

Boxborough Senior Newsletter

January – February 2012



Watercolor Studio Workshops Six Weeks starting Wednesday, January 11th 1:30pm to 3:00pm

During this six week session you will explore the many dimensions of watercolor. Spontaneity, imagination and interpretation will be combined with techniques of composition, line, value and perspective. A range of subjects from still life to landscape will be the focus of each workshop. The instructor is Cynthia Durost, she has been teaching art programs in community settings for over nine years. She has taught at Councils on Aging in Acton, Stow, Concord and Sudbury. The class is limited to twelve participants. The cost for six weeks not including supplies is \$36.00. Cynthia has put together a list of materials that can be purchased for under \$15.00. She will provide the water color brushes and her passion for teaching. Call Laura Arsenault at 978-263-1116 extension 106 to register.

Laura Arsenault, Coordinator

978-263-1116 ext. 106

Marcia McNeil, COA Staff ext. 118

Boxborough Energy Committee SMART Program Thursday, January 19th 1:00pm

Save Money And Reduce Trash (SMART) is an initiative that the Boxborough Energy Committee is planning to propose at Town Meeting in May. SMART is a system that benefits individuals, the town, and the environment by reducing the amount of solid waste that must be disposed. Residents will be able to control their trash disposal costs by recycling more. This results in lower disposal fees for the town and a cleaner environment for everyone. Members of the Energy Committee will serve refreshments and give a presentation about SMART on Thursday, January 19th from 1:00 – 2:00 at the Boxborough Community Center. We invite you to attend, ask questions, and give us your thoughts on this proposal.

Volunteers needed to host the COA Café! Only one morning per month.

The COA would like to offer a COA Café every Monday, Wednesday and Friday. Where else in Boxborough can you stop in for a coffee, tea and light snack? Please consider becoming a volunteer host, the time commitment is 8:45am to 11:30am. All supplies are provided. We just need you! Call Laura Arsenault for all the details

Council on Aging Board Members

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

Tina Bhatia	Co-Chair
Dave Birt	Co-Chair
Barbara Wheeler	Recording Secretary
Betsey Krusen	
Frank Sibley	
Susan Fredrickson	
Patty Gayowski	
Frank Powers	BOS Liaison

The Boxborough Van Service

The COA Van is available from 9:00am to 3:30pm Monday through Thursday to all Boxborough seniors and residents with disabilities. The van can be used for medical appointments, food shopping and most local programs. To schedule a ride call Marcia McNeil our Van Dispatcher and support staff. **(978) 263-1116, ext. 118** Monday, Tuesday, Wednesday and Thursday from **9:00am to 1:00pm**. Please try to call at least 48 hours (two days) in advance and provide the following information: the date you need a ride, the name and location of your destination, the time of your appointment and time you will need to return home. **If you need to cancel a ride and it is after 1:00pm call the above number but use ext. 106**

Volunteer Driver Transportation

In the event the COA Van cannot provide you transportation there are volunteer drivers that may be available for short trips. Marcia McNeil can provide you with their contact information but you will need to call them directly.

**Road to Recovery.....1-800-227-2345
Free Transportation and information
services for cancer patients.**

The Boxborough Council on Aging would like to recognize donations made to the Friends of the Council on Aging during the past twelve months in memory of the following people:

***Anne K (Steele) Atwood
Warren Bazigan
William Bryant
Konstantin Bychkovsky
Henry French
Dexter Loring
John Morse
Oakey O'Clair
Ann Smith
Dennis Spinner
Ann Smith
John Whitcomb
Florence White***

Attention: A new newsletter is in the design stage for March 2012 and you can help. This publication will use less paper and deliver all the news you can use in a stream lined fashion. There will be a pull out calendar listing dates, times and location of events. This new double sided color page will list service options and numbers to call to get connected. The Council on Aging would like your suggestions on what topics or programs you are interested in. Also, we want to re-name the Boxborough Senior Newsletter. We want all and every title you can come up with; ideally a title that has a zest for life, and emphasizes the positive things we strive for as we age. So, please take out your pen and paper & let your creativity flow. Newsletter title submissions can be called in or mailed to the Boxborough COA 29 Middle Road Boxborough, MA 01719. You can be an anonymous author or claim your bragging rights. 2012 is here and we hope you will take part in the programs & activities planned for the coming year.

Friends of the Council on Aging

President	Sheila Lloyd	Corresponding Secretary	Astrid Perko
Vice Presidents	Anne Becklean	Chairman of the Board.....	Astrid Perko
.....	Peggy Spinner	Directors: Kathy Blackey, Lorraine Carvalho,	
Treasurer.....	Patty Gayowski	John Fallon, Lauraine Harding, Eunice Hinckley,	
Secretary	Barbara Birt	Ginnie Richardson, Shirley Warren.	

The Boxborough Friends of the Council on Aging provides financial and volunteer support for the programs, classes and special events of the Friends and the Boxborough Council on Aging.

The Holiday Party on Dec. 7th with a performance by the Blanchard Vocal Ensemble broke all records. It was made all the sweeter by having a well-tuned piano for the Ensemble. The piano was a gift from Peggy Spinner in memory of her husband, Dennis. On that day we had seating for 64 but managed to feed 79, plus 22 more for dessert. Eight tables of eight was capacity for comfortable seating and eating. Chairs around the edges provided the expansion. It was a grand way to move into the holiday season with good food, entertainment and the wonder of forsythia in bloom along the parking lot!

The Boxborough Energy Committee (article pg. 1) is having an informational meeting on Thurs., Jan. 19th at the Community Center. Abby Reip and Francie Nolde of the Committee will give a presentation on SMART and they are looking for discussion and feedback on the program.

As I write this the year 2011 winds down and I am mindful of the generous support of many for what we are trying to do for Boxborough’s seniors. **Thank you!**

Sheila

If you would like to make a contribution as a Friend or as a memorial, clip out the form below and send your tax deductible gift to the **Treasurer, Patty Gayowski, 31 Eldridge Rd., Boxborough, MA 01719. Please make checks payable to the Friends of the COA. Thank you!**

_____ Individual (\$5)	In memory of _____
_____ Couple (\$10)	
_____ Donation (\$_____)	Donation (\$ _____)
Name _____	Name _____
Address _____	Address _____

**Podiatry Clinic with Dr. Gregorian
Thursday, January 12th**

Services provided at the clinic include: trimming of nails, treatment of corns and calluses and screening. A \$25.00 fee payable to Dr. Gregorian is required at the clinic. The clinic begins at 9:30am. It will take place at the Boxborough Community Center. Please call Laura Arsenault at ext. 106 to reserve an appointment.

**Senior Luncheons in Acton
Mt Calvary Church**

Thursday, January 26th

Thursday, February 23rd

The senior's luncheon at Mt. Calvary Church will be held at 12:15 in the Great Hall.

COA Wellness Clinic

Wednesday, January 11th

Wednesday, February 8th

The Nashoba Nursing Service will be having their next Wellness Clinics from 11:00am to noon at the Boxborough Community Center.

**COA Café Monday, January 9th and 23rd
February 6th and 27th**

9:30am to 11:30am

The Boxborough Community Center will hold two COA Cafés in January and February. Just stop in and enjoy coffee, tea and refreshments with others, no reservation is needed.

**Historical Society Pot Luck Supper
Sunday, February 26th at 5:00pm**

The Boxborough Historical Society will hold its Annual Pot Luck Supper in the Grange Room at Town Hall. Jim Gorman will present "Handguns in New England: A social and manufacturing history from the Revolution to the Roaring 20's". Jim is an expert on this topic. He will discuss what a major impact handgun technology had on American life and history. Please call John Fallon at 978-264-0069 to volunteer to bring something to the Supper.

**Local Author @ the Library
Tuesday, January 24th at 7:00pm**

The Sargent Memorial Library will host Acton author Larry Kerpelman Ph.D. He will discuss his recently published book, Pieces Missing: A Family's Journey of Recovery from Traumatic Brain Injury.

This is an inspiring story of how a marriage and family persevered and survived the biggest crisis of their lives.

It is also a narrative of how healthcare is delivered and an account of what traumatic brain injury is all about. Most of all, it is a memoir of love, hope, healing and recovery.

Line Dancing begins Again

Thursday, February 2nd at 9:00am

Sam O'Clair will resume teaching line dance classes at the Boxborough Community Center in February. This will be a continuation of the twelve week session that began in September. There is plenty of space in the class and new participants are encouraged to join this lively group. For more information call Laura Arsenault at 978-263-1116 ext.106.

**NEW LUNCH PROGRAM! JOIN THE
LUNCH BUNCH! Thursday, February 2nd
at noon at the Boxborough Community
Center**

As part of their community outreach services, Life Care Center of Acton has been providing free lunches at local senior centers in our area such Concord and Acton. Now that the Boxborough Community Center is open they have offered to serve a hot, delicious lunch provided by their excellent culinary department. This is a full course meal that includes dessert. There is no charge whatsoever and they will host a lunch every other month. Please call Marcia McNeil at ext. 118 to make a reservation. This is great opportunity to get together for a wonderful meal with others. So call today and join the new Lunch Bunch.