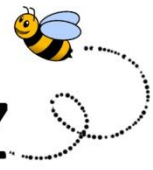


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

March 2019

Council on Aging

Lauren Abraham,
COA Coordinator
978-264-1717
e-mail: labraham@
boxborough-ma.gov

COA Board

*Identify needs, develop and
implement programs and
services, educate populace and
advocate on behalf of elders.*

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Barbara Birt, Vice Chair
Anne Canfield
Taryn Light
Frank Powers, Chair
Barbara Wheeler, Secretary
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Corresponding Secretary
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Buzz Production Team

Tina Bhatia
Barbara Birt
Anne Canfield
Taryn Light
Tess Summers

Acton Lions Club Annual NE Boiled Dinner

A traditional New England boiled dinner will be served to Acton and Boxborough seniors on **Sunday, March 17, 1 PM**, at the **Acton Senior Center, 30 Sudbury Road, Acton**. Reservations are required, so please call Lauren (978-264-1717) by Monday, March 11.

Minutemen Luncheon for Boxborough Seniors

You are invited by the **Boxborough Company of Minutemen** to enjoy a tasty lunch at **noon on Wednesday, March 13**, in the **Community Center**. On this day, the Minutemen will host their annual baked ham luncheon for seniors. The meal will be served with all the fixings that traditionally accompany ham: roasted potatoes, vegetables, salad, rolls, a variety of desserts, and apple cider.

The Minutemen Company organizes Fifer's Day Festival and Town Fair. This event is the Minutemen's major fundraiser, and monies raised are used to provide scholarships to Boxborough students. The Minutemen also donate time and money to various organizations.

Please plan to join your friends, neighbors, and members of the Minutemen Company for this delicious luncheon. Then be ready to enjoy a musical treat—the Blanchard brass and woodwind ensembles will perform at the luncheon. There is no charge, but give Lauren a call (978-264-1717) to reserve your place.



Lastly, you are encouraged to bring an item to be donated to the Acton Food Pantry. Collected items will be taken to the food pantry.

Showtime for Seniors!

What a great way to start your week! Every **Monday at 1 PM** that **Sargent Memorial Library** is open, you are invited to enjoy a free movie with your friends and neighbors. Both current and classic movies are shown, and you are encouraged to make suggestions about particular films you would like to see. To learn in advance the title(s) of movies that will be shown, visit the Library at their website or call the Library (978-263-4680).



Spotlight: Library Director, Peishan Bartley

This month the BUZZ team chose to shine our "Spotlight" on Boxborough Sargent Memorial Library Director, Peishan Bartley.

After working in corporate America for a number of years, Peishan decided that she preferred working in the world of libraries. To this end, she entered Simmons College and received an MS in Library Science, and eventually a PHD. She started to work at Sargent Memorial in 2015 and began her tenure as Library Director in the summer of 2018.

Peishan and her family are residents of Boxborough. When asked what drew her family to our community, she explained that the schools, the community, and the general feel of the Town all attracted her family to settle here.

When asked about her vision as the new Library Director, Peishan explained that she wants to make the Library an active part of the community. To accomplish this goal, she has lined up several mindful and wellness programs, cultural programs, and educational programs for Boxborough citizens of all ages to enjoy. For example, in the coming months she is hoping to bring programs that feature art and/or dance from countries, such as Korea and India. She is also a firm believer that music is a common key to all cultures, stating that, "Music is a bridge that crosses generations and languages."

Lastly, Peishan wants residents to know that they are welcome to make suggestions and recommendations to her about what they would like to see at the Library. So the next time you visit the Library, be sure to introduce yourself to Peishan, and perhaps share some ideas with her about Sargent Memorial and its role in our community.



Coffee with Lauren

Your new Council on Aging Coordinator, Lauren Abraham, would like your feedback! On **Wednesday, March 6** or **Friday, March 29**, at **11 AM**, drop by the Community Center for coffee and a chat with Lauren. This is your chance to let her know your favorite things about the COA, what new services and activities you would like the COA to offer, or just get to know Lauren! She is looking forward to meeting you and learning your thoughts and stories. So, plan to stop by on **either date** for a few minutes, or stay the whole hour—Lauren can't wait to see you!

Brains and Balance Class

Researchers no longer believe that falling or losing mental capacity are inevitable parts of the aging process. The Brains and Balance program may help prevent falls from happening. Discover how much fun balance training can be while you exercise your brain with specially designed "Train the Brain" drills. These drills are designed to improve your memory, reasoning, conceptualization, language, and problem-solving skills.

Classes will be held at the **Community Center** on **Tuesdays, 10:30 to 11:30 AM**. The session **begins March 5** and **concludes April 23**. **Cost** for the 8-week session is **\$32**. Please call Lauren (978-264-1717) to reserve your spot.



Podiatry Clinic

Podiatrist Dr. Alyeen Gregorian will be offering a foot clinic starting at **9:30 AM** on **Thursday, March 21**, 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 Lauren (978-264-1717) to make an appointment.

Boxborough Grange: 133rd Anniversary

Boxborough Grange #131 was organized on March 4, 1886. It will hold its 133rd Anniversary Meeting in the **Boxborough Community Center** on **Friday, March 8**, at **7:30 PM**. The public is invited to this celebration at which the Grange Community Service Award will be presented. Light refreshments will be served.

Boxborough Library Book Sale



Due to popular demand, the Friends of the Boxborough Library has expanded its used book sale to a 3-day event. The weekend will start with a preview sale for members on **Friday, April 5**, from **5 PM to 8 PM**. (Memberships will be available at the door.) The main sale will take place on **Saturday, April 6**, from **9 AM to 2 PM**. An "Everything Must Go" sale will be held on **Sunday, April 7**, from **2 PM to 4 PM**. Bring a bag (or bags) to the Sunday book sale and only pay \$2 to fill each bag.

The sale will take place in the meeting room of the **Sargent Memorial Library**. Proceeds from the book sale will go toward additional library programs and museum passes.

Please support this sale by donating your gently used hard covers, paperbacks, and audiovisual items and by attending the sale. Books will be accepted from April 1 through April 4 at the library during regular hours. Please no VCR tapes, magazines, or books in poor condition. To have books picked up, seniors can call Lauren (978-264-1717).

Reminder: An evening Contra Dance will be held on **March 2** at the **Community Center 7:00-9:30 PM**. Suggested donation \$5/person, \$10/family.

This event made possible by grants from the A-B Cultural Council and UCC Boxborough.

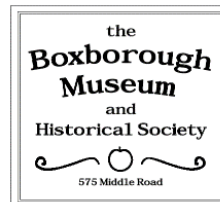
Meditation for Healthy Living

Please join us at **10 AM**, on **Saturday, March 2**, at the **Sargent Memorial Library**. At this time, Dr. Alan Hughes will give a presentation about "food for the soul". He will show attendees a simple meditation technique that can melt away stress and work as a powerful addition to a healthy living regimen.

Do You Have the "Drive" to Help Seniors?

Would you like to help seniors get to their medical appointments, or maybe share a smile with a senior who needs a ride to the grocery store? Then consider joining our team as a van driver. The Council on Aging is seeking a part-time van driver. A valid MA driver's license with clean driving record is required, and you must pass a background check, pre-employment physical, and drug screening. Training will be provided. The hourly rate is \$15.90/hr for up to 19.5 hours a week.

Call Lauren for more details (978-264-1717), or find the application on the Town website.



The Boxborough Museum will be open 2-4 PM on Sunday, March 10.

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**.

Cancer Patient Transportation Services

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 Lauren at **978-264-1717** to see if **Lending Hand** can help.

Attention All Voters!

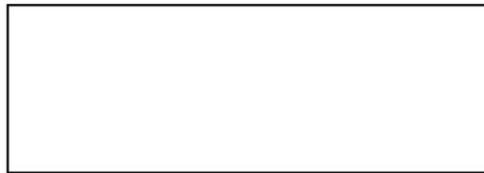
Two important Zoning Bylaw amendments will appear on the Warrant for Annual Town Meeting, which starts at **7 PM** on **Monday, May 13**. One article proposes an overlay district that would include parts of both the Office Park zone and the Industrial Commercial zone. The other will address recreational marijuana establishments in the Town. **Details on both articles will be provided when available.**



Daylight Saving Time – Spring Forward!

Remember to set your clocks ahead one hour before you go to bed on **Saturday, March 9**.

–Submit articles for April issue by March 11–



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

March 2019

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|-------------------------------------------------------------------------------------------------------|-------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| | | | | | 1 9-Fitness w/Holly | 2 <i>10:00- 'Meditation for Healthy Living' 7-Contra Dance</i> |
| 3 | 4 9-Fitness w/Holly 1-Movie Monday | 5 10-Book Club 10:30-Brains and Balance 1-Yoga | 6 9-Fitness w/Holly <i>11-Coffee w/ Lauren</i> 2-Crafters Group | 7 9-Line Dance 9:30-Bridge 2-Mah Jongg | 8 9-Fitness w/Holly <i>7:30-Boxborough Grange Anniversary Meeting</i> | 9 <i>2 AM-Daylight Saving Time</i> |
| 10 2-4- Boxborough Museum | 11 9-Fitness w/Holly 1-Movie Monday | 12 10:30-Brains and Balance 1-Yoga | 13 9-Fitness w/Holly <i>12-COA Minutemen Luncheon</i> 2-Crafters Group | 14 9-Line Dance 9:30-Bridge 2-Mah Jongg | 15 9-Fitness w/Holly | 16 |
| 17 <i>1-Lions Club Boiled Dinner</i> | 18 9-Fitness w/Holly 1-Movie Monday | 19 10:30-Brains and Balance 1-Yoga | 20 9-Fitness w/Holly 2-Crafters Group | 21 9-Line Dance 9:30-Bridge <i>9:30-Podiatry Clinic</i> 2-Mah Jongg | 22 9-Fitness w/Holly | 23 |
| 24 <hr style="border: none; border-top: 1px solid black; width: 100%; margin-bottom: 5px;"/> 31 | 25 9-Fitness w/Holly 1-Movie Monday | 26 10-Wellness Clinic 10:30-Brains and Balance 1-Yoga | 27 9-Fitness w/Holly 2-Crafters Group | 28 9-Line Dance 9:30-Bridge 2-Mah Jongg | 29 9-Fitness w/Holly <i>11-Coffee w/ Lauren</i> | 30 |

| | | |
|--------------------|----------------------------------|----------------------------------------------------------|
| Out of Town | Mt. Calvary Church, Acton | Quilting Group, Tue, 9 AM Community Supper, Wed, 5 PM |
|--------------------|----------------------------------|----------------------------------------------------------|



Ongoing Events, Classes

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



Brains and Balance An 8-week fun class for body balance training together with brain drills that "train your brain." Meets Tuesdays, 10:30 AM at the Community Center.

Book Group Meets the first Tuesday of every month, September-May, 10 AM at the Sargent Memorial Library. New members are always welcome.

Bridge An ongoing group that always welcomes new members. Meets Thursdays, 9:30 AM at Town Hall. For more information, call Val at 978-263-8184 or Anne at 978-263-2664.

Community Supper in Acton For everyone on Wednesdays at 5 PM at Mt. Calvary Church. No charge.

Fitness with Holly A 12-week class meets Mondays, Wednesdays, and Fridays at the 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 at 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.

Mah Jongg Drop in and learn what this ancient game is all about. Thursdays, 2 PM at the Community Center.

Movie Monday at Sargent Memorial Library See a new or classic show 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 at 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.

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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 _____