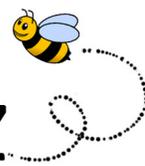


THE

# BOXBOROUGH BUZZZ



## SENIOR NEWS YOU CAN USE

### Council on Aging

Laura Arsenault,  
COA Coordinator  
978-264-1717  
e-mail: larsenault@  
boxborough-ma.gov

#### COA Board Members

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

Frank Powers, President  
Tina Bhatia  
Susan Page  
Frank Sibley  
Liz West  
Barb Wheeler  
Les Fox, Liaison with Board  
of Selectmen

#### Friends of the Council on Aging

John Fallon, President  
Barbara Birt  
Anne Becklean  
Lorraine Carvalho  
Mary Cobleigh  
Patty Gayowski  
Loretta Grushecky  
Sheila Lloyd  
Mary Nadwairski  
Astrid Perko  
Ginnie Richardson  
Alan Rohwer  
Peggy Spinner  
Shirley Warren  
Georgia Winfrey

#### Buzz Production Team

Tina Bhatia-COA  
Anne Canfield  
Taryn Light  
Susan Page-COA  
Liz West-COA

December 2015—January 2016

### Blanchard Breakfast Buffet & Band Concert

The Blanchard Elementary School invites Boxborough seniors to a breakfast buffet and band concert to be held on **Thursday, December 10** at **Blanchard Elementary School**. The buffet, which opens at **8:45 AM**, will include pastries, muffins, fruits, coffee, and juice. Breakfast will be followed by a concert from the award-winning Blanchard School Band. The musical performance will start around **9:45 AM**. The 6th Grade Student Council is hosting this delightful event, which will be provided by the talented young musicians of Boxborough!



### FCOA Holiday Party Time!

It's that special time of year once again, and the FCOA will be hosting its annual **Holiday Party**. The festivities will begin at **noon on Wednesday, December 9**, in the **Community Center**.

The menu will be chicken breasts stuffed with rice pilaf; also, back by popular demand will be the Justin Meyer Swing Trio from Indian Hill Music. Rather than performing traditional holiday music, the Trio's program will consist of jazz and swing music by some of the swing era's great composers, such as George Gershwin and Cole Porter.

This is always a fun event, and everyone is welcome. So join us, please, for great food, great music, and a great time. Admission is free, but you need to RSVP to Laura at the COA (978-264-1717). We want to be sure to prepare enough food. Write the date on your calendar, and gather with friends and neighbors at this festive holiday event!

## 2016 Winter Class Schedule

### Fitness with Holly

Join others in this motivating class. Participants will improve their strength, balance, and flexibility. Classes are held **Mondays, Wednesdays, and Fridays at 9 AM at the Community Center**. This 12-week session begins Friday, December 4. Cost is \$48 for one class a week, \$84 for two classes a week, and \$108 for three classes a week.

### Gentle Yoga with Julia

The practice of yoga is known for its ability to enhance health, vitality, and peace of mind. Postures and movements taught increase strength, balance, and flexibility. This is a friendly, relaxed, and supportive group. Beginners are always welcome! Class meets **Tuesdays and Thursdays at 1 PM at 25B Stow Rd**. Cost is \$48 for a 12-week session one day a week, or \$96 for two days a week. Begins Tuesday, December 15.



### Line Dance with Sam

This dance class has great music and offers many health benefits associated with other forms of exercise. There is lots of camaraderie, and you don't need a partner. Class meets **Thursdays at 9 AM at the Community Center**. Cost is \$48 for a 12-week session. Begins Thursday, December 3.

### Water Exercise Class with Curtis

Improve your strength, balance, and range of motion in this water class **at Swymfit in Boxborough**. These classes are a great way to increase your activity level while having fun in the water. Class meets **Thursdays from 10:15 to 11 AM**. Cost is \$30 for six weeks. Begins Thursday, December 10.

### New Mixed-Media Creative Painting Class

Color your winter warm and bright! This winter, relax and create art with the expert guidance of teacher Barbara Shapokas. The class will cover four different media: pastels, watercolors, oils, and acrylics. Some of your work may even combine media. You can use your favorite scenes from in or around Boxborough (sometimes using photographs for reference); and also still life, landscape, and more.



Barbara will guide you through the use of each of the four media. So, relax and enjoy working with a variety of materials while an experienced artist guides you. She has decades of experience in art using a variety of media and also runs The Art Studio in Boxborough.

The class begins **January 5** and runs through **March 8, Tuesdays from 1-2:30 PM at the Community Center**. The cost is \$100 for 10 sessions. You can arrange to pay the fee in two installments. Call Laura at 978-264-1717 for more information and to sign up for the class. Please reserve your place early, as Barbara's class fills up quickly. This class is partially funded by a generous donation from the FCOA.



### Holiday Music Concert

The **ABRHS Madrigal Singers** will perform their annual Traditional Holiday Music Concert at the Sargent Memorial Library on **Thursday, December 17, at 7 PM**. Please join us for this wonderful music program, which celebrates the spirit of the holidays past and present. Refreshments will be served. This program is sponsored by the generosity of the Friends of the Boxborough Library. Everyone is welcome.

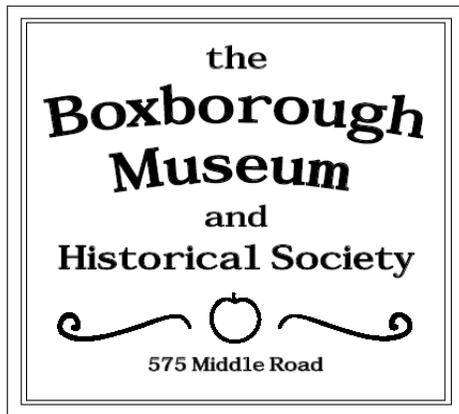
For additional information, please call the library 978-263-4680, or visit our website at [www.boxborough-ma.gov/sargent-memorial-library](http://www.boxborough-ma.gov/sargent-memorial-library).

## Support the FCOA

The Friends of the Council on Aging (FCOA) 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, please send your tax-deductible gift to the Treasurer, **Patty Gayowski, 31 Eldridge Rd, Boxborough, MA 01719.**

Include your name and address. If the gift is in memory of someone, please include that person's name as well as your own. Make checks payable to the Friends of the COA. Thanks!



The Museum will be open **2-4 PM** on **Saturday, December 5,** and **2-4 PM** on **Sunday, January 10.**

## Podiatry Clinic

On **Wednesday, January 6,** at **1 PM,** the COA will hold a podiatry clinic **at the Community Center.** Services will include nail trimming, treatment of corns and calluses, and screening. A \$20 fee payable to Dr. Jack Luber is required at the clinic. If you are interested in this service, call Laura (978-264-1717) to make an appointment.



## News Flash! News Flash! News Flash! The COA Van Is for Your Use!

If you are **60+ years old or a Boxborough resident with disabilities,** here's a news flash for you! The **COA van,** an affordable, dependable method of transportation, **is available for your use.** In addition to rides for medical appointments, you can arrange to have the van take you places such as your hairdresser or barber, the grocery store, your favorite local restaurant, your bank, the train station, or local events you'd like to attend. And with the holidays just around the corner, the COA van is a great way to get to local stores where you may want to shop for family and friends!

**Reservations and cancellations for van rides can be made anytime by calling Cross Town Connect (978-844-6809), Monday through Friday, from 8:30 AM to 4 PM.** So if you're looking for transportation, try using the COA van. It's a great way to go, and one of the best deals in Town!

## 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 Volunteer Drivers if van is unavailable (all area code 978)

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

### Road to Recovery

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

### Lending Hand Services

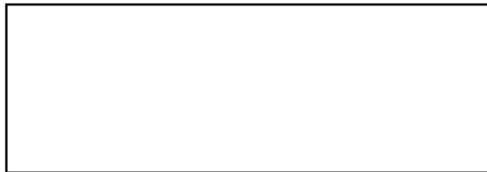
Need a helping hand with a specific task, such as moving a heavy object or hanging a window shade? Call Laura at 978-264-1717 to see if **Lending Hand** can help.

**Anyone for Bridge?**

Whether you're a former bridge player who wants to brush up on your bridge skills, or a "want-to-be" bridge player who would like to learn the game, you are invited to visit / join Thursday's Bridge Group.

We meet **Thursdays** in Boxborough's **Town Hall** from **10 AM-1 PM**. We are a congenial, low-key group of folks, and we encourage you to stop by any Thursday to meet us and find out how much fun bridge can be! For more information, call Val (978-263-8184) or Anne (928-263-2664).

**—Submit articles for the February issue by January 8—**



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## December 2015

SUN	MON	TUE	WED	THU	FRI	SAT
	<i>NOTE: New or special events for the month are printed in <b>bold type</b>.</i>	<b>1</b> 10- Book Group 1- Yoga	<b>2</b> 9- Fitness with Holly 2- Knitting	<b>3</b> 9- Line Dance 10- Bridge 10:15- Water Exercise 1- Yoga 2:15- Mah Jongg	<b>4</b> 9- Fitness with Holly	<b>5</b> 2-4 Boxboro Museum
<b>6</b>	<b>7</b> 9- Fitness with Holly 1- Movie Monday	<b>8</b> 1- Yoga	<b>9</b> 9- Fitness with Holly 2- Knitting <b>12 -FCOA Holiday Luncheon</b>	<b>10</b> <b>8:45-Blanchard Breakfast</b> 9- Line Dance 10- Bridge 10:15- Water Exercise 1- Yoga 2:15- Mah Jongg	<b>11</b> 9- Fitness with Holly	
<b>13</b>	<b>14</b> 9- Fitness with Holly 1- Movie Monday	<b>15</b> 1- Yoga	<b>16</b> 9- Fitness with Holly 2- Knitting	<b>17</b> 9- Line Dance 10- Bridge 10:15- Water Exercise 1- Yoga 2:15- Mah Jongg <b>7- Holiday Concert</b>	<b>18</b> 9- Fitness with Holly	
<b>20</b>	<b>21</b> 9- Fitness with Holly 1- Movie Monday	<b>22</b> 10- Wellness Clinic 1- Yoga	<b>23</b> 9-Fitness with Holly 2- Knitting	<b>24</b> No Classes	<b>25</b> <b>Christmas Day</b> Library & Town Offices Closed.	
<b>27</b>	<b>28</b> 1- Movie Monday	<b>29</b> 1- Yoga	<b>30</b> 2- Knitting	<b>31</b> No Classes		

**Out of Town**

**Held at Mt. Calvary Church, Acton**

Quilting Group, Tue, 9 AM

Comm. Supper, Wed, 5 PM

# January 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	<i>NOTE: New or special events for the month are printed in <b>bold</b>.</i>				<b>1</b>  <b>New Years Day</b> Library & Town Offices Closed.	
<b>3</b>	<b>4</b>  9-Fitness with Holly 1- Movie Monday	<b>5</b>  10-Book Group 1- Art Class 1- Yoga	<b>6</b>  9- Fitness with Holly <b>1- Podiatry Clinic</b> 2- Knitting	<b>7</b>  9- Line Dance 10- Bridge 10:15- Water Exercise 1- Yoga 2:15- Mah Jongg	<b>8</b>  9- Fitness with Holly	
<b>10</b>  2-4 Boxboro Museum	<b>11</b>  9- Fitness with Holly 1- Movie Monday	<b>12</b>  1- Art Class 1- Yoga	<b>13</b>  9- Fitness with Holly 2- Knitting	<b>14</b>  9- Line Dance 10- Bridge 10:15- Water Exercise 1- Yoga 2:15- Mah Jongg 3- COA Board Meeting	<b>15</b>  9- Fitness with Holly	
<b>17</b>	<b>18</b>  <b>Martin Luther King Day</b> Library & Town Offices Closed.	<b>19</b>  1- Art Class 1- Yoga	<b>20</b>  9- Fitness with Holly 2- Knitting	<b>21</b>  9- ine Dance 10- Bridge 10:15- Water Exercise 1- Yoga 2:15- Mah Jongg	<b>22</b>  9- Fitness with Holly	
<b>24</b>	<b>25</b>  9- Fitness Holly 1- Movie Monday	<b>26</b>  10- Wellness Clinic 1- Art Class 1- Yoga	<b>27</b>  9- Fitness with Holly 2- Knitting	<b>28</b>  9- Line Dance 10- Bridge 10:15- Water Exercise 1- Yoga 2:15- Mah Jongg	<b>29</b>  9- Fitness with Holly	

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