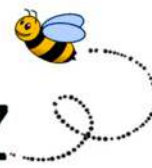


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

May 2023

Council on Aging

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COA Board

Bill Litant, Chair
Anne Canfield, Vice Chair
Karen Whitcomb, Secretary
Tina Bhatia
Barbara Birt
Maureen Masciola
Marney Stoumbelis
John Fallon, FCOA Liaison
John Markiewicz,
Select Board Liaison
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 Secretary
Susie Boast
Loretta Grushecky
Mary Nadwairski
Mary Pavlik
Georgia Winfrey

Buzz Production Team

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

May Lunch

Please come and meet some members of our dedicated Police Department as they serve us a delicious meal at the **Community Center on Wednesday, May 10** from **noon to 1 PM**. The **Boxborough Police Department** and the **Police Union** are sponsoring this COA lunch. The menu includes turkey, gravy, stuffing, mashed potatoes, squash, rolls, and desserts.

Space is limited. You may **RSVP** for the lunch beginning May 2 by sending an email to cregan@boxborough-ma.gov or calling 978-264-1730.

Following the lunch, at **1 PM**, Boxborough's **Veterans' Agent James MacRae** will be speaking about services for veterans and their spouses.

Boxborough's 2023 Annual Town Meeting

Boxborough's Annual Town Meeting (ATM) will take place in the **Blanchard School gymnasium**. The 2023 ATM begins on **Monday, May 8** with subsequent ATM sessions (as needed) scheduled on May 9, May 10, and May 11. Voter check-in for each session of the ATM begins at **6:30 PM**. All sessions start promptly at **7 PM**.

A copy of the ATM Warrant was mailed to the household of every registered voter in Boxborough during the second half of April and is available on the Town's website. Paper copies of the Warrant will be available at the ATM. There are 52 Articles on the Warrant, which include a Special Town Meeting within the ATM. Thirty-seven consent agenda Articles may be voted on with no debate.

Boxborough's 2023 Annual Town Election

Boxborough's Annual Town Election will take place **Tuesday, May 16** at **Town Hall**. Polls open at **7 AM** and close promptly at **8 PM**. Applications for Absentee/Vote by Mail Ballots (VBM) must be received by the Town Clerk before 5 PM on Tuesday, May 9. To be valid, completed Absentee/VBM Ballots must be returned to the Town Clerk's office by the close of polls on Election Day.



Coordinator's Corner

Your taste buds are in for a treat this month. We're giving you a chance to go out to breakfast, experience a hard cider tasting, and enjoy a chocolate tasting, practically in your own backyard.

Looking back, you can reminisce with Todd Goodwin as he offers a program about the days of *Growing Up Grubby*.

It is wise to think about the future, so come to *Essential Estate Planning* offered by Generations Law Group's attorney Cathleen Summers and cosponsored by the UCC church.

There is no time like the present to sign up for the summer sessions of fitness and yoga. Read about all this and more on the following pages.

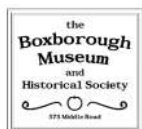
Hope to see you soon.

Best,
Kim

Well Adult Clinic

The Nashoba Associated Boards of Health offers its Well Adult Clinic on **Wednesday, May 10** from **11 AM to noon** at the **Community Center**.

Stop by before the COA lunch, have your blood pressure checked, and talk to the nurse. 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 their clinics.



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

- **May 21**
- **June 11**
- **July 9**

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

Coffee & Chat with Kim



I would love to offer you a cup of coffee or tea and chat about subjects that interest you. Do you have any ideas for future programming? Come to my monthly Coffee & Chat with Kim on **Wednesday, May 24** at

10:30 AM at the **Community Center** and let's talk.

If you can't make it, feel free to email or call me to suggest ideas on trips or programs. Contact me at kdee@boxborough-ma.gov or 978-264-1717.

Public Safety

As the warmer summer weather is quickly approaching, please remember to take proper precautions in all your daily activities. First, it is important to always stay hydrated. Ensuring proper water intake is vitally important, especially when outside in hot weather. Second, stay inside on exceptionally hot days, particularly between 10 AM and 4 PM when the sun is the most intense. Third, protect your skin by wearing sunscreen, no less than SPF 30. Even on cloudy days, the sun rays can be strong enough to cause sunburn. Finally, talk with your doctor, as some medications can cause increased sensitivity to the sun.



As always, the dedicated members of the Boxborough Police Department are here to serve the community. Please don't hesitate to call if you are in need of assistance. Stay safe and stay cool this summer!

In Health,
John Szewczyk
Police Chief

Growing Up "Grubby"

Beloved New England storyteller, Todd Goodwin, offers a humorous set of stories from his childhood growing up with his three colorful (some might say kooky) brothers in the 1950s and 1960s. From weekly baths that explain their nickname, to the "covered wagon" that ended up in their backyard, to road trips and holidays, and the dumb things they did as kids which we can laugh at now. We'll even sing a few classic songs from those good ole days. See if any of these stories bring back memories from your childhood. Then you can share them with your friends and family. Join Todd at the **Community Center at 1:30 PM on Wednesday, May 17.**



Check out websites at good41.com or nestorytelling.org/todd-goodwin for more information.

Tasting at Pony Shack Cidery

Come join us on **Thursday, May 18 at 2:15 PM** for tasting a flight of hard ciders at this local cidery in Boxborough at 22 Littlefield Road. Founder Nate McKinley, who is from Boxborough, quickly turned his hobby into an obsession and began selling his cider. He was able to leave his day job and start a viable cider business.

Sip on the tastings as Nate explains the process of making hard cider. The cost for the tasting and a 45-minute presentation is \$10 per person. The COA van will leave Town Hall at **2 PM. RSVP** to Cindy at cregan@boxborough-ma.gov or call 978-264-1730 to sign up.

Chocolate Tasting at Two Friends Chocolates

Are you aware that artisan truffles and chocolate bars are made right here in Boxborough? Two Friends Chocolates was founded by two women, Lala and Neethu, who met while studying abroad in engineering school, and discovered they shared a love of dark chocolate truffles. On **Tuesday, May 30 at 1 PM** meet at **Two Friends Chocolates**, 629 Mass Avenue, for a tasting and discussion on the history of chocolate, the journey of the cocoa bean, and the process of chocolate making. This event is partially subsidized by the COA. Cost of the tasting and presentation is \$15 per person. **RSVP** by May 18 to Cindy at cregan@boxborough-ma.gov or call 978-264-1730.

Out to Breakfast

Our next breakfast outing will be at the **Stow Café** on 118 Great Road in Stow. Meet at the cafe on **Monday, May 15 at 9:30 AM**. Ask for separate checks, and don't forget to add a tip. **RSVP** by Thursday, May 11 to cregan@boxborough-ma.gov or 978-264-1730. Visit the cafe's website at stowcafe.com to view their menu.



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 **Tuesdays, Wednesdays, and Thursdays, 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 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.

Summer Exercise Classes

Registration begins on Wednesday, May 10 for Boxborough residents. Nonresidents may register beginning Wednesday May 17, if space is available.

Registration forms will be posted on Boxborough's COA webpage. You may also email cregan@boxborough-ma.gov to request a form. The minimum class size is six Boxborough residents. Please make checks payable to the Town of Boxborough.

Fitness with Holly: Classes begin on **Wednesday, May 31** and run through **Wednesday, August 30**. All classes start at **9 AM**. Monday and Wednesday classes are held at the **Community Center**. Friday classes are held via **Zoom**. Classes are no longer being held on Tuesdays. Fees: 1X/week, \$48; 2X/week, \$84; 3X/week, \$108. *(No classes will be held June 19, July 3, 5, or 7.)*

Yoga with Rebecca: Classes begin on **Thursday, June 15** and run through **Thursday, August 31**. Chair Yoga is offered via **Zoom** and at the **Community Center** on Thursdays at **9:30 AM**. Fee: \$36. Mat Yoga is offered in person only at the **Community Center** at **11 AM** on Thursdays. Fee: \$27. *(No classes will be held on August 4, 10 or 17.)*

Steele Farm Photo Exhibition

In 2018 the Boxborough Historical Society sponsored a Steele Farm Photo Contest. The photographs were so stunning that there will be an encore showing of them at the **Sargent Memorial Library** from **May 1** through **May 30**.

Come see an array of photographs, each capturing a unique aspect of beautiful Steele Farm, submitted by photographers of all ages and experiences. However, to see "the real thing," visit Steele Farm and the 1784 Levi Wetherbee (Steele) Farmhouse at 484 Middle Road in person.

The contest was supported in part by a generous grant from the Acton Boxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Hidden Treasures

Why was a child's shoe hidden in the wall of a house for 300 years? On **Sunday, May 21** you'll find out at the "Hidden Treasures" event.

Every May for the past eight years, Freedom's Way, a consortium of 45 cities and towns that were involved in the events of 1775, has sponsored a "Hidden Treasures" event to highlight notable items and places in each municipality. This year Duncan Brown of the Boxborough Historical Society will explain the story of why a child's shoe was hidden in the wall of a Boxborough house for 300 years and the journey the shoe took to come home to the Boxborough Museum.

The house, owned by James and Hannah Whitcomb, was built in 1721 in a portion of Harvard later incorporated into Boxborough in 1783. During renovations in the 1950s, a small shoe was discovered within a wall of the oldest part of the house. There is a long history throughout Europe and in early New England that a child's shoe was commonly hidden in a wall.

This presentation will be at the Boxborough **Town Hall** starting at **1 PM**. Admission is free and everyone is welcome.

Blanchard School Concerts Blanchard Memorial School at

493 Massachusetts Avenue in Boxborough is inviting resident seniors as their special guests to attend its spring concerts. The band will perform on **May 24 at 9 AM** and the chorus will perform on **May 31 at 9 AM**. Due to bus schedules, plan to arrive between 8:45 AM and 8:55 AM and go directly to the gym. Please **RSVP** to 978-264-1717 or 978-264-1730.



May 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
	<i>1</i> 9-Fitness w/Holly 1-Monday Movies	<i>2</i> 10:30-Fitnessw/Holly via Zoom 1-Game Day	<i>3</i> 8:30- Birding Walk 9-Fitness w/Holly 2-Knitting Group 1:30-Music of WWII	<i>4</i> 9:30-Chair Yoga (Hybrid) 11-Mat Yoga	<i>5</i> 9-Fitness w/Holly via Zoom	<i>6</i>
<i>7</i>	<i>8</i> 9-Fitness w/Holly 1-Monday Movies 3-COA Board Meeting <div>Annual Town Meeting Blanchard School Gym 6:30 PM-Check-in 7 PM-Meeting begins.</div>	<i>9</i> 10:30-Fitness w/Holly via Zoom 1-Game Day 7 PM-Annual Town Meeting continues if not completed.	<i>10</i> 9-Fitness w/Holly 11-Well Adult Clinic Noon-COA Luncheon <i>Sponsor: Box. Police Department</i> 2-Knitting Group 7 PM-Annual Town Meeting continues if not completed. 7-PM North Sea Gas at Library	<i>11</i> 9:30-Chair Yoga (Hybrid) 11-Mat Yoga 7 PM-Annual Town Meeting continues if not completed.	<i>12</i> 9-Fitness w/Holly via Zoom	<i>13</i> 9 AM-Noon-Garden Club Plant Sale
<i>14</i>	<i>15</i> 9:30-Out to Breakfast Stow Cafe 1-Monday Movies 5-Susan Tran virtual Presentation	<i>16</i> <div>7AM-8 PM Annual Town Election</div> 1-Game Day	<i>17</i> 2-Knitting Group 1:30-Growing Up “Grubby”	<i>18</i> 9:30-Chair Yoga (Hybrid) 11-Mat Yoga 2:15-Cider Tasting	<i>19</i>	<i>20</i> 10:30 AM-Noon-FreeBee Market
<i>21</i> 1-PM-Hidden Treasures at Town Hall. 2-4 PM-Boxborough Museum	<i>22</i> 1-Monday Movies	<i>23</i> 1-Game Day	<i>24</i> 9-Blanchard Band Concert 10:30-Coffee & Chat with Kim 2-Knitting Group	<i>25</i> 9:30-Chair Yoga (Hybrid) 11-Mat Yoga 2-Essential Estate Planning Workshop 6-Adult Craft Night at Library.	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i> Memorial Day Town offices and Library closed.	<i>30</i> 1-Game Day 1-Chocolate Tasting	<i>31</i> 9-Blanchard Chorus Concert 9-Fitness w/Holly 2-Knitting Group			

Out of Town Mt. Calvary Church, Acton

Community Supper, Wednesday, 4:45 to 5:45 PM All Sit Down



Ongoing Events, Classes

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



<p>Fitness with Holly Class meets Mondays and Wednesdays at 9 AM at the Community Center.</p> <p>Fitness with Holly Class meets via Zoom, Tuesdays at 10:30 AM and Fridays at 9 AM</p> <p>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 at 1 PM at the Community Center.</p> <p>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.</p>	<p>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.</p> <p>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.</p> <p>Yoga with Rebecca - Mat Yoga Floor and standing yoga poses and strength exercises for stretching and flexibility. Meets Thursdays at 11 AM at the Community Center.</p> <p>Well Adult Clinic is held on the second Wednesday of the month from 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.</p>
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Preregistration is needed for all fitness and yoga classes. See the Summer Exercise Classes article in this issue. The other events mentioned above are drop-in programs, no registration is needed. Just stop by and join in.

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 or in honor of _____

Essential Estate Planning Workshop

While most seniors are aware that creating an estate plan is important, many delay doing this task. Well, here's some good news . . . help is on the way! **Thursday, May 25** at **2 PM** in the **Community Center**, Nurse-Attorney Cathleen Summers will be leading a workshop that will make this task feel less daunting.

With over 30 years of legal experience, Cathleen concentrates her practice on estate planning, Medicaid and long-term care planning, and guardianship. Cathleen will discuss why you don't have to be wealthy to need estate planning. She will also discuss essential documents to include in your plan, such as a Last Will and Testament, Health Care Proxies, and Powers of Attorney. Finally, she will explain the purpose of each of these documents.

This informative program is co-sponsored by the UCCB Open Doors Team and the Boxborough COA.

MassBar Elder Law Guide

Older folks are often faced with legal questions and issues that are not so commonly encountered by their younger counterparts. A helpful source of information of importance to the elder community is the Massachusetts Bar Association's "Elder Law Education Guide." Written in lay terms for the nonlawyer, the guide covers a wide range of topics, such as essential documents, guardianship, probate law, veterans' affairs, Medicaid, long-term care, retirement planning, and much more.

You can read and download a free copy of the 129 page guide at bit.ly/3JiqLeB

North Sea Gas at the Library

On **Wednesday, May 10** at **7 PM** the award-winning Scottish band, North Sea Gas will return to the Library for an evening of lively Celtic music and witty stories. Treat yourself to an hour of merry-making with North Sea Gas trio.

Parking will be reserved for event attendees.

This event was made possible by the Whitcomb House Trust.

May Library News

Come to the Library in May for exciting happenings.

- Monday Movies are at 1 PM. A new movie is shown each week.
- The Knitting Club meets every Wednesday from 2 to 4 PM. Bring your project to work on and meet new friends.
- On Wednesday, May 10 award winning Scottish band North Sea Gas will be performing at 7 PM (see separate article).
- Monday, May 15 has a virtual presentation from 5 to 6 PM with Susan Tran, Emmy award winning reporter for NBC and NECN.
- Thursday, May 25 from 6 to 7 PM is Adult Craft Night. A fun time led by Library staff.

FreeBee Markets Are Back!



The first FreeBee Market of the year will take place on **Saturday, May 20** from **10:30 AM to noon** at **30 Middle Road**. This will be a full FreeBee Market which will include food, crafts, books, plants, and flowers. Various community groups will be represented, and there will also be a bouncy house for children.

Smaller food-only FreeBee popups will continue most Saturdays at the same time and location through October. Other full FreeBee Markets have been scheduled for September and October. For more information about all these events visit the website: bit.ly/3K5gQJX.

Local Theater

Theatre III is located at 250 Central Street in West Acton. They invite you to attend their spring show, *Roald Dahl's Matilda the Musical*. Performances on **May 5, 6, 12, 13, and 19** are at **7:30 PM**. Performances on **May 14 and 20** are at **2 PM**. Tickets for musicals are \$25 per adult, and \$22 for seniors and students. Tickets can be purchased on their website at bit.ly/3MqdljX or by calling 978-263-9070.

The Concord Players is located at 51 Walden Street in Concord. Performances of *Little Women – The Broadway Musical* are currently running through May 13 in honor of Louisa May Alcott's 190th birthday. Tickets are \$28. For specific dates and times, visit concordplayers.org or call 978-369-2990.

May Dates and Events to Note

- **May 3** Birding Walk with Becky, 8:30 AM; Music of World War II, 1:30 PM
- **May 8** COA Board meeting, 3 PM
- **May 8**, Annual Town Meeting, 7 PM
- **May 13** Garden Club Plant Sale, 9 AM to noon
- **May 16** Town Election, polls open at 7 AM and close at 8 PM

Save the Date: Fifer's Day will be held on **Saturday, June 17**, race 9:30, parade 11 AM, ceremony and fair to follow parade.

**Submit items for the June/July issue by May 2
to boxboroughbuzz@gmail.com**



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Boxborough Town Hall
26 Middle Road
Boxborough, MA 01719