

THE

# BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

August 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  
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

## Out to Lunch

Mangia, Mangia! Meet at **Il Forno Restaurant** on **Thursday, August 10 at 11:30 AM**. Il Forno's is located at 529 King Street in **Littleton**. Visit their website at [il-forno.com/il-forno-littleton-ma](http://il-forno.com/il-forno-littleton-ma) to view their menu. **RSVP** to [cregan@boxborough-ma.gov](mailto:cregan@boxborough-ma.gov) or 978-264-1730.

## Outrageous Commercials and Ice Cream Social

Join us on **Thursday, August 17 at 1:30 PM** at the **Library** for a delicious treat from the Life Care Center of Nashoba Valley and a look back at the funny and outrageous commercials of the 1950's and 1960's. Enjoy vanilla ice cream with your choice of chocolate or strawberry topping while viewing some of the humorous and laughable television ads of days gone by. **RSVP** beginning Wednesday, August 2 to [cregan@boxborough-ma.gov](mailto:cregan@boxborough-ma.gov) or 978-264-1730.

## Heart to Home Meals Lunch

The team at Heart to Home Meals is offering a free hot lunch to the seniors of Boxborough. Choose from Swedish-style meatballs in gravy with mashed potatoes and a blend of vegetables, or tomato and herb glazed haddock with rice pilaf and mixed vegetables.

Heart to Home Meals provides a selection of over 160 healthy and nutritious meals, soups, and desserts, hand delivered by a local driver right to your freezer. Their meals are frozen and can be stored in your freezer until you are ready to heat and enjoy. Their friendly, convenient service can be adapted to suit many dietary preferences, with free delivery and no contract or minimum commitment required.

Come join the team on **Wednesday, August 23 at Noon** for a free lunch, quiz, and prize give away at the **Community Center**. **RSVP** beginning Wednesday, August 2 to [cregan@boxborough-ma.gov](mailto:cregan@boxborough-ma.gov) or by calling 978-264-1730. Space is limited.

## Coordinator's Corner

Happy August! We will not be having our monthly COA lunch or the monthly Nashoba Associated Boards of Health Wellness Clinic in August. They will be back again in September. However, please join us for the fun events mentioned on page one.

To beat the heat this summer, limit your exposure to the sun between 10 AM to 4 PM. Close your windows, shades, and curtains during the day to keep out the heat and open them at night to let in cooler air. Drink plenty of water and non-caffeinated beverages. (Caffeine can be dehydrating.) Eat lightly: salads, fruits and vegetables with high water content, such as watermelon, grapes, or oranges, help with hydration. Wear light, loose fitting clothing. Apply a cold washcloth wrapped around a couple of ice cubes to your forehead or the inside of your wrists or spritz yourself with water to help cool off.

Best Regards,  
Kim

## Podiatry Clinic

Alyssa Kuizinas, DPM, will offer a Podiatry Clinic on **Monday, August 28** from **Noon – 3:30 PM** at the **Community Center**. She charges \$35 to trim toenails, treat calluses, and evaluate overall foot health. You can pay her with cash or check at your visit. To make an appointment please call 978-264-1730 or 978-264-1717.



---

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

- **August 13**
- **September 10**
- **October 8**

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

---



## Coffee & Chat with Kim

You are invited to drop in at the **Community Center** on the last Wednesday of the month, **August 30 at 10:30 AM** for coffee (hot or cold) and conversation. This month's special guest is our Community Services Coordinator, Wendy Trinks. Join us for an informal social hour. We will be happy to see you, chat with you, and answer any questions you may have pertaining to our roles in serving Boxborough's residents.

## Public Safety, Protecting Our Pets

It is always important to remember that animals should not be left in motor vehicles, especially during the hot summer months. Temperatures in a motor vehicle can climb to over 100 degrees in less than 10 minutes, even if a window is cracked open. It is against the law to subject a dog or any other animal to extremely hot temperatures by leaving them in a car. It could severely harm or even cause death to the animal. Dogs are especially subject to heat stroke. All precautions should be made to ensure animal safety. If you come across an animal in a car on a hot summer day, please contact your local police department. A police officer or animal control officer will use any reasonable means to help rescue and protect the animal.

Regards,  
John Szewczyk, Police Chief

## Library News

The following activities are scheduled for August:

- Monday Movies from 1 to 3 PM
- Wednesday Knitting Group from 2 to 4 PM (new members welcomed!)
- Adult Craft classes will restart in the fall.

For the most up-to-date news, visit the Library website or sign up for *Wowbrary*, the digital newsletter. The Library hours for August are Mondays through Thursdays from 10 AM to 8 PM.

## Fall 2023 Fitness with Holly

Registration begins on **Monday, August 7** for Boxborough residents. Non-residents may register beginning **Monday, August 14**, if space is available. Registration forms will be posted on Boxborough's COA webpage. You may also email [cregan@boxborough-ma.gov](mailto: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.

Classes begin on **Friday, September 1** and run through **Friday, December 8**. All classes start at **9 AM**. Monday and Wednesday classes are held at the **Community Center**. Friday classes are held via **Zoom**. Fees: 1X/week, \$48; 2X/week, \$84; 3X/week, \$108. (*No classes will be held on 9/4, 10/9, 10/27, 10/30, 11/3, 11/6 and 11/24.*

Registration for Yoga with Rebecca will be in September. The COA is excited to announce that Zumba will also be offered in September! Stay tuned for details.

## Boxborough News

*Boxborough News* is growing and now has a website to accompany the articles printed in the Boxborough edition of *Action Unlimited* that is delivered weekly to residents. The volunteer news team is committed to independent, neutral reporting of Town news and information. For more information, go to [boxboroughnews.org](http://boxboroughnews.org) or sign up to receive Friday links to the latest stories at [boxboroughnews@gmail.com](mailto:boxboroughnews@gmail.com).

## American Heritage Museum Tour

According to the museum's website, "The American Heritage Museum at the Collings Foundation featuring the Jacques M. Littlefield Collection explores major conflicts ranging from the Revolutionary War until today." The museum showcases operational old-time tanks, automobiles, aircraft, and other machinery, with interactive exhibits. The COA has booked a guided tour of the main museum on **Thursday, August 24** at

**1:30 PM**. Cost of the guided tour is \$15. Meet us there or take the COA van from Town Hall at 1 PM for \$6 roundtrip. The museum is located at **568 Main Street in Hudson**. **RSVP** [cregan@boxborough-ma.gov](mailto:cregan@boxborough-ma.gov) or call 978-264-1730.

## Boxborough Fifer's Day

The 2023 Fifer's Day will be **Saturday, September 2 at Flerra Meadows**. Fifer's Day is sponsored by the Boxborough District Minuteman Company and Boxborough's Public Celebrations and Ceremonies Committee.

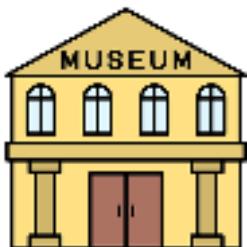
A 4-Mile Road Race starts at **9:30 AM** followed by the presentation of the Golden Fife Award about noon. Food and music will be available starting at noon and booths from community organizations will be featured."

Go to [www.fifersday.org](http://www.fifersday.org) for more information or to sign up for a booth, the road race, or the volleyball tournament. Contact the Boxborough Minutemen Company at [bit.ly/3L9BKRE](http://bit.ly/3L9BKRE) if you would like to help plan Fifer's Day or help on the day.

## 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. Van trips to COA programs at the Community Center, to Town Hall, or to the Acton Food Pantry are free of charge. 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](http://bit.ly/3rBYnw5) for details.



## 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 9 AM.

### **Fitness with Holly Via Zoom**

Class meets via Zoom on Fridays at 9 AM.

**Game Day** Drop in to play different board games, cards and more every week. Make new friends, chat, or just hang out! 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 to 4 PM at the Library. For more information contact: [annemcne@comcast.net](mailto:annemcne@comcast.net).

**Movie Monday** at the Sargent Memorial Library at 1 PM every Monday that the Library is open.

### **Yoga with Rebecca**

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

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

**Wellness Clinic** Held on the second Wednesday 11 AM. Nashoba Associated Boards of Health hosts a monthly wellness check for all ages. *No clinic this month.*

## **Do not forget to sign up for the fun trip and fun classes!**



**American Heritage Museum – Thursday, August 24 at 1:30 PM**

**Registration for the Fall Session of Fitness with Holly classes begins August 7.**

**Registration for Yoga and Zumba (new) classes will be in September.**

**Van trips to COA programs at the Community Center, to Town Hall, or to the Acton Food Pantry are free of charge.**

---

**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

# August 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
		1-Game Day	1 9-Fitness w/Holly 2-Knitting Group	2 9:30-Chair Yoga (Hybrid) 11-Mat Yoga	3 9-Fitness w/Holly via Zoom	4 <b>10:30</b> <b>FreeBee</b> <b>Popup</b>
6  <b>Registration for fall</b> <b>Fitness with Holly</b> <b>classes begins.</b>	7 9-Fitness w/Holly 1-Monday Movies	1-Game Day	9 9-Fitness w/Holly 2-Knitting Group	10 <b>11:30 Out to Lunch at</b> <b>Il Forno's</b>	11 9-Fitness w/Holly via Zoom	12 <b>10:30</b> <b>FreeBee</b> <b>Popup</b>
13 2-4 PM Boxborough Museum	14 9-Fitness w/Holly 1-Monday Movies 3-COA Board Meeting	15 1-Game Day	16 9-Fitness w/Holly 2-Knitting Group	17 <b>1:30 Outrageous</b> <b>Commercials and Ice</b> <b>Cream Social at the</b> <b>Library</b>	18 9-Fitness w/Holly via Zoom	19 <b>10:30</b> <b>FreeBee</b> <b>Popup</b>
20	21 9-Fitness w/Holly 1-Monday Movies	22 1-Game Day	23 9-Fitness w/Holly <b>Noon-Heart to Home</b> <b>Lunch</b> 2-Knitting Group	24 9:30-Chair Yoga (Hybrid) 11-Mat Yoga <b>1:30 Trip to American</b> <b>Heritage Museum</b> .	25 9-Fitness w/Holly via Zoom	26 <b>10:30</b> <b>FreeBee</b> <b>Popup</b>
27	28 9-Fitness w/Holly Noon-Podiatry Clinic 1-Monday Movies	29 1-Game Day	30 9-Fitness w/Holly <b>10:30 Coffee and Chat</b> <b>with Kim and guest</b> <b>Wendy Trinks</b> 2-Knitting Group	31 9:30-Chair Yoga (Hybrid) 11-Mat Yoga		

Out of Town Mt. Calvary Church, Acton

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

## Local Discounts for Seniors

Name	Type of Business	Address	Contact / Website	Discount	Age
Adaptive Fitness and Movement	Physical Fitness	1233 Mass Ave Boxborough	978-799-0543 adaptivefitnessandmovement.com	10%	65 +
Bravo Pizza	Pizza	1233 Mass Ave Boxborough	978-635-0637 / bravopizzaboxboro.com	10%	60 +
Bueno Y Sano	Mexican Cuisine	263 Main Street Acton	978-263-9200 / buenosano.com	10%	60 +
Debra's Natural Gourmet	Health & Wellness	98 + 106 Commonwealth Avenue Concord	978-371-7573 www.DebrasNaturalGourmet.com	10% on Supplements Regular or sale	60+
Dunkin'	Coffee Shop	1425 Mass Ave Boxborough	978-264-2986 / bit.ly/3pSOJcB	5%	60 +
HOME	Décor-Furniture-Gift	525 Mass Ave Acton	978-263-7069 / shophomeacton.com	10%	65 +
Linnard Financial Management & Planning, Inc.	Financial Planning Services	46 Chester Road Boxborough	978-266-2958 linnardfinancial.com	20%	People who are in retirement or are planning to retire within five years.
McGovern Subaru (formerly Village Subaru) of Acton	Subaru Car Dealer	61 Powder Mill Road Acton	978-245-4077 mcgovernsubaruofacton.com	10% on service	65+
O'Neil Cinemas	Movie Theater	1208 Constitution Ave Littleton	978-506-5089 oneilcinemas.com/littleton-ma	Senior Day-Wednesday \$7.00	65+
Paper Store	Gift Store	393 Mass Ave Acton	978-274-7800 thepaperstore.com	10% on Hallmark Products	65 +
Shepherd Veterinary Clinic	Veterinary Services	17 Codman Hill Road Boxborough	978-263-0995 / shepherdvet.com	10%	63+
Subway	Sandwich Shop	255 Main Street Acton	978-263-3800 / subway.com	10%	65 +
Subway	Sandwich Shop	134 Great Road Acton	978-263-8875 / subway.com	10%	65 +
Today's Dental of Boxborough	Dentist	629 Mass Ave Boxborough	978-263-8950 boxboroteeth.com	10%	60 +

Please drop an email to [boxboroughbuzz@gmail.com](mailto:boxboroughbuzz@gmail.com) to let us know if you are aware of any local business that offer senior discounts.

## **Support Services for Seniors**

Minuteman Senior Services provides a variety of services including Meals on Wheels, care management, caregiver support, elder protective services, home care, money management, and referrals to other appropriate resources. For more information call 781-272-7177 (toll free 888-222-6171), or visit [minutemansenior.org](http://minutemansenior.org).

SHINE (Serving Health Insurance Needs of Everyone) provides appointments to discuss Medicare options, call 978-264-1730 or 978-264-1717 to set up an appointment with our Minuteman Senior Services' Medicare Information Specialist.

Medicare: [www.medicare.gov](http://www.medicare.gov), 800-633-4227, TTY 877-486-2048

Social Security: [www.ssa.gov](http://www.ssa.gov), 800-772-1213, TTY 800-325-0778

Alzheimer's Association Helpline: [www.alz.org](http://www.alz.org), 800-272-3900

Cooperative Elder Services in Acton is a non-profit program that provides adult day health services to seniors and adults with medical or cognitive challenges who reside in Acton, Boxborough, and surrounding communities. Call 978-448-1400 or visit [elderdayservices.org/services-acton](http://elderdayservices.org/services-acton) for more information.

Mt. Calvary Community Supper, 472 Mass Avenue, Acton, is open to all, for in-person suppers in their dining room on Wednesdays from 4:45 PM to 5:45 PM. Call 978-263-5156 or visit [mtcalvaryacton.org/communitysupper](http://mtcalvaryacton.org/communitysupper) for more information.

Acton Food Pantry distribution schedule is 10 AM to 7 PM on Wednesdays and 9:30 AM to 11:30 AM on Thursdays, at 235 Summer Road in Boxborough. Closed the fourth week of every month. Call 978-635-9295 or visit [actonfoodpantry.org](http://actonfoodpantry.org).

Fuel Assistance Program is administered by the Southern Middlesex Opportunity Council and helps low-income residents with heating costs between November 1 and April 30. Call the COA at 978-264-1730 or 978-264-1717 to be put in touch with our COA volunteer Robert McNeece for more information.

Key Box Program is a service provided by the Boxborough Fire Department. They install a locked box on the outside of your house which contains a key to your home. This allows them to enter your house should an emergency occur and you are unable to open your door. The box is free of charge and you can call the Boxborough Fire Department at their non-emergency number 978-264-1770 to request a Key Box.

File of Life is a personal medical home file prepared to assist emergency first responders. It provides them with your important medical history and information instantly. This enables them to initiate corrective medical treatment immediately. You can get a version to put on your refrigerator and a version to keep on your person in case of emergencies. They can be picked up at the Town Hall or contact the COA at 978-264-1730 or 978-264-1717 if you have any questions.

Veterans' Services – Contact Veterans' Agent James MacRae 978-929-6614 or stop by his Boxborough office hours at the UCC Church, 723 Mass Avenue, Boxborough on Tuesdays 10 AM – 2 PM.

## FreeBee Popups

A little reminder: The food-only Popups will continue on **Saturdays in August** on the lawn of Boxborough UCC from **10:30 AM to noon** or until the food runs out. For more information visit the website: [bit.ly/3K5gQJX](http://bit.ly/3K5gQJX).

**Submit items for the September issue by August 2  
to [boxboroughbuzz@gmail.com](mailto:boxboroughbuzz@gmail.com)**



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



Change Service Requested

Permit No. 26

Acton, MA

U.S. Postage Paid

Standard

Pre-Sort

Boxborough, MA 01719

26 Middle Road

Boxborough Town Hall

Boxborough Council on Aging