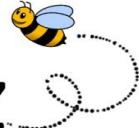


THE

BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



February 2022

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
John Markiewicz, Select
Board Liaison
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Tina Bhatia
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Grab 'n Go Lunch



Benchmark Senior Living at Robbins Brook in Acton will be sponsoring a Grab 'n Go Lunch on **Wednesday, February 9, from 11:30 AM to 12:30 PM** at the Boxborough Community Center. This event is for residents age 60 and above. Lunch will be a turkey sandwich with stuffing and cranberry sauce. A gluten-free and vegetarian option will be available.

Space is limited. **Please RSVP beginning February 1 to the COA by emailing cregan@boxborough-ma.gov or calling 978-264-1730.** Arrival times are by last name: A thru D pickup is at 11:30 AM; E thru K is at 11:45 AM; L thru R is at 12:00 PM; and S thru Z is at 12:15 PM. When you arrive, come into the Community Center to pick up your lunch. Masks are required.

News Flash for All Registered Voters

If you are a registered voter in Boxborough, here is important information for you! A **Special Town Meeting (STM)** is scheduled for **Monday, February 28, at the Boxboro Regency Hotel.** Voter check-in begins at **6:30 PM**, and the Meeting will begin promptly at **7 PM**. Attendees will be asked to consider and vote on the six articles listed below. The Warrant for the STM will be mailed to registered voters the week of February 7.

- Article 1 PAYMENT OF PRIOR FISCAL YEAR BILLS
- Article 2 FISCAL 2022 GENERAL FUND OPERATING BUDGET
SUPPLEMENT A – Reserve Fund
- Article 3 FISCAL 2022 GENERAL FUND OPERATING BUDGET
SUPPLEMENT B – Staffing
- Article 4 FISCAL 2022 LIBRARY CAPITAL BUDGET
SUPPLEMENT
- Article 5 FUNDING FOR PUBLIC WATER SUPPLY TESTING
- Article 6 FUNDING FOR TOWN ADMINISTRATOR SEARCH

We urge each of you to attend STM to make your voice heard and to have your vote counted.

Coordinator's Corner

Happy February Everyone! The month of Valentine's Day and Presidents Day is upon us. Our first Qigong/Tai Chi class starts **February 3 for 8 weeks on Thursdays, 2 to 3 PM, at the Boxborough Community Center.** This class can help reduce anxiety, increase energy, and improve balance and stability. Cost: \$32; minimum class size is six. Registration forms are on the COA web page, or email kdee@boxborough-ma.gov to request a form.

We start registering for our spring exercise classes this month too! Spring is coming eventually! Don't forget the Special Town Meeting in Boxborough on February 28. See the article on page 1 for details.

We want to thank the Acton Funeral Home for the lovely lunch that they provided on January 12.

We are looking for suggestions on new programs. Please contact me at 978-264-1717 or kdee@boxborough.ma.gov with your ideas.

It is important that we continue to be vigilant in our precautions in dealing with this pandemic. Stay home if you don't feel well. Wear your masks over your nose and mouth. Have you gotten a flu shot, Covid-19 vaccines, or a booster shot yet? Do your best to protect yourself and others.

Be well and stay safe,
Kim

Public Safety News

Winter Fire Safety

Use space heaters safely. Turn off space heaters when you leave a room or when you go to bed. Never leave a space heater unattended or running while you sleep. Keep space heaters three feet away from drapes, furniture, or other things that can burn.

Protect your home from electrical fires. Do not overload outlets. Plug heat generating appliances directly into an outlet, not into a power strip or extension cord. Do not put electrical cords underneath rugs or pinched behind furniture.

Have a safe and healthy month!
Firefighter Courtney

Spring 2022 Class Schedule

Registration for Spring Classes begins **Monday, February 7**. Registration forms will be posted on the Boxborough COA's website. You also may request a registration form by emailing cregan@boxborough-ma.gov.

- Boxborough residents are given priority until **Monday, February 21**; then registration will be open to non-residents.
- Minimum class size is six Boxborough residents.

Fitness with Holly

New classes begin on **March 11. Monday, Wednesday, and Friday** classes will begin at **9 AM. Tuesday** classes will begin at **10:30 AM. Monday and Wednesday** classes are in person at the Community Center.

Tuesday and Friday classes are on Zoom. Fees: 1X/week, \$48; 2X/week, \$84; 3X/week, \$108; 4X/ week, \$144.
(*No class on April 18 or May 30*)

Yoga with Rebecca

New classes begin on **March 10**. 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 **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**.

Wellness Clinic

Our Community Health Nurse, Susan, from the Nashoba Associated Boards of Health will be at the Boxborough Community Center for a Wellness Clinic on **Wednesday, February 16**, from **2 to 3 PM** to answer your health-related questions and do blood pressure checks.

Podiatry Clinic

The next Podiatry Clinic is **Monday, March 7** from **1 to 4 PM** with Dr. Ayleen Gregorian at the Boxborough Community Center. Reservations are required. Please call 978-264-1730 for an appointment. Podiatry treatment is \$35 cash or check.

The 2022 Local Census is Here

You should have received Boxborough's Annual Street Listing/Census. Please complete the form, sign, and either return it by mail or drop it off at Town Hall. This form is used by the Fire and Police Departments to locate you in the event of an emergency. It is also used to keep track of senior citizens' needs and for certain privileges such as veterans' benefits and jury lists. The local census does not register anyone to vote, but failure to answer the census may result in your name being removed from the voter list. An optional veterans' survey has been included with this year's census. Thank You.

Beat the Winter Blues

School children always looked forward to February because it meant Valentine's Day and February school vacation. However, as adults, there are times when February seems to drag on. So here are a few tips that can help beat the winter blues.

- Make a to do list and check things off as you do them.
- Keep to a regular sleep schedule.
- Eat a balanced diet.
- Drink plenty of water.
- Move a little more. Get some exercise or add a few steps to your daily routine. (Sign up for one of our fitness or yoga classes.)
- Open up the curtains and let the sun shine in or turn on the lights.
- Head outdoors to get some fresh air and natural sunlight.
- Call or visit a friend. Socializing can really help improve your mood.
- Treat yourself to a cup of hot cocoa or a colorful bouquet of flowers.
- Laugh a little; watch a comedy show or make funny faces in the mirror.

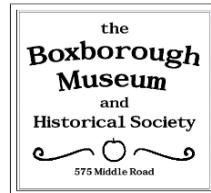
Library News

Library Director Peishan Bartley needs your help. The Library is embarking on a 5-year strategic planning process. The Library is asking for your input through a community survey and/or focus groups. Please spare a few minutes to fill out the survey when it is published. The Library is striving to know more about Boxborough's needs to create its unique identity. Stop by the Library to talk to the staff or email Peishan at pbartley@cwmars.org.

AARP Tax-Aide Program

The AARP Tax-Aide Program offers free income tax preparation for **low and moderate-income taxpayers** by IRS-certified volunteers. Locations this year include the **Acton Council on Aging (Mondays, starting February 7)** and the **Maynard Public Library (Wednesdays, starting February 2 and Saturdays, starting February 5)**.

Depending on the status of COVID conditions, a drop-off option may be used. The drop-off option involves two quick appointments—the first one to complete a short interview with a tax preparer and the second one the following week to review and sign the completed tax return. **Appointments are required, even for the drop-off option.** Call 978-929-6652 for appointments at the Acton Council on Aging. Call 978-760-9146 for appointments at the Maynard Public Library, or for general questions about the AARP Tax-Aide Program.



The Museum will be open 2-4 PM on Sundays

- February 13
- March 13
- April 10

Masks must be worn.

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 2 days in advance. Fare is \$1 each way for local trips.

February 2022

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 10:30-Fitness w/Holly via Zoom 1-Game Day	2 9-Fitness w/Holly In Person 2-Knitting Group	3 9:30-Chair Yoga 11-Mat & Stretch Yoga 2-Tai Chi/Qigong begins	4 9-Fitness w/Holly via Zoom	5
6 2-4 Boxborough Museum	7 9-Fitness w/Holly In person	8 10:30-Fitness w/Holly via Zoom 1-Game Day 1 PM-CHNA Program 'Mammals of New England'	9 9-Fitness w/Holly In person 11:30-12:30- COA Grab 'n Go Lunch Sponsor: Robbins Brook of Acton 2-Knitting Group	10 9:30-Chair Yoga 11-Mat & Stretch Yoga 2-Tai Chi/Qigong	11 9-Fitness w/Holly via Zoom	12
13	14 9-Fitness w/Holly In person	15 10:30-Fitness w/Holly via Zoom 1-Game Day	16 9-Fitness w/Holly In person 2-Knitting Group 2-Wellness Clinic	17 9:30-Chair Yoga 11-Mat & Stretch Yoga 2-Tai Chi/Qigong	18 9-Fitness w/Holly via Zoom	19
20	21 Presidents' Day Town Offices and Library closed	22 10:30-Fitness w/Holly via Zoom 1-Game Day	23 9-Fitness w/Holly In 9erson 2-Knitting Group	24 9:30-Chair Yoga 11-Mat & Stretch Yoga 2-Tai Chi/Qigong	25 9-Fitness w/Holly via Zoom	26
27	28 9-Fitness w/Holly In person <div style="border: 1px solid black; padding: 5px;"> Special Town Meeting Boxboro Regency 6:30 PM Check-in 7 PM Meeting begins </div>					

Out of Town

Mt. Calvary Church, Acton

Community Supper, Wed, 5 to 6 PM All Take-out Supper

Household Goods Seeks Volunteers

In the Boxborough area, there are individuals and families living without basic furniture and household goods many of us take for granted. Without beds, couch, chairs, dining table, kitchenware, and linens, a house or apartment is little more than a bare shelter. To the rescue comes the Household Goods charity in Acton. Hundreds of social service agencies assisting the recently homeless, veterans, domestic violence survivors, low-income people, immigrants, disaster victims, and the disabled refer people to Household Goods. When Boxborough residents were burned out of their apartments in the Swanson Road fire last February, it was Household Goods to the rescue with furnishings for them to start anew. Currently, Household Goods is working with multiple agencies to furnish apartments for Afghan evacuees.

Each year, Household Goods furnishes more than 2,500 homes with 60,000 pieces of furniture and smaller household items donated by individuals, movers, and businesses. This is made possible by dedicated volunteers who annually contribute thousands of hours. And more volunteers are urgently needed.

Volunteer activities include unloading donors' cars, helping clients select items, sorting dishes and linens, testing electrical items,

(Continued next column)

and much more. Whether you can spare three hours a week or a month, Household Goods needs you. Volunteering at Household Goods is rewarding, and the comradery among the volunteers is tremendous.

For more information about Household Goods and its volunteer opportunities, visit www.householdgoods.org.

CHNA Program

Mammals of New England

Tuesday, February 8, at 1 PM, presenter Joy Marzolf from "The Joy of Nature" is offering (via zoom) a program titled "The Mammals of New England." There is a wide range of mammals found in the woods, fields, suburbs, and seashore of our area. These include the shy fisher, the comical chipmunk, rabbits, foxes, and even black bears that might visit your neighborhood under the cover of night. You will learn about mammal behavior, tracks, and signs to help you figure out who was in your neighborhood. Additionally, attendees will learn about marine mammals, such as harbor and gray seals, dolphins, and whales.

Please plan to join Joy to learn about the wild creatures that share beautiful New England with we humans! The program is free, but pre-registration is required at: <https://bit.ly/3GfQeCS>.

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

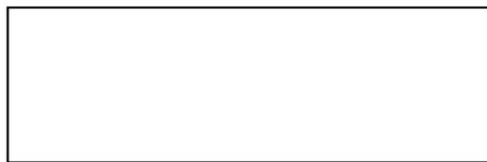
Address

In memory of



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– Submit Items for the March issue by February 2 –
boxboroughbuzz@gmail.com



Change Service Requested

PRE-SORT
Standardized
U.S. Postage Paid
Boxborough Town Hall
29 Middle Road
Acton, MA
Permit No. 26

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