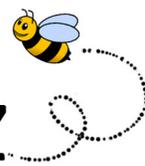


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

June-July 2016

Council on Aging

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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
Barbara Birt
Taryn Light
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-COA
Liz West-COA

Boxborough FCOA 20th Anniversary Luncheon

On Wednesday, **June 8**, the Boxborough Friends of the Council on Aging will hold an **anniversary luncheon** at **noon** in the **Boxborough Community Center**. Come help the Boxborough FCOA celebrate its first 20 years and the fruitful partnership between the FCOA, the Council on Aging, the Board of Selectmen, and the Town Hall Staff. Entertainment will be provided by a barbershop quartet from the award-winning Concord group, Vocal Revolution (previously known as Sounds of Concord).

All Boxborough seniors are welcome, and admission is free. Please call the Council on Aging Office at 978-264-1717 to make a reservation.

Health Care Planning—Let's Get Started



Attend this important **Health Care Planning** session at **6:30 PM**, on **Monday, June 20**, at the **Sargent Memorial Library**. The presenter, Lee Holbrook, is the Social Work Supervisor for the Care Management Department at Emerson Hospital—a Community Partner with Honoring Choices in Massachusetts.

During the presentation, five Massachusetts healthcare planning documents will be reviewed.

- Health Care Proxy
- Personal Directive or Living Will
- Durable Power of Attorney
- Medical Orders for Life-Sustaining Treatment (MOLST)
- Comfort Care/Do Not Resuscitate Order (CC/DNR)

Understanding the guiding principles of health care planning empowers adults to make informed decisions about their health care so they will receive the best possible person-centered care throughout their lives. These documents will be available so you can make the right plan and put that plan into action with your care providers. Please join us to learn more about this important topic.

Podiatry Clinic



On **Wednesday, July 6**, the COA will hold a podiatry clinic. Services at the clinic include: trimming of nails, treatment of corns and calluses, and screening. A \$20 fee payable to Dr. Jack Luber is required at the clinic. The clinic begins at **1 PM** and will take place at the **Community Center**. Please call Laura at 978-264-1717 to reserve a spot or inquire about a home visit.



Anatomy of a Creative Art Class

"It is the courageous who dare to explore the unknown. They do not wait for imagination to strike." — Barbara Shapokas, Art Instructor

Check out the **Anatomy of a Creative Art Class** on display at the **Sargent Memorial Library** during the **month of June**.

In the spirit of adventure, and the willingness to explore during two 10-week creative arts sessions, 12 seniors uncovered the possibilities of what four different mediums could offer them as they rendered still-life, landscape, and abstract constructions.

This senior art show brings to light exciting effects using watercolors, pastels, oils, and acrylics. It was during these classes that the structure and internal workings of four mediums were studied. Composition, form, and the choice of mediums, was almost a laboratory case study.

Many people think they are not creative or lack the talent or imagination to make exciting art. However, with the right guidance and the willingness to go on a creative exploration, the results may surprise you!

Every art student, who was courageous to try his or her hand at creativity, experienced being an explorer, an adventurer, and an inventor. You will be inspired when you see these pieces of art!

Summer 2016 Schedules for Classes

Fitness with Holly Join others in this motivating class. Participants will improve their strength, balance, and flexibility.

- **Summer Session 1:** June 1–July 1; Mon, Wed, and Fri.
- **Summer Session 2:** July 11–August 17; Mon and Wed.

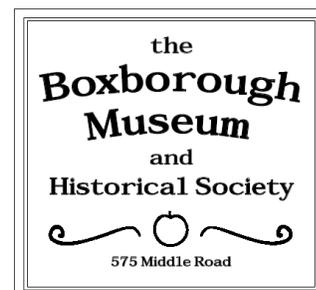
Cost is \$4 per class during the Summer Sessions. The price for each session will reflect the number of classes you select per week. Classes will be held at the **Community Center** at **9 AM**.

Gentle Yoga The practice of yoga, with its physical postures, along with breathing exercises and meditation, brings more ease and balance in the mind and body.

- **Summer Session** May 31–August 18; classes will be held on **Tuesdays** and **Thursdays** at **1 PM**.

Cost is \$4 per class. There are no classes on June 7, 9, 21, and 23. The price for each session will reflect the number of classes you select per week.

Water Exercise Class 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. The next six week session starts Thursday, June 16, from **10:15–11 AM**. The cost is \$30 for the six week program.



The Museum will be open from **2–4 PM** on **Sunday, June 12** and **July 10**.

Boxborough North Cemetery History and Tour

Boxborough's North Cemetery, located on Hill Road next to the site of the first meeting house/church, is the resting place of some of Boxborough's earliest residents. On **Sunday, June 5**, the Boxborough Historical Society will present members of the Cemetery Commission discussing the history of North Cemetery and its recent reconstruction work.

The event will start with a **2 PM** presentation at the **Boxborough Museum** and then move to the **North Cemetery** for a walking tour. There people will see results of the recent reconstruction and learn about some of our earliest residents. Attendees of the walking tour should be at least 10 years old, and children should be accompanied by an adult. The walking tour will take place rain or shine, so dress accordingly. Come prepared to walk on uneven ground. Admission is free and all are welcome.

Boxborough 50th Fifer's Day

On **Saturday, June 18**, Boxborough will celebrate its **50th Fifer's Day at Flerra Meadows**. Fifer's Day is jointly sponsored by the Boxborough District Minuteman Company and the Town of Boxborough's Public Celebrations and Ceremonies Committee. The Day commences at **9:30 AM** with the Fifer's Four Mile Road Race. This is followed by a parade from the Blanchard School to Flerra Meadow at **11 AM** and then presentation of the Golden Fife Award.

The Fair will commence at **noon** and include food and barbecue, including a vegetarian option, children's games and activities, volleyball tournament, donut eating contest, booths representing Town organizations, and a craft fair. There will be live music throughout the afternoon. In honor of the "50th" there will be some special activities including an ALS Ice Bucket Challenge to be held mid-afternoon. For more information or to sign up for a non-profit booth, craft booth, road race, volleyball or the ALS challenge please go to www.fifersday.org.

Cooking with Herbs, Julia Child's Way

Back by popular demand, Stockbridge Farm will be at the **Sargent Memorial Library on Tuesday, June 21 at 1 PM** (sign up required) to take you on a culinary journey highlighting the work of the incomparable Julia Child. Learn about her incredible passion for food and discover how she demystified French cuisine and brought her methods into everyday cooking through the magic of television. .. Stockbridge Farm is a farm-based herbal business dedicated to exploring the flavors and wonders of herbs. This interactive program will last approximately one hour and include culinary demonstrations. Participants will get to taste the dishes prepared during the program and receive copies of the recipes. This program is part of a series of library events made possible by a donation from the Whitcomb House Library Fund dedicated to programming for Boxborough's seniors. Everyone welcomed. Sign up required.

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

Road to Recovery

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

Lending Hand Services

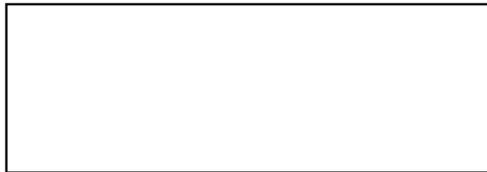
Need a helping hand with a specific task, such as moving a heavy object or hanging a window shade? Call Laura at 978-264-1717 to see if **Lending Hand** can help.

Yay, Ice Cream!

July is National Ice Cream Month! Now is the best time to learn some fascinating facts about this sweet treat.

- The United States is the top consumer of ice cream in the world.
- Four of the top 10 ice cream consuming states are in New England.
- Almost 98 percent of American families have ice cream in their freezer.
- The average American eats 48 pints a year.
- Most popular flavor is vanilla; most popular topping is chocolate syrup.
- Frozen yogurt contains more sugar than ice cream and less fat.
- Gelato contains less fat than ice cream, also less air.

—Submit articles for August-September Issue by July 11—



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

July 2016

SUN	MON	TUE	WED	THU	FRI	SAT
					9-Fitness w/ Holly	2
3	4 Independence Day Library and Town Offices Closed	1-Yoga	9-Fitness w/ Holly 1-Podiatry Clinic 2-Knitting	10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg	9-Fitness w/ Holly	9
10 2-4 Boxboro Museum	11 9-Fitness w/ Holly 1-Movie Monday	1-Yoga	2-Knitting	10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg	15	16
17	18 9-Fitness w/ Holly 1-Movie Monday	1-Yoga	9-Fitness w/ Holly 2-Knitting	10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg	22	23
24	25 9-Fitness w/ Holly 1-Movie Monday	10-Wellness Clinic 1-Yoga	9-Fitness w/ Holly 2-Knitting	10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg	29	30

Held at Mt. Calvary Church, Acton
Comm. Supper, Wed. 5 PM

Out of Town

June 2016

SUN	MON	TUE	WED	THU	FRI	SAT
			1 9- Fitness w/ Holly 2-Knitting	2 10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg	3 9- Fitness w/ Holly	4
5 2-Hist. Society: North Cemetery Tour	6 9- Fitness w/ Holly 1-Movie Monday	7	8 9- Fitness w/ Holly 12- FCOA Luncheon 2-Knitting	9 10-Bridge 10:15-Water Exercise 2:15-Mah Jongg	10 9- Fitness w/ Holly	11
12 2-4 Boxboro Museum	13 9-Fitness w/ Holly 1-Movie Monday	14 1-Yoga	15 9- Fitness w/ Holly 2-Knitting	16 10-Bridge 10:15-Water Exercise 2:15-Mah Jongg	17 9- Fitness w/ Holly	18 9:30 onwards Fifer's Day
19	20 9- Fitness w/ Holly 1-Movie Monday 6:30- Health Care Planning	21 1-Cooking with Herbs	22 9- Fitness w/ Holly 2-Knitting	23 10-Bridge 10:15-Water Exercise 2:15-Mah Jongg	24 9- Fitness w/ Holly	25
26	27 9- Fitness w/ Holly 1-Movie Monday	28 10-Wellness Clinic 1-Yoga	29 9- Fitness w/ Holly 2-Knitting	30 10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg		

Held at Mt. Calvary Church, Acton

Quilting Group, Tue, 9 AM

Comm. Supper, Wed. 5 PM

Out of Town