagery or to some specific topic or technique. For example, after discussing Claude Monet, you will learn a simple way to create a pool of water lilies. Other classes might focus on the ocean, local landscapes such as Steele Farm, or on famous artworks.

(continued on p. 2, col. 2)

Fall 2015 Schedule for Classes

Fitness with Holly Join others in this motivating class. Participants will improve their strength, balance, and flexibility. Classes are held **Mondays, Wednesdays and Fridays** at **9 AM** at the **Community Center**. This 12-week session begins **Monday, August 31**. The cost is \$48 for one class a week, \$84 for two classes a week, and \$108 for three classes a week.

Yoga for Seniors with Julia The practice of yoga is known to enhance health, vitality, and peace of mind. Postures and movements taught increase strength, balance, and flexibility. This is a relaxed, supportive group, and beginners are welcome! This class meets on **Tuesdays and Thursdays** at **1 PM** at **25B Stow Road**. Cost is \$48 for a 12-week session, once per week, or \$96 for two days a week. The new session begins **September 15**.



Line Dance with Sam This dance class features great music and offers many health benefits associated with other forms of exercise. There is camaraderie amongst participants, and you don't need a partner. The class meets on **Thursdays** at **9 AM** at the **Community Center**. The cost is \$48 for a 12-week session; the class begins **September 10**.

Water Exercise with Curtis These classes will improve your strength, balance, and range of motion. They also are a great way to increase your activity level, while having fun in the water. Classes take place **Thursdays** at **Swymfit** in Boxborough, from **10:15–11:00 AM**. The next 6-week session begins **September 10**. The cost is \$30.

(continued from p. 1)

Barbara runs The Art Studio in Boxborough. She brings decades of experience and an extensive background in the worlds of commercial art and fine arts. The **cost** for the 10-week workshop is **\$100, plus \$15** for a portfolio carrying case for your work. **This class is partially funded by a generous donation from the FCOA.**

NOTE: *Payment may be made in two installments, and some scholarship funds are available. Please call Laura (978-264-1717) for more information.*



@Sargent Memorial Library

Boston Harbor Islands Pass The Sargent Memorial Library now has two-for-one passes to the Boston Harbor Islands. Families can explore and discover six different Boston Harbor Islands, just a short ferry ride from Boston's Long Wharf. Passes are available weekdays until October. For additional information on all Library passes, visit www.boxborough-ma.gov/sargent-memorial-library. Reservations can be made online or by calling the Library at 978-263-4680. Passes are funded through the generosity of the Friends of the Boxborough Library.

Art Show The paintings of local resident Marlene Stemple are on display through August. Marlene is a painter and graphic designer with a passion for vivid color. She is a member of the Concord Art Association and her work has been exhibited at local galleries and festivals. Please stop by the Library during regular hours to view this colorful exhibit.



Acton-Boxborough Rotary Luncheon

This annual luncheon for seniors will be held on **Sunday, Sept. 20**, at the **Boxborough Holiday Inn Courtyard**. The food will be prepared by the Holiday Inn culinary staff. Chicken, potato, coleslaw, rolls, cookies, and ice cream will be served. The lunch starts at **noon**. Please call Laura (978-264-1717) by **September 15** to make or cancel your reservation.

Two Groups—A Kindred Mission

The **COA and FCOA** share a similar mission—to support and enhance the lives of Boxborough's 1000+ senior population. What does each offer?

Council on Aging (COA) The COA is a department of municipal government. Its seven members are appointed by the Board of Selectmen. The COA Coordinator works with the Board and with other departments and agencies to identify and develop community resources and to provide information, referrals, outreach and health insurance information. The COA provides transportation services for seniors and for the disabled. COA meetings are open to all. You are encouraged to attend COA meetings to see how the Board works for you.

Friends of the Council on Aging (FCOA) Massachusetts General Laws prohibit Councils on Aging from fundraising, so the Boxborough FCOA was organized in 1996 to provide financial and volunteer support for senior activities. The FCOA is a private, nonprofit, incorporated group of local people who have an interest in the welfare of Boxborough's senior citizens. Through grants, sales, and donations, they raise money for the benefit of Boxborough seniors. They provide volunteers and financial support for lunches, programs, classes, special events, and emergency needs for our seniors.

Boxborough has an increasing senior population, and the COA and FCOA would welcome your help and support. If you would like to get involved, please call the COA office at 978-264-1717. As more Boxborough seniors participate, the senior community will grow even stronger and more vibrant.

The Boxborough Museum

The Museum, at **575 Middle Road**, will be open on **Sunday, September 13**, from **2–4 PM**.



FCOA Booth at the Harvest Fair

Boxborough's Harvest Fair will take place on **Saturday, September 12**, from **11 AM–4 PM** at **Town Hall** and the **UCC**. The FCOA booth at the Fair will offer an assortment of yummy home-baked goods. (Please call Anne Becklean, 978-263-2861, to volunteer to bake.) The FCOA also will be running a 50–50 raffle and selling a limited number of 2010 Town Hall and 2012 Sargent Memorial Library ornaments, at the rate of two for \$10. All FCOA proceeds are used to support programs for Boxborough's seniors.

New this year, there are separate categories for hand- and machine-stitched quilts and fresh herbs. The Cultivate Counseling Center of Acton will bring animals used in therapy sessions. To display your produce and artwork, to sell your craftwork or art, or to volunteer your help, go to the Fair website: <http://boxboroughfair.org/>. The Fair is a great way to connect with neighbors and support the FCOA.

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.

**The Health Care for All HelpLine:
Empowering Seniors under the Affordable Care Act**

This HelpLine provides direct assistance over the phone to individuals between ages 55 and 64 who need to understand their health coverage options and the insurance enrollment process. It also helps seniors age 65 and older find a SHINE counselor in their area who can answer their healthcare questions.

The Health Care for All HelpLine is a **free resource** for Massachusetts residents. HelpLine counselors can be reached at **1-800-272-4232, Monday—Friday, 9 AM—5 PM**. The HelpLine serves individuals in English, Spanish, and Portuguese.

—Submit articles for October issue by September 9, 2015—



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

August–September

**The Golden Ticket
Schedule of Events**

2015

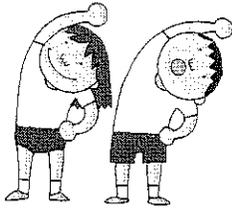
Mon, Aug 24	Movie Monday, 1 PM	Mon, Sept 14	Fitness with Holly, 9 AM Movie Monday, 1 PM
Tue, Aug 25	Wellness Clinic, 10 AM Yoga for Seniors, 1 PM	Tue, Sept 15	Art Class, 1 PM Yoga for Seniors, 1 PM
Wed Aug 26	Knitting Group, 2 PM	Wed, Sept 16	Fitness with Holly, 9 AM Knitting Group, 2 PM
Thu, Aug 27	Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM	Thu, Sept 17	Line Dance, 9 AM Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM COA Board meeting, 3 PM
Mon, Aug 31	Fitness with Holly, 9 AM Movie Monday, 1 PM	Fri, Sept 18	Fitness with Holly, 9 AM
Tue, Sept 1	Book Group, 10 AM Yoga for Seniors, 1 PM	Mon, Sept 21	Fitness with Holly, 9 AM Movie Monday, 1 PM
Wed, Sept 2	Fitness with Holly, 9 AM Knitting Group, 2 PM	Tue, Sept 22	Wellness Clinic, 10 AM Art Class, 1 PM Yoga for Seniors, 1 PM
Thu, Sept 3	Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM	Wed, Sept 23	Fitness with Holly, 9 AM Knitting Group, 2 PM
Fri, Sept 4	Fitness with Holly, 9 AM	Thu, Sept 24	Line Dance, 9 AM Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM
Mon, Sept 7	Labor Day – Town offices and Library closed	Fri, Sept 25	Fitness with Holly, 9 AM
Tue, Sept 8	Yoga for Seniors, 1 PM	Mon, Sept 28	Fitness with Holly, 9 AM Movie Monday, 1 PM
Wed, Sept 9	Fitness with Holly, 9 AM Knitting Group, 2 PM	Tue, Sept 29	Art Class, 1 PM Yoga for Seniors, 1 PM
Thu, Sept 10	Line Dance, 9 AM Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM	Wed, Sept 30	Fitness with Holly, 9 AM Knitting Group, 2 PM
Fri, Sept 11	Fitness with Holly, 9 AM		
Sun, Sept 13	Boxborough Museum, 2–4 PM		

-NEW IN BOXBOROUGH-

Police & Fire Department Lunch for Seniors, Wed Sept 9, noon
Harvest Fair, Sat Sept 12, 11 AM–4 PM
Rotary Club Annual Senior Luncheon, Sun Sept 20, noon

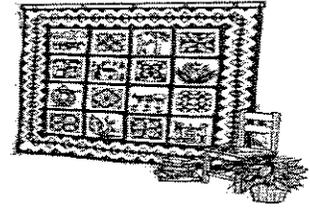
-IN NEARBY TOWNS-

Community Supper, Mt. Calvary Church, Acton, every Wed, 5 PM
Quilting Group Mt. Calvary Church, Acton, every Tue, 9 AM, starts Sept 8



Ongoing Events, Classes

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



Art Classes A 10-week workshop taught by Barbara Shapokas. Meet Tuesday, 1 PM. Community Center. Starts September 15.

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. Classes start September 10.

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 Tuesday 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. New classes start September 10.

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.



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 _____