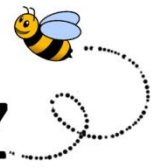


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

Council on Aging

Lauren Abraham,
COA Coordinator
978-264-1717
e-mail: labraham@
boxborough-ma.gov

COA Board

*Identify needs, develop and
implement programs and
services, educate populace and
advocate on behalf of elders.*

Tina Bhatia
Barbara Birt, Vice Chair
Anne Canfield
Taryn Light
Frank Powers, Chair
Barbara Wheeler, Secretary
Karen Whitcomb
Les Fox, Select Board
Liaison
John Fallon, FCOA Liaison

Friends of the Council on Aging

John Fallon, President
Barbara Birt, Recording
Secretary
Patty Gayowski, Treasurer
Loretta Grushecky
Lauraine Harding
Mary Nadwairski
Astrid Perko
Ginnie Richardson
Alan Rohwer,
Corresponding Secretary
Shirley Warren
Georgia Winfrey

Buzz Production Team

Tina Bhatia
Barbara Birt
Anne Canfield
Taryn Light
Tess Summers

April 2019

Annual Brunch Time!

The Town Hall staff is hosting its annual brunch for seniors on **Wednesday, April 10**, at **11 AM**. Brunch will be held at the **Community Center**. Plan to join our Town Hall Staff and your friends for delicious quiches, sausages, breakfast casseroles, fresh fruit, juices, and coffee.

Please call Lauren at 978-264-1717 to make your reservation.

The Acton Food Pantry and the COA would appreciate your voluntary donation of at least one item.



LELWD Annual Senior Luncheon

LITTLETON The Littleton Electric Light and Water Department Annual Senior Luncheon will be held on **Wednesday, April 17**, at **Littleton High School Cafeteria, 56 King Street, Littleton**. Lunch will be served at **noon**. Tickets are available in the COA office.

Please call 978-264-1717 to reserve your tickets. You can pick them at the COA office or have them mailed to your home.

Invitation to the 39th Annual Senior Conference

Thursday, April 18, the 39th Annual Senior Conference will be held in **Marlborough** at the **Assabet Valley Regional High School**. This free Conference, **hosted by Senator Jamie Eldridge**, begins at **9 AM** and ends at **2 PM**. **Doors open at 8 AM** for coffee and doughnuts, followed by workshops, health screenings, and entertainment. **Lunch** will be served at **noon** in the School cafeteria.

For more information, please contact District Director Danillo Sena (617-722-1120 or email Danillo.Sena@masenate.gov).



Spotlight: File of Life

Medical emergencies can happen anytime. When they do, there is confusion, panic, and urgency.

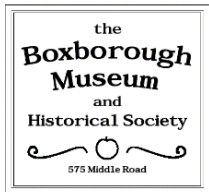
Paramedics arrive on the scene with no information about the person in need. Seconds count, which can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Whom do they want notified?

The File of Life card has all this information in one place. The card allows first responders to immediately begin the best possible treatment, notify loved ones, and pass vital data to physicians in the emergency room.

If you don't have a File of Life card, pick one up at the COA Office at Town Hall. If you have a File of Life card, be sure to update it every time your information changes. Your life may depend on it!

FCOA 2019 Annual Meeting

The 2019 Annual Meeting of the Friends of the Council on Aging will take place on **Wednesday, April 24, at 10:15 AM** at the **Community Center**. All are welcome to discuss plans for the coming year.



The Museum will be open

Sundays 2-4 PM

- **April 14**
- **May 19**
- **June 9**

Remember to return your **census form** to the Town Clerk.

Medicare Fraud Prevention

On **Tuesday, April 16, at 11 AM**, a representative of the Mass Senior Medicare Patrol Program (MASMP) will speak at **Sargent Memorial Library**. You will learn how to prevent, detect, and report healthcare errors, fraud, and abuse.

To RSVP for this free presentation, call Lauren at 978-264-1717 or email her at labraham@boxborough-ma.gov. If you're unable to attend, call the MASMP Program Office at 800-892-0890 for information.

Historical Society Presentation

On **Sunday, April 7**, the Boxborough Historical Society will present Duncan Brown, a curator at the Boxborough Museum, speaking on "Then We Went to Powhatton's." Duncan will discuss writings by Evelyn May Whitcomb McGregor titled *Diaries 1892-1947*. The event will be held in the **Morse-Hilberg Room at Town Hall** starting at **1 PM**. Please join us to learn how one of Boxborough's founding families related to the events over the first half of the 20th Century. Admission is free and all are welcome.

Household Hazardous Waste Day

Boxborough's Household Hazardous Waste Day will be held on **Saturday, April 13**, from **9 AM to 1 PM**, at **577 Mass Avenue** (site of the old DPW barn). Since the Town is charged per car, you are encouraged to "carpool" your hazardous waste materials with those of your neighbors before bringing them to the DPW barn.



For a list of typical hazardous items, go to <http://www.boxborough-ma.gov/departments-of-public-works> and click Hazardous Waste Day April 13, 2019. Please contact the DPW at 978-264-1790 if you have any questions about items.



New Gentle Yoga Instructor in Town!

We are pleased to welcome Rebecca Reber to Boxborough as our new Gentle Yoga instructor. She is a certified 200-hour

YogaFit instructor and holds additional certifications in exercise programs for elders.

Registration is now open for the 12-week session that begins **Tuesday, April 16 at 1 PM**. Cost is \$48. Contact Lauren for details or to sign up 978-264-1717 or by email at labraham@boxborough-ma.gov.

Senior Class Community Service Day

Students from ABRHS senior class are holding their annual

Community Service Day on **Friday, May 3**.



Teams of student volunteers will be available to provide yard-raking service on this date. If you require help with cleaning up your yard after the winter, please contact Lauren by phone 978-264-1717 or email at labraham@boxborough-ma.gov. This program is limited to five households on a first-come first-serve basis so you'll need to sign up no later than **Tuesday, April 9**, to get your name on the list.

Edible Gardening

Do you have questions about growing fruits, nuts, and veggies in New England? If so, come to the **Blanchard Memorial Library** on **Wednesday, April 17**, at **6:30 PM** to hear John Root's presentation about growing edible plant species in our area. John, a naturalist and landscaper, will share his experiences and knowledge with attendees.

This program is sponsored by the Acton-Boxborough Cultural Council and the Whitcomb House Fund.

Korean Culture Program

Here's your chance to learn about Korean culture and taste authentic Korean food! Don't miss this special cultural experience at the **Blanchard Memorial Library** on **Saturday, April 27**, at **11 AM**.

Mah Jongg Workshop



A Mah Jongg workshop will be held **Thursday, April 11**, at **2 PM**, at the **Community**

Center. This ancient tile-based game is played in tables of four and has a tradition of strategy and mystique. Current Mah Jongg players will teach new players and demonstrate how the game is played. Call or email Lauren to RSVP at 978-264-1717 or labraham@boxborough-ma.gov.

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 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.

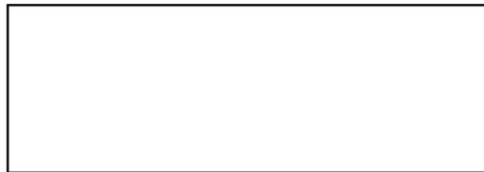
Reminder: Boxborough Library Book Sale

- Donate Books **Monday, April 1**, through **Thursday, April 4**
 - Preview Sale for Friends of the **Boxborough Library** on **Friday, April 5** from **5 PM to 8 PM**
 - Book Sale **Saturday, April 6** from **9 AM to 2 PM**
 - Everything Must Go **Sunday, April 7**, from **2 PM to 4 PM**
-

Attention Registered Voters!

The **2019 Annual Town Meeting Warrant** will be mailed to the home of each registered Boxborough voter during the **week of April 29**. Please plan to read it in preparation for your participation at the ATM.

–Submit articles for May issue by April 8–



Change Service Requested

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Boxborough Town Hall
29 Middle Road
Boxborough, MA 01719

April 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 9-Fitness w/Holly 1-Movie Monday	2 10-Book Group 1-Yoga	3 9-Fitness w/Holly 2-Crafters Group	4 9-Line Dance 9:30-Bridge 2-Mah Jongg	5 9-Fitness w/Holly 5P-8P Library Booksale (Preview)	6 9A-2P Library Book Sale
7 1P-Boxborough Historical Society-“Then We Went to Powhatton’s” 2P-4P-Library Book Sale	8 9-Fitness w/Holly 1-Movie Monday	9 1-Yoga	10 9-Fitness w/Holly 11- Town Hall Brunch 2-Crafters Group	11 9-Line Dance 9:30-Bridge 2-Mah Jongg Workshop	12 9-Fitness w/Holly	13 9-Hazardous Waste Day
14 2-4 Boxborough Museum	15 Patriots’ Day Town offices and Library closed	16 11-Medicare Fraud Prevention 1-Yoga	17 9-Fitness w/Holly 12- LELWD Luncheon 2-Crafters Group 6:30-8:00 PM Edible Gardening	18 8am-2pm-Senior Conference 9-Line Dance 9:30-Bridge 2-Mah Jongg	19 9-Fitness w/Holly	20
21	22 9-Fitness w/Holly 1-Movie Monday	23 10- Wellness Clinic at Town Hall 1- Yoga	24 9-Fitness w/Holly 10:15-FCOA Annual Meeting 2-Crafters Group	25 9-Line Dance 9:30-Bridge 2-Mah Jongg	26 9-Fitness w/Holly	27 11-Korean Culture Program
28	29 9-Fitness w/Holly 1-Movie Monday	30 1-Yoga				

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

Community Supper in Acton For everyone on every Wednesday at 5 PM at Mt. Calvary Church.

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. No charge.

Fitness with Holly A 12-week class meets Mondays, Wednesdays, and Fridays at 9 AM at the Community Center. Sign up for one, two or three days.

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

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

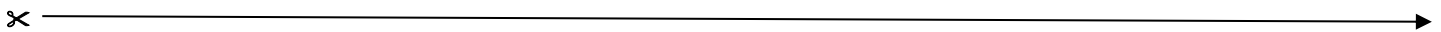
Mah Jongg Drop in and learn what this ancient game is all about. Thursdays, 2 PM at the Community Center.

Movie Monday at 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 the 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 _____