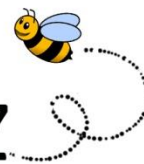


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

October 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
Barb Wheeler
Karen Whitcomb
Wes Fowlks, 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

Friends of the Council on Aging Luncheon

On **Wednesday, October 10**, the Boxborough FCOA will host its annual fall luncheon. The event begins at **noon** in the **Community Center**. Along with good food, attendees will be treated to a multimedia presentation by noted musicologist Bruce Hambro. The focus of this program will be the music of Cole Porter and Irving Berlin.

So, bring along your singing voice and plan to join in the festivities as you share lunch and enjoy familiar tunes with your friends and neighbors. All Boxborough seniors are welcome and admission is free. Please call Laura (978-264-1717) to make your reservation. (Check out the last page for a fun game!)

“Cruisin’ Down the River . . .”

Do you remember the words to the old song, “Cruisin’ Down the River”? Well, good news! Here’s your opportunity to do some cruisin’ down the Concord and Sudbury Rivers! On either **Thursday, October 11**, or **Friday, October 12**, you have the chance to take a trip on both rivers. On your cruise, you’ll hear the history of the sights you’ll be seeing and experience the natural beauty of each river—all the while enjoying a scrumptious lunch!

The cost of each trip is **\$38**. On each day, the COA van will leave Town Hall at **12:15 PM** for a **1 PM** cruise and lunch. Call Laura (978-264-1717) to reserve your place on the cruise that best fits your schedule. Then get set for a relaxing, pleasant, and simply delicious afternoon!

Medicare Open Enrollment

Are you aware that Medicare plans change every year? Well, they do! The 2019 Medicare open enrollment period begins **October 15** and goes through **December 7**. On **Wednesday, October 24, 1 PM**, at the **Community Center**, a Minuteman Senior Services Medicare SHINE Counselor will tell you about all the Medicare changes for 2019 and answer your questions. At this presentation you will also have an opportunity to schedule a private session with a Boxborough SHINE Counselor to help you review your specific options.



Spotlight New Treasurer/Collector



Do you know that there is a new face at Town Hall? Well, there is, and it belongs to Paul Redmond, our new Treasurer/Collector. Paul comes to Boxborough after serving for a few years as Shrewsbury's Assistant Treasurer/Collector.

When asked why he chose to join the staff in our Town, Paul explained that he grew up in a small town and that working in a town the size of Boxborough has always appealed to him. He also mentioned that through professional contact with members of Boxborough's Financial Team, and by reviewing our Town website, he learned much about our community and the interest Boxborough's citizens have in their Town.

When discussing his goals for Boxborough, Paul said that he believes it is his responsibility to invest the Town's funds prudently and wisely. He also stated that he plans to be proactive about letting residents and other employees know about cost-cutting methods they can use. Paul then went on to explain, "An important objective of mine as Treasurer/Collector is to have an open dialogue with others. Toward this end, I always keep in mind that respect is a crucial ingredient in any interaction I have with others."

Lastly, Paul mentioned that people have been very friendly and welcoming to him, and he is looking forward to becoming part of our community. So, the next time you're passing through Town Hall, take a moment to meet Paul and say hello.

Library Late Fee Forgiveness

The Sargent Memorial Library will accept non-perishable food donations for the Acton Food Pantry as a late fee forgiveness from

September 17 to October 20 when you return all your late books. Help out families in need and clear your account of late fees. The



Food Pantry needs cereal, baked beans, soup, spaghetti sauce, rice pilaf, mac and cheese, peanut butter, and canned tuna.

Flu Clinics in Boxborough

On **Thursday, October 4**, a Flu Clinic will be held at the **Blanchard School** from **3 PM to 6 PM**. The Nashoba Associated Boards of Health will provide the vaccinations. Please bring your insurance cards and information with you. (*If you don't have your card, a fee of \$20 will be charged.*) A second Flu Clinic will be held at the **Town Hall** on **Tuesday, October 23**, from **10 AM to noon**. Please call the Community Health Nurse, Tamara Bedard, at 978-772-3335 (ext. 340) for additional information.

Free Movies at the Library

Mark your calendar for a free movie at the **Sargent Memorial Library** at **1 PM** every Monday that the Library is open. Come watch new releases and enjoy old classics.

Peishan, our new Library Director, will announce the movie titles a week in advance on the Library website at www.boxlib.org, or you can call 978-263-4680 to find out what she's planning to show. See you at the movies!

Drumlin Farm Presentation

On **Thursday, October 18**, the **Sargent Memorial Library** is hosting a Drumlin Farm presentation about local foraging. The program begins at **7 PM** and will introduce different types of edible plants that grow naturally in our neighborhoods. Attendees will hear how to pick and eat these plants, and also what NOT to pick.

Become even more appreciative of the beauty of Boxborough after learning about the natural bounty that is all around us. Everyone is welcome. *This program is made possible by the generous support of the Whitcomb House Trust Fund.*



The Museum will be open
2-4 PM Sunday
October 14
November 11

Library Used Book Sale



Due to popular demand, the Friends of the Boxborough Library has expanded its fall used book sale to a **3-day event!** The weekend will start with a preview

sale for members on **Friday, November 2**, from **5 PM to 8 PM**. (Memberships will be available at the door.) The usual main sale will take place on **Saturday, November 3**, from **9 AM to 2 PM**.

A new "Everything Must Go" sale will be held on **Sunday, November 4**, from **2 PM to 4 PM**.

Bring a bag (or bags) to the sale on Sunday and pay only \$2 to fill each bag. The sale will take place in the meeting room of the Sargent Memorial Library. Proceeds from the 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 also by attending the sale. **Donations will be accepted from October 29 through November 1** at the Library during regular Library hours. Please: no VCR tapes or magazines or any material in really poor condition. If any senior needs help transporting books, please call Laura at 978-264-1717.

My Fair Lady

Theater III invites seniors to attend the dress rehearsal of Lerner and Loewe's classic musical "My Fair Lady" at **250 Central Street, Acton** on **Wednesday, October 10, 7 – 3 PM**. Tickets will be \$5 at the door. Wouldn't it be "lovely" to go and see it?

FCOA President's Annual Update: 2018

This has been an active year for Boxborough seniors at the Community Center as a full program of classes continue to be held.

Once again, we are grateful for the support of the Acton Boxborough United Way through a grant to the FCOA for the needs of Boxborough seniors, to the COA Board for their constant support, and to donors who provide us with funds for our programs.

We entertained an average of over 50 guests at our three luncheons last year. Special thanks go to the DPW who help us setting up tables and chairs, to those who decorated the room and tables, and to everyone who brought food and to those who cleaned up afterward.

Thanks to all the FCOA Board members who give of their time and labor for our efforts on behalf of the seniors. Thanks also to Laura Arsenault, the COA Coordinator, who is always ready and willing to assist with contacts and planning for events and programs.

Thank you one and all.
John Fallon, President



Is coming soon!

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 (978-264-1717). 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.

Irving Berlin or Cole Porter?

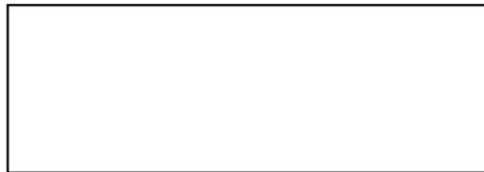
At the October 10 FCOA Luncheon, attendees will be treated to familiar songs of Irving Berlin and Cole Porter. But do you know which songs were written by which composer? Well here's your chance to test your musical knowledge by **circling Berlin songs** and **underlining Porter titles** in the list below. Bring your marked list to the luncheon to learn who composed which songs. (*Hint: Five songs were written Irving Berlin; five by Cole Porter.*)

Always
Easy to Love
Let's Misbehave
Blue Skies

What'll I Do?
Night and Day
It's De-Lovely
Cheek to Cheek

White Christmas
Anything Goes

—Submit articles for November issue by October 8—



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

October and November 1-5 Calendar

SUN	MON	TUES	WED	THUR	FRI	SAT
	<i>1</i> 9-Fitness w/Holly 1-Movie Monday	<i>2</i> 10-Book Group 1-Yoga	<i>3</i> 9-Fitness w/Holly 2-Crafters Group	<i>4</i> 9-Line Dance 9:15-Bridge 2-Mah Jongg 3-6- <i>Flu Clinic</i>	<i>5</i> 9-Fitness w/Holly	<i>6</i>
<i>7</i>	<i>8</i> Columbus Day – all Town Offices and Library closed	<i>9</i> 1-Yoga	<i>10</i> 9-Fitness w/Holly 12-FCOA Luncheon 2-Crafters Group	<i>11</i> 9-Line Dance 9:15-Bridge 12:15-Concord River Cruise I 2-Mah Jongg	<i>12</i> 9-Fitness w/Holly 12:15-Concord River Cruise II	<i>13</i>
<i>14</i> 2-4 Boxborough Museum	<i>15</i> 9-Fitness w/Holly 1-Movie Monday	<i>16</i> 1-Yoga	<i>17</i> 9-Fitness w/Holly 2-Crafters Group	<i>18</i> 9-Line Dance 9:15-Bridge 2-Mah Jongg 7 PM- <i>Drumlin Farm Presentation</i>	<i>19</i> 9-Fitness w/Holly	<i>20</i>
<i>21</i>	<i>22</i> 9-Fitness w/Holly 1-Movie Monday	<i>23</i> 1- Yoga 10-12-Flu Clinic	<i>24</i> 9-Fitness w/Holly 1- SHINE Presentation 2-Crafters Group	<i>25</i> 9-Line Dance 9:15-Bridge 2-Mah Jongg	<i>26</i> 9-Fitness w/Holly	<i>27</i>
<i>28</i>	<i>29</i> 9-Fitness w/Holly 1-Movie Monday	<i>30</i> 1-Yoga	<i>Nov. 1</i> 9-Fitness w/Holly 2-Crafters Group	<i>2</i> 9-Line Dance 9:15-Bridge 2-Mah Jongg	<i>3</i> 9-Fitness w/Holly 5-8-Library Book Sale Preview	<i>4</i> 9-2 Library Book Sale
<i>5</i> 2-4-Library Book Sale - \$2 per bag						

Out of Town

Mt. Calvary Church, Acton

Theater III, Acton

Quilting Group, Tuesdays, 9 AM

Community Supper Wednesdays, 5 PM

My Fair Lady Dress Rehearsal, 7:30 PM



Ongoing Events, Classes

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



Book Group

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.

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, or 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 at the Community Center.

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

Movie Monday at 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 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 _____