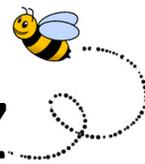


# THE BOXBOROUGH BUZZZ



## SENIOR NEWS YOU CAN USE

November 2016

### 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  
Barbara Birt  
Taryn Light  
Frank Sibley  
Liz West  
Barb Wheeler  
Les Fox, Liaison with Board of Selectmen

#### Friends of the Council on Aging

John Fallon, President  
Barbara Birt  
Lorraine Carvalho  
Mary Cobleigh  
Patty Gayowski  
Loretta Grushecky  
Lauraine Harding  
Sheila Lloyd  
Mary Nadwairski  
Astrid Perko  
Ginnie Richardson  
Alan Rohwer  
Peggy Spinner  
Shirley Warren  
Georgia Winfrey

#### Buzz Production Team

Tina Bhatia-COA  
Barbara Birt-COA  
Anne Canfield  
Taryn Light-COA  
Liz West-COA

### Boxborough Minutemen Lunch

On **Wednesday, November 9**, the Boxborough Company of Minutemen will host their annual baked ham luncheon for seniors at **noon** in the **Community Center**. Traditionally, the ham is served with all the fixings: roasted potatoes, vegetables, salad, rolls, an assortment of desserts, and apple cider.

Come join your neighbors and our Minutemen, who organize Fifer's Day, a major fundraiser; they also provide scholarships to Boxborough students; and they donate time and money to various organizations.

There is no charge, but you will need to register with Laura at 978-264-1717.



### Senior Property Tax Work-Off Abatement Program Notice

If you are a senior and have lived in Boxborough for five years, you may be eligible to participate in the Senior Property Tax Work-Off Program.

The abatement amount earned through the program must be included in your gross income. Additionally, the amount the Town pays towards Medicare tax must also be included. You can register for the program during the month of November. Please call Laura at 978-274-1717 to register or renew your status as a participant.

## Sargent Memorial Library Book Sale

The Friends of the Boxborough Library will hold a book sale in the meeting room of the **Sargent Memorial Library, Saturday, November 5, from 9 AM–2 PM.** A preview sale for members will take place Friday, **November 4, from 7–9 PM.** (At this time, memberships will be available at the door.) Proceeds from the sale of books 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 **October 31 to November 3** at the **Library** during **regular Library hours.** Please: no VCR tapes, magazines, or books in really poor condition

If any Boxborough senior wants books picked up, call the COA office at 978-264-1717.

## Isabella Stewart Gardner Program

Character reenactor Jessa Piaia will present a dramatic portrayal of Isabella Stewart Gardner (1840-1924) in "*A Visit with Isabella Stewart Gardner: America's First Patroness of the Arts*" at **Sargent Memorial Library** on **Wednesday, November 16, at 7 PM.**

The drama is set in 1910, seven years after the opening of Fenway Court, the house-museum which Mrs. Gardner designed and built for her extensive art collection. She willed it to the City of Boston upon her demise. A recognized leader of Boston's emerging salon scene, Mrs. Gardner, with characteristic verve and candor, relates episodes about her luminous circle of family and friends, relives journeys to exotic lands, and shares other potentially scandalous encounters.

Ms. Piaia studied performance at London's Oval House Theatre and graduated from the University of Massachusetts in Boston. She works at the Harvard School for Engineering and Applied Sciences.

This program is sponsored by the **Whitcomb House Trust fund.** Everyone is welcome.

## Tax Exemption Programs

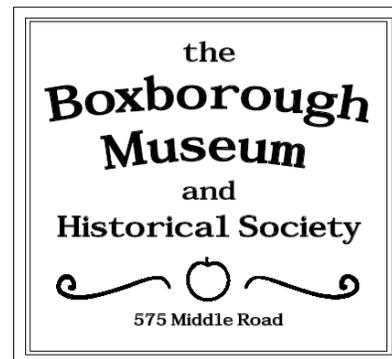
Are you aware that Boxborough offers a real estate tax exemption program for senior residents? You may qualify for this program if you:

- are 65 or older
- have assets, not including your home, of less than \$54,090 (single) or \$74,374 (married)
- have an annual income, not including Social Security, of less than \$27,045 (single) or \$40,567 (married)
- have owned and occupied your property here for at least five years
- have lived in Massachusetts for at least ten years

Additionally, there is a statutory tax exemption program for veterans who were wounded during service, or for surviving spouses over age 65, and for those who are legally blind. You may also qualify for an exemption from the Community Preservation Act (CPA) surcharge, if you meet certain income requirements.

Boxborough also provides a tax deferral program that allows homeowners to defer payment of taxes until a later date due to financial hardship. These deferrals require a lien on the property to ensure repayment, as well as accrual of interest.

If you would like more information about any of these programs, please see Ruth Anderson, Town Assessor, or call her at 978-264-1720.



The Museum will be open from **2–4 PM** on **Sunday, November 13.**

## Veterans Day: Do You Know That . . .

The Society of the Honor Guard at Arlington National Cemetery guards the Tomb of the Unknowns. Members of this elite group are referred to as "Sentinels." Since 1937, there has been a Sentinel on duty in front of the Tomb every minute of every day.

Sentinels:

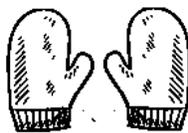
- serve an average of 18 months guarding the Tomb;
- are awarded the Tomb Guard Identification Badge (TGIB) after passing a series of tests and completing 9 months of duty;
- live in a barracks under the steps of the Tomb's amphitheater during their 24-hour shifts;
- wear moist gloves to improve their grip on their rifle;
- carry their rifle on the shoulder away from the Tomb;
- take 21 steps during their "walk" by the Tomb; (*The number 21 is the highest honor given to a military or foreign dignitary.*)
- are changed every 30 minutes from April 1 to September 30, every hour from October 1 to March 31, and every 2 hours when the Cemetery is closed;
- guard the Tomb 24 hours a day, 7 days a week.

Finally, after 2 years, Sentinels are given a wreath pin signifying their service as a Guard of the Tomb. More than 600 TGIB's are currently worn.

## Merrie Christmas Fair

On **Saturday, November 19**, the annual **Merrie Christmas Fair** will be held at Boxborough's UCC and in the Grange Room at Town Hall. Doors **open at 9 AM** and **close at 2 PM**. (Doors will reopen at **3 PM** for a Live Auction.)

The Fair is a family-orientated event, so plan to bring your grandchildren; they may have their picture taken with Santa or shop in the Children's Room for presents for parents and siblings. And once again, the Cocoa Bar will be open!



In Town Hall's Grange Room, you'll find an assortment of holiday greens to give or use, as well as a huge selection of handmade knitted and wooden items, holiday ornaments, baked goods, and pre-owned costume jewelry. In the Church building, you'll find the Silent Auction, a Snack Bar, Attic Treasures, and more. Avoid the stress of the crowds at the malls, while you mingle with friends and neighbors at this festive, annual tradition.

***NOTE:** If you have any items you'd like to donate to Attic Treasures, please call Mary Pavlik (978-264-4796) to arrange for pick-up.*

## It's Not Too Late to SHINE!

If you're unsure about the choices and coverage regarding Medicare, it's not too late to get some quality advice. Call Laura at 978-264-1717 to get connected to our SHINE counselor. If the counselor is unable to answer your questions on the phone, you may arrange to have a private session.

## 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

## 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.

**Vote Early vs. Vote on Election Day? It's Your Choice!**

You have the choice **to vote on Election Day, Tuesday, November 8, or take advantage of early voting hours.** So check your calendar against all dates and times listed below, select the one that best suits your schedule — then be sure to exercise a very special privilege: **VOTING!**

**Dates & Times for Early Voting (Town Clerk's Office)**

- **Tuesday, Nov 1 through Thursday, Nov 3: 8 AM–4 PM**
- **Friday, Nov 4: 9 AM–Noon**

**Dates & Times for Election Day Voting (Grange Room, Town Hall)**

**Tuesday, Nov 8: 7 AM–8 PM**

**—Submit articles for December Issue by November 9—**



*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

# November 2016

SUN	MON	TUE	WED	THU	FRI	SAT
		10-Book Group 10:30-Brains & Balance 1-Yoga	9-Fitness w/ Holly 2-Crafters Group	9-Line Dance 9:30-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg	9-Fitness w/ Holly 7 PM <b>Library Book Sale Preview for Members</b>	<b>Library Book Sale</b> 9 AM-2 PM
6	7 9-Fitness w/ Holly 1-Movie Monday	10:30-Brains & Balance 1-Yoga <b>Election Day</b> Voting 7 AM-8 PM <b>ABRHS Comm. Service Day</b>	9-Fitness w/ Holly 2-Crafters Group <b>12-COA Luncheon</b> Sponsored by: <b>Box. Minuteman</b>	9-Line Dance 9:30-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg	<b>Veteran's Day</b> Town offices and Library Closed	12
13 2-4 Boxboro Museum	14 9-Fitness w/ Holly 1-Movie Monday	10:30-Brains & Balance 1-Yoga	9-Fitness w/ Holly 2-Crafters Group	9-Line Dance 9:30-Bridge 10:15-Water Exercise 1-Yoga 2-Mah Jongg	9-Fitness w/ Holly	19 <b>Merrie Christmas Fair</b> 9 AM-2 PM
20	21 9-Fitness w/ Holly 1-Movie Monday	10-Wellness Clinic 10:30-Brains & Balance 1-Yoga	9-Fitness w/ Holly 2-Crafters Group	<b>Thanksgiving Day</b> Town offices and Library Closed	25	26
27	28 9-Fitness w/ Holly 1-Movie Monday	10:30-Brains & Balance 1-Yoga	9-Fitness w/ Holly 2-Crafters Group			

**Out of Town**

**Held at Mt. Calvary Church, Acton**

Quilting Group, Tue, 9 AM  
Comm. Supper, Wed. 5 PM



## Ongoing Events, Classes

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



**Brains and Balance** Fun class for body balance training together brain drills that "train your brain" Meets Tuesdays, 10:30 AM. Community Center.

**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, 9:30 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 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.

**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.

**Line Dance** A 12-week class taught by Sam O'Clair. Meets Thursdays, 9 AM. Community Center.

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

**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.

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

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