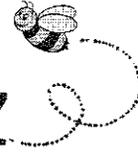


THE

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

June-July 2015

FCOA Lunch: Eat, Drink, and Enjoy Music

On **Wednesday, June 10, at noon**, the Boxborough Friends of the Council on Aging will hold an anniversary lunch celebrating almost two decades of community support for senior activities. This will take place at the **Community Center**, and all are welcome.



Entertainment consists of talented soloists and an accompanist from the **Greater Worcester Opera (GWO)**. They will be performing songs from Broadway and American Songbooks, with perhaps a couple of opera arias thrown in. GWO's 12-year mission has been to bring opera performance and opera education to Central Massachusetts. They accomplish this through fully staged opera productions, concerts, and outreach performances in local schools.

Come experience the excitement of hearing the beauty of the human voice, unamplified and unaffected. **Admission is free**, so please join us for good food and some wonderful music. Please call Laura at 978-264-1717 to reserve your spot.

COA Ice Cream Social and Trivia Contest

"I-Scream, U-Scream, We All Scream for Ice Cream!" Chances are that if you love ice cream, you might remember shouting out this chant at some time in your life. And even if haven't, mark **Wednesday, July 8**, on your calendar and plan to beat the heat and enjoy ice cream, courtesy of Boxborough's Hayward Farms. Located in our Town, Hayward is providing a large selection of delicious ice creams and yummy toppings for your tasting pleasure.

While you enjoy ice cream with your friends and neighbors, DJ Patrick McIntyre will entertain us with a Trivia Contest that features simple questions on one subject: the United States. The fun begins at **1 PM in the Community Center**, and all are welcome to attend this **free** COA event. Please RSVP to Laura (978-264-1717) if you're able to be part of this "cool" way to spend a hot July afternoon!

Summer 2015 Class Schedules

Fitness with Holly Join others in this motivating class. Participants will improve their strength, balance, and flexibility.

Summer Session 1: June 1 – June 26;

Mondays, Wednesdays, and Fridays

Summer Session 2: July 6 – August 12;

Mondays and Wednesdays only

Cost is **\$3 per class**. Classes will be held at the **Community Center** at **9 AM**.

Yoga for Seniors The practice of gentle yoga, with its physical postures, along with breathing exercises and meditation, brings more ease and balance in the mind and body. Summer Session will be **June 16 – August 27**. Classes will be held on Tuesdays and Thursdays at **1 PM**. Cost is **\$4 per class**.

Water Exercise Class Improve your strength, balance, and range of motion in this water class at Swymfit in Boxborough. These classes are a great way to increase your activity level while having fun in the water. The next 6-week session starts **Thursday, June 18**, from **10:15–11 AM**. Cost is **\$30 for the 6-week program**.

###

Fifer's Day Fair, 2015

The 2015 Fifer's Day Fair is being held on **June 20**. There will be music, food and barbeque, children's games, craft booths, nonprofit booths, and more. Traditional events, such as the **Road Race (9:30 AM)**, **Parade (11 AM)**, and the **Golden Fife Ceremony (noon)** will take place prior to the **Fair's opening (12:30 PM)**.

More complete information can be found at www.fifersday.org

###

Podiatry Clinic

On **Wednesday, July 1**, the COA will hold a podiatry clinic at **1 PM**. 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 will be held at the **Community Center**. Call Laura at 978-264-1717 to reserve a spot or inquire about a home visit.

2

NEW: Writing Workshop

For most people, the hardest part of writing is beginning. Do you want to write but can't get going? Writing prompts are helpful tools for both beginning writers wondering how to start and for experienced writers working through writers' block. Writing prompts are also useful for those on a healing journey.

If you want to write, come to the Writing Workshop held every **Tuesday** in July (**July 7, 14, 21, 28**) from **10–11:30 AM** at the **Community Center**. In this workshop, we will write for a set time in response to a prompt. Then, those who wish to share will read aloud their writing. Listeners will respond with positive comments about what they like and remember from the writing. Please bring a notebook and pen when you come. The **cost is \$16**.

Sessions are led by Michele Order Litant, who has a BFA in Creative Writing and is a certified writing workshop instructor. She is a published writer who has worked as an editor for major publishers, organized and led a writers' critique group, and taught writing workshops for children. To register, please call Laura at 978-264-1717.

###

The Boxborough Museum & Historical Society will be open **2-4 PM** on **Sunday, June 14** and **Sunday, July 12**.

###

Sargent Memorial Library Celebrations

As part of our 10th Anniversary celebration, the **Sargent Memorial Library** will host two exciting programs. These programs are sponsored by the generosity of the Friends of the Boxborough Library. Everyone is welcome!

Chronicle's Reinstein Presentation

Tuesday, June 2, at 7 PM Chronicle reporter Ted Reinstein, a native New Englander, will regale the audience with tales from his *New England Notebook: One Reporter, Six States, Uncommon Stories*. This book provides a blend of the region's most singular and noteworthy stories of history, people, and culture. Books will be available for purchase and signing.

(continued on p. 3)

SUMMER SIZZLERS

Take summer by storm! Fill your calendar with activities for yourself, family, and friends. Below are several local events to consider. Check newspapers and websites for more details. Then sizzle your way through the summer heat with fun!

Local Farmers Markets Area farmers sell fresh vegetables and meats at these markets. Often, customers can hear music and view arts/crafts while purchasing healthy foods. Markets listed below accept WIC and SFMNP.

- West Acton: June 14–Oct 24: Sundays, 10 AM–1 PM, Pearl Street
- Maynard: June–Oct: Saturdays, 9 AM–1 PM, Clock Tower Place parking lot

Fruitlands Museum, Harvard Summer concert series begins **June 18 at 7:15 PM**. The first concert, "The Blue & Gray: Strawberries and Champagne" commemorates the 150th anniversary of the end of the Civil War. Cost: \$10/car for museum members; \$15/car for nonmembers. Entrance fee includes the free use of all museums from **5 PM–7 PM**.

Solstice Celebration, Concord Evening picnic and music **June 21**; singing at **Old North Bridge** and at the **Old Manse**; see Emerson Umbrella **website** for details.

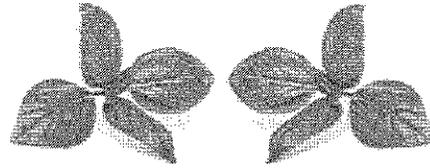
NARA Park, Acton Indian Hill Jazz Band performs **June 25, 6:30–8 PM**.

Maynard Pubic Library "Men of Mystery," an author's night with Joseph Finder, Steve Ulfelder, and Michael Posner. **June 30, 7 PM–8 PM**.

NARA Park, Acton Concert and fireworks on **July 3 at 7 PM–9:15 PM**; fireworks begin at dusk.

DeCordova Sculpture Park and Museum, Lincoln This popular venue offers **free weekday admission** to all visitors from **July 5–Sept 2**.

Bolton Fairgrounds, Lancaster Bolton Fair runs from **August 14–16**.



(Library news continued from previous page)

Stockbridge Farms Presentation:
"Basil, King of Herbs"

Tuesday, June 9, at 1 PM. Owners of the Stockbridge Farm are presenting "Basil, King of Herbs." Basil has a long and colorful history that dates back to ancient Greece and Rome. Join the folks from Stockbridge Farm to discover the many varieties of basil and how they can be used in the kitchen. This interactive program will include a culinary demonstration and participants can taste all the prepared dishes as well as have copies of the recipes. Stockbridge Farm will also bring their handcrafted herbal products to purchase.

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 Golden Ticket
Schedule of Events

June-July

2015

Mon, Jun 1	Fitness with Holly, 9 AM Movie Monday, 1 PM	Thu, Jun 18	Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM Game Day, 1 PM	Thu, Jul 9	Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM Game Day, 1 PM COA Board meeting, 3 PM
Tue, Jun 2	Yoga for Seniors, 1 PM Adv. Beginner Spanish, 1 PM	Fri, Jun 19	Fitness with Holly, 9 AM	Sun, Jul 12	Boxborough Museum, 2-4 PM
Wed, Jun 3	Fitness with Holly, 9 AM Knitting Group, 2 PM	Mon, Jun 22	Fitness with Holly, 9 AM Movie Monday, 1 PM	Mon, Jul 13	Fitness with Holly, 9 AM Movie Monday, 1 PM
Thu, Jun 4	Bridge, 10 AM Water Exercise, 10:15 AM Yoga for seniors, 1 PM Game Day, 1 PM	Tue, Jun 23	Yoga for Seniors, 1 PM	Tue, Jul 14	Writing Workshop, 10 AM
Fri, Jun 5	Fitness with Holly, 9 AM	Wed, Jun 24	Fitness with Holly, 9 AM Knitting Group, 2 PM	Wed, Jul 15	Fitness with Holly, 9 AM Knitting Group, 2 PM
Mon, Jun 8	Fitness with Holly, 9 AM Movie Monday, 1 PM	Thus, Jun 25	Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM Game Day, 1 PM	Thu, Jul 16	Bridge, 10 AM Water Exercise, 10:15 AM Game Day, 1 PM
Tue, Jun 9	Yoga for Seniors, 1 PM Adv. Beginner Spanish, 1 PM	Fri, Jun 26	Fitness with Holly, 9 AM	Mon, Jul 20	Fitness with Holly, 9 AM Movie Monday, 1 PM
Wed, Jun 10	Fitness with Holly, 9 AM Knitting Group, 2 PM	Mon, Jun 29	Movie Monday, 1 PM	Tue, Jul 21	Writing Workshop, 10 AM Yoga for Seniors, 1 PM
Thu, Jun 11	Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM Game Day, 1 PM COA Board meeting, 3 PM	Tue, Jun 30	Yoga for Seniors, 1 PM	Wed, Jul 22	Fitness with Holly, 9 AM Knitting Group, 2 PM
Fri, Jun 12	Fitness with Holly, 9 AM	Wed, Jul 1	Knitting Group, 2 PM	Thu, Jul 23	Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM Game Day, 1 PM
Sun, Jun 14	Boxborough Museum, 2-4 PM	Thu, Jul 2	Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM Game Day, 1 PM	Mon, Jul 27	Fitness with Holly, 9 AM Movie Monday, 1 PM
Mon, Jun 15	Fitness with Holly, 9 AM Movie Monday, 1 PM	Fri, Jul 3	Independence Day (Fourth of July) Observed - Town offices closed.	Tue, Jul 28	Writing Workshop, 10 AM Yoga for Seniors, 1 PM
Tue, Jun 16	Yoga for Seniors, 1 PM	Mon, Jul 6	Fitness with Holly, 9 AM Movie Monday, 1 PM	Wed, Jul 29	Fitness with Holly, 9 AM Knitting Group, 2 PM
Wed, Jun 17	Fitness with Holly, 9 AM Knitting Group, 2 PM	Tue, Jul 7	Writing Workshop, 10 AM Yoga for Seniors, 1 PM	Thu, Jul 30	Bridge, 10 AM Water Exercise, 10:15 AM Yoga for Seniors, 1 PM Game Day, 1 PM

June

-NEW IN BOXBOROUGH-

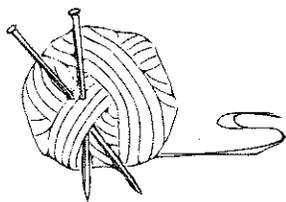
Chronicle's Reinstein, Tue, Jun 2, 7 PM
Stockbridge Farms-Basil, King of Herbs, Tue, Jun 9, 1 PM
FCOA Anniversary Luncheon, Wed Jun 10, noon
Fifer's Day, Sat, Jun 20,
LittleBox Solar Initiative, Thu, June 25, 7 PM

July

Podiatry Clinic, Wed, Jul 1, 1 PM Comm. Center
COA Ice Cream Social & Trivia Contest, Wed Jul 8, 1 PM

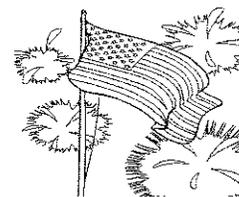
-IN NEARBY TOWNS-

Community Supper, Mt. Cal. Church, every Wed, 5 PM **Quilting Group, Mt Cal Church, every Tue, 9 AM till Jun 30**



Ongoing Events, Classes

To learn more about any event, call
Laura Arsenault: 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, please 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 (except for July—no Fridays in July) at Community Center. Sign up for one, two, or three days. 9 AM.

Game Day Come and play popular card games, such as canasta, and board games. Thursdays, 1 PM. Community Center. All are welcome.

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. No classes for June-Aug.

Movie Mondays @ Sargent Memorial Library 1 PM every Monday 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. For more information, call Astrid Perko at 978-263-7016.

Tai Chi A 12-week class taught by Jeff Cote and staff. Meets Tuesdays, 10:30 AM. Community Center. No classes for June-Aug.

Water Exercise A 6-week class; friendly water exercises taught by Curtis Schulz. Meets Thursdays, 10:15 AM. Swymfit, 90 Swanson Road.

Writing Workshop A 4-week session of writing taught by Michele Order Litant. Meets Tuesdays in July, 10 AM. Community Center.

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 _____

The LittleBox Solar Initiative

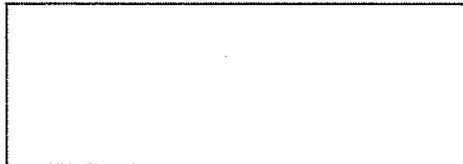
The Boxborough Energy Committee announces that you can participate in the LittleBox Solar Initiative, a focused effort to increase the use of solar power and guide us toward a more sustainable environment. The chosen solar installer will offer a tiered-pricing system based on bulk discounts. In other words, the more kilowatts (kW) installed, the lower the price for participants. To learn more, attend one of these meetings:

Tuesday, June 23, at 7 PM, Multipurpose Room, Littleton Town Offices

Thursday, June 25, at 7 PM, Blanchard Elementary Gym, Boxborough

At each meeting, the Solar Initiative installer will provide detailed information about the benefits of solar energy and will explain site visits, costs, incentives, rebates, inspections, and installations. (Boxborough residents who are customers of the Hudson Light & Department are eligible to participate in this Initiative.)

—Submit articles for August-September Issue by July 10, 2015—



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