

# THE BOXBOROUGH BUZZZ



## SENIOR NEWS YOU CAN USE

### Council on Aging

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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  
Sheila Lloyd  
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

May 2015

### Lunch with a side of Law

On **Wednesday, May 13, at noon**, Life Care Center of Acton Visiting Angels will provide a delicious meal for you to enjoy at **the Community Center**. The Council on Aging has made arrangements with the Massachusetts Bar Association for a presentation following lunch. This year's program is "Taking Control of Your Future: A Legal Check Up."



Attorney James Tabner of Concord will cover such topics as how to protect your home and assets; power of attorney; and healthcare proxies.

Invaluable written guides explaining a vast array of legal topics will also be available, courtesy of the MBA. Please call Laura at 978-264-1717 to make a reservation for lunch. If you would like to attend only the presentation, please call ahead to ensure there are enough materials for all.

### Annual Town Meeting and Town Election

This year, Boxborough's **Annual Town Meeting (ATM)** will begin **Monday, May 11, at 7 PM, in Blanchard Memorial School Gymnasium**. The Warrant for ATM will be arriving during the last week in April via mail. By taking the time to read through the Warrant prior to ATM, you'll be better prepared to actively participate in your Town's government.

The **Town Election** will be held **at Town Hall on Monday, May 18**, and there is an important change to note. The hours that the polls are open have been reduced for this election; the **polls will open at noon and close at 8 PM**. So mark your calendar with the time and date of the ATM and the Town Election; then plan to participate in both. Remember, this is your opportunity to make your voice heard!

If you need transportation please call the Council on Aging.



### FCOA Annual Meeting May 6

The 2015 Annual Meeting of the Friends of the Boxborough Council on Aging will take place on Wednesday May 6 at 10:15 am at the Community Center. All are welcome to attend and discuss plans for the coming year.

## Freedom's Way Hidden Treasures Weekend

Boxborough is a member of the Freedom's Way National Heritage Area, which is a cooperative of 45 cities and towns that were associated with the start of the American Revolution. On **May 16 and 17** there will be a two-day regional celebration featuring the unique "hidden treasures" in each community. Boxborough will be represented in this program by the Boxborough Historical Society. Our "hidden treasures" are the two Town-owned horse-drawn hearses: one constructed by local carpenters in 1820's and one made by Geo. L. Brownell, New Bedford, MA c. 1860-1870.

The Boxborough Museum will be open on both **Saturday May 16** and **Sunday May 17** from **1-4 PM**. There will be special programs and information relating to the hearses and funeral practices in the 19th century. Please watch the local papers for more information on this event and others in our neighboring towns.



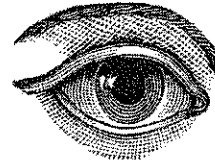
### Attention All Bridge Players!

As of April 9, the Thursday Bridge Group once again is meeting upstairs in Boxborough's Town Hall. Whether you're currently an active bridge player, or a former bridge player who wants to brush up on your game, you're welcome to join the group. **Play begins every Thursday at 10 AM and ends at 3 PM** with a brief lunch break around 12:15 PM. However, some members prefer to play just a half-day (10 AM-12:15 PM or 12:30 -3 PM).

If you're interested in playing bridge with a congenial group of folks from Boxborough and surrounding towns, please consider joining us on Thursdays. For more information, call Val (978-263-8184) or Anne (978-263-2664).

## Free Vision Screening and Wellness Clinic

D'Ambrosio Eye Care Center's trained staff members will offer a vision, glaucoma, and cataract screening. This is a drop-in clinic—no appointment needed. This free eye screening will run concurrently with the Wellness Clinic on **Wednesday, May 13**, provided by the Nashoba Associated Boards of Health from **11 AM-noon** at the U.C.C. Church.



## Boxborough Fifer's Day Fair

Mark **Saturday, June 20**, on your calendar for our Boxborough Fifer's Day Fair. The Boxborough District Minuteman Company, and the Boxborough Public Celebrations and Ceremonies Committee, co-sponsor this annual tradition. **Beginning at 9:30 AM at Flerra Field**, a 4-mile Road Race kicks off the festivities. Then, at **11:00 AM**, a parade commences at **Blanchard School** and ends at **Flerra Field**, where the Golden Fife Award Ceremony takes place at **noon**. The Fair opens at **12:30 PM**.

Features of the Fair include music, food, and barbeque (vegetarian option included), children's games and activities, a volleyball tournament, a tug-of-war tournament, booths representing Town organizations, and a crafts fair. For more information, or to sign up for a non-profit booth, craft booth, the road race, or the volleyball tournament, go to **www.fifersday.org**. The events schedule is also posted on this website.

For more information on reserving booths, contact John Andrews at 617-417-7483, or e-mail: fair@boxboroughminuteman.org. *NOTE: Please sign up early. The spaces go quickly.*

## Book Sale

Friends of the Boxborough Library will hold a book sale in the meeting room of the **Sargent Memorial Library** on **Saturday, May 9**, from **9 AM-2 PM**. A members' preview sale will be held Friday, May 8, from 7 PM-9 PM. (Membership will be available at the door.) Proceeds from the sale go toward additional library programs and museum passes.

You can support this sale by attending and by donating your gently-used hardcover books, paperbacks, and audiovisual items. Donations will be accepted from May 4-7 at the library during regular library hours. Please—no VCR tapes, magazines, or books in poor condition. If a Boxborough senior needs help donating books, please call the COA at 978-264-1717.

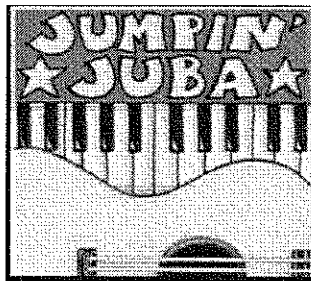
## Memorial Day Parade

On **Monday, May 25**, at **8:30 AM**, our Boxborough Memorial Day Parade begins at the corner of **Hill Road** and **Wetherbee Lane**. The Parade proceeds to **North Cemetery**, down **Middle Road** to **Town Hall** and then to **South Cemetery**, stopping at each location. At each of the stops, tributes will include: students reading their own essays about Memorial Day, laying of flowers, and musket salutes. Veterans and serving military are invited to walk or ride (a car is available) in the Parade. (Full uniforms are not necessary.) Please join this observance, which is sponsored by the Public Celebrations and Ceremonies Committee, as Boxborough honors those who sacrificed for our country.

## Outdoor Musical Concert

As part of our 10<sup>th</sup> Anniversary celebration, the Sargent Memorial Library will host an outdoor family concert featuring the music of **Jumpin' Juba** on **Saturday, May 30, at 1 PM**.

JUMPIN' JUBA, together since 1998, plays a unique mix of blues and rock 'n' roll tunes, with flavors from many other genres, including folk-Americana, Latin, Caribbean, jazz, and country. Steve Hurl brings a songwriter's focus to the band's many blues-



inflected styles. Pianist Bruce Ward and drummer Brian Flan complete the musical trio. Bring your blankets and lawn chairs as we celebrate the arrival of summer after our long New England winter.

This program is supported in part by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency and the Friends of the Boxborough Library. Everyone is welcome.

## Our World Film Series

The Acton-Boxborough Cultural Council is hosting free films on **Friday nights**. They take place in **Acton Town Hall** and begin at **7 PM**. See "A Hard Day's Night" by Richard Lester (1964) on Friday, May 1; "Electra" by Mihalis Kakogiannis, Friday May 8; and "Picnic at Hanging Rock" by Peter Weir on Friday, May 15. For more details, visit [actonboxboroughculturalcouncil.org](http://actonboxboroughculturalcouncil.org)

## 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.

**Fri, May 1** Fitness with Holly, 9 AM

**Mon, May 4** Fitness with Holly, 9 AM  
Movie Monday, 1 PM

**Tue, May 5** Book Group, 10 AM  
Tai Chi, 10:30 AM  
Yoga for Seniors, 1 PM  
Adv. Beginner Spanish, 1 PM

**Wed, May 6** Fitness with Holly, 9 AM  
Knitting Group, 2 PM

**Thu, May 7** Line Dance, 9 AM  
Bridge, 10 AM  
Water Exercise, 10:15 AM  
Yoga for Seniors, 1 PM  
Game Day, 1 PM

**Fri, May 8** Fitness with Holly, 9 AM

**Mon, May 11** Fitness with Holly, 9 AM  
Movie Monday, 1 PM

**Tue, May 12** Tai Chi, 10:30 AM  
Yoga for Seniors, 1 PM  
Adv. Beginner Spanish, 1 PM

**Wed, May 13** Fitness with Holly, 9 AM  
Wellness Clinic, 11 AM  
Knitting Group, 2 PM

**Thu, May 14** Line Dance, 9 AM  
COA Board meeting, 10 AM  
Bridge, 10 AM  
Water Exercise, 10:15 AM  
Yoga for Seniors, 1 PM  
Game Day, 1 PM

**Fri, May 15** Fitness with Holly, 9 AM

**Sat—Sun, May 16, 17** Boxborough Museum, 1-4 PM

**Mon, May 18** Fitness with Holly, 9 AM  
Movie Monday, 1 PM

**Tue, May 19** Tai Chi, 10:30 AM  
Yoga for Seniors, 1 PM  
Adv. Beginner Spanish, 1 PM

**Wed, May 20** Fitness with Holly, 9 AM  
Knitting Group, 2 PM

**Thu, May 21** Line Dance, 9 AM  
Bridge, 10 AM  
Water Exercise, 10:15 AM  
Yoga for Seniors, 1 PM  
Game Day, 1 PM

**Fri, May 22** Fitness with Holly, 9 AM

**Mon, May 25** Memorial Day – Town offices and Library closed

**Tue, May 26** Tai Chi, 10:30 AM  
Yoga for Seniors, 1 PM  
Adv. Beginner Spanish, 1 PM

**Wed, May 27** Fitness with Holly, 9 AM  
Knitting Group, 2 PM

**Thu, May 28** Line Dance, 9 AM  
Bridge, 10 AM  
Water Exercise, 10:15 AM  
Yoga for Seniors, 1 PM  
Game Day, 1 PM

**Fri, May 29** Fitness with Holly, 9 AM

**Sat, May 30** Jumpin' Juba, 1 PM

**New in Boxborough**

**Library Book Sale** Sat, May 9, 9 AM–2 PM

**FCOA Annual Meeting**, Wed, May 6, 10:15 AM

**Annual Town Meeting**,  
Mon, May 11, 7 PM, Blanchard School

**Vision Screening and Wellness Clinic**,  
Wed, May 13, 11 AM-noon at UCC Church

**COA Luncheon: Elder Law "A Legal Checkup"**  
Sponser: Life Care Center, Wed, May 13, noon

**Box. Garden Club Annual Plant Sale**,  
Sat, May 16, 8:30-11:30 AM

**Box. Historical Society: 'Hidden Treasures'**,  
Sat, May 16 and Sun, May 17, 1-4 PM

**Memorial Day Parade**, Mon, May 25, begins 8:30 AM

**In Acton**

**Community Supper** Mt. Calvary Church, Wed, 5 PM

**Senior Lunch** Mt. Calvary Church, 4th Thu,  
12:15 PM

**Quilting Group** Mt. Calvary Church, Tue, 9 AM

**Our World in Films 2015**

Fridays at Acton Town Hall , 7 PM  
'A Hard Day's Night' May 1 , 'Electra' May 8,  
'Picnic at Hanging Rock' May 15



## Ongoing Events, Classes

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



**Book Group** Meets first Tuesday, 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.

**COA Wellness Clinic** Usually held on the fourth Tuesday. Nashoba Nursing Service hosts a monthly wellness check for all ages. This month Wed, May 13, 11 AM-noon. UCC Church.

**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.

**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.

**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 Tuesday at Mt. Calvary Church, Acton, 9 AM-noon. Call Astrid Perko at 978-263-7016.

**Senior Luncheon in Acton** An ongoing group that usually meets every fourth Thursday. Mt. Calvary Church, 12:15 PM.

**Advanced-Beginner Spanish Class** Follow-up class to Beginner Spanish class. Meets Tuesdays, 1 PM. Community Center.

**Tai Chi** A 12-week class taught by Jeff Cote and staff. Meets Tuesdays, 10:30 AM. Community Center.

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

**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 \_\_\_\_\_