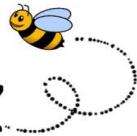


THE

Boxborough Buzz



SENIOR NEWS YOU CAN USE

April 2022

Council on Aging

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Anne Canfield, Vice Chair
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Tina Bhatia
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April Lunch

The **Boxborough Minutemen** will sponsor our next COA lunch on **Wednesday, April 13**, at **noon** at the Community Center. **RSVPs** will be taken **beginning April 5**. Lunch will consist of vegetarian or meat lasagna, garden salad, and mini-pastries for dessert. The Minutemen Company organizes our annual Fifer's Day Festival. They also give back to the community by donating time and money to various organizations.

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

LELWD Grab 'n Go Hot Lunch

Boxborough and Littleton seniors age 60 and older are invited to enjoy a Grab 'n Go Lunch on **Wednesday, April 20**. This event is sponsored by LELWD (*Littleton Electric Light and Water Departments*). The lunch is provided by **IL Forno Restaurant**, located at 529 King Street, Littleton. Participants may pick up their lunch at the restaurant, from 11:30 AM to 1 PM. (*The menu had not been determined as of the printing of this newsletter.*)

To participate in this event, you'll need to register to pick up your lunch, and space is limited. To register, please call LELWD at 978-540-2222.

Celebrating the Season with Davis Bates

Come celebrate spring and the diverse heritage of the New England region with a performance by Parents' Choice Award winning singer and storyteller, Davis Bates. This "Celebrating the Season" program will involve the audience in a variety of cultural traditions. It will include traditional songs and tales from Native American and immigrant cultures, sea songs and chanteys, farming songs and stories, as well as family tales. There will also be sing-alongs and even a lesson on how to play music with spoons. Join us at the Boxborough Community Center on **Wednesday, April 6**, at **1 PM**. Space is limited so call (978) 264-1730 to reserve your seat. Open to Boxborough and Acton residents.

This performance is funded, in part, by a grant from the Acton-Boxborough Cultural Council, a local agency supported by the Massachusetts Cultural Council.

Coordinator's Corner

April Greetings!

The longer, warmer days of spring, crocus, and daffodils have brought smiles to our faces. We are now able to see each other's smiles and faces as the mask mandate has been lifted and wearing masks is now optional for all COA programs. We are also returning to in-person lunches.

At the time of this writing, we are hoping to expand the COA transportation services for medical appointments outside our current service area and times with a new program called "Go Boxborough!". Please look for more details in our next newsletter and on our website in the near future.



The ABRHS Senior Class Community Service Day is **Friday, April 29**. Any senior interested in having their yard raked by the students, please email

cregan@boxborough-ma.gov or call the COA at 978-264-1730 as we still have some spots available.

Walking group anyone? Join us for a senior walking group beginning **Wednesday, May 4, at 10:30 AM**. See article on page 7 for details.

A big thank you to RiverCourt Residences for sponsoring last month's Grab 'n Go lunch.

Keep smiling,
Kim

Wellness Clinic

The monthly Nashoba Associated Boards of Health Wellness Clinic is changing to the second Tuesday of the month every month. It is scheduled for **Tuesday, April 12, from noon to 1 PM** at the **Boxborough Community Center**. Susan, our Community Health Nurse, will be happy to take your blood pressure and answer any of your health-related questions. Walk in, no appointment is necessary.

Podiatry Clinic

The next Podiatry Clinic is on **Monday, May 2, from 1 to 4 PM** at the **Boxborough Community Center**. Please call 978-264-1730 to make an appointment. Trimming of toenails and treatment of calluses will be offered for \$35 cash or check payable to Dr. Ayleen Gregorian.

Public Safety:

See Something, Say Something

Police departments across America encourage citizens to act as the eyes and ears of their community. (*After all, police can't be everywhere!*) As residents, you know the typical comings and goings of your neighborhood and can sense when something is out of place.

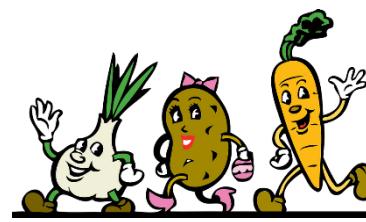
Timely reporting of suspicious activity is vitally important to the Boxborough Police Department (BPD). Often times we get calls from folks reporting something unusual that occurred days or weeks earlier. While every bit of information we receive is helpful, there is not a lot we can do if the message is stale. **Be aware that BPD officers prefer to respond to a call about suspicious activity that is not a crime, rather than learn later a crime actually did occur.**

Lastly, please remember, if you notice a suspicious event: See Something, Say Something. That way, officers can respond quickly, and you could be instrumental in stopping a crime in progress . . . or no crime at all may be taking place. Either way, your Boxborough Police officers are happy to respond and check it out!

Thanks for your continued support,
Lieutenant Warren J. O'Brien

Boxborough's Community Gardens

It's time to start thinking about this year's gardening. Both the Flerra and Middle Road gardens now have reliable hand-pump water-sources, so why not give gardening a try? For Flerra, which maintains organic practices, visit the Agricultural Committee page on the Town website (go to <https://bit.ly/3ugb4gI>). For Middle Road, email oneville@boxborough-ma.gov or telephone Owen at 978-263-3285.





Annual Garden Club Plant Sale

The Boxborough Garden Club will hold its annual plant sale on **Saturday, May 14**, from

9 AM to noon. The sale will take place on the lawn of Boxborough United Church of Christ, 723 Massachusetts Avenue. There will be perennial plants for sun and shade, annuals, small shrubs, houseplants, and planters.

Money raised at this once-a-year fundraiser is used to fund a scholarship for one graduating ABRHS senior. It is also used for the upkeep of the Colonial Herb Garden and plantings at the Liberty Square and Route 111 intersection.

April Library News

We would like to first thank all of you who filled out a survey or participated in a focus group. Your contributions to our strategic planning process are very much appreciated.

Songs and Stories - The Highwaymen

An exciting program is scheduled for **Thursday, April 14, at 2 PM** in the Library meeting room. Longtime New England singer/songwriter Matt York will perform the songs of Johnny Cash, Willie Nelson, Kris Kristofferson, and Waylon Jennings and tell stories of their careers. York has twice been nominated as Best Male Artist by the New England Music Awards and his latest release was named one of the Boston Globe's best albums of 2019.

This performance is funded, in part, by a grant from the Acton-Boxborough Cultural Council, a local agency supported by the Massachusetts Cultural Council, and the Whitcomb House Trust.

We have resumed in-person story time, craft time, and monthly LEGO club for kids. We hope to see you at the Library.

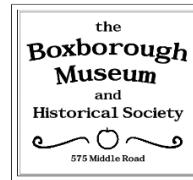
Boxborough Library Spring Used Book Sale

This is a reminder that our fantastic Library Used Book Sale will soon be here! The weekend starts with a preview sale for members on **Friday, April 8**, from **5 to 7 PM**. The public sale is **Saturday, April 9**, from **9 AM to 2 PM**. And the \$2 a bag sale is **Sunday, April 10**, from **2 to 4 PM**. For donation information, go to boxlib.org. Proceeds from the sale will go toward Library programs and museum passes.



FCOA Annual Meeting

The 2022 Annual Meeting of the Friends of the Boxborough Council on Aging will take place on **Wednesday, April 27, at 10:15 AM** in the **Community Center**. All are welcome to attend and discuss plans for the coming year. Contact John Fallon at johnfallon118@gmail.com for details.



The Museum will be open 2 to 4 PM on Sundays

- April 10
- May 15
- June 12

Spring Cleaning Follow-up

In the March Buzz, the Spring Cleaning article suggested donating yarn to a knitting group that makes items for charities. There is a knitting/crocheting group that meets at Littleton Elder and Human Services which uses donated yarn to make items for various charities. Call 978-540-2470 for information.

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. The van is sanitized between trips to reduce the risk of COVID-19. Drivers and passengers must wear a mask. To book a ride, call 978-264-1730, preferably two days in advance. The fare is \$1 each way for local trips.

April CHNA Programs

Mindfulness Meditation: *Practices for a Happy Life*

This 8-week program began March 21 and is held **Mondays at 10 AM**. Designed for beginner-to-advanced students, participants may join at any time, via **Zoom**. The class, presented by Erin LoPorto, addresses basic practices, with an opportunity for returning students to deepen their practice.

Mindfulness and Meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. (*No class on April 18.*) To register: <https://bit.ly/3t7W7hl>.

Support for Caregivers Caring for People Living with Dementia

Caregivers for people living with dementia face special challenges, and the tasks of day-to-day caregiving can be overwhelming.

Wednesday, April 27, at noon, Minuteman Senior Services Family Caregiver Support Program and the Alzheimer's Association, MA/NH Chapter, are offering a program designed for caregivers. During this virtual presentation, participants will learn about available support services and resources.

Pre-Registration Required:

<https://bit.ly/3iqC9Iw>

Aging: Planning for Yourself and Your Loved Ones, with Ellen Feinsand, was offered in January, and is now on demand at <https://bit.ly/3JbFIxP>.

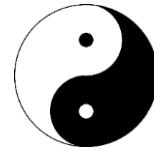
For CHNA program information, please email: sball@acton-ma.gov or you may call 978-929-6453.

Shed Winter Blues and Grow Spring Blessings

Now that the doldrums of winter are behind us, let's focus on the many things for which we are thankful. Take today for example. As you go through your day, write down five things that mean a lot to you--even the ordinary things you might take for granted, such as water, electricity, or sunshine . . . and of course, chocolate! You might list friends, family, or your health. It's amazing how many things we take for granted. So, let go of the winter blues and start growing spring blessings.

Strengthen Your Immune System with Tai Chi/Qigong

Tai Chi and Qigong combine gentle, balance-enhancing movements with non-judgmental awareness to transition your mind and body into a calmer and more peaceful state. Studies show that your mind and body have a greater ability to manage life's physical and mental challenges when they are centered and grounded.



Each 60-minute class will include the practice of two to four movements from a popular QiGong and/or Tai Chi set. Each movement focuses on a different part of the mind and body connection to enhance your body's natural ability to heal itself.

The 8-week Thursday class is from **April 7 to June 2 from 2 to 3 PM**, at the **Community Center**. (*No class on April 21*) Cost: \$32. Minimum class size is six Boxborough residents. Space is limited. Registration forms are on the COA web page, or email kdee@boxborough-ma.gov to request a form.



EARTH DAY: A Word-Wise Challenge

Put on your thinking cap and take a word-wise challenge! Using letters only found in **EARTH DAY**, set a timer for 8 minutes and jot down as many 4-, 5-, and 6- (or more) letter words as you can.

Score yourself: **ONE POINT** for each **4-letter word**; **TWO POINTS** for each **5-letter word**; and **THREE POINTS** for each **6-(or more) letter word**. Then add up your points to find out how word-wise you are!

15-28: Word-Wise; 29-35: Word-Wise Star; 36+: Word-Wise Wizard

APRIL 2022

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 9-Fitness w/Holly via Zoom	2
3 1 PM-4 PM SpringFest at Liberty Field	4 9-Fitness w/Holly In-person 10-Mindful Meditation	5 10:30-Fitness w/Holly via Zoom 1-Game Day	6 9-Fitness w/Holly In-person 1 PM- Davis Bates: Celebrating the Season 2-Knitting Group	7 9:30-Chair Yoga 11-Mat & Stretch Yoga 2-Tai Chi/Qigong	8 9-Fitness w/Holly via Zoom 5-7 PM Preview Library Book Sale	9 9 AM-2 PM Library Book Sale
10 2-4 PM Boxborough Museum 2-4 PM \$2 A Bag Library Book Sale	11 9-Fitness w/Holly In-person 10-Mindful Meditation	12 10:30-Fitness w/Holly via Zoom Noon-Wellness Clinic 1-Game Day	13 9-Fitness w/Holly In-person Noon-COA Lunch Sponsor: Minutemen 2-Knitting Group	14 9:30-Chair Yoga 11-Mat & Stretch Yoga 2-Tai Chi/Qigong 2 PM-Matt York: Songs & Stories at the library	15 9-Fitness w/Holly via Zoom	16
17 Patriots Day	18 Town offices and Library closed	19 10:30-Fitness w/Holly via Zoom 1-Game Day	20 9- Fitness w/Holly In-person 2-Knitting Group 11:30 AM-1 PM- LELWD Grab 'n Go Lunch	21 9:30-Chair Yoga 11-Mat & Stretch Yoga	22 9-Fitness w/Holly via Zoom Earth Day	23
24	25 9-Fitness w/Holly In-person 10-Mindful Meditation	26 10:30-Fitness w/Holly via Zoom 1-Game Day	27 9-Fitness w/Holly In-person 10:15 AM FCOA Annual Meeting Noon-CHNA event Support for Caregivers 2-Knitting Group	28 9:30-Chair Yoga 11-Mat & Stretch Yoga 2-Tai Chi/Qigong	29 9-Fitness w/Holly via Zoom ABRHS Senior Class Community Service Day	30

Out of Town

Mt. Calvary Church, Acton

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



Ongoing Events, Classes

To learn more about any event, call
The COA: 978-264-1730



Fitness with Holly In-Person

Class meets in person at the Community Center, Mondays and Wednesdays at 9 AM.

Fitness with Holly Via Zoom

Class meets via Zoom, Tuesdays at 10:30 AM and Fridays at 9 AM at the Community Center. Sign up for one or two days.

Game Day Drop in to play different board games, cards, and more every week. Make new friends, chat, or just hang out! Tuesdays at 1 PM at the Community Center.

Knitting and Stitchery Group A group for those who enjoy knitting, crocheting, beading, cross-stitch, or any craft at all, make new friends, and work on your project. Meets Wednesdays at the Library, 2 to 4 PM. For more information and contact: annemcne@comcast.net.

Tai Chi/Qigong with Dave Crocker

Gentle, balance-enhancing movements strengthen the immune system. Meets Thursdays at 2 PM at the Community Center.

Yoga with Rebecca via Zoom

Chair Yoga: Modified yoga poses performed with a chair for added support. Meets at the Community Center Thursdays at 9:30 AM.

Mat Stretch & Flex Yoga: Floor and standing yoga poses and strength exercises for seniors, for stretching and flexibility. Meets Thursdays at 11 AM at the Community Center.

Wellness Clinic Held on the second Tuesdays at noon. Nashoba Nursing Service hosts a monthly wellness check for all ages.

CHNA Free Zoom Event

Mindfulness Meditation

Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this program. Meets Mondays, 10 AM via Zoom. Registration required. For more information contact Sheryl Ball at 978-929-6453 or sball@actonma.gov. The link to register is: <https://bit.ly/3t7W7hl>.

Through the CHNA-15 grant, the Boxborough COA is collaborating with the Acton and Littleton COAs to provide this program.

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 _____

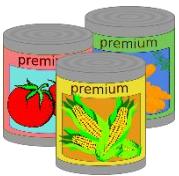
Address _____

In Memory of _____

Acton Food Pantry Donations

Please consider donating to the Acton Food Pantry to help our neighbors. Current critical needs are:

- Cereal
- Coffee
- Cooking oil
- Dried beans
- Dried or canned fruits
- Flour
- Gluten-free bread
- Laundry detergent
- Nuts and trail mix
- Spaghetti sauce



Deliver donations to 236 Summer Road #205, Boxborough, any **Tuesday**, from **10 AM to 1 PM**, on weeks that the Pantry is open for distribution. You may also drop off on **Wednesdays, 2-7 PM, or Thursdays, 9:30 to 11:30 AM**. If you are unable to bring your donations at those times, please call (978) 635-9295 and we can try to arrange another time. Donations can also be put in the drop boxes at these locations.

- Acton Middlesex Savings Bank, 279 Main St, Acton, MA
- Donelan's Supermarket, Route 2A/Great Road, Acton
- Roche Bros. Supermarket, Route 111, Acton
- Sargent Memorial Library, 427 Massachusetts Avenue, Boxborough
- Stop & Shop, Powder Mill Road, Acton
- The Silver Unicorn Bookstore, 12 Spruce Street, Acton
- US Post Office (Main Branch), off Route 27 in Post Office Square, Acton



Friday, April 22

"April is the kindest month. April gets you out of your head and out working in the garden." - Marty Rubin

Around Town

Senior Bowling, Acton Bowldrome:

Thursdays, 10 AM to Noon, three games and rental shoes for \$9. (Not offered during April school vacation week.) To reserve a lane, call 978-263-7638.

Discount Movie Tickets, O'Neil Cinema,

The Point, Littleton: Tuesdays, \$6.50.

Wednesdays, age 62 and older, \$7.

Concord Museum: Thursdays through Sundays, 10 AM to 4 PM. Friday, April 22, free live presentation of "Birds of Prey Wildlife Encounter," 4 to 5 PM. Register at concordmuseum.org/events/birds-of-prey-wildlife-encounter or call 978-369-9763.

Acton Senior Center: Wednesdays, Drop-In Bridge, 1:30 to 3:30 PM. Thursdays, 1 to 4 PM, Chess Club. For all events, go to actoncoa.com.

Mt. Calvary Community Supper, Acton:

Wednesdays, 5 to 6 PM. Currently take out, but may change as conditions permit. Park in back and line up on walkway. Bring a bag to carry your food. Volunteers will assist you.

May Wednesday Walking Group

Boxborough seniors are invited to meet for a morning walk at four different Boxborough locations in May. This free, leisurely stroll is designed for seniors. Grab your comfortable walking shoes, bug spray, sun screen, water bottle and come join the fun. Walks will be led by Liz Markiewicz or Kim Dee. Call Kim at 978-264-1717 to sign up, or for more information.

- **May 4 at 10:30 AM, Fifer's Field:** Take Swanson Road, left onto Beaver Brook Road, 1.3 Miles turn left into soccer field parking lot.
- **May 11 at 9 AM, Reed Farm Road:** Take Liberty Square Road to Reed Farm Road, park on the right side of the road near the entrance.
- **May 18 at 10:30 AM, Cisco Pond Loop:** At the end of Swanson Road, park at cul-de-sac.
- **May 25 at 10:30 AM, Flerra Meadows Field:** Take Stow Road to soccer field parking lot at 340 Stow Road.

Save the Dates: The Boxborough Annual Town Meeting is scheduled for **Monday, May 9**, beginning at **7 PM**. Additional days, if needed, are **Tuesday, May 10** and **Thursday, May 12**.

On **Sunday, April 3**, Springfest will be held at **Liberty Field** on Liberty Square Road. Join your friends and neighbors from **1 to 4 PM** for a celebration of the arrival of spring. Rain date will be **Sunday, April 10**.



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

– Submit Items for the May issue by March 31 –
boxboroughbuzz@gmail.com



Change Service Requested

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29 Middle Road
Boxborough Town Hall
Standardized
Boxborough, MA 01719