

THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

April 2023

Council on Aging

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COA Board

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Anne Canfield, Vice Chair
Karen Whitcomb, Secretary
Tina Bhatia
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Georgia Winfrey

Buzz Production Team

Tina Bhatia
Barbara Birt
Anne Canfield
Taryn Light
Art Stoumbelis
Tess Summers

April Lunch

The **Boxborough Minutemen** will sponsor our next COA lunch on **Wednesday, April 12** from **noon to 1 PM** at the **Community Center**. Attendees will have a choice of vegetarian or meat lasagna, accompanied by a garden salad, rolls and dessert. You may **RSVP** for the lunch beginning April 4 by sending an email to cregan@boxborough-ma.gov or by calling 978-264-1730.

The Minutemen volunteer their time to community service activities. Through fundraisers they are able to make financial donations to local causes and organizations. This year, the Minutemen will collaborate with the Public Celebrations and Ceremonies Committee and the Recreation Commission to organize the Fifer's Day Festival. Visit their website, boxboroughminutemen.org for more information about this local organization.

Johnny Cash - Songs & Stories with Matt York

At **1:30 PM** after our COA Lunch on **April 12**, you are invited to a toe-tapping, hand-clapping performance at the **Community Center**. Long time New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950s to his passing in 2003. Matt will discuss Cash's emergence as a groundbreaking artist in the 1950s, his marriage to June Carter, and many career highlights. York was recently nominated for the Boston Music Award for Best Country Artist, and his album *Gently Used* was named one of Worcester Magazine's best albums of 2022. Please **RSVP** to 978-264-1730 or 978-264-1717.



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

Out to Breakfast

As Good As It Gets Café at **20 Nagog Park** in **Acton** is our next breakfast destination. Meet at this local eatery on **Monday, April 24** at **9:30 AM**. Ask for separate checks and don't forget to add a tip. **RSVP** by April 19 to cregan@boxborough-ma.gov or 978-264-1730. Visit the café's website atasgoodasitgetscafe.com to view their menu.

Coordinator's Corner



Music is in the air. Don't miss the wide variety of musical experiences we are offering this month. Music historian, lecturer, author, educator, and musician John Clark, PhD will bring his multimedia presentations called the *Great American Music Experience* to Boxborough several times in the next few months. He will share his programs on "Sixties Songwriters" on April 5, the "Music of WWII" on May 3, and others later this spring at the Library.

Singing guitarist Matt York will bring the beloved country music of Johnny Cash to the Community Center on April 12. On April 19, we have some members of the Greater Worcester Opera coming to the Community Center to perform Broadway show tunes and more. Join us for some fun musical afternoons.

Well Adult Clinic

Boxborough's monthly Well Adult Clinic is on the second **Wednesday** of the month, **April 12 from 11 AM to noon** at the **Community Center**. It takes place just prior to our monthly lunch. Sign up for the lunch and come early to get your blood pressure checked and talk to our public health nurse, Alicia Lepardo, RN.



The Nashoba Associated Boards of Health holds monthly Well Adult Clinics in each of the towns in the region. Well Adult Clinics are an opportunity for adult residents to have a basic health screening (blood pressure and blood sugar) and talk with their town's public health nurse about health tips and resources to promote their wellness. Visit their calendar page at nashoba.org/calendar for the most up-to-date Well Adult Clinic schedule. You are welcome to attend any of the clinics.



Coffee & Chat with Kim and Special Guest

Council on Aging Coordinator Kim Dee hopes you will drop by the **Community Center** on **Wednesday, April 19 at 10:30 AM** to have a free hot cup of coffee or tea with her and her special guest, Assistant Town Administrator, Rajon Hudson. No sign up is necessary. Questions for Kim or Rajon are welcome but so is casual friendly conversation.

Specific inquiries and personal conversations can always be scheduled directly with Kim by calling 978-264-1717.

Podiatry Clinic

Do you need your toenails trimmed? Call 978-264-1730 or 978-264-1717 to make an appointment for **Monday, April 24** from **12:30 PM to 3:45 PM** at the Community Center. Alissa Kuizinas, DPM, will trim toenails, treat calluses, and evaluate overall foot health for \$35. This can be paid directly to her in cash or check. Space is limited.

Public Safety

Hello Residents!

The File of Life kit contains a red magnetic sleeve and a card that helps first responders identify pertinent medical information during emergencies. The File of Life card contains a list of medical conditions, medications, allergies, and emergency contact information in the event that the patient is unable to provide the information quickly. A great spot to put the File of Life is on your refrigerator so it allows easy access to first responders. This potentially lifesaving information is vital for firefighters/EMTs and for the hospital staff upon arrival at the Emergency Room.

Residents can obtain a File of Life kit at the Boxborough Fire Department or the Council on Aging. There is also a pocket-sized one available for you to carry with you. Please stop by, we would be happy to give them to you!

I hope everyone enjoys a happy and safe month.

FF/EMT Courtney Panaro

Sixties Songwriter Series with John Clark, PhD

Join John Clark and his *Great American Music Experience* for a multimedia presentation on **Wednesday, April 5 at 1:30 PM** at the **Library**. This presentation features the music, history, and culture of popular songwriters from the 1960s. Using music, pictures, and video clips, John will focus on the songwriting team of Burt Bacharach and Hal David who wrote songs for Dionne Warwick, Dusty Springfield, and Tom Jones among others. He will also highlight the work of Neil Diamond who achieved fame as a songwriter prior to becoming a popular recording artist himself. Please **RSVP** to 978-264-1730 or 978-264-1717.



Spring Birding with Becky

Our Town Clerk, Becky Harris, who also happens to be an ornithologist and conservation biologist, will lead us on a walk as she identifies local birds. The walk will take place at **Flerra Meadows Field at 340 Stow Road** on **Wednesday, May 3 at 8:30 AM**. Wear comfortable walking shoes and bring binoculars if you have them. Email cregan@boxborough-ma.gov or call 978-264-1730 to sign up. This event is weather dependent.

The Greater Worcester Opera (GWO)
You are invited to attend a special musical performance at the **Community Center** on **Wednesday, April 19 at 1 PM**. Members of the GWO will present a concert of Broadway pieces. Their performance will include some classics, as well as a few unexpected "upside down" selections. The program will feature GWO's professional performers and accompanist. We hope that you will plan to come enjoy this wonderful musical experience. Please **RSVP** to 978-264-1730 or 978-264-1717.



The Great American Experience: Music of World War II

May 3 at 1:30 PM at **Sargent Memorial Library**, you are invited to a lively and informational multimedia presentation titled *The Great American Music Experience: Music of World War II*. Presenter John Clark is a music historian, lecturer, and musician. He has a PhD in musicology and will delight you with his vast knowledge of American music. John will share some familiar songs from the World War II era, such as "The Last Time I Saw Paris," "I'll Be Seeing You," and "As Time Goes By."



We hope that you will join him for this exceptional musical program. Please **RSVP** to 978-264-1730 or 978-264-1717.

FCOA Annual Meeting

The 2023 Annual Meeting of the Friends of the Boxborough Council on Aging will take place on **Wednesday, April 26 at 10:15 AM** at the **Sargent Memorial Library**. All are welcome to attend and discuss plans for the coming year. Please contact John Fallon at johnfallon118@gmail.com for information.

Annual Senior Conference with Senator Jamie Eldridge



Senator Eldridge will host the *42nd Annual Senior Conference* on **Thursday, April 20 from 8 AM to 2 PM** at the **Assabet Valley Regional Technical School**, 215 Fitchburg Street in Marlborough.

Visit SenatorEldridge.com/seniors for more information and to pre-register for the Conference.

April Library News

There are lots of interesting events and programs planned at the Library in April!

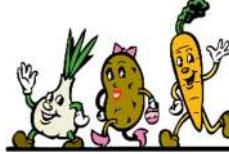
- **Movie Mondays** Please join your friends and neighbors at **1 PM** for each Monday movie. Check the Library's website (boxlib.org) for movie titles.
- **Bake It 'Till You Make It** This event, presented by author and baker Dayna Altman, will be held on **Saturday, April 15** at **1 PM**. Dayna is an advocate in the mental health community and uses baking to learn, share, and grow. **RSVP** at 978-263-4680.
- **Adult Craft Session** Library staff will hold an adult craft session on **Thursday, April 27** from **6 to 7 PM**. Attendees will create an air-dried clay flower frog. See Library event calendar for details. **RSVP** to 978-263-4680.

LELWD Senior Lunch



Littleton Electric Light and Water Department (LELWD) is offering their free Annual Senior Luncheon for Boxborough and Littleton seniors, ages 60 and over, on **Thursday, April 20** at **noon** at **Littleton High School**, 59 King Street, Littleton. Please call 978-264-1717 or 978-264-1730 to **RSVP**. You will need to pick up a ticket at the COA before April 19. Space is limited.

Boxborough's Community Gardens

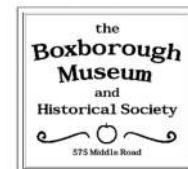
It's time to start thinking about this year's gardening. Both the Flerra and Middle Road gardens now have reliable hand-pumped water sources. So why not give gardening a try? For Flerra, which maintains organic practices, visit the Agricultural Commission page on the Town website. For Middle Road, email oneville@boxborough-ma.gov or telephone Owen at 978-263-3285.

Annual Plant Sale

The Boxborough Garden Club's Plant Sale will take place **Saturday, May 13**, on the lawn of the **UCC Church**. This event is scheduled from **9 AM to noon**.

Both annuals and perennials will be for sale, as well as plants that do well in either sun or shade.

Please plan to pay by cash or check for purchases — no credit or debit cards will be accepted. We hope to see you all at the sale!



The Museum will be open **Sundays** from **2 to 4 PM**

- **April 16**
- **May 2**
- **June 11**

Call John Fallon 978-264-0069 to schedule visits at other times.

COA Van Services

COA van services are available to Boxborough residents age 60 or older, and to adults with disabilities age 18 and above. Rides are offered **Tuesday, Wednesday, and Thursday, 9:30 AM to 3:30 PM**. The van travels to towns bordering Boxborough and may be used for medical appointments and local errands for \$1 each way. Medical rides to Concord are \$1.00 each way. Medical rides to other towns are subject to availability and rates are based on distance. To book a ride, call 978-264-1730, preferably 2 days in advance.

We offer Boxborough seniors and disabled adults transportation, through our **Go Boxborough!** Program, to medical appointments that are outside the service area, time, or availability of our van. For further information, rates, and to make reservations call 978-264-1730. Visit our website at bit.ly/3rBYnw5 for details.

April 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
						<i>1</i> 9 AM-2 PM- Library Used Book Sale
2 2-4 PM- Everything- Must -Go Book Sale	3 9-Fitness w/Holly 1-Monday Movies	4 10:30-Fitness w/Holly via Zoom 1-Game Day	5 9-Fitness w/Holly 1:30-“60s Songwriters Experience” at Library 2-Knitting Group	6 9:30-Chair Yoga (Hybrid) 11-Mat Yoga	7 9-Fitness w/Holly via Zoom 7-Green Communities via Zoom	8
9	10 9-Fitness w/Holly 1-Monday Movies 3-COA Board Meeting	11 10:30-Fitness w/Holly via Zoom 1-Game Day	12 9-Fitness w/Holly 11-Well Adult Clinic Noon-COA Luncheon Sponsor: Boxborough Minuteman 1:30-Johnny Cash -songs & stories w M. York 2-Knitting Group	13 9:30-Chair Yoga (Hybrid) 11-Mat Yoga	14 9-Fitness w/Holly via Zoom	15 1-“Bake It Till You Make It” at Library
16 2-4-PM Boxborough Museum	17 Patriots’ Day Town offices and Library closed.	18 10:30-Fitness w/Holly via Zoom 1-Game Day	19 9-Fitness w/Holly 10:30-Coffee & Chat with Kim - Sp. Guest: Rajon Hudson 1-Greater Worcester Opera 2-Knitting Group	20 8-2-Sen. Jaime Eldridge’s Senior Conference - Marlborough 9:30-Chair Yoga (Hybrid) 11-Mat Yoga Noon-LELWD Luncheon at Littleton High School	21 9-Fitness w/Holly via Zoom	22
23	24 9-Fitness w/Holly 9:30-Out to Breakfast 12:30-3:45 -Podiatry Clinic 1-Monday Movies	25 10:30-Fitness w/Holly via Zoom 1-Game Day	26 9-Fitness w/Holly 10:15-FCOA Annual Meeting at Library 2-Knitting Group	27 9:30-Chair Yoga (Hybrid) 11-Mat Yoga 11-Trip to Isabella Stewart Gardner Museum 6-Adult Craft Night at Library	28 9-Fitness w/Holly via Zoom 7- Our World Film at the Library	29
30						

Out of Town Mt. Calvary Church, Acton

Community Supper, Wednesday, 4:45 to 5:45 p.m. All Sit Down



Ongoing Events, Classes

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



Fitness with Holly

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

Fitness with Holly

Class meets via Zoom, Tuesdays at 10:30 AM and Fridays at 9 AM

Game Day Drop in to play Mexican Train Dominoes, Rummikub, or other board and card games chosen by those in attendance. Join the fun! The games are easy to learn and newcomers are welcome. Tuesdays, 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, 2-4 PM at the Library. Contact annemcn@comcast.net for more information.

Movie Monday at the Sargent Memorial Library at 1 PM. every Monday that the Library is open. Movies featured are appropriate for general audiences. See Library website, boxlib.org for selections each month.

Yoga with Rebecca - Chair Yoga Modified yoga poses performed with a chair for added support. Meets Thursdays at 9:30 AM in person or via Zoom.

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

Well Adult Clinic is held on the second Wednesday of the month at 11 AM to noon at the Community Center. The Nashoba Associated Boards of Health Public Health Nurse hosts a monthly wellness check and blood pressure clinic for all ages.

Discounts for Seniors

Patriot Locksmith) 60 Great Rd Acton - \$10 off coupon for seniors on their website at patriotlocksmith.com.

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

Around Town

The Boxborough Minutemen will meet on Monday, April 17 at 5:30 AM outside the Boxborough Museum, 575 Middle Road, to observe the events of Patriots' Day. They will march to Boxborough North Cemetery for a commemorative musket volley. Then the Boxborough Company will join the Acton Minutemen at Acton Town Center and both will march the seven-mile Isaac Davis Trail to the North Bridge in Concord. The Boxborough Minutemen finish the day's events joining the parade through Concord Center.

Patriots' Day Parade in Concord will take place on **Monday, April 17**. Check the Town of Concord's website at bit.ly/40qUXvj for details.

Minute Man National Historical Park will offer an array of free in-person Patriots' Day events co-sponsored by the Friends of Minute Man National Historical Park. Check the park's website at bit.ly/3LCzpra for details.

The **Acton-Boxborough Cultural Council's Our World Film Series** returns for four Friday nights in late April and early May at **Boxborough's Sargent Memorial Library**. The screenings are free and open to the public. Light refreshments provided. The first film is on **Friday, April 28 at 7 PM**. Go to the Council's Facebook page at bit.ly/3Lzea9T for more details.

The **Walk Massachusetts Challenge** is back in 2023 and begins on May 1 and ends on October 31. During this time, you will have chances to be entered into a drawing to win a \$50 Visa, \$25 Amazon or \$10 Dunkin' gift card. The more you walk, the more chances you have to win. By completing a challenge, you help the Boxborough COA win up to \$1,000. Go to walkmachallenge.com for more information and to register.

O'Neil Cinema, The Point, Littleton has discount movie tickets on Super bargain Tuesdays \$7 tickets all day and Senior Wednesdays, age 62 and older, \$7 tickets all day.

(Continued next column)

Acton Senior Center features some events that are open to non-residents: Mah Jongg Time, Mondays from 1 to 4 PM for experienced players only; Thursdays from 1 to 4 PM for all skill levels. Drop-In Bridge, Wednesdays from 1:30 to 3:30 PM. Chess Club, Thursdays from 1 to 4 PM. The center is located at **30 Sudbury Road, Acton**.

Information Technology (IT) Volunteers Wanted

Are you one of those people who finds it easy to use an iPad, or to access the internet, or take a picture on a smart phone, or perhaps solve more complex technology issues? The Boxborough Council on Aging would like to ask for your help in assisting our seniors with issues in the world of Information Technology. We would like to create a program where a senior would call in to request assistance with their cell phone, smart phone, tablet, laptop, or with various technology issues. We would connect them with an IT volunteer and the two of them would set up a mutually agreed upon appointment time at the Town Hall, the Community Center, or perhaps a time to discuss things over the phone. However, we need knowledgeable volunteers to offer their technology talents and time. If you are interested in becoming an IT volunteer, please call 978-264-1717.

Green Communities Info Session

Don't miss a chance to learn about Boxborough's opportunity to become a Green Community and about the Green Communities Warrant at Town Meeting. The information session will consist of a discussion and a question-and-answer session on **April 7 at 7 PM on Zoom**. Join the session by accessing bit.ly/3FsmXX5. The expert panel includes Mike Johns, Town Administrator, Alec Wade, Town Planner, Kelly Brown, DOER Green Communities, and Kate Davies, Moderator.

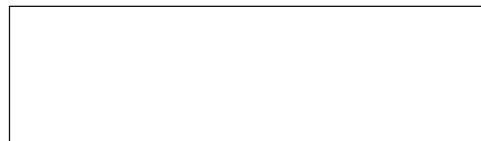
Friendly Reminders:

- if you are scheduled for the ABRHS raking day, don't forget to be home on Friday, April 28.
- Save the Dates: Annual Town Meeting - May 8, 9, 10, and 11.
- Town Election - May 16.
- Real Estate taxes are due May 1.

– Submit Items for the May issue by April 7 –
boxboroughbuzz@gmail.com



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Boxborough Council on Aging