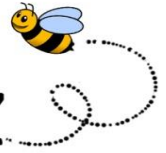


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

December 2019

Council on Aging

Lauren Abraham,
COA Coordinator
978-264-1717
e-mail: labraham@
boxborough-ma.gov
Cindy Regan, Van/Events
978-264-1730
Email: cregan@
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
Anne Canfield, Vice Chair
Taryn Light
Bill Litant
Barbara Wheeler, Secretary
Karen Whitcomb, Chair
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Tess Summers

Holiday Luncheon



The Boxborough Friends of the COA will host its annual Holiday Luncheon on **Wednesday, December 11, at noon** in the **Community Center**. This is a great opportunity to get together with friends and neighbors to ring in the holiday season. We will have the added pleasure of listening to the **Acton Boxborough High School Madrigal Singers** perform holiday and other music in their own unique style.

All Boxborough seniors are welcome and admission is free. Call the Boxborough COA (978-264-1730) to **make a reservation**. We hope to see you there! In the spirit of the season, **please bring an item for the Acton Food Pantry**.



Special Town Meeting and Special Town Election

Boxborough will hold a Special Town Meeting (STM) on **Tuesday, December 10, at the Blanchard School gymnasium**. The meeting begins promptly at **7 PM**; check-in starts at **6:30 PM**.

You should have already received the Warrant for this STM. Article. 1 is about the Douglas and Gates Elementary School Building Project.



A Special Town Election to vote on funding the School Building Project will take place on **Tuesday, December 17, at Town Hall**. Polls will be open from **7 AM to 8 PM**.

The other five articles on the STM Warrant include: UMASS Amherst Economic Development Plan; Police Academy Training and Coverage; Acquisition of Easements for Route 111 Sidewalks; Payment of Prior Fiscal Year Bills; and Zoning By-Law Audit.

NOTE: If necessary, the STM will continue on Wednesday, December 11, at 7 PM.



Spotlight: Nick Federico Treasurer/Tax Collector

If you pay your taxes at Boxborough's Town Hall, you most likely have met Nick

Federico. Nick is one of the new members of the Town Hall workforce; he is our Town Treasurer/Tax Collector. A graduate of Bridgewater State College, Nick is a state-certified treasurer and is just a few short months away from obtaining his tax collector license from the Massachusetts Treasurers Association.

In his current role, Nick is responsible for the Town's payroll, debt management, plus property and excise tax collection. He also is responsible for Town employees' retirement plans and the general bank activity of the Town, including daily monitoring of the Town's financial assets and liabilities. While his job has a wide array of financial responsibilities, balancing the books is Nick's most enjoyable task. "I like it when all the books are balanced and things are clear and reconciled," says Federico. So do we!

Nick is currently pursuing his tax collector's license from UMass Amherst, where he attends seven classes for one week a year, culminating in an examination in August. Prior to accepting the position in Boxborough, Nick was the Town Treasurer/Tax Collector for Uxbridge. Nick hails from Dracut.

Blanchard School Band Concert



The Blanchard School invites Boxborough seniors to attend a concert by the School Band on **Thursday, December 5**. The concert begins at **9 AM** in the **gymnasium**.

In April 2019, for the twelfth year in a row, the Blanchard Band won a gold medal at the MICCA (Massachusetts Instrumental and Choral Conductors Association) competition. The Band's concerts are always exciting and enjoyable. While advance registration is not necessary, all attendees should sign-in at the main office between **8:45 and 9 AM**, and then proceed directly to the gymnasium.

Boxborough Tree Lighting Ceremony

Come and sing along with neighbors and friends at the **Old Town Common** at the **intersection of Middle and Hill Roads** on **Saturday, December 7** at **4:30 PM**.



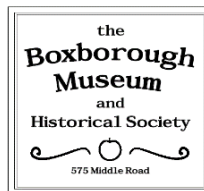
This is an annual holiday event followed by a visit from Santa, and refreshments on the lawn of the Historical Museum, just minutes from the tree lighting ceremony.

Winter Class Schedule

- **Stretch & Flex Yoga** The 12-week session **begins Tuesday, November 26, 1 PM**. Cost: \$48 (\$4 per class).
- **Chair Yoga** The 12-week session **begins Tuesday, November 26, 2:15 PM**. Cost: \$36 (\$3 per class).
- **Line Dancing** The 12-week-session **begins Thursday, December 5, 9 AM**. Cost: \$48 (\$4 per class).
- **Fitness with Holly** Classes held **Mondays, Wednesdays, and Fridays, 9 AM**. The 12-week session **begins Monday, December 16**. Cost: once a week, \$48; twice a week, \$84; three times week, \$108.



For all classes: Sign up and payment are done in 12-week increments. However, new class members may join at any point in a session; a prorated fee will be charged.



The Museum will be open
2-4 PM
SATURDAY December 7
Sunday January 12

Sargent Memorial Library News

Our Library has welcomed new staff members Barbara, Yoshio, and Becca. Stop by and meet them—they are enthusiastic and ready to assist you. Also, due to Kathleen Taffel's retirement, the Library is in the process of hiring a new Youth Services Librarian.



Next month's Library events include the **Acton-Boxborough Madrigal Singers** performance on **Thursday, December 19** at **7 PM**. This event is popular, so you'll want to arrive early to get a seat. On **Saturday, December 21**, from **12–1 PM**, there will be a **Holiday Cookie Exchange**.



Bring batches of your favorite holiday cookies to trade; also bring the recipe to share!

Bedford Fix-it Shop – A Hidden Gem



If you need a watch battery replaced or small repairs on lamps, vacuums, or smaller

appliances, the Fix-It Shop is the place to go. Another specialty of the Shop is sharpening knives and scissors. Located in Bedford at **12 Mudge Way** (behind the Bedford Town Hall), the Shop is a hidden treasure.

At this unique Shop, which has been in existence for at least 20 years, we met the receptionist, Susan, and six retired men who were working on various projects. The men work on **Tuesdays** and **Wednesdays** from **9 AM to noon**, and last year they put in 2,200 volunteer hours. They repair smaller, battery-run clocks quickly, and will glue wooden furniture back together. Susan told us that the most unusual item brought to the Shop for repairs was a lie detector!

The Shop is closed in July and August each year. The fee to replace watch batteries is \$5, and there is a \$3 minimum charge on any repair. This money supports the Friends of the Bedford Council on Aging.

Clothes Dryer Safety

Do you clean your dryer's lint filter after every load? If so, good! However, take your filter to the sink and run hot water over it. Does the hot water sit on top of the mesh and not pass through it? If so, a film has formed on the mesh—you can't see it, but it's there!

The film is what's in a dryer sheet that makes your clothes soft and static free. You know how the sheets feel waxy when you take them out of the box? Well, that's what builds up on your clothes and your lint screen. That's also what potentially can



cause dryer units to start a fire. To keep your dryer working safely for a long time (and lower your electric bill), take the filter out, wash it with hot soapy

water, and scrub it with an old toothbrush at least every six months.

Indian Hill Bach's Concerts

Attend free performances each month at the **Indian Hill Music School**, 36 King Street, Littleton. The concert series features Indian Hill faculty and orchestra members performing a variety of musical offerings ranging from classical and jazz to Broadway and folk.



Performances are offered once a month (typically the second Thursday) at 11 AM and 1:30 PM. The COA will be reserving a table and offering a van trip for the **1:30 PM** concert on **December 12**. Roundtrip cost for the van is **\$2** with pickup/drop off at your home or the Town Hall. **Reserved Boxborough seating is limited to 6 people**. To reserve your seat and to book transportation, call the COA at 978-264-1730 by Friday, December 6.



Do You Know That . . .

Most Holidays celebrated in December are known to all of us, but there are many unusual December holidays you've probably never heard of. Here are just a few National holidays to ponder—and perhaps even, celebrate!

12/5	Bathtub Party Day	12/19	Oatmeal Muffin Day
12/9	Pastry Day	12/28	Card Playing Day
12/15	Wear Your Pearls Day	12/30	Bacon Day
12/16	Chocolate-Covered Anything Day	12/31	Make Up Your Mind Day

Our SHINE Counselor will still be available to help with Medicare questions on Tuesday, December 3 and Thursday, December 5. Call 978-264-1730 for an appointment .

Life Care Center of Acton will sponsor a performance and talk by an Albert Einstein re-enactor on January 3, at 1:00 PM, in the Community Center. Should be an interesting talk about this famous scientist!

—Submit Items for our January Issue by December 9—



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Boxborough, MA 01719

December 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2 9-Fitness w/Holly 9:30-Market Basket Trip 1-Movie Monday	3 10-Book Group 1-Stretch and Flex Yoga 1-SHINE Counselor 2:15-Chair Yoga	4 9-Fitness w/Holly 2-Crafters Group	5 9-Blanchard Band Concert 9-Line Dance 1-SHINE Counselor 2-Mah Jongg	6 9-Fitness w/Holly	7 2-4 PM-Boxborough Museum 4:30 PM-Tree lighting
8	9 9-Fitness w/Holly 9:30-Market Basket Trip 1-Movie Monday	10 1-Stretch and Flex Yoga 2:15-Chair Yoga 7 PM-Special Town Meeting	11 9-Fitness w/Holly 12-COA Luncheon Sponsor: FCOA 2-Crafters Group 7 PM-Special Town Meeting (if needed)	12 9-Line Dance 1:30-Bach's Lunch Concert 2-Mah Jongg	13 9-Fitness w/Holly	14
15	16 9-Fitness w/Holly 9:30-Market Basket Trip 1-Movie Monday	17 1-Stretch and Flex Yoga 2:15-Chair Yoga 7 AM-8:00 PM Special Town Election	18 9-Fitness w/Holly 2-Crafters Group	19 9-Line Dance 2-Mah Jongg 7-PM Madrigal Singers	20 9-Fitness w/Holly	21 12-1 PM Holiday Cookie Exchange
22	23 9-Fitness w/Holly 9:30-Market Basket Trip 1-Movie Monday	24	25 Christmas Day Town offices and library closed.	26	27	28
29	30 9:30- Market Basket Trip 1-Movie Monday	31	Jan 1 New Years Day Town offices and library closed.	Jan 2	Jan 3 9-Fitness w/Holly 1 PM Albert Einstein Performance and Talk	Jan 4

Out of Town

Mt. Calvary Church, Acton

**First Parish Church, Stow
Littleton Council on Aging**

Quilting Group, Tuesdays, 9 AM
Community Supper, Wednesdays, 5 PM
Community Dinner, first Friday of the month, 5:30 PM
Bridge Group, Fridays, 9:30 AM – 12:30 PM



Ongoing Events, Classes

To learn more about any event,
call the COA: 978-264-1730



Bach's Lunch Enjoy a free concert by Indian Hill Music School. Musicians present variety of music, classical and jazz to Broadway and folk! Every second Thursday at 1:30 PM.

Book Group Meets first Tuesday of the month, September – May at 10 AM at the Library. Contact the Library for more information at 978-486-4680.

Bridge Group An ongoing group that meets Fridays, 9:30 AM at Littleton COA. New members welcome. Call Val (978-263-8184) or Anne (978-263-2664) for information.

Chair Yoga A 45-minute class with modified yoga poses performed with a chair for added support. Taught by Rebecca Reber. Meets Tuesdays, 2:15 PM at the Community Center.

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 when the Library is open. Call the Library for more information at 978-263-4680.

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.

Line Dance A 12-week class taught by Sam O'Clair. Newcomers welcome! Meets Thursdays at 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 at 1 PM every Monday that the Library is open.

Quilting Group An ongoing group that makes quilts for the needy worldwide. This group meets on Tuesdays at Mt. Calvary Church, Acton at 9 AM. Call Astrid Perko at 978-263-7016.

Stretch & Flex Yoga A 1-hour class for seniors with floor and standing strength building exercises and yoga poses to stretch muscles. Taught by Rebecca Reber. Meets on Tuesdays at 1 PM at the Community Center.

Weekly Market Basket Trip Monday morning shopping trip. Call by Friday morning to reserve a van seat for Monday's trip. Cost \$2 for round trip.

Wellness Clinic Held on the fourth Tuesday. Nashoba Nursing Service hosts a monthly wellness check for all ages. 11:30 AM-12:30 PM. **Note: No clinic this month.**

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 _____