



TOWN OF BOXBOROUGH

Council on Aging Meeting Minutes

COA Members Present: Barbara Birt; Tina Bhatia; Anne Canfield; Bill Litant; & Karen Whitcomb

Others Present: Kim Dee, COA Coordinator; John Fallon, FCOA Liaison; Maria Neyland, FinCom Liaison & David McKiernan, Select Board Liaison

Absent: Maureen Masciola & Marney Stoumbelis

Meeting Date: August 14, 2023

The meeting was called to order by COA Chair Bill Litant @ 4:06 pm

Minutes of July 10, 2023, approved as written

Buzz Update:

- September Buzz will be mailed at the end of August.
- September's lunch will be sponsored by Rivercourt Residence.
- There will be a trip to Butterfly Place and also a trip to Kimball Farm for ice cream.
- Look for the new Zumba class that will be starting in September.
- The Free Bee Market will also be offering up goodies.

Grant Report:

- CHNA is offering free ice cream at Kimball's to seniors over 60 in Boxborough, Acton, and Littleton on September 20 at 2:30 pm.

COA Coordinators Report:

- We had 47 seniors receive novelty ice creams at the Grab n 'Go Ice Cream event on Wednesday, July 12. This event was sponsored by Mike and Janet Houghton, former owners of Boxborough Liquors & Convenience.
- We had ten seniors attend the Baseball Talk with Herb Crehan at the Library on July 20. We had 11 people sign up for the Out to Lunch event at Il Forno's in Littleton on August 10.
- There is no Well Adult Clinic this month. They have experienced a significant increase in participants when we started having it just prior to our monthly lunches. However, no one actually comes during the first 45 minutes. So, the Nashoba Associated Boards of Health asked if they could have it from noon to 1 PM. I didn't think it would be good to have it at the same time as our lunch but I thought we could change it to 11:15 AM to 12:15 PM in September to see if that helps. If it is too distracting to the beginning of the lunch welcome chats, then we will have to change it back.
- We have 19 people signed up for Our "Outrageous Commercials and Ice Cream Social" event on Thursday, August 17 at the Library.
- We also have 19 people signed up for our Heart to Home Meal sample lunch on Wednesday, August 23.
- We have six people signed up for the trip to the American Heritage Museum on Thursday, August 24. We need at least eight people in order to run the trip.
- Coffee & Chat with Kim has a special guest, Community Services Coordinator, Wendy Trinks joining us on Wednesday, August 30. The Coffee & Chat will now be on the last Wednesday of the month.
- The fall Fitness classes with Holly will begin Friday, September 1. The registration for those classes is going on now.
- The fall Yoga classes will begin on Thursday, September 28 as Rebecca had a couple weeks of vacation that pushed her classes off the usual schedule. Therefore, registration for her classes will begin on September 5 and will be published in the September newsletter.
- We have a new Zumba class starting on Tuesday, September 26 at 10:30 AM. Zumba is an interval workout. The classes involve high and low intensity dance moves that boost your cardio endurance. The instructor, Gina has her own studio and

classes here in Boxborough and is really excited to be offering a new class for our seniors. Registration for this class will also be on September 5.

- We have a presentation by Henry Quinlan on Thursday, September 7 at 1:30 PM at the Library. It is called "Happiness for Seniors. What It Is and How to Get It." Happiness means different things to different people at different times of their lives. Henry will discuss many aspects of happiness and suggest how to accomplish that in your own life at any age.

COA Chair Report:

- The letter of appreciation from the COA to Cindy Worthington-Berry, minister at the UCC Church for all she's done for Boxborough, especially Boxborough seniors has been mailed.
- Building Committee has not met recently.
- Will be getting information soon regarding the Park @ Beaverbrook (the old Cisco space).

FCOA Chair Report:

- The FCOA purchased an AED for the Community Center through the UCC Church after they purchased one for the church itself.

FinCom Liaison Report:

- Gearing up for the fall town meeting. There will be eight articles.
- Working on creating an expense dashboard to see where monies are being spent.

Upcoming town programs: Sustainability and Citizens Academy

- Marney had attended the Sustainability Program last year and thought it was good.
- The Citizens Academy will run from September through October and is being organized by Rajon.

Senior Charlie Card update:

- Apparently, seniors no longer have to have their picture or name on the Charlie Card.

Other Business:

- Scott Rich from MART got a grant for a Rural Transportation Program. Transportation will be provided for a 20-mile radius from the pickup point, 7 days a week from 5 am to 10 pm. There is a meeting to discuss what Boxborough needs for transportation are with some town departments on August 23.

Date of next meeting: Monday, September 11, 2023

Adjourned: 4:45 pm