

THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

January 2019

Council on Aging

Lauren Abraham,
COA Coordinator
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boxborough-ma.gov

COA Board

Identifies needs, develops and implements programs and services, educates populace and advocates on behalf of elders.

Frank Powers, Chair
Tina Bhatia
Barbara Birt, Vice Chair
Anne Canfield
Taryn Light
Barb Wheeler, Secretary
Karen Whitcomb
Wes Fowlks, Liaison with
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New COA Coordinator

It is a pleasure to announce that Lauren Abraham has accepted the position of COA Coordinator, effective January 2. Lauren, who held the position of Boxborough's Community Service Coordinator for the past 4 years, will assume the responsibilities of Laura Arsenault, our former COA Coordinator. Please join us in welcoming Lauren.



Yankee Pot Roast Lunch

Circle **Wednesday, January 23**, on your calendar! Back by popular demand, **Life Care Center of Acton** once again invites Boxborough's seniors to enjoy a traditional **Yankee Pot Roast lunch**. The fun starts at **noon** in the **Community Center**.

Please call the COA office (978-264-1717) to reserve your place. And because this event is a winter "happening" in New England, the **snow date** is **Wednesday, January 30**.

In the spirit of giving, consider bringing a **donation** to the **Acton Food Pantry**.



Christmas Tree Pickup

The Boxborough Minutemen will be collecting and (with help from the DPW) disposing of Christmas trees on **Saturday, January 5**. Residents have two options for tree disposal.

Option 1: To choose this option, deliver your tree to the former DPW location (577 Massachusetts Avenue) between 9 AM and 2 PM. Your tree will be collected there and disposed of for **\$5**.

Option 2: To choose this option, have your tree picked up at your home (out at the street, please) for **\$10**. Obtain a pickup form and fill it out and place it in the Town Hall lobby box or mail to: Boxborough Minutemen, 650 Mass Ave., Boxborough, MA 01719 before **1/4/19** with your cash or check. Forms may be found at Town Hall reception area, the Library, and the Transfer Station. Forms also may be found on-line and printed. Go to www.boxboroughminutemen.org.



Spotlight: Boxborough's New DPW Location

In case you haven't noticed, the Department of Public Works (DPW) has left its cramped quarters and moved to its new

location at 873 Massachusetts Avenue.

Director Ed Kukkula stated that there is more room in the new facility to store equipment, as well as more room for workers to store their belongings. There also is now space to have regular DPW staff meetings. Ed went on to explain that most of the DPW's equipment has been moved from the old location at 577 Mass Avenue to the new location, but that sand for residents' use is still available at the old facility.

The DPW's major responsibility involves maintaining Boxborough's roads. Additionally, road construction, guardrails, and drainage and signage along Boxborough's roadways are all part of the DPW's charge. Snow removal and de-icing of roads is a primary DPW responsibility during winter months—and this task started early this year! Summer months are spent landscaping, tree trimming, and mowing various parcels of Town land, including the North and South Cemeteries. DPW workers also assist the Cemetery Department with interments.

So the next time you see DPW workers on the job, be sure to thank them for keeping our Town well maintained and our roadways safe!

Here's a Word Puzzle for you.

How many words can you make from the phrase "**Winter Wonder**". To make it more fun, make only words of 4 or more letters.

Word Star: 1-15 words; **Word Master:** 15-30 words; **Word Wizard** - over 30 words.

Memorial Gifts

The Boxborough Friends of the Council on Aging would like to acknowledge gifts during 2018 in memory of:

Lorna Lane

All Deceased Boxborough Minutemen

Pat Fallon

Winter Class Schedule

Fitness with Holly Class meets **Mondays, Wednesdays, and Fridays, at 9 AM**, in the Community Center. The 12-week session began December 3 and continues after the



holidays. The cost is **\$48 for 1 day a week, \$84 for 2 days a week and \$108 for 3 days a week**. The cost is **\$4 per class for the rest**

of the winter session. This is your chance to have fun while you improve your strength, balance, and flexibility!

Gentle Yoga with Julia Class meets **Tuesdays at 1 PM** in the Community Center. The 12-week session **begins January 8**; cost for the session is **\$48**.



Line Dance with Sam Class meets **Thursdays at 9 AM** in the Community Center. The 12-week session began December 6 and ends March 7. Please call the COA office (978-264-1717) for information about rates.

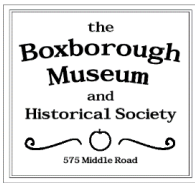


Heroes of the Underground Railroad

You are invited to the **Sargent Memorial Library on Tuesday, January 22, at 7 PM**, to see the play *Heroes of the Underground Railroad*. That evening, Bright Star Touring Theatre, a national professional touring theater company based in Asheville, NC, will present this play.

From the National Underground Railroad Freedom Center in Cincinnati to audiences across America, this play has received nationwide acclaim. The play introduces you to notable Abolitionists and slaves from America's Underground Railroad and brings to life several prominent heroes, such as Harriet Tubman, Levi Coffin, Henry "Box" Brown, John Parker, and Frederick Douglass. Join us to hear about secret messages along the routes and music from the period.

This program is made possible by the support of Whitcomb House Trust.



The Museum will open 2-4 PM
Sunday January 13
February 10

Museum Passes at the Library

Do you have cabin fever? If so, check out the list of museum passes at www.boxborough-ma.gov/sargent-memorial-library.

Some passes provide free admission, while others offer large discounts off the admission fee. Want to enjoy the outdoors? Our Library has passes to MA state parks and to the MA Audubon. Love the arts? Pick up a pass for the Worcester Art Museum or the Museum of Fine Arts. From local museums, such as the Discovery Museum in Acton, to the Museum of Science in Boston, there is something for everyone to enjoy! These passes are sponsored by local businesses and purchased by the Friends of the Library.

For questions about museum passes and how to reserve them, contact the Sargent Memorial Library at 978-263-4680.

Podiatry Clinic

Podiatrist Dr. Alyeen Gregorian will be offering a foot clinic starting at **9:30 AM** on **Friday, January 25**, at **Town Hall**. Trimming of nails, treatment of corns and calluses, and a screening for foot health will be offered. The cost is **\$35**. Reservations are needed, so please call 978-264-1717 to make an appointment.

Winter Safety Tips

As temperatures drop this winter, here are some steps you can take to stay safe during the cold weather.

- **Layer up.** Wear layers of lightweight clothing to stay warm. Gloves and a hat help prevent losing your body heat.
- **The three-foot rule.** If you are using a space heater, place it on a level, hard surface and keep anything flammable at least 3 feet away—things such as paper, clothing, bedding, curtains or rugs.
- **Turn off.** Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.
- **Take precautions.** If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.
- **Protect pipes.** Run water, even at a trickle, to help prevent your pipes from freezing. Open kitchen and bathroom cabinet doors so warmer air can circulate around the plumbing.
- **Day & Night.** Keep the thermostat at the same temperature day and night to avoid a costly repair job if your pipes freeze and burst.
- **For cooking, not heating.** Never use a stove or oven to heat your home.
- **Use generators outside.** Never operate a generator anywhere inside your home—including the basement or garage.

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 COA Coordinator if van is unavailable (798-264-1717). Drivers may be available.

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 COA Coordinator at 978-264-1717 to see if Lending Hand can help.

Thank You
Middlesex Savings Bank

For your sponsorship of this Newsletter!

The Boxborough Council on Aging became one of Middlesex Savings Bank's Community partners in 2010. We thank them for their continuing support, which enables us to print a quality monthly newsletter for Boxborough seniors.

Their local full service branch is located in Boxborough at 629 Massachusetts Avenue

—Submit articles for February issue by January 8—



Change Service Requested

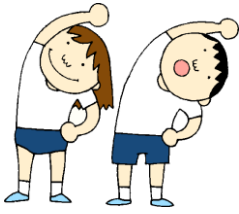
PRE-SORT
Standardized
U.S. Postage Paid
Acton, MA
Permit No. 26

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

January 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
		<i>1</i> New Year's Day Town Offices and Library closed	<i>2</i> 9-Fitness w/Holly 2-Crafters Group	<i>3</i> 9-Line Dance 10-Bridge	<i>4</i> 9-Fitness w/Holly	<i>5</i> Tree Pickup
<i>6</i>	<i>7</i> 9-Fitness w/Holly 1-Movie Monday	<i>8</i> 10-Book Group 1-Yoga	<i>9</i> 9-Fitness w/Holly 2-Crafters Group	<i>10</i> 9-Line Dance 10-Bridge	<i>11</i> 9-Fitness w/Holly	<i>12</i>
<i>13</i> 2-4 PM - Boxborough Museum open	<i>14</i> 9-Fitness w/Holly 1-Movie Monday	<i>15</i> 1-Yoga	<i>16</i> 9-Fitness w/Holly 2-Crafters Group	<i>17</i> 9-Line Dance 10-Bridge	<i>18</i> 9-Fitness w/Holly	<i>19</i>
<i>20</i>	<i>21</i> Martin Luther King Day Town Offices and Library Closed	<i>22</i> 10- Wellness Clinic 1- Yoga 7PM-Heros of the Underground Railroad	<i>23</i> 9-Fitness w/Holly 12-Yankee Pot Roast Luncheon 2-Crafters Group	<i>24</i> 9-Line Dance 10-Bridge	<i>25</i> 9-Fitness w/Holly 9:30 Podiatry Clinic	<i>26</i>
<i>27</i>	<i>28</i> 9-Fitness w/Holly 1-Movie Monday	<i>29</i> 1-Yoga	<i>30</i> 9-Fitness w/Holly 2-Crafters Group	<i>31</i> 9-Line Dance 10-Bridge		

Out of Town	Mt. Calvary Church, Acton	Quilting Group, Tue, 9 AM Except Jan 1 Comm. Supper, Wed, 5 PM
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Ongoing Events, Classes

To learn more about any event, call
Lauren Abraham: 978-264-1717



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 5 PM at Mt. Calvary Church. No charge.

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, or 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 at the Community Center.

Movie Monday at Sargent Memorial Library at 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.

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 Vighh. Meets Tuesdays 1 PM at the Community Center.

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 _____