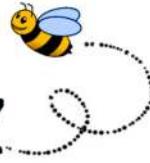


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

September 2023

Council on Aging

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COA Board

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Anne Canfield, Vice Chair
Karen Whitcomb, Secretary
Tina Bhatia
Barbara Birt
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September Lunch



RiverCourt Residences is sponsoring our next lunch at the **Community Center** on **Wednesday, September 13** from **noon to 1 PM**. They are serving a green salad, with a choice of meat or vegetable lasagna, rolls, and dessert. You may **RSVP** to the COA beginning Tuesday, September 5 by calling 978-264-1717.

RiverCourt Residences is a senior living community in Groton that offers independent and assisted living apartments. They also have a memory care unit for individuals with Alzheimers, dementia, and other memory issues. They offer a full range of services, care options, amenities, and social activities.

We have invited Peter Light, Superintendent of the Acton-Boxborough Regional School District, to say a few words at the beginning of the lunch.

Out to Lunch

Are you interested in trying some Asian fusion food? Then meet at **Taka Asian Cuisine** on **Monday, September 18** at **11:30 AM**. Taka is located at **The Point in Littleton, 602 Constitution Ave.** Visit their website at takalittleton.com to view their lunch specials. Remember to ask for separate checks. **RSVP** to cregan@boxborough-ma.gov or 978-264-1730.

Boxborough Fifer's Day

Fifer's Day will take place **Saturday, September 2** at **Flerra Meadows** on **Stow Road**, with a rain date of September 3. The day commences at **9:30 AM** with the Fifer's 4-Mile Road Race (rain or shine). The announcement of the Golden Fife Award will occur about **noon**. The fair will then commence and includes food and barbecue (including a vegetarian option), children's activities, a volleyball tournament, booths representing Town organizations, and a craft fair. There will be live music throughout the afternoon. Go to fifersday.org for more information or to sign up for a nonprofit booth, craft booth, road race, or the volleyball competition. If you would like to get involved with planning or helping on the day, contact boxboroughminutemen.org/contact-us at the Boxborough Minutemen Company website.

Coordinator's Corner

The last days of summer are approaching but we still have plenty of sunny days to enjoy. Along with getting outside for fresh air and sunshine, I encourage you to join the many activities that we have planned for September. Please remember to RSVP for all the events and programs that fit into your schedule.

You can connect with old friends and have the opportunity to meet some new ones. The Elder Care Alliance reports that socialization can reduce stress, ward off anxiety and depression, and reduce the risk of some physical health concerns. "Socialization may improve memory and longevity as it reduces stress and isolation." Come to the *Happiness for Seniors* program on September 7 at the Library to learn more about making your life happier in your senior years.

*Happy September,
Kim*

Coffee & Chat with Kim



Stop by the Community Center on **Wednesday, September 27 at 10:30 AM** for a cup of coffee or tea and an informal chat with Council on Aging Coordinator, Kim Dee. Bring a friend and spend some time talking with Kim and other Boxborough seniors about common interests, reminiscing about days gone by, or discussing ideas for future COA programming.

Well Adult Clinic

The Nashoba Associated Boards of Health will offer their Well Adult Clinic on **Wednesday, September 13 from 11:15 AM to 12:15 PM** at the **Community Center**. This clinic allows adult residents to drop in for personalized one-on-one attention from our public health nurse, Alicia Lepardo. She can provide blood pressure checks, blood sugar screening, general health counseling, resource information, and referrals. There will not be a Well Adult Clinic in October due to the districtwide flu clinics that will be held that month.



Public Safety

Hello Residents!

Things to keep in mind as summer is coming to an end:

- Do not overload outlets or power strips.
- Repair or discard anything with a frayed wire.
- Use one appliance per outlet, especially if it is a heat generating appliance.
- Do not run electrical cords under rugs or let them get pinched by furniture.
- Use extension cords temporarily as they are not designed for long-term use.
- Place space heaters at least 3 feet away from anything that can burn.
- Have a licensed electrician inspect your electrical system every 10 years.



If you have any questions about fire safety, always feel free to call the Boxborough non-emergency line at 978-264-1770 or visit us at the Boxborough Fire Department.

Have a great month!

*FF/EMT/COA Liaison
Courtney Panaro*

Happiness for Seniors: What It Is and How to Get It

The definition of happiness is different for everyone. What is your definition of happiness? We all face the challenge of building a life that has meaning to us and is rewarding in our senior years. This presentation will discuss how to get to a stage of contentment and build a meaningful life at any age. Popular speaker Henry Quinlan will present his program about Happiness for Seniors at the **Library** on **Thursday, September 7 at 1:30 PM**. **RSVP** to Kim at 978-264-1717.



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

- **September 10**
- **October 8**
- **November 12**

Fall 2023 Yoga and Zumba Classes

Registration begins on **Tuesday, September 5** for Boxborough residents. Nonresidents may register beginning **Tuesday, September 12** if space is available. Registration forms will be posted on Boxborough's COA web page. You may also stop by the COA office to pick up a form. The minimum class size is six Boxborough residents. Please make checks payable to the Town of Boxborough.

Yoga with Rebecca

Classes begin on **Thursday, September 28** and run through **Thursday, December 21**.

Chair Yoga Flow is offered at the **Community Center** or via **Zoom** on **Thursdays** from **9:30 AM to 10:15 AM**.

Fee: \$36. Mat Yoga is offered only at the **Community Center** from **10:45 AM to 11:30 AM**. NOTE change in time. Fee: \$36. (*No classes will be held on November 23.*)

Zumba with Gina

Classes begin on **Tuesday, September 26** and run through **Tuesday, November 14**.

Gina Flaherty has been teaching Zumba for many years and has her own studio right here in Boxborough. These Tuesday classes are offered by the COA for seniors and will be held at the **Community Center** from **10:30 AM to 11:15 AM**. Fee: \$32.



Trip to The Butterfly Place and

Kimball Farm Ice Cream

The Butterfly Place, located at

190 Tyngsboro Road in Westford, is an atrium of both tropical and local butterflies. The COA has planned a trip for **Monday, September 25**. Admission price for seniors age 65+ is \$12. Meet us there at **1:15 PM** or take the COA van from Town Hall at 12:45 PM for a \$6 roundtrip. Weather permitting, we will stop at **Kimball Farm** at **400 Littleton Road in Westford** on the way back for ice cream. **RSVP** by September 20 to Cindy at cregan@boxborough-ma.gov or at 978-264-1730.

Boxborough Emergency Assistance Program (BEAP)

BEAP assists Boxborough residents with household expenses, such as medical, housing, transportation, and utilities.

Application forms and program guidelines are available on the Town website at boxborough-ma.gov. To access the form, use bit.ly/3YBlbf. You can also email Wendy Trinks at wtrinks@boxborough-ma.gov or Natalie Steele at nsteele@boxborough-ma.gov, or call 978-264-1735. Paper copies are available at Town Hall and at Sargent Memorial Library.

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, the Library, 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 for details.

FreeBee Market in September

There will be a full FreeBee Market, including food, crafts, books, and plants, on **Saturday, September 9** from **10:30 AM to noon** at **30 Middle Road**. Various community groups will also be represented.

Smaller FreeBee food pop-ups are scheduled for the other Saturdays in the month (including Fifer's Day) at the same time and location. Visit this website: bit.ly/3MZC8bR for more information about these events.

Aging in Place: "Your Life, Your Options"

Please join us for a special presentation on **Thursday, September 28** at **1:30 PM** at the **Community Center**. At that time, Geriatric Consultant Christy Mylott of Mylott Consulting, will provide valuable information on how to stay safe in your home while improving your quality of life. Christy offers free consultations to anyone seeking assistance with senior options, such as placement, aging in place, dementia care, medication management, hospice, and other resources related to the aging process.

Light refreshments will be served. Please **RSVP** to 978-264-1730 or 978-264-1717.

CHNA Program in September

On **Wednesday, September 20** seniors (age 60+) from Boxborough, Acton, and Littleton, are invited to enjoy conversation and free ice cream at **Westford's Kimball Farm, 400 Littleton Road, Westford**. Attendees should meet at **2:30 PM** by the silo near the cow at Kimball's.



RSVP is required no later than **Friday, September 15**. To register, contact Sheryl Ball at sball@actonma.gov or 978-929-6453.

This event is made possible by a CHNA grant, funded by Lahey Hospital and Medical Center, Mt. Auburn Hospital, and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need process, administered by the Acton Health Division.

Talking Book Library Presentation

Do you struggle to read standard print or hold a book comfortably? The Worcester Talking Book Library (WTBL) can help. A librarian will be presenting information on the program and answering questions. Learn more about this free service that lends accessible reading materials, including audio and large print books, via postage-free mail. This presentation will cover how to use a talking book machine, the BARD (Braille and Audio Reading Download) app, large print services, Book Club in a Bag, and Dial-A-Story. Join us on **Thursday, September 21** at **1:30 PM** at the **Community Center** to learn more about the free Talking Book Library. **RSVP** to 978-264-1730 or 978-264-1717 by Wednesday, September 20.

Library News

The following Library activities are scheduled for September:

- Monday Movies from 1 to 3 PM
- Wednesday Knitting Group from 2 to 4 PM (new members are welcome)
- Adult Craft Night - to be scheduled (registration required)
- Wednesday, September 13 from 7 to 8 PM a Zoom program by Author Heather Wolf on *Surprising Ways to Spot Birds Wherever You Are*. Registration required.

For the most up-to-date news, visit the Library website or sign up for *Wowbrary*, the digital newsletter. Also check out staff picks on the Library website.

Boxborough News is growing and now has a website along with some printed articles in the weekly Friday Boxborough edition of Action Unlimited delivered to Boxborough residents by mail. The volunteer news team is committed to independent, neutral reporting of town news and information. For more info, go to boxboroughnews.org or sign up at boxboroughnews@gmail.com for Friday links to the latest stories.

September 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 9-Fitness w/Holly via Zoom	2 Fifer's Day 10:30 FreeBee Pop-up
3 Labor Day Town offices and Library closed.	4 1-Game Day	5 9-Fitness w/Holly 2-Knitting Group	6 9:30-Chair Yoga (Hybrid) 11-Mat Yoga 1:30 Happiness for Seniors with Henry Quinlan	7 9-Fitness w/Holly via Zoom	8 9-Fitness w/Holly via Zoom	9 10:30 Full FreeBee Market
10 2-4 PM Boxborough Museum	11 9-Fitness w/Holly 1-Monday Movies 3-COA Board Meeting	12 1-Game Day	13 9-Fitness w/Holly 11:15-Well Adult Clinic Noon-COA Luncheon Sponsor: RiverCourt Residences 2-Knitting Group 7-Surprising Ways to Spot Birds Wherever You Are	14 9:30-Chair Yoga (Hybrid) 11-Mat Yoga	15 9-Fitness w/Holly via Zoom	16 10:30 FreeBee Pop-up
17 9-Fitness w/Holly 11:30 Out to Lunch Taka-Littleton 1-Monday Movies	18 1-Game Day	19 9-Fitness w/Holly 2-Knitting Group 2:30 CHNA Event-free Ice Cream at Kimball Farm	20 9:30-Chair Yoga (Hybrid) 11-Mat Yoga 1:30 Talking Book Library Presentation .	21 9-Fitness w/Holly via Zoom	22 9-Fitness w/Holly via Zoom	23 10:30 FreeBee Pop-up
24 9-Fitness w/Holly 12:45 Van leaves Town Hall for Butterfly Place & Kimball Ice-Cream 1-Monday Movies	25 10:30-Zumba w/ Gina 1-Game Day	26 9-Fitness w/Holly 10:30 Coffee and Chat with Kim 2-Knitting Group	27 9:30-Chair Yoga Flow (Hybrid) 10:45-Mat Yoga 1:30 Aging in Place, Your Life, Your Options	28 9-Fitness w/Holly via Zoom	29 9-Fitness w/Holly via Zoom	30 10:30 FreeBee Pop-up

Save the Date: Fall Town Meeting is scheduled to start on November 6.

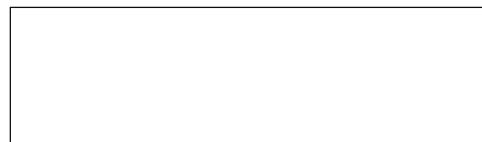
Reminders:

- Computer, smart phone and IT help is available by several tech savvy volunteers by calling the COA.
- Applications for the Senior Tax Work-off Program will be available on our website after October 1, 2023 for the next year, which begins on November 1.

Submit items for the October issue by September 4
to boxboroughbuzz@gmail.com



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