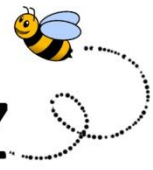


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

May 2019

Council on Aging

Lauren Abraham,
COA Coordinator
978-264-1717
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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
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Organizing for Celebration of Life

On **Tuesday, May 7**, the COA will host a presentation on Organizing for the last Celebration of Life at the **Sargent Memorial Library** from **7 PM to 8 PM**. The presentation will be given by staff from the Acton Funeral Home. "Organizing is what you do before you do something, so that when you do it, it is not all mixed up," quoted from A.A. Milne, author of *Winnie the Pooh*. It is invaluable to have your wishes known and the details organized ahead of time so your loved ones know exactly what to do. Please join us to have your questions answered about burial, cremation, traditional and nontraditional funeral and memorial services. Handouts and generic forms will be provided to take home.

Acton Funeral Home Luncheon for Seniors



At noon on May 8 luncheon is being hosted by the **Acton Funeral Home** in the **Community Center**.

Enjoy a hot meal served by Flo's Catering of Maynard. A presentation will be given after the meal, and there will be take-home information provided. This is an opportune time to ask your questions about the last Celebration of Life. All Boxborough seniors are welcome and admission is free. Call Lauren (978-264-1717) to make your reservation. Also, please plan to bring an item for the Acton Food Pantry.

Annual Town Meeting and Town Election

The 2019 **Annual Town Meeting** (ATM) begins on **Monday, May 13**, at **7 PM** in the **Blanchard Memorial School**. If necessary, ATM will continue on May 14 and, if required to May 16. The ATM Warrant will be mailed to Boxborough's households on April 22. Be sure to circle the date of the ATM on your calendar and plan to attend. This is an opportunity for you and your neighbors to participate in Boxborough's governance.



The **Town Election** will be held in the Grange Room at **Town Hall** on **Tuesday, May 21**, from **7 AM to 8 PM**. We encourage you to attend the ATM and to vote in the Town Election.

Finally, please note that at the ATM and the Town Election check in, you will be asked to first give the name of your street, then your house or apartment number, and lastly your name.



Recreational Marijuana Article at Town Meeting and Town Election

Legalization of recreational marijuana was approved by

Massachusetts voters in November 2016. Boxborough is now responsible for the regulation of recreational marijuana establishments within our borders, which needs to be addressed through zoning and other by-laws.

Recreational marijuana establishments include more than just retail "pot shops." They include the following businesses: marijuana cultivator, marijuana testing facility, marijuana research facility, marijuana product manufacturer, marijuana retailer, or any other type of licensed marijuana-related business which is not a Registered Marijuana Dispensary.

Currently, Boxborough has a temporary zoning moratorium on recreational marijuana establishments, which expires June 30, 2019. The outcome of the proposed zoning by-laws voted at Town Meeting will determine which, if any, types of recreational marijuana establishments could be allowed and where they may be located. These zoning by-laws are scheduled to be the **first item of business at a Special Town Meeting on Monday, May 13.**

One of these zoning by-laws would prohibit certain types of recreational marijuana establishments. **If this zoning by-law passes at Town Meeting, it will also need to pass a ballot vote at the Town Election on Tuesday, May 21, to go into effect.**

Boxborough had a Special Town Meeting in September 2018 that passed a general by-law prohibiting all types of recreational marijuana establishments. **This general by-law would also need to pass a ballot vote at the Town Election on May 21 to go into effect.**

Please review the materials on the Warrant which will be mailed to your house and the

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Planning Board's page of the Town website before Town Meeting. Your vote at both Town Meeting and the Town Election counts!

A Walk in the Woods with Henry



On **Saturday, May 18**, the town's Bettering Boxborough Committee will be sponsoring "A Walk in the Woods with Henry" starting at the **Sargent Memorial Library at 11 AM.**

Henry David Thoreau (aka Richard Smith, a nationally known Thoreau re-enactor) will visit the Sargent Memorial Library. He will discuss Thoreau's travels through Boxborough and lead a group through areas in the Hager Land that Thoreau crossed in the 1860's. Long sleeve shirts, long pants, and walking shoes are recommended.

This event marks Boxborough's participation in the Freedom's Way Heritage Area's May 2019 Hidden Treasures Program.

This "Bettering Boxborough Together" program is funded through CHNA15 Determination of Need funds from Lahey Hospital & Medical Center, Winchester Hospital, and is also supported by the Sargent Memorial Library, the Boxborough Land Stewards, and the Boxborough Historical Society.

Charles River Museum of Industry and Innovation Tour

Join the COA on **Thursday, June 6**, for a trip to the Charles River Museum of Industry and Innovation in Waltham. A docent will guide the group through exhibits detailing the historical impact of American industry and inspiring future innovation. After the tour the group will enjoy lunch at The Chateau restaurant before heading back to Boxborough.

Cost of the trip is \$35; this includes the bus, museum fee, and lunch. Luncheon choices are chicken parmesan, haddock St. Germaine, or broiled sirloin tips. The bus leaves from **Town Hall** promptly at **10 AM.** Space is limited, so call or email Lauren by May 23 to reserve your spot and make your luncheon selection

WWII Letters

This is a must attend event that will keep you on the edge of your seat! Writer Corinne Smith discovered over 100 letters written to her mother from 16 different servicemen during World War II.

When Corinne found the letters in her mother's attic, she took on the task of returning the letters. So far, she has given them back to five families who had no idea that handwritten pages from their soldiers still existed. Corinne said that it has been a fun and educational project, but is not yet completed. In this presentation, Corinne will share her search, as well as stories of the men, their experiences, and what their relatives have to say today. This presentation links history and genealogy to present-day research and diligence.

Come to the **Sargent Memorial Library** on **Tuesday, May 21**, from **7-8:30 PM**, to hear Corinne share her Mom's WWII letters and their stories.

Mindful Mornings Series

You are invited to a 6-week Mindful Morning experience on **Saturdays** from **10-11 AM** from **May 25 to June 29** at the **Sargent Memorial Library** lawn. The program is free and no experience in yoga or mindfulness is necessary. Just bring your own mat.

Classes will have an intergenerational focus and are designed to serve participants of all ages and abilities including families with young children, expecting mothers, and the elderly. Each session will be facilitated by a certified yoga and mindfulness instructor.

This program is hosted by Ivy Child International, in partnership with Bettering Boxborough Together and the Sargent Memorial Library.

Podiatry Clinic

Podiatrist Dr. Alyeen Gregorian will be offering a foot clinic from **9:30-11:30 AM** on **Thursday, May 16**, 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.

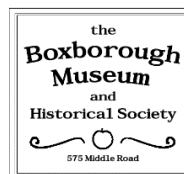


Beautiful Monarch Butterflies

Monarch butterflies are popular seasonal visitors with a fascinating story. Join us at the **Sargent Memorial Library** on **Wednesday, May 29**, from **7-8:30 PM**, to learn more about these beautiful butterflies.



Sudbury Valley Trustee's Dan Stimson will give a presentation about their incredible transformation from egg to butterfly, and how this prepares them to undertake the journey to their winter home in Mexico. What challenges are they facing? What conservation efforts are attempting to strengthen their numbers? Come learn how you can make a difference in your own backyard!



The Museum will be open **Sundays 2-4 PM**

- **May 19**
- **June 9**
- **July 14**

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 to 4 PM, Monday through Friday**. To book a trip on the COA van, 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.

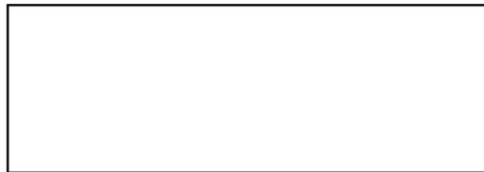
The Council on Aging needs YOU!

Have you been thinking about new volunteer opportunities? Would you like to learn more about what makes Town departments tick? Here is your chance!

The Boxborough Council on Aging has an opening this summer. Please consider joining the team. Meetings are held monthly on Thursday afternoons at Town Hall. For more information contact Lauren at 978-264-1717 or email her at labraham@boxborough-ma.gov.

Are you more of a morning person? Well then, we've got the committee opportunity for you! Minuteman Senior Services is seeking a Boxborough resident to represent the interest of Boxborough seniors on their Regional Membership Committee. Monthly meetings are held on Wednesday mornings at the Minuteman Senior Services office in Bedford. Contact Lauren for more information at 978-264-1717 or labraham@boxborough-ma.gov.

–Submit Items for the Summer Issue by May 10–



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

May 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 9-Fitness w/Holly 2-Crafters Group	2 9-Line Dance 9:30-Bridge 2-Mah Jongg	3 9-Fitness w/Holly	4
5 <i>Cinco de Mayo</i>	6 9-Fitness w/Holly 1-Movie Monday	7 10-Book club 1-Yoga <i>7 PM- 'Organizing for Celebration of Life'</i>	8 9-Fitness w/Holly <i>12-COA Luncheon Host: Acton Funeral Home</i> 2-Crafters Group	9 9-Line Dance 9:30-Bridge 2-Mah Jongg	10 9-Fitness w/Holly	11
12 <i>Mother's Day</i>	13 9-Fitness w/Holly 1-Movie Monday <i>7-PM Annual Town Meeting</i>	14 1-Yoga <i>7 PM-Annual Town Meeting (continued)</i>	15 9-Fitness w/Holly 2-Crafters Group	16 9-Line Dance <i>9:30-Podiatry Clinic</i> 9:30-Bridge 2-Mah Jongg <i>7 PM-Annual Town Meeting, if needed</i>	17 9-Fitness w/Holly 11-Drop-in Coffee Hour	18 <i>11- Walk in the Woods with Henry</i>
19 2-4 Boxborough Museum	20 9-Fitness w/Holly 1-Movie Monday	21 <i>7AM-8PM Town Elections</i> 1-Yoga <i>7-8:30PM WWII Letters</i>	22 9-Fitness w/Holly 2-Crafters Group	23 9-Line Dance 9:30-Bridge 2-Mah Jongg	24 9-Fitness w/Holly	25 <i>10-Mindful Mornings</i>
26	27 <i>Memorial Day</i> Town Offices and Library closed.	28 1-Yoga 10-Wellness Clinic	29 9-Fitness w/Holly 2-Crafters Group <i>7-8:30 PM Beautiful Monarch Butterflies</i>	30 9-Line Dance 9:30-Bridge 2-Mah Jongg	31 9-Fitness w/Holly	

Out of Town	Mt. Calvary Church, Acton	Quilting Group, Tue, 9 AM	Community Supper, Wed, 5 PM
	First Parish Church, Stow	Community Dinner, first Fri of the month, 5:30 PM	



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 at the 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.

Drop in Coffee Hour Join Lauren on the third Friday of every month, 11AM – 12 PM, at the Community Center for a cup of coffee and a chance to chat about COA activities, services you would like.

Community Supper in Acton For everyone on every Wednesday, 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.

First Parish Church Guest Table Community dinner on First Friday of the month at First Parish Church, 353 Great Road, Stow at 5:30-6:30 PM. Everyone welcome. No Charge but donations gratefully accepted. Doors open at 5PM. For more info. Call 978-897-8149 or fpcguesttable@fpc-stow-acton.org

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 the 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.

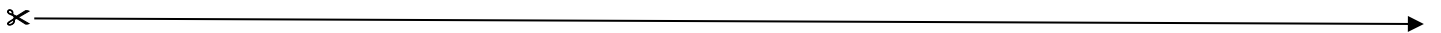
Mah Jongg Drop in and learn what this ancient game is all about. Thursdays, 2 PM at the Community Center.

Movie Monday at the 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 at Town Hall.

Yoga for Seniors A 12-week class of stretching, balance, and strengthening taught by Rebecca Reber. 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 _____