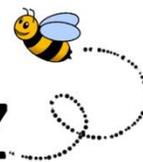


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

March 2018

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 populace and
advocate on behalf of elders.*

Frank Powers, President
Tina Bhatia
Barbara Birt
Taryn Light
Frank Sibley
Barb Wheeler
Les Fox, Liaison with Board
of Selectmen

Friends of the Council on Aging

John Fallon, President
Barbara Birt
Patty Gayowski
Loretta Grushecky
Lauraine Harding
Mary Nadwairski
Astrid Perko
Ginnie Richardson
Alan Rohwer
Shirley Warren
Georgia Winfrey

Buzz Production Team

Tina Bhatia-COA
Barbara Birt-COA
Anne Canfield
Taryn Light-COA
Tess Summers

Exciting News! Community Center Renovations!

We are thrilled to announce that UCC Boxborough is embarking on a program of significant improvements to the Community Center.



On January 28, the congregation voted unanimously to upgrade the building used by the Council on Aging, Scout troops, and various community groups. As much work as possible will be done by congregational volunteers, who are excited to put to use what they've learned on mission trips over the years.

Late in February work begins in the basement, with the goal of providing better ventilation to aid in reducing humidity for storage. During this phase of the project, there will be no disruption to those using the building. In March work will begin in the main space. New flooring, windows, and lighting will be installed, as well as central air conditioning. The kitchen will receive a facelift, with new counters, sink, and storage.

During March and April, all COA activities and classes will be located in the Church Gathering Room. Lunches and other events will take place in the Grange Room at Town Hall. Please check with your instructors or Laura if you have any questions.

Renovations to the Community Center are part of UCC Boxborough's commitment to being a resource to Boxborough and surrounding towns. Church leaders are staying in communication with town and COA representatives throughout this process. We are all excited to see the finished product. As they say in Radio Land, "Stay tuned for more details!"



Daylight Saving Time – Spring Forward!

Remember to set your clocks ahead 1 hour before you go to bed on Saturday, March 10.

As we spring forward, the COA is planning a day trip to Newport, RI, in May!

Spotlight Series: Boxborough Building Inspector



Building Inspector (BI) Gerry Noel is the focus of this month's Spotlight. In the 1980s, Gerry started—and operated for almost 30 years—a remodeling business. In 2009, he began

studying to obtain certification as a Building Inspector and Commissioner. After 2 years of working to successfully achieve this goal, he transitioned from the private sector to the municipal arena. For several years, Gerry worked as BI for the City of Marlborough, and then decided he wanted to work for a small town rather than for a large municipality—and as they say, "The rest is history!"

As our BI, Gerry strives to be approachable and helpful, and works to earn people's trust. He enjoys dealing with citizens, other Town employees, and contractors who do business in Town. He said he stresses with contractors that he is here to ensure they construct and remodel according to Massachusetts State Building Code. He further stated that his mission for the Building Department is to ensure quality of life for those who live, work, or just pass through Town. He knows that this will only be accomplished by promoting safety in construction, use, and occupancy of all structures in Boxborough. Toward this goal, Gerry strongly believes that "Life-safety is a joint responsibility," and being compliant with MA State Building Codes promotes this scenario.

Podiatry Clinic

At **9 AM** on **Friday, March 9**, Podiatrist Dr. Alyeen Gregorian will be offering a foot clinic at **Boxborough Town Hall**. Trimming of nails, treatment of corns and calluses, and a screening for foot health will be offered. The cost is \$30. **Reservations are needed.**

Please call Laura at 978-264-1717 to make an appointment.



Boxborough Grange 132nd Anniversary

The Boxborough Grange #131 was organized on March 4, 1886. It will hold its **132nd Anniversary Meeting** in the **Grange Room, Boxborough Town Hall** on **Friday, March 9**, at **7:30 PM**.

The public is invited to this celebration. Light refreshments will be served.

BCTrust Luncheon for Seniors

On **March 14**, at **noon** in the **Grange Room** at **Town Hall**, members of the **BCTrust** invite you to join your friends and neighbors for a luncheon prepared especially for Boxborough's seniors. After enjoying a vegetarian lentil stew, corn bread, baby-greens salad dressed with raspberry vinaigrette, and assorted desserts, attendees will be treated to a visual tour of the BCTrust's newest trail located on the Inches Woods property.

The BCTrust was founded in 1997 by a group of Boxborough residents. It is a private, non-profit, all-volunteer organization whose members principally fund the organization and also provide volunteer time.

An Evening with Eleanor Roosevelt

Be sure to circle the date **March 15** on your calendar and plan to join us for a very special program celebration of Women's History Month. The program begins at **7 PM** at **Sargent Memorial Library**. Presented by author and historian Carol Cohen, the program is part portrayal and part presentation. Ms. Cohen offers attendees a unique glimpse into the professional and personal life of Eleanor Roosevelt. Everyone is welcome, and refreshments will be served.



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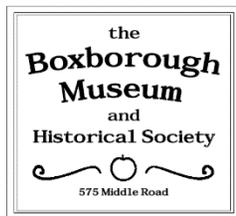
An Evening with Eleanor Roosevelt is sponsored by a generous donation from the Whitcomb House Trust Fund.

Second Yoga Class

A **Thursday, 1PM**, Yoga class at the **Community Center** can be reactivated if there is a minimum of 6 people to register. Call Laura (978-264-1717) if you are interested in this class for stretching, balance, and strengthening.

Acton Lions Club Annual New England Boiled Dinner

A traditional New England boiled dinner will be served to Acton and Boxborough seniors on **Sunday, March 18, 1 PM**, at the **new Acton Senior Center, 30 Sudbury Road, Acton. Reservations are required.** To RSVP and for directions, please call the Acton COA at 978-929-6652, **starting at 1PM on March 5.**



The Museum will be open **2-4PM** on the following **Sundays: March 11, April 8, May 20, June 10.**

Boxborough Library Book Sale

Friends of the Boxborough Library will hold a book sale in the Sargent Memorial Library meeting room, **Saturday, April 7, from 9 AM to 2 PM.** A preview sale for members will take place **Friday, April 6, from 5 PM to 8 PM.** (*Memberships will be available at the door.*) 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 this sale. Books will be accepted from **April 2** through **April 5** at the Library during regular Library hours. Please no VCR tapes, magazines, or books in poor condition. If any senior wants books picked up, please call the COA office at 978-264-1717.



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 Laura 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.

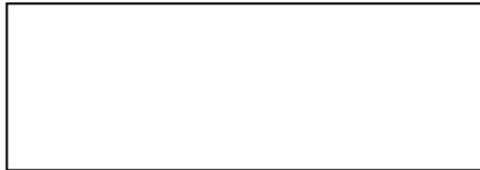
Lending Hand Services

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

The Lending Hand Program

Do you **occasionally** need a little help with a task that is too much for you to tackle? Well—good news! In conjunction with the COA, **Boxborough’s Minuteman Company** may be available to help you with a special chore. Whether it involves moving an item that requires extra strength or a minor repair, help may be as far away as your phone! If you find yourself in this situation, please call Laura (978-264-1717) to learn more about the Lending Hand Program.

–Submit articles for April issue by March 5–



Change Service Requested

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

March 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1 9-Line Dance 9:15-Bridge 2-Mah Jongg	2 9-Fitness w/Holly	3
4	5 9-Fitness w/Holly 1-Movie Monday	6 10-Book Group 1-Yoga	7 9-Fitness w/Holly 2-Crafters Group	8 9-Line Dance 9:15-Bridge 2-Mah Jongg	9 9-Podiatry Clinic at Town Hall 9-Fitness w/Holly 7:30-Box.Grange Anniversary Meeting	10
11 Daylight Savings Time Begins 2-4 Boxborough Museum	12 9-Fitness w/Holly 1-Movie Monday	13 1-Yoga	14 9-Fitness w/Holly 12-COA Luncheon Sponsor: BCTrust 2-Crafters Group	15 9-Line Dance 9:15-Bridge 2-Mah Jongg 7-'An Evening with Eleanor Roosevelt' at library	16 9-Fitness w/Holly	17
18 1-Lions Club Annual Boiled Dinner	19 9-Fitness w/Holly 1-Movie Monday	20 1- Yoga	21 9-Fitness w/Holly 2-Crafters Group	22 9-Line Dance 9:15-Bridge 2-Mah Jongg	23 9-Fitness w/Holly	24
25	26 9-Fitness w/Holly 1-Movie Monday	27 10- Wellness Clinic 1-Yoga	28 9-Fitness w/Holly 2-Crafters Group	29 9-Line Dance 9:15-Bridge 2-Mah Jongg	30 9-Fitness w/Holly	31

Out of Town	Mt. Calvary Church, Acton	Quilting Group, Tue, 9 AM Community Supper, Wed, 5 PM
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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, 9:15 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.

Crafters Group A group for those who enjoy knitting, crochet, beading, cross-stitch, 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.

Fitness with Holly A 12-week class meets Mondays, Wednesdays, and Fridays at UCC. Sign up for one, two or three days. 9 AM.

Line Dance A 12-week class taught by Sam O'Clair. Meets Thursdays, 9 AM at UCC.

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

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 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 Viggh. Meets Tuesdays, 1 PM at UCC.

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 _____