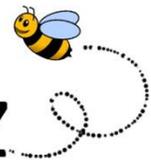


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

Summer 2018

Council on Aging

Laura Arsenault,
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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
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

Friends of the Council on Aging (FCOA) Anniversary Luncheon

The Boxborough FCOA will hold its Anniversary Luncheon on **Wednesday, June 13**, at **noon** in the newly renovated **Boxborough Community Center**. Please come help us celebrate with good food and good friends. All seniors are welcome and admission is free. Call Laura at 978-264-1717 to make a reservation.



Boxborough Fifer's Day

On **Saturday, June 16**, Boxborough will celebrate Fifer's Day at **Flerra Meadows** on Stow Road. The Boxborough District Minutemen Company and Boxborough's Public Celebrations and Ceremonies Committee jointly sponsor Fifer's Day.

The Day commences at **9:30 AM** with the Fifer's 4-Mile Road Race. The race is followed by a parade that begins at **11 AM** from the Blanchard School and ends at Flerra Meadows, where the Golden Fife Award will be presented. The Fair will start at **noon** and include food with a vegetarian option, a barbecue, children's games and activities, a volleyball tournament, a donut-eating contest, booths representing Town organizations, and a craft fair. There will be live music throughout the afternoon and also an ALS Ice Bucket Challenge to be held mid-afternoon.



For more information or to sign up for a non-profit booth, a craft booth, the road race, volleyball, or the ALS challenge, please go to www.fifersday.org.



Spotlight Series: Town Administrator



For just shy of 20 years, our current Town Administrator (TA), Selina Shaw, has been a familiar, friendly face in Town Hall. (*Prior to being appointed Boxborough's TA, Selina served as Assistant*

TA.) Reflecting on her personal style of leadership, Selina said that she believes in an open and accessible government based on inclusiveness and communication. She considers one of her strengths to be her willingness to listen and consider both sides of an issue. She also stresses that frankness and honesty with people is integral to dealing successfully with others.

When asked to point to something she takes particular pride in seeing accomplished, she mentioned the hard work that she and many others have done to ensure Boxborough's financial stability. She feels that the Town is currently in an excellent financial position, pointing out that it has maintained a AAA bond rating since 2010 due to the cooperation and prudent planning of the Finance Committee, Board of Selectmen, finance team, and Town departments. She is also pleased to see the strides that have been made with regional endeavors and hopes that the Town will continue to reach out to its neighbors to provide further efficiencies in government.

When asked about memories of Boxborough that will remain with her, Selina replied, "The spirit of Boxborough's citizens is something that I will always be in awe of. It is the energy, enthusiasm, and dedication of volunteer citizens that make Boxborough a special place in which to work and live."

And so, thank you Selina for all you have done for Boxborough over your tenure as our TA. We offer you our best wishes for a healthy and happy retirement!

Our Board of Selectmen has selected Middleton's Assistant TA, Ryan Ferrara, as Selina's replacement. Ryan will begin working in July as Boxborough's TA.

A Time to Celebrate and Thank Maureen!

Maureen Strapko is retiring as our Sargent Memorial Library Director this June. The Library staff, Boxborough Library Board of Trustees, and Friends of the Boxborough Library cordially invite you to join us in celebrating Maureen's dedicated service to Boxborough at her well-deserved retirement reception to be held in the Library Meeting Room on **Thursday, June 21**, from **5 to 8 PM**. Drop in! Say hello! Thank Maureen and wish her a happy retirement!



Declaring Independence: Then & Now



What did the Declaration of Independence mean to citizens in 1776? What meanings does it hold for us today? This thought-provoking program seeks to explore these questions through a reading of our "American

Scripture" presented by living-history re-enactors.

The Boxborough Historical Society is pleased to host this interesting program at the **Boxborough Town Hall on Sunday, June 10**, at **3 PM**. Admission is free and all are welcome. The hours at Boxborough Museum will be from 1 PM to 3 PM that day so more can attend.

This program is part of a multi-year joint initiative of Freedom's Way National Heritage Area and the American Antiquarian Society to engage citizens in the ideas and transformative potential of the Declaration of Independence.



An Invitation to You!

So, here you are reading *The Buzz* and marking your calendar with all the fun events coming up. "It takes a village", they say, and the same is true for planning delicious luncheons, awesome trips, and enjoyable events. This is your special invitation to check out possibilities of how you can help – without obligation. Really!

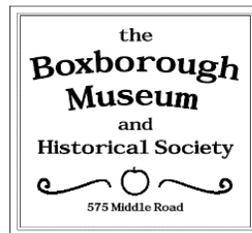
Here are a few opportunities! Would you like to help put decorations and place settings on tables for a monthly luncheon? Would you like to greet people at the door of a luncheon? Would you like to help clean up after a luncheon? Or, would you like to use your baking talents for the FCOA booth at Boxborough's September Harvest Fair?



You have what it takes to help Boxborough seniors have fun, enjoy friends, and meet newbies. If you are interested in helping, call Laura at 978-264-1717.

Podiatry Clinic

Podiatrist Dr. Alyeen Gregorian will be offering a foot clinic at **9 AM on Friday, July 27** at the **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.



The Museum will be open Sunday:

June 10, 1-3 PM

July 8, 2-4 PM

August 12, 2-4 PM

September 9, 2-4 PM

Summer Class Schedule

Fitness with Holly Join others in this motivating class. Participants will improve their strength, balance, and flexibility.

Summer Session #1: Friday, June 8 through Friday, June 29. **Summer**

Session #2: Monday, July 9 through Friday, August 24. Classes are held from 9 to 10 AM at the Community Center, Mondays, Wednesdays, and Fridays. The cost is \$4 per class; no classes the week of July 4.

Gentle Yoga The practice of yoga, with its physical postures, along with breathing exercises and meditation, brings more ease and balance in the mind and body. Classes are held at the Community Center Tuesdays at 1 PM. Cost is \$4 per class. You can enroll at any time. Please call Laura at 978-264-1717 for more information.

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

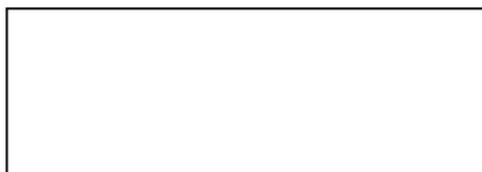
Call 1-800-227-2345 for transportation and information for cancer patients.

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 **Sargent Memorial Library** reminds all that with your Library card, you can take the internet with you wherever you go in the US using a mobile hotspot. Wifi hotspots are the size of a deck of cards and can link up to 15 devices to the internet. They are simple to use. The mobile hotspot can be borrowed for 2 weeks with no renewals. Checkout is limited to Boxborough residents over the age of 18 and is restricted to one per household. Overdue fees are \$1.00 per day. Call the library (978-263-4680) to reserve up to one month in advance.

– Submit articles for September by August 6 –



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

June 2018

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 9-Fitness w/Holly	2
3	4 9-Fitness w/Holly 1-Movie Monday	5 1-Yoga	6 9-Fitness w/Holly 2-Crafters Group	7 9-Line Dance 9:15-Bridge 2-Mah Jongg	8 9-Fitness w/Holly	9
10 1-3 Boxboro Museum <i>3-‘Declaring Independence’</i>	11 9-Fitness w/Holly 1-Movie Monday	12 1-Yoga	13 9-Fitness w/Holly <i>12-FCOA Luncheon</i> 2-Crafters Group	14 9-Line Dance 9:15-Bridge 2-Mah Jongg	15 9-Fitness w/Holly	16 <i>9:30-Fifer’s Day Celebrations Begin</i>
17	18 9-Fitness w/Holly 1-Movie Monday	19 1- Yoga	20 9-Fitness w/Holly 2-Crafters Group	21 9-Line Dance 9:15-Bridge 2-Mah Jongg <i>5-Good-bye to Maureen at Library</i>	22 9-Fitness w/Holly	23
24	25 9-Fitness w/Holly 1-Movie Monday	26 10- Wellness Clinic 1-Yoga	27 9-Fitness w/Holly 2-Crafters Group	28 9-Line Dance 9:15-Bridge 2-Mah Jongg	29 9-Fitness w/Holly	30

Out of Town	Mt. Calvary Church, Acton	Community Supper, Wed, 5 PM
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July 2018**Aug 2018**

Mon, Jul 2 **Movie Monday, 1 PM**

Wed, Jul 4 **Independence Day-** Library and
Town Hall closed

Sun, Jul 8 **Boxborough Museum, 2-4 PM**

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

Tue, Jul 10 **Yoga, 1 PM**

Wed, Jul 11 **Fitness with Holly, 9 AM**
Crafters Group, 2 PM

Thurs, Jul 12 **Bridge, 9:15 AM**
Mah Jongg, 2 PM

Fri, Jul 13 **Podiatry Clinic, 9 AM**
Fitness with Holly, 9 AM

Mon, Jul 16 **Fitness with Holly, 9 AM**
Movie Monday, 1 PM

Tue, Jul 17 **Yoga, 1 PM**

Wed, Jul 18 **Fitness with Holly, 9 AM**
Crafters Group, 2 PM

Thurs, Jul 19 **Bridge, 9:15 AM**
Mah Jongg, 2 PM

Fri, Jul 20 **Fitness with Holly, 9 AM**

Mon, Jul 23 **Fitness with Holly, 9 AM**
Movie Monday, 1 PM

Tue, Jul 24 **Wellness Clinic, 10 AM**
Yoga, 1 PM

Wed, Jul 25 **Fitness with Holly, 9 AM**
Crafters Group, 2 PM

Thurs, Jul 26 **Bridge, 9:15 AM**
Mah Jongg, 2 PM

Fri, Jul 27 **Fitness with Holly, 9 AM**

Mon, Jul 30 **Fitness with Holly, 9 AM**
Movie Monday, 1 PM

Tue, Jul 31 **Yoga, 1 PM**

Wed, Aug 1 **Fitness with Holly, 9 AM**
Crafters Group, 2 PM

Thurs, Aug 2 **Bridge, 9:15 AM**
Mah Jongg, 2 PM

Fri, Aug 3 **Fitness with Holly, 9 AM**

Mon, Aug 6 **Fitness with Holly, 9 AM**
Movie Monday, 1 PM

Tue, Aug 7 **Yoga, 1 PM**

Wed, Aug 8 **Fitness with Holly, 9 AM**
Crafters Group, 2 PM

Thurs, Aug 9 **Bridge, 9:15 AM**
Mah Jongg, 2 PM

Fri, Aug 10 **Fitness with Holly, 9 AM**

Sun, Aug 12 **Boxborough Museum, 2-4 PM**

Mon, Aug 13 **Fitness with Holly, 9 AM**
Movie Monday, 1 PM

Tue, Aug 14 **Yoga, 1 PM**

Wed, Aug 15 **Fitness with Holly, 9 AM**
Crafters Group, 2 PM

Thurs, Aug 16 **Bridge, 9:15 AM**
Mah Jongg, 2 PM

Fri, Aug 17 **Fitness with Holly, 9 AM**

Mon, Aug 20 **Fitness with Holly, 9 AM**
Movie Monday, 1 PM

Tue, Aug 21 **Yoga, 1 PM**

Wed, Aug 22 **Fitness with Holly, 9 AM**
Crafters Group, 2 PM

Thurs, Aug 23 **Bridge, 9:15 AM**
Mah Jongg, 2 PM

Fri, Aug 24 **Fitness with Holly, 9 AM**

Mon, Aug 27 **Movie Monday, 1 PM**

Tue, Aug 28 **Wellness Clinic, 10 AM**
Yoga, 1 PM

Wed, Aug 29 **Crafters Group 2 PM**

Thurs, Aug 30 **Bridge, 9:15 AM**
Mah Jongg, 2 PM