

THE

# BOXBOROUGH BUZZZ



## SENIOR NEWS YOU CAN USE

### Council on Aging

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#### COA Board Members

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

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Helen Berry  
Tina Bhatia  
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Anne Canfield  
Susan Page  
Liz West-COA

March 2014

### Luncheon News

The monthly lunches, sponsored by the Boxborough Neighbors, have been a great opportunity for our seniors to congregate, socialize, and enjoy a good meal together. We recognize and very much appreciate the efforts of Karyn Kealty, Mary Larson, and Dean Machamer in putting on these lunches.



Because the lunches have been so successful and worthwhile in our community, the Council on Aging and the Friends of the Council on Aging have decided to join forces and continue this neighborly tradition. So, beginning next month, the COA and FCOA will expand our sponsorship of many monthly lunches for your enjoyment. These lunches will be held in the

Community Center on the second Wednesday of each month, except July and August. In addition, the Wellness Clinics, provided by the Nashoba Board of Health, will also take place in the Community Center from 11 AM to noon prior to each luncheon.

We will hold these additional monthly lunches with the assistance of some of the same community organizations (e.g., town hall employees, police and fire departments, Boxborough Minutemen, the Holiday Inn, etc.) that have provided meals in the past, and they will be free to seniors. We look forward to having you join us for a great lunch each month. This is a wonderful opportunity to come together and socialize with other seniors and members of the Council on Aging and the Friends of the Council on Aging.

### More Luncheon News

#### FCOA Speaker's Luncheon: Banking for Seniors

The Boxborough Friends of the Council on Aging will hold its next speaker's lunch on **Wednesday, March 12 at noon** at the Boxborough Community Center, 30 Middle Road.

After lunch, Mr. Keith Karkane and Mr. Bill Whelton from the Middlesex Savings Bank will present information about services that banks offer, with emphasis on the needs and concerns of seniors.

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## Spring 2014 Classes for Seniors

Four ongoing movement classes are beginning new 12-week cycles in March.

- **Tai Chi** A beneficial exercise that relaxes and invigorates the body. Many people practice Tai Chi as an alternative to traditional exercise and still reap the benefits associated with a focused approach to body movement. This class meets on Tuesdays at 10:30 AM. The cost is \$36. **Starting March 18.**

- **Line Dance Class** A dance class enlivened by music that offers many health benefits associated with other forms of exercise. There is great music and camaraderie, and you don't need a partner. This class meets on Thursdays at 9 AM. The cost is \$36. **Starts March 20.**

- **Fitness with Holly** A motivating exercise class that will improve your strength, cardiovascular endurance, balance, and flexibility. This class meets Mondays, Wednesdays, and Fridays at 9 AM. The cost is \$36 for one class per week; you may sign up for one, two, or all three days. **Starting March 10.**

- **New Easy Chair Exercise Class!** This class will be tailored to the needs of each participant. Many choices will be available: sitting, standing, hand-weights, all geared to your comfort level. The goal is to enjoy what you are doing and have fun in the process. **Classes start on March 20** and meet at the Community Center on Thursdays from 10:30 to 11:30 AM. The cost is \$20 for 6 sessions.

Call Laura at the COA to register and find the locations for these programs. *Financial support for these programs comes from Friends of the Council on Aging, the Boxborough Recreation Commission, and the Executive Office of Elder Affairs.*

## Boxborough Grange 128th Anniversary Meeting

Boxborough Grange #131 was organized on March 4, 1886. It will hold its 128th Anniversary Meeting in the Grange Room of the Boxborough Town Hall on **Friday March 14**, starting at **7:30 PM**. This



meeting is open to the public and will feature the presentation of the annual Grange Community Service Award to a deserving citizen or group in the

Town of Boxborough, plus service awards to members of the Grange. Entertainment will follow. All are welcome and admission is free. Please RSVP to 978-263-2241.

## Historical Society Pot Luck Supper Mary Fuhrer's "Old Towns in a New Country"

On **Sunday, March 30**, at **5 PM** in the Grange Room of Town Hall, the Historical Society is hosting its Pot Luck Supper, featuring Boxborough resident Mary Fuhrer, who will discuss her latest book. We often skip over the period between the War of 1812 and the Civil War as bucolic and uneventful. It actually was a time of great ferment, especially in the rural Massachusetts towns west of Boston.

Mary Fuhrer, a recognized expert in this time period, has a doctorate in American History, specializing in early 19th Century New England. Her latest book, *A Crisis in Community: The Trials and Transformation of a New England Town: 1815-1848* tells the tale of this time period, using the town of Boylston as a case study. The book will be released in March. Please call John Fallon at 978-264-0069 to volunteer to bring food for the supper. Admission is free and all are welcome.

## FCOA Speaker's Luncheon

( continued from page 1 )

Mr. Karkane is West Acton's Branch Manager. He will discuss the full-banking services local bank branches offer to senior customers, such as Social Security direct deposit, and IRA minimum required distribution.

Mr. Whelton is a Middlesex Savings Bank Financial Advisor. He will share his expertise on various investment types that may generate income in a low interest-rate environment. As part of his presentation, he will explain investment choices that may be of interest to seniors.

All seniors are welcome and **admission is free**, so plan to join us for a good meal and an interesting, relevant program. To reserve a spot, please call the COA at 978-264-1717.

## A Thank You from the Heart



In spite of all the snow, we went ahead with the Valentine's Day Party. It was well attended and the Council on Aging would like to thank Life Care Center of Acton for the delicious luncheon and wonderful table centerpieces that went home with some lucky seniors. The tasty cupcakes and cookie raffles were donated by Karen Collins, owner of Bisousweet Confections; you can find these treats at local stores. The adorable cards were made by the Blanchard School children, and they were very creative. A very special thanks to Tom Garmon and the DPW for making sure the walkway was cleared so we could all enjoy the day.

## Irish Magic & Music @ the Boxborough Library

The Sargent Memorial Library will host two Irish programs on **Tuesday, March 11, 2014**. **Tom & Debbie O'Carroll's Irish Magic Show** is scheduled for **4 PM**. This program for children and their families uses magic, music, songs, poetry, tales, and lots of audience participation to enchant young audiences with the history, language, and customs of Ireland.



At **7 PM**, Dublin-born folksinger and humorist Tom O'Carroll will perform his **Concert of Irish Music**. Tom brings a wealth of stories, wit, and history to his performances. Whether playing a plaintive air on the tin whistle or singing or playing rousing traditional songs to the accompaniment of the bodhran (Irish drum), Tom will captivate all with his lively program of Irish culture. Get in the spirit of the holiday. Everyone is welcome.

These programs are supported in part by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and also by the generosity of The Friends of the Boxborough Library.

## COA Transportation Services

Boxborough seniors and residents with disabilities can make reservations through Cross Town Connect for van rides to medical appointments, food shopping, and most local programs. The cost is nominal. You can make reservations and cancellations any time from **8:30 AM to 4 PM Monday through Friday**. To book a trip on the COA van, **call 978-844-6809**, the **NEW** Central Dispatch phone line. Although the phone number is different, the same COA van and the same drivers will be providing your service.

### Volunteer Driver Transportation

**Boxborough Volunteer Drivers if van is unavailable. (All area code 978)**

Swan Anderson 263-0272 • Rita Grossman 264-4077 • Anne McNeece 263-9626  
Anne Canfield 263-2664 • Kristen Hilberg 501-2912 • Karyn Kealty 635-9133  
Lorraine Carvalho 263-8060 • Susan Vine 266-1266 • Jini Vockel 929-9050

**Also: Road to Recovery** 1-800-227-2345 transportation & information for cancer patients.

**Free Tax-Preparation Service  
Available Through Mid-April**

There's still time to take advantage of the free tax-preparation service for low-to-moderate income taxpayers. Appointments may be set up with a tax preparer trained by the AARP Foundation. Call the COA at 978-264-1717 to get additional details and to make an appointment. All appointments will be held Thursdays at Boxborough's Sargent Memorial Library.

**—Submit articles for April issue by March 10, 2014—**



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

**March**

The Golden Ticket  
Schedule of Events

**2014**

<b>Mon, Mar 3</b>	<b>Fitness with Holly, 9 AM</b> <b>Movie Monday, 1 PM</b>	<b>Mon, Mar 17</b>	<b>Fitness with Holly, 9 AM</b> <b>Movie Monday, 1 PM</b>
<b>Tue, Mar 4</b>	<b>Book Group, 10 AM</b> <b>Tai Chi, 10:30 AM</b> <b>Yoga for Seniors, 1 PM</b> <b>Adv. Beginner Spanish, 1PM</b>	<b>Tue, Mar 18</b>	<b>Tai Chi, 10:30 AM</b> <b>Yoga for Seniors, 1 PM</b> <b>Adv. Beginner Spanish, 1 PM</b>
<b>Wed, Mar 5</b>	<b>Fitness with Holly, 9 AM</b> <b>Knitting Group, 2 PM</b>	<b>Wed, Mar 19</b>	<b>Fitness with Holly, 9 AM</b> <b>Knitting Group, 2 PM</b>
<b>Thu, Mar 6</b>	<b>Line Dance, 9 AM</b> <b>Game Day, 1 PM</b>	<b>Thu, Mar 20</b>	<b>Line Dance, 9 AM</b> <b>Easy-Chair Exercise, 10:30 AM</b> <b>Game Day, 1 PM</b>
<b>Fri, Mar 7</b>	<b>Fitness with Holly, 9 AM</b>	<b>Fri, Mar 21</b>	<b>Fitness with Holly, 9 AM</b>
<b>Sun, Mar 9</b>	<b>Boxborough Museum, 2-4 PM</b>	<b>Mon, Mar 24</b>	<b>Fitness with Holly, 9 AM</b> <b>Movie Monday, 1 PM</b>
<b>Mon, Mar 10</b>	<b>Fitness with Holly, 9 AM</b> <b>Movie Monday, 1 PM</b>	<b>Tue, Mar 25</b>	<b>Tai Chi, 10:30 AM</b> <b>Yoga for Seniors, 1 PM</b> <b>Adv. Beginner Spanish, 1 PM</b>
<b>Tue, Mar 11</b>	<b>Tai Chi, 10:30 AM</b> <b>Yoga for Seniors, 1 PM</b> <b>Adv. Beginner Spanish, 1 PM</b>	<b>Wed, Mar 26</b>	<b>Fitness with Holly, 9 AM</b> <b>Knitting Group, 2 PM</b>
<b>Wed, Mar 12</b>	<b>Fitness with Holly, 9 AM</b> <b>Wellness Clinic, 11 AM</b> <b>Knitting Group, 2 PM</b>	<b>Thu, Mar 27</b>	<b>Line Dance, 9 AM</b> <b>Easy-Chair Exercise, 10:30 AM</b> <b>Game Day, 1 PM</b>
<b>Thu, Mar 13</b>	<b>Line Dance, 9 AM</b> <b>Game Day, 1 PM</b> <b>COA Board meeting, 3 PM</b>	<b>Fri, Mar 28</b>	<b>Fitness with Holly, 9 AM</b>
<b>Fri, Mar 14</b>	<b>Fitness with Holly, 9 AM</b>	<b>Mon, Mar 31</b>	<b>Fitness with Holly, 9 AM</b> <b>Movie Monday, 1 PM</b>

**—NEW THIS MONTH IN BOXBOROUGH—**

**Irish Magic, Irish Music, Tue, Mar 11, 4 & 7 PM at Library**

**FCOA Luncheon with Talk: Banking for Seniors Wed, Mar 12, noon at Comm. Center**

**Grange 128th Anniversary Meeting, Fri, Mar 14, 7:30 PM at Town Hall**

**Boxborough Historical Society Potluck, Sun, Mar 30, 5 PM at Town Hall**

**IN NEARBY TOWNS**

**Community Supper, Mt. Calvary Church, every Wed, 5 PM**

**Senior Lunch, Mt. Calvary Church, fourth Thur, 12:15 PM**

**Bridge, St. Matthews Church, every Thur, 10 AM**

**Quilting Group, Mt. Calvary Church, every Tues, 9 AM**

**Lions Club's  
New England Boiled Dinner**

Acton Senior Center

Sun. Mar 16, 1 PM



## Ongoing Events, Classes

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



**Book Group** Meets first Tuesday of the month 10 AM. Library. New members are always welcome.

**Bridge at St. Matthews Church** An ongoing group that always welcomes new members. Meets every Thursday. 10 AM. Call Dean Machamer at 978-263-2976.

**COA Wellness Clinic** Second Wednesday of the month. Nashoba Nursing Service hosts a monthly wellness check for all ages. 11 AM-noon. Community Center.

**Community Supper in Acton** For everyone on every Wednesday at Mt. Calvary Church. No charge. 5 PM.

**Easy-Chair Exercise** A 6-week class taught by Linda Sango tailored to the needs of each participant. Meets Thursday 10:30 AM. Community Center.

**Fitness with Holly** A 12-week class meets Mondays, Wednesdays, & Fridays at 629 Mass. Ave. Sign up for one, two or three days. 9 AM.

**Game Day** Come and play popular board games with others, Thursdays, 1 PM. Community Center. All are welcome.

**Knitting Group** A group for those who enjoy knitting or want to learn how to knit. Meets Wednesdays 2-4 PM. Sargent Memorial Library Call Ann McNeece for information:978-263-9626.

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

**Movie Mondays @ Sargent Memorial Library** 1 PM every Monday the library is open.

**Quilting Group** An ongoing group that makes quilts for the needy worldwide. Meets Tuesday at Mt. Calvary Church, Acton. 9 AM-noon. Call Astrid Perko at 978-263-7016.

**Senior Luncheon in Acton** An ongoing group that meets on the fourth Thursday of the month. Mt. Calvary Church. 12:15 PM.

**Advanced-Beginner Spanish Class** Follow-up class to Beginner Spanish class. Meets Tuesdays 1 PM. Community Center.

**Tai Chi** A 12-week class taught by Jeff Cote and staff. Meets Tuesdays 10:30 AM. Community Center.

**Yoga for Seniors** A 12-week class of stretching, balance, and yoga taught by Julia Viggh. Meets Tuesdays 1 PM. 25B Stow Road.



**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 \_\_\_\_\_

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In Memory of \_\_\_\_\_