

THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

June/July 2023

Council on Aging

Kimberley Dee,
COA Coordinator
978-264-1717
kdee@boxborough-ma.gov
Cindy Regan, Dept. Assistant
978-264-1730
cregan@boxborough-ma.gov

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
Georgia Winfrey

Buzz Production Team

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

June Lunch

The Boxborough Friends of the COA are sponsoring our next lunch at the **Community Center** on **Wednesday, June 14** from **noon** to **1 PM**. The Friends are providing a seasonal summer lunch that will consist of assorted sandwiches and wraps with potato salad, coleslaw, chips, and cookies. It's a good time of year to get together with friends and neighbors before the start of the summer season.

 You may **RSVP** to the COA beginning Wednesday, May 31 by sending an email to cregan@boxborough-ma.gov or by calling 978-264-1730.

July Ice Cream

Mike and Janet Houghton of **Boxborough Liquors & Convenience**, are sponsoring an ice cream truck Grab n' Go for Boxborough seniors on **Wednesday, July 12** from **1 to 1:45 PM** in the **Town Hall** parking lot. Sign up so you can enjoy your favorite novelty. You may **RSVP** to cregan@boxborough-ma.gov or by calling 978-264-1730 beginning May 31. Arrival times are by last name: A through H pickup is at 1 PM; I through P is at 1:15 PM; and Q through Z is at 1:30 PM. This event is for Boxborough residents age 60 and older. We thank the Houghtons, who have decided to sell their business, for their many years in Boxborough,



Lunch, Meditation, and Fun

The **Friends of Indian Senior Citizens Organization, FISCO**, in partnership with UCC Boxborough and the Boxborough COA, invites you to a fun-filled program and vegetarian lunch on **Tuesday, June 20**, at **noon** in the **Community Center**. Seniors and families are welcome for community and connection, along with an introduction to meditation.

To register, please contact Ria Shah at 339-234-0738, at the UCCB office at 978-263-7387, or Kim Dee at 978-264-1717. Contact Rev. Cindy Worthington-Berry via email at cindyworthingtonberry@gmail.com for additional information.

Coordinator's Corner

This month's BUZZ combines programming for June and July. Please mark your calendars and RSVP for all the programs you like and plan to attend.

There are two federal holidays that occur in these first two months of summer, Juneteenth, on June 19, and Independence Day, on July 4. The former commemorates the emancipation of enslaved people in the United States, and the latter commemorates the Declaration of Independence, declaring that the thirteen colonies were free and independent states. They were no longer under the rule of King George III's British monarchy and were established as the United States of America. Spend some time on these holidays thinking about the rich history of our beloved country.

Happy Summer 2023!
Wishing you all the best,
Kim

Wellness Clinic

The Nashoba Associated Boards of Health will offer their Well Adult Clinics on **Wednesdays, June 14 and July 12 from 11 AM to noon** at the **Community Center**.

Stop by to 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.



Podiatry Clinic

Dr. Alissa Kuizinas will be offering podiatry clinics on **Mondays, June 5 and July 17 from noon to 3:45 PM** at the **Community Center**. Call 978-264-1730 or 978-264-1717 to make an appointment. Space is limited. The doctor will trim toenails, treat calluses and evaluate overall foot health for \$35.00. She accepts cash or check.



Coffee & Chat with Kim

Kim Dee, Boxborough's Council on Aging Coordinator, will host a coffee and chat social hour on **Wednesdays, June 21 and July 19 at 10:30 AM** at the **Community Center**. A special guest, Town Planner, Alec Wade, will be joining us in June. Drop in for a free cup of coffee or tea and chat with Alec and Kim and other Boxborough seniors.

Grilling Safety

Here are some things to keep in mind for grilling safety.

- Always grill outdoors.
- Grills must be 10 feet from the side of a building and away from deck railings.
- Grills cannot be used on a porch, balcony or deck with a roof, overhang, or wall other than the exterior of the building.
- Grills can only be used on open first floor porches, decks, or patios if there is an outdoor stairway to the ground, or the porch is at ground level.
- Never leave a lit grill unattended.
- Keep children and pets away from grills, matches, lighters, and lighter fluid.
- Keep a fire extinguisher on hand.
- Properly shut down a gas grill by turning off burners and closing the propane supply. Extinguish a charcoal grill by closing air vents to choke the flames and coals.

Enjoy your summer!

*FF/EMT/COA Liaison
Courtney Panaro*

The Museum will be open **Sundays** from



2 to 4 PM.

- **June 11**
- **July 9**
- **August 13**

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

Music of the Civil Rights Movement

You're invited to join us at the **Library** on **Thursday, June 15 at 1:30 PM** to learn about the role music played in the Civil Rights Movement from 1940–1970. During this program, presenter John Clark will discuss the controversial Marian Anderson concert and a sad Billie Holiday song. John will then talk about other Civil Rights songs, such as, *You've Got to Be Carefully Taught* from South Pacific and Nat King Cole's *We are Americans Too*. He also will discuss the history of 1950s and 1960s anthems, such as *We Shall Overcome*, *Keep Your Eyes on the Prize*, *Blowin' in the Wind*, and other Bob Dylan songs that brought racial issues to even greater national attention. Sam Cooke's *A Change Is Gonna Come*, James Brown's *Say It Loud – I'm Black and I'm Proud*, Sly & The Family Stone's *Everyday People*, and Elvis Presley's *In the Ghetto* were all influential and reflected greater public awareness of the need for change. Also included in the program are songs by Mahalia Jackson, Odetta, Nina Simone, Curtis Mayfield, and Janis Ian. To **RSVP**, please call: 978-264-1717 or 978-264-1730.

Tour of Charles River Museum of Industry & Innovation

Located in the Francis Cabot Lowell Mill, the Charles River Museum of Industry & Innovation is at **154 Moody Street** in **Waltham**. The museum features permanent and changing exhibits. Visitors learn about the region's rich industrial heritage including the era of steam power, the Waltham Watch Company, and bicycle and automobile manufacturing. The COA has booked a 45-minute guided tour on **Wednesday, June 28 at 10:45 AM**. Cost of the guided tour is \$5. Meet us there or take the COA van from Town Hall at 9:50 AM for \$10 round trip. Weather permitting, we will stop at **Cedar Hill Dairy Joy** on **Route 117** in **Weston** on the way back for lunch and/or ice cream. **RSVP** to Cindy at cregan@boxborough-ma.gov or at 978-264-1730.

June Out to Lunch



For the past thirty years, **The Club Car Café**, a family-owned restaurant, is in the historic West Concord Train Depot. A model train travels around the restaurant. Meet there on **Thursday, June 22 at 11:30 AM** or take the van from Town Hall at 11:10 AM for \$2 round trip. The café is located at **20 Commonwealth Ave** in **West Concord**. Visit their website at clubcarcafema.com to view their menu. **RSVP** to cregan@boxborough-ma.gov or call 978-264-1730.

Update on Go Boxborough!

In April 2022, the COA expanded its transportation services to medical appointments for residents age 60 and older and disabled adults age 18 and older by establishing the Go Boxborough! program. Medical rides that are outside our service area, time or availability of our current Montachusett Regional Transit Authority (MART) program, and are scheduled Monday through Friday, 8 AM to 3 PM, may qualify. For reservations, call 978-264-1730 at least 48 hours in advance. The program is being subsidized through monies allocated by ARPA, the American Rescue Plan. From April 2022 to April 2023, we booked 28 medical appointment rides through the program. Residents who participated were grateful this option was available to them.

The COA continues to offer its MART van for errands and medical appointments to towns that border Boxborough. The van also goes to Concord for medical appointments. Rides are available Tuesday, Wednesday, and Thursday, 9:30 AM to 3:30 PM.

Visit our website at bit.ly/42ssPss for more details.

Elder Law Program

The Massachusetts Bar Association (MBA) is offering their statewide Elder Law Education Program corresponding with the publication of the revised and expanded "2023 Elder Law Education Guide." The guide can be accessed on the MBA's website at massbar.org/elderlaw. Volunteer Attorney Justin McCarthy is coming to Boxborough with this free presentation on **Monday, June 26 at 1 PM** at the **Community Center**. He will discuss important information like how to protect your home and assets, power of attorney, health care proxies, reverse mortgages, Homestead and Life Estates, and more. This program is presented with the assistance and collaboration of the Massachusetts Chapter of the National Academy of Elder Law Attorneys. Please **RSVP** to 978-264-1730 or 978-264-1717.

Information Technology Assistance

We are pleased to announce that we are ready to launch our Information Technology (IT) Assistance Program. Several Boxborough residents have volunteered to support seniors with their computer, cell phone, and internet questions and issues. If you need IT help, call 978-264-1730 or 978-264-1717 to be put in contact with a knowledgeable volunteer, who will then contact you to set up a time to meet at the Community Center, Town Hall, or on the phone. If it is outside their area of expertise, they will let you know that you will need to contact your internet or cell phone provider or other service.

Living & Moving with Osteoporosis

On **Wednesday, June 14** from **10 to 11 AM**, a free program for those with osteoporosis and osteopenia will be offered by **Emerson Health** via **Zoom**. If you are dealing with this disease/condition, it is crucial to learn the best ways to move so as to avoid fractures and injury. The presenter will discuss strength exercises that increase muscle mass, making it easier to maintain good posture and balance and reduce the risk of falls. The program will also include bone-healthy nutrition tips.

To register: bit.ly/42saU5P

Boxborough Fifer's Day

The 2023 Fifer's Day will take place on **Saturday, June 17** at **Flerra Meadows** on Stow Road in Boxborough. Fifer's Day is jointly sponsored by the Boxborough District Minuteman Company and the Town of Boxborough's Public Celebrations and Ceremonies Committee.

The day commences at **9:30 AM** with the Fifer's Four Mile Road Race. This is followed by a parade from the Blanchard School to Flerra Meadows at **11 AM** and the presentation of the Golden Fife Award.

The Fair will then commence and include food and barbecue, including a vegetarian option, children's games and activities, volleyball tournament, booths representing Town organizations, and a craft fair. There will be live music throughout the afternoon.

Go to www.fifersday.org for more information or to sign up for a non-profit booth, craft booth, road race, or volleyball. Contact the Boxborough Minutemen Company website at bit.ly/3L9BKrE if you would like to get involved by helping with the planning of Fifer's Day or helping on the day.

June/July Library Activities

There are lots of programs at the Library this summer. Sign up for the digital newsletter, *Wowbrary*, or follow us on social media for the most up-to-date news. Ongoing activities are listed below:

- Monday Movies from 1 to 3 PM
- Wednesdays, Knitting Group from 2 to 4 PM
- Thursday, Adult Craft Night on June 29 from 6 to 7 PM
- Thursday, Edible Wild Plants Walk with Russ Cohen on July 20 from 6 to 8 PM.

The Library hours for July and August are Mondays through Thursdays, 10 AM to 8 PM. The library will be closed on Fridays and Saturdays during those months.



*Have a Happy
Fourth of July!*

June 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
				1 9:30-Chair Yoga (Hybrid) 11-Mat Yoga	2 9-Fitness w/Holly via Zoom 10-Nara Park Stroll & Coffee with CHNA	3 10:30 FreeBee Popup
4 2-4 Schoolhouse #2 Open 2-4 PM Boxborough Museum	5 9-Fitness w/Holly Noon-Podiatry Clinic 1-Movie Monday	6 1-Game Day 1:30-Kimball's Ice Cream with CHNA	7 9-Fitness w/Holly 2-Knitting Group	8 9:30-Chair Yoga (Hybrid) 11-Mat Yoga	9 9-Fitness w/Holly via Zoom 10-Nara Park Stroll & Coffee with CHNA	10 10:30 FreeBee Popup
11	12 9-Fitness w/Holly 1-Monday Movies 3-COA Board Meeting	13 1-Game Day	14 9-Fitness w/Holly 10-11-Living with Osteoporosis Program via Zoom 11-Well Adult Clinic Noon-COA Luncheon <i>Sponsor: Friends of Council on Aging</i> 2-Knitting Group	15 9:30-Chair Yoga (Hybrid) 11-Mat Yoga 1:30-Music of the Civil Rights Movement at the Library	16 9-Fitness w/Holly via Zoom 10-Nara Park Stroll & Coffee with CHNA	17 Fifers' Day 9:30 AM-Race 11 AM-Parade
18	19 Juneteenth Town offices and Library closed	20 Noon-FISCO Indian Lunch	21 9-Fitness w/Holly 10:30-Coffee & Chat with Kim & Alec Wade 2-Knitting Group <i>First Day of Summer</i>	22 9:30-Chair Yoga (Hybrid) 11-Mat Yoga 11:30 Out to Lunch The Club Car Café 1-Game Day	23 9-Fitness w/Holly via Zoom 10-Nara Park Stroll & Coffee with CHNA	24 10:30 FreeBee Popup
25	26 9-Fitness w/Holly 1-Monday Movies 1-Elder Law Education Program	27 1-Game Day	28 9-Fitness w/Holly 10-Trip to Charles River Museum 2-Knitting Group	29 9:30-Chair Yoga (Hybrid) 11-Mat Yoga 6 PM-Adult Craft Night	30 9-Fitness w/Holly via Zoom	10:30 FreeBee Popup

Out of Town Mt. Calvary Church, Acton

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

July 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 10:30 FreeBee Popup
2	3 1-Monday Movies	4 Independence Day Town offices and Library closed.	5 2-Knitting Group	6	7	8 10:30 FreeBee Popup
9 2-4 PM Boxborough Museum	10 9-Fitness w/Holly 1-Monday Movies 3-COA Board Meeting	11 1-Game Day	12 9-Fitness w/Holly 11-Well Adult Clinic 1-1:45 PM-Grab n' Go Ice Cream Truck 2-Knitting Group	13 9:30-Chair Yoga (Hybrid) 11-Mat Yoga	14 9-Fitness w/Holly via Zoom	15 10:30 FreeBee Popup
16	17 9-Fitness w/Holly Noon-Podiatry Clinic 1-Monday Movies	18 1-Game Day	19 9-Fitness w/Holly 10:30-Coffee & Chat with Kim 2-Knitting Group	20 9:30-Chair Yoga (Hybrid) 11-Mat Yoga 1:30-Baseball Talk at the Library 6-8 PM-Edible Wild Plants Walk	21 9-Fitness w/Holly via Zoom	22 10:30 FreeBee Popup
23	24 9-Fitness w/Holly 1-Monday Movies	25 1-Game Day	26 9-Fitness w/Holly 2-Knitting Group	27 9:30-Chair Yoga (Hybrid) 11-Mat Yoga	28 9-Fitness w/Holly via Zoom	29 10:30 FreeBee Popup
30	31 9-Fitness w/Holly 1-Monday Movies					

Out of Town Mt. Calvary Church, Acton

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

Baseball Talk

Notable Red Sox contributor and author Herb Crehan will present *What Was Johnny Pesky Really Like?* on **Thursday, July 20 at 1:30 PM** at the **Library**. His presentation features a beloved former Red Sox player for each of the last eight decades. He will share his insights about each player and include some colorful stories about them. Herb has interviewed over 150 former Red Sox stars, so he should also be able to answer your questions about your favorite player.

RSVP to 978-264-1730

Area Farmers Markets

Farmers Markets are a tradition that says it's time to have some outdoor fun. These markets are a great way to shop for fresh vegetables and fruits, local meats, breads, baked goods, cheese, herbs, eggs, honey, crafts, and more.

There are two important things to remember before you head out to a farmers market. First, bring your own reusable bags. Second, carry small bills. (Paying for one tomato with a \$20 bill would not endear you to a farmer!)

Here are a few nearby farmers markets you may want to explore.

- Acton/Boxborough Farmers Market**

Elm Street Playground June 18 through October 15 Sundays, 10 AM to 1 PM.

- Harvard Farmers Market**

Hildreth Elementary School, 27 Mass Ave August 5 through October 28 Saturdays, 9 AM to noon (times may vary.)

- Maynard Community Farmers Market**

Mill Parking Lot on Main Street at Mill and Main, June 24 through September 23 Saturdays, 9 AM to 1 PM.

Before setting out for any farmers market, we recommend that you search online for updated information. Then—have fun!

America the Beautiful – The National Parks and Federal Recreational Lands Pass Series

If you are planning to visit a National Park soon, you may want to consider buying a senior pass. The \$80 (lifetime) or \$20 (annual) senior passes provide admittance to more than 2,000 recreation sites managed by six Federal agencies, with up to 10% of the

(Continued next column)

proceeds used to improve and enhance visitors' recreation services. U.S. Citizens or permanent residents who are age 62 or older qualify for a senior pass.

Massachusetts is the home of 15 national parks, including the national seashore beaches on Cape Cod. At many sites, the Senior Pass provides the pass owner a discount on other fees for camping, swimming, boat launching, and guided tours.

For more information on how to obtain a National Parks Senior Pass, visit store.usgs.gov/senior-pass.

Boxborough Schoolhouse #2

Boxborough's School House #2 will be open to the public on **Sunday, June 11 from 2 to 4 PM**. With kind permission of the property owners Nancy (Robinson) Morrison and her sister Jane Sawisch you will be able to tour the 1857 building at **339 Picnic Street**, and see exhibits specific to this building. You will receive a one-page history of the Schoolhouse.

The Boxborough Museum at 575 Middle Road will be open 2-4 PM to provide a restroom.

CHNA Events in June

COAs from Acton, Boxborough, and Littleton are inviting seniors to two special events in June. We hope that you will come enjoy the fun, while spending time with seniors from all three towns.

- Who Says Ice Cream Is Only for Kids?**

Meet at **1:30 PM** on **Tuesday, June 6** at **Kimball Farm**, 400 Littleton Road, Westford (by the silo near the cow) and enjoy a complementary ice cream and conversation with other seniors. This event is open to seniors age 60+.

- NARA Park Stroll and Coffee**

Join other seniors for conversation, coffee, pastry, and a stroll around **NARA Park**, 25 Ledgerock Way, Acton. This event will take place on four **Fridays, June 2, 9, 16, and 23 at 10 AM** and is open to those 55+. Meet at the patio in the upper parking lot off of Quarry Road.

RSVP to Sheryl Ball at sball@acton-ma.gov or 978-920-6632.

You can receive an electronic copy of this newsletter by letting Kim know at kdee@boxborough-ma.gov or 978-264-1717. This will conserve paper and save mailing and printing expenses. Visit our website at bit.ly/3eHJhS6 to access an on-line newsletter.

FreeBee Market

The food-only FreeBee popups will continue on **Saturdays** from **10:30 AM** to **noon** at 30 Middle Road. Visit the website: bit.ly/3K5gQJX for more information about these and other FreeBee Market events.

Submit items for the August issue by Wednesday, July 5
to boxboroughbuzz@gmail.com



Follow us on Facebook at facebook.com/boxboroughcoa



Change Service Requested

Pre-Sort
Standard
U.S. Postage Paid
Acton, MA
Permit No. 26

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