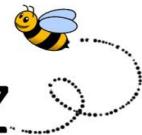


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

November/December 2021

Council on Aging

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COA Board

Bill Litant, Chair
Anne Canfield, Vice Chair
Karen Whitcomb, Secretary
Tina Bhatia
Barbara Birt
Taryn Light
Barbara Wheeler
John Fallon, FCOA Liaison
Tyler Forbes, Police Dept. Liaison
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Maria Neyland, FinComm Liaison
Courtney Panaro, Fire Dept.
Liaison

Friends of the Council on Aging

John Fallon, President
Susan Bak, Vice President
Barbara Birt, Recording
Secretary
Patty Gayowski, Treasurer
Alan Rohwer, Corresponding
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Susie Boast
Loretta Grushecky
Mary Nadwairski
Mary Pavlik
Georgia Winfrey

Buzz Production Team

Tina Bhatia
Barbara Birt
Anne Canfield
Taryn Light
Tess Summers

November Lunch



The **Boxborough Fire Department (BFD)** is sponsoring our next COA lunch on **Wednesday, November 10, at noon** at the **Community Center**. Lunch will consist of vegetable lasagna, chicken broccoli alfredo with pasta, salad, bread, and dessert. Members of the BFD will discuss the Senior SAFE program, which includes installation of smoke and carbon monoxide alarms, plus the testing and replacement of batteries.

Space is limited. Please RSVP to the COA beginning **Monday, November 2**, by sending an email to cregan@boxborough-ma.gov or calling 978-264-1730.

Holiday Lunch in December

The Boxborough Friends of the COA will host the annual holiday lunch on **Wednesday, December 8, at noon** at the **Community Center**. This is a great opportunity to get together with friends and neighbors to ring in the holiday season. Menu will include a stuffed chicken breast dinner with dessert. You may RSVP to the COA beginning **Monday, November 22**, by emailing cregan@boxborough-ma.gov or by calling 978-264-1730.



Daylight Saving Time ends
Sunday, November 7, at 2 AM



Spotlight: New Van Driver: Sandy Verger

In the Spotlight

We are delighted to introduce you to our new Thursday COA van driver, Sandy Verger. She grew up in Lincoln and graduated from Bradford College. She lived in Acton for 23 years and raised two children. She moved to Boxborough 24 years ago and loves living in our wonderful Town.

Before her retirement, Sandy worked for 30 years at Mass Audubon's Drumlin Farm Wildlife Sanctuary in Lincoln as an Education Coordinator. "I wore many hats at Drumlin scheduling programs, teaching on-site visitors and school groups, hiring teachers, and lots more." Sandy enjoyed doing outreach programs that involved driving native wildlife to schools, libraries, nursing homes, and camps, and teaching about their natural history. She shared, "It was a privilege to work with the animals, and I loved teaching and connecting with people of all ages."

"One of my favorite stories happened when I was driving on Route 128. Cars were pulling up next to me and honking their horns and pointing. I looked back and noticed our 25-pound snapping turtle that was supposed to be in its travel carrier had broken out and was busy looking out the window!"

Sandy has an abundance of knowledge about all sorts of animals. However, her favorites are the raptors. Just ask her about them.

Sandy is "thrilled to be a part of such an important service to Boxborough by driving the COA van and getting to know our residents and roads." To reserve a Thursday van ride with Sandy, call 978-264-1730, two days in advance.

Transfer Station Composting

Our Transfer Station now accepts meat, bones, fruit pits, dairy, and vegetable compost. **The green Black Earth Bins are located to your right as you exit.** Please wrap your compost in newspaper, paper bags, or certified compostable bags.

COA Coordinator's Corner

It's that time of year again. We are turning our clocks back and looking forward to the upcoming holidays. Take some time to take care of yourself and put the following classes and clinics on your to do list.

You're invited to participate in two **free** sessions of **Meditation in Movement Yoga** with Barbara Rich on **Wednesdays, November 3, and December 8**, each at **4 PM** sponsored by the Harvard Council on Aging. Enjoy these free stress-reduction classes in your own home on Zoom. They focus on mindful breathing and easy stretching. Call the Boxborough COA, 978-264-1717 to get the zoom links by email.





A **Podiatry Clinic** will be held on **Monday, November 22**, from **1-4 PM** at the **Community Center**. Reservations are needed, so please call the COA at 978-264-1730 to make an appointment. Trimming of toenails and treatment of calluses will be offered for \$35. Please bring cash or check payable to Dr. Ayleen Gregorian.

The **Wellness Clinics** for the Nashoba Associated Boards of Health are on **Wednesday, November 17** and **Wednesday, December 15**



Wednesday, December 15
from 2-3 PM in the **Community Center**.
Come get your blood pressure checked for
free and chat with the nurse about your
health concerns.

Thank you to the Friends of the Council on Aging for sponsoring the delicious October Grab n' Go Lunch at the Boxboro Regency.

Wishing you all a safe and happy holiday season!

Kim

Pharmacy Pill Container Caps



Do you struggle to open pill bottles from the pharmacy? If so, there's a solution. Ask your pharmacist to give you easy to open pill bottle caps.

Winter 2021 - 2022 Class Schedule

Registration for Winter Classes begins **Tuesday, November 9**. Registration forms will be posted on the COA web page, or email cregan@boxborough-ma.gov to request a form.

- Boxborough residents are given priority until Friday, November 19; then registration will be open to non-residents until Tuesday, November 30.
- Minimum class size is 6 Boxborough residents.

Fitness with Holly

Classes begin Wednesday, December 1, and continue through Monday, March 7, 2022. The 60-minute classes on Mondays, Wednesdays, and Fridays begin at 9 AM. Tuesday's class begins at 10:30 AM.

Mondays and Wednesdays will be in person at the Community Center. Tuesdays and Fridays will be on Zoom. Fees: Once a week, \$48; Twice weekly, \$84; Three times weekly, \$108.

—No classes December 24, 27, 28, 29, 31.

—No classes January 17 and 21, 2022.

Yoga with Rebecca

Classes begin Thursday, December 2, and run through Thursday, March 3, 2022.

Rebecca will continue to offer both formats simultaneously, in-person and on Zoom.

- **Chair Yoga** is a 60-minute class with modified yoga exercises and poses performed in a chair for added support. Meets on **Thursdays at 9:30 AM**. Fee: \$48.
- **Mat Stretch & Flex Yoga** is a 45-minute class with floor and standing yoga exercises and poses for strength building and flexibility. Meets **Thursdays at 11 AM**. Fee: \$36.

—No classes December 23 or 30.



Public Safety News

Hello everyone! I hope you have all had a wonderful and healthy summer. With the winter quickly approaching there are a few things to keep in mind:

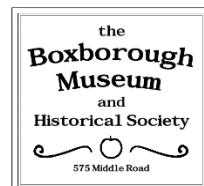
1. Continue to wash your hands and wear a face mask when you are in a public setting. COVID-19 is still lingering.
2. Dress warmly as the temperatures have been dropping daily.
3. Check in on your friends and family members.

Enjoy the crisp air and get outside as much as possible. If you need any assistance or resources, please feel free to reach out.

Officer Tyler Forbes

Fuel Assistance Program

Fuel Assistance is one of the programs administered by the Southern Middlesex Opportunity Council (SMOC). This program helps low-income residents with heating costs between November 1 and April 30. Please call the COA at 978-264-1730 to request an appointment with our trained liaison and experienced Council on Aging volunteer, Rob McNece. He will contact you to schedule a time to assist you with the application process.



The Museum will be open 2 to 4 PM on Sundays

- November 14
- December 12
- January 9

COA Van Services

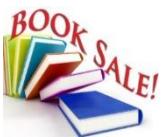
COA van services are available to all Boxborough residents age 60 or older, and to adults with disabilities. Rides are available Tuesday, Wednesday, and Thursday, 9:30 AM to 3:30 PM. The van travels to surrounding towns and may be used for grocery shopping, medical appointments, the pharmacy, and more. It is sanitized between trips to reduce the risk of COVID-19. Drivers and passengers must wear a mask or other face covering. To book a ride, call 978-264-1730, preferably two days in advance. Current fare is \$1 each way for local trips.

SHINE Counseling

Medicare Open Enrollment is your annual opportunity to make changes to your health and prescription drug coverage. Open Enrollment ends on **Tuesday, December 7, 2021**.

SHINE (Serving Health Information Needs of Everyone) has state-certified counselors available to help Medicare beneficiaries compare health plans, understand out-of-pocket maximum costs, and provide you with accurate prescription drug costs using the Medicare Plan Finder tool. Counseling is confidential and provided by Minuteman Senior Services by telephone or over Zoom. To schedule your SHINE counseling appointment, please call SHINE directly at 781-221-7029.

Friends of the Library Book Sale

 The sale is back! Book donations will be collected Monday through Thursday, **November 1-4**, during Library hours. The member preview sale will be on **Friday, November 5**, from **5-7 PM**. The general sale will be on **Saturday, November 6**, from **9 AM-2 PM**, and the \$2 a bag sale will be on **Sunday, November 7**, from **2-4 PM**.

Library News

This holiday season, make the Library one of the calming spots where you can come in to get out of the cold, and find some mental escape. During **November** the Library will be exhibiting historical political posters collected by Stephen Lewis.

Sign up for the **Spark Joy: The Philosophy Behind the KonMari Method**, a virtual program on **Thursday, November 4**, at **7 PM**. This Zoom program outlines the KonMari philosophy and guiding principles that are needed to tidy once and for all.

A community conversation about anti-Semitism is scheduled on **Wednesday, November 10**, at **7 PM**.

You never know what the Library might cook up between now and when December rolls around, so please check the website, subscribe to their newsletter, or follow them on Facebook for the most up-to-date news.

Live Theater Is Back

The Theatre III stage at **250 Central Street** in **West Acton** will be having live performances of the 1970s comedy "Lovers and Other Strangers" in November. Senior dress rehearsal is on **Wednesday, November 3**, at **7:30 PM** at a cost of \$5 at the door. The regular run is November 5, 6, 12, and 13, at 8 PM and November 7 at 2 PM. Senior ticket price is \$19. For more info or to reserve a ticket contact lsminkoff@theatre3.org or call 978-263-9070.

The Concord Players are having a Fall production of "Sense & Sensibility" at **51 Walden Street, Concord**. Senior dress rehearsal is **Thursday, November 4**, at **8 PM**, \$5 general admission. Regular performances will be November 5-20 at a cost of \$22. Visit concordplayers.org or call 978-369-2990 for more info and to purchase tickets.

Merrie Christmas Fair

Holiday excitement is beginning. Be sure to visit the annual Merrie Christmas Fair at **Boxborough's United Church of Christ** on **Saturday, November 20**. Doors open at **9 AM** and close at **1 PM**. The Silent Auction will again be online this year. You never know what you can find there. Participate at biddingforgood.com/uccbsilentauction, starting at **8 AM on Wednesday, November 10, and ending at 8 PM on Saturday, November 20**.

The Fair features a wide variety of items to purchase, such as handmade knitted items, Christmas decorations, handcrafted wooden items, baked goods, holiday greens, and more. There will also be children's only table!

We respectfully request that everyone wear a mask.

For more information, call 978-263-7387. See you at the Fair!

Reminder:



At this time masks are required in all Town public buildings.

Answer Key for Puzzle on Page 7

1. snow shoes, 2. Solstice, 3. darkness, 4. snow plow, 5. long nights, 6. holidays, 7. bazaars, 8. short days

November 2021

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 9- Fitness w/Holly In Person	2 10:30-Fitness w/Holly Via Zoom 1-Game Day	3 9- Fitness w/Holly In Person 2-Knitting Group 4-Meditation in Movement Yoga	4 9:30-Chair Yoga 11-Mat & Stretch Yoga 7 PM-Spark Joy	5 9- Fitness w/Holly Via Zoom 5-7 PM Library Book Sale (Preview)	6 9 AM-2 PM Library Book Sale
7 2-4 PM Library Book Sale \$2 per bag <i>Daylight Saving time ends</i>	8 9- Fitness w/Holly In Person	9 10:30-Fitness w/Holly Via Zoom 1-Game Day	10 9- Fitness w/Holly In Person Noon-COA Luncheon Spons: Box. Fire Dept 2-Knitting Group 7 PM-Conversation about anti-Semitism	11 Veteran's Day Town offices and Library closed	12 9-Fitness w/Holly Via Zoom	13
14 2-4 PM Boxborough Museum	15 9- Fitness w/Holly In Person	16 10:30-Fitness w/Holly Via Zoom 1-Game Day	17 9- Fitness w/Holly In Person 2-Knitting Group 2-Wellness Clinic	18 9:30-Chair Yoga 11-Mat & Stretch Yoga	19 9-Fitness w/Holly Via Zoom	20 9 AM-1 PM-Merrie Christmas Fair
21	22 9- Fitness w/Holly In Person 1- Podiatry Clinic	23 10:30-Fitness w/Holly Via Zoom 1-Game Day	24 9- Fitness w/Holly In Person 2-Knitting Group	25 Thanksgiving Day Town offices and Library closed	26 9-Fitness w/Holly Via Zoom	27
28	29 9- Fitness w/Holly In Person 10-Mind. Meditation	30 10:30-Fitness w/Holly Via Zoom 1-Game Day				

Out of Town

Mt. Calvary Church, Acton

Community Supper, Wed, 4:45-5:45 PM Indoor Dining
5:30-6:00 PM 'Get to Go' Meals

Theater III, Acton

The Concord Players, Concord

'Lovers and Other Strangers' Senior Dress Rehearsal Wed Nov 3, 7:30 PM \$5
'Sense & Sensibility' Senior Dress Rehearsal Wed Nov 4, 8:00 PM \$5

December 2021

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 9- Fitness w/Holly In Person 2-Knitting Group	2 9:30-Chair Yoga 11- Mat & Stretch Yoga	3 9- Fitness w/Holly Via Zoom	4
5 9- Fitness w/Holly In Person 10-Mind. Meditation	6 10:30-Fitness w/Holly via Zoom 1-Game Day	7 8 9- Fitness w/Holly In Person Noon-FCOA Luncheon 2-Knitting Group 4-Meditation in Movement Yoga	9 9:30-Chair Yoga 11- Mat & Stretch Yoga 11-Senator Eldridge's Senior Conference	10 9-Fitness w/Holly Via Zoom	11 Santa Claus Drive Around	
12 2-4 Boxborough Museum	13 9- Fitness w/Holly In Person 10-Mind. Meditation	14 10:30-Fitness w/Holly via Zoom 1-Game Day	15 9- Fitness w/Holly In Person 2-Knitting Group 2-Wellness Clinic	16 9:30-Chair Yoga 11- Mat & Stretch Yoga	17 9-Fitness w/Holly Via Zoom	18
19 20 9- Fitness w/Holly In Person 10-Mind. Meditation	20 10:30-Fitness w/Holly via Zoom 1-Game Day	21 22 9- Fitness w/Holly In Person 2-Knitting Group	23	24 Christmas Day observed 25 Town offices and Library closed	26 27 1-Game Day	28 29 2-Knitting Group
				30 31 New Year's Eve Town offices and Library closed		

Out of Town

Mt. Calvary Church, Acton

Community Supper, Wed, 4:45-5:45 PM Indoor Dining
5:30-6:00 PM 'Get to Go' Meals

Senator Eldridge's Annual Senior Conference

Senator Jamie Eldridge is hosting a **virtual Senior Conference on Thursday, December 9**, starting at **11 AM**. The day will consist of informational workshops, virtual fitness programs, and fun activities with raffle prizes at the conclusion of the Conference.

The virtual event can be viewed on senatoreldridge.com, You Tube, Facebook, and Zoom. Those who choose to participate via Zoom will be able to interact with the presenters. Also, those who register will be entered in the gift raffle. Senator Eldridge will be drawing the names of the raffle winners during the "Gifts and Goodbye" portion of the Conference.

Santa Drive Around

Building on the success of last year's Santa Drive Around, public safety officials are happy to announce that Santa is scheduled to come to Town again on **Saturday, December 11**. A route will be posted closer to the event and we hope to have Santa stop in certain pre-determined spots throughout Town if public health conditions allow. The Fire Dept will collect Toys for Tots that day if the pickup window has not passed.

Scrambled Winter Words

In this puzzle, each scrambled word in the left-hand column is related to winter. Your job is to unscramble the letters in each word and write it on the lines in the right-hand column with the correct spelling. If you can unscramble all 8 words in under 8 minutes, you are a "super-duper un-scrambler"! Answer key is on page 4.

1. wnso ssheo

2. olsecsit

3. krdasesn

4. wons slowp

5. gnlo sngiht

6. slyidoha

7. sdzbizarl

8. trhso yasd

Stay Sane During the Holidays!

As the holiday season approaches, you may be feeling more stress than normal. If that's so, you might consider joining Erin LoPorto for a 4-week **virtual** session of **Mindfulness Meditation Classes**. Presented through the CHNA Grant, the classes begin **Monday, November 29, at 10 AM**.

Whether this is your first time meditating or you want to deepen your practice, plan to join Erin for this 4-week program. For more information, please email Sball@actonma.gov, or call 978-929-6453.

Christmas Tree Lighting

Please watch the Town website boxborough-ma.gov for information on the Christmas Tree Lighting ceremony. The celebration is normally held on the first Saturday in December. Complete information was not available when we went to press.

Toys for Tots

The Boxborough Fire Department and Blanchard School are accepting holiday Toys for Tots until **Sunday, December 12**. There is a need for new toys for all ages, but ages 0-2 and ages 6-12 are always short. Please consider a donation for this worthy cause.

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 _____

Name _____

Address _____

In Memory of _____



Like us on Facebook at [facebook.com/boxboroughcoa](https://www.facebook.com/boxboroughcoa)

– Submit Items for the January/February issue by December 8 –
boxboroughbuzz@gmail.com



Change Service Requested

PRE-SORT
Standardized
U.S. Postage Paid
Acton, MA
Permit No. 26

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