

THE

BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



November 2023

Council on Aging

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November Lunch

Benchmark Senior Living at Robbins Brook in Acton is sponsoring our COA lunch on **Wednesday, November 8** from **noon to 1 PM** at the **Community Center**.

Benchmark's chef will be preparing brisket, mashed potatoes, green beans, rolls, and dessert.

Benchmark is located throughout the Northeast, offering independent living, assisted living, memory care, continuing care retirement communities, and respite care options.

Space is limited. **RSVP** beginning October 31 by sending an email to cregan@boxborough-ma.gov or by calling 978-264-1730.

Entertainment: Stage Coach Inn Ramblers

Are you ready to do some knee-slapping, hand-clapping, and toe-tapping? If so, join us on **Wednesday, November 8 at 1:30 PM** at the **Community Center** for a Country Music performance by the four-person group, the Stage Coach Inn Ramblers. This talented group includes musicians who play the fiddle, guitars, and mandolin, and a singer who performs songs made famous by country music stars like Hank Williams. This entertainment follows our lunch so stay for the fun or just come for the show after lunch. Please **RSVP** to 978-264-1730.

Fall Town Meeting

Boxborough's Fall Town Meeting takes place **Monday, November 6** in the **Blanchard School Gymnasium**. The meeting starts promptly at **7 PM**, with voter check-in at 6:30 PM.

The Warrant will be mailed to every household in Boxborough the second half of October and will also be available on the Town website. There are 15 articles on the Warrant, with 9 consent-agenda articles that may be voted on with no debate. To be eligible to vote, you must be registered. The last date to register is Friday, October 27.

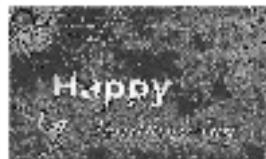
Coordinator's Corner

November greetings! A special thanks to all our veterans and their family members who supported them as they put their lives on hold to serve our country. Freedom isn't free; it has been earned by the men and women who joined our armed services to protect the United States of America. All of them gave something while some gave their lives to keep us "the land of the free and the home of the brave."

We have so much to be thankful for every day. To prove it, I challenge you to make a list of things that you are thankful for at the beginning of the month. Add one thing to the list every day. By Thanksgiving, you should have quite a list.

I will start you off with the fact that I am thankful to be living in the United States and to work for the wonderful community of Boxborough, Massachusetts.

Best,
Kim



Well Adult Clinic

The Well Adult Clinic will be held on **Wednesday, November 8** from **11:15 AM to 12:15 PM** at the **Community Center**. The Nashoba Associated Boards of Health's public health nurse, Alicia Lepardo, can provide blood pressure checks, blood sugar screenings, and general health counseling.



Podiatry Clinic

The next Podiatry Clinic with Dr. Alissa Kuizinas will be on **Monday, December 4** from **11:30 AM to 3:30 PM**. Please call 978-264-1717 or 978-264-1730 to request an appointment time. The cost is \$35, cash or check, for toenail trimming, callus treatment, and an overall foot health check.



Coffee & Chat with Kim & Veterans'

Agent, James MacRae

Stop in and join us for a free cup of coffee or tea and casual conversation with Kim and Boxborough's Veterans' Agent, James MacRae, on **Wednesday, November 29 at 10:30 AM** at the **Community Center**.

Trip to the Addison Gallery of American Art

The Addison Gallery is located on the campus of Phillips Academy in Andover. Per the gallery's website, "The Addison Gallery's collection of American art is one of the most comprehensive in the world, including more than 25,000 objects spanning the 18th century to the present." The collection includes paintings, sculptures, photography, drawings, prints, and decorative arts. It also has an assortment of American ship models.

The COA has booked a group guided tour on **Wednesday, November 15 at 10:30 AM**. The tour is free! Meet at the museum at the corner of **Main Street** (Route 28) and **Chapel Avenue** in **Andover** or take the COA van from Town Hall at 9:45 AM for \$6 roundtrip. Please **RSVP** by **November 9** To cregan@boxborough-ma.gov or 978-264-1730.

Harpist Susan Wright Regan

Susan Wright Regan is a senior harpist who lives in Waltham. She was a dancer, choreographer, and instructor at her studio *Dance Wright* in Watertown for 52 years. After she retired, Susan studied the harp for a few years and now shares her music with others. Her purpose is to spread a little joy and peace, and her motto is: "From My Harp to Your Heart."



On **Wednesday, November 29 at 1:30 PM**, Susan will be at the **Community Center** to play old favorites, classical pieces, and holiday music. If you would like to join us, please **RSVP** to 978-264-1717 or 978-264-1730.

Zumba with Gina

Registration begins on Monday, October 30 for Boxborough residents. Nonresidents may register beginning Tuesday, November 7 if space is available. Registration forms will be posted on Boxborough's COA webpage. You may also call 978-264-1730 to request a form. The minimum class size is six Boxborough residents. Fee is \$32. Please make checks payable to the Town of Boxborough.

Classes begin on **Tuesday, November 21** and run through **Tuesday, January 16**. Classes are held on Tuesdays from **10:30 AM to 11:15 AM** at the **Community Center**. *No classes will be held on 12/26.*

Winter Fitness with Holly

Registration begins on Monday, November 13 for Boxborough residents. Nonresidents may register beginning Monday, November 20 if space is available. Registration forms will be posted on Boxborough's COA webpage. You may also call 978-264-1730 to request a form. The minimum class size is six Boxborough residents. Please make checks payable to the Town of Boxborough.

Classes begin on **Monday, December 11** and run through **Monday, March 11**. 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 12/25, 12/27, 12/29, 1/1, 1/15 and 2/19.)*

Please note that registration for Yoga with Rebecca will be in December.

Preventing Healthcare Fraud

The Massachusetts Senior Medicare Patrol (MA-SMP) Program raises awareness about protecting, detecting, and reporting healthcare errors, fraud, and abuse.

Healthcare fraud is intentional deception or misrepresentation. Healthcare errors are unintentional incidents or practices while abuses are intentional. Approximately 98,000 lives are lost annually due to medical errors.

The MA-SMP Program provides educational sessions to empower Medicare and Medicaid beneficiaries, family members, caregivers, and professionals on the importance of being engaged healthcare consumers.

Scott Sumundza will be at the **Community Center** on **Thursday, November 16** at **1:30 PM** to explain more. RSVP to 978-264-1730 or 978-264-1717 to let us know if you are planning to attend.

MA-AMP is a national program under Elder Services of the Merrimack Valley, Inc. since 1999. It is funded by the Administration for Community Living, a division of the Administration on Aging, U.S. Department of Health and Human Services



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

- **Sunday, November 12**
- **Saturday, December 2**
- **Sunday, January 14**

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 **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 the Community Center, Town Hall, the Library, or 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.

Field Trip to Acton Boxborough

Regional High School

Boxborough and Acton seniors are invited on a trip to ABRHS on **Tuesday, November 7** at **9:30 AM**. Seniors will be picked up at Boxborough Town Hall by a yellow school bus. Upon arrival, there will be a short tour of the school followed by a presentation with question-and-answer session by Superintendent Peter Light and Principal Joanie Dean.

Attendees will then have lunch with small groups of current students to compare notes on school experiences then and now. After lunch, seniors will return by bus to Town Hall. **RSVP** by November 1 to Cindy at 978-264-1730 or Kim at 978-264-1717.

Merrie Christmas Fair/Silent Auction

Kick off the holiday season by joining your friends and neighbors at Boxborough's **United Church of Christ** on **Saturday, November 18** from **9 AM to 1 PM**. The fair features a variety of things to purchase including handmade items, Christmas decorations, holiday greens, and baked goods. Other popular features include "Attic Treasures," a children's table, and a snack bar. Gift-wrapping service will be available.

The Silent Auction, offering a unique array of items, will be held online. Participation is open starting **November 8 at 8 AM** and will end **November 18 at 8 PM**. Visit biddingforgood.com/UCCBSilentAuction for details.

At the fair, expect a visit from Santa Claus as well as music provided by Phyllis Fallon and the Workingman's Duo.

Exact cash is encouraged for purchases, but payment by check or credit/debit card will be accepted. For additional information, call 978-263-7387. Ten percent of the profits will go to the Boston Area Gleaners.



Senior Read Program

The Acton and Boxborough Council on Aging Boards are working in collaboration with the Acton-Boxborough Regional School District to develop a program for seniors from our communities to read to children in kindergarten through third grade.

A pilot Senior Read Program was successfully conducted last spring. Acton and Boxborough seniors (age 60+), teachers, children, and administrators engaged in creating a warm, lively, and fun atmosphere while reading to classes K through 2 in the Blanchard and Conant Schools.

Each reading session will be approximately 30 minutes, and the books will be provided for you to preview before reading to the children. You also will receive guidelines to familiarize you with the school and classrooms.

If you are interested in the opportunity to read to children in any of the district's elementary schools, you will need to fill out a form. To learn more about this program and to request a form, please email Kim at kdee@boxborough-ma.gov or call her at 978-264-1717.

One Hour for the Planet

Please join us at the **Community Center** on **Wednesday, November 15** from **1:30 to 2:30 PM**. (Prompt starting and ending times!) Based on the 2040 Book Club, enjoy an hour of engagement in gamesmanship about our planet. For 30 minutes, test your knowledge as you rank climate solutions. You may be surprised by some of the answers! Then for 30 more minutes, engage in small "book club" groups to talk about ways personal changes can help achieve net-zero emissions over time. RSVP to kdee@boxborough-ma.gov or 978-264-1717.

"Every problem is a solution in disguise."
Damon Gameau





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 and contact: annemcne@comcast.net.

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

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

Mat Yoga with Rebecca In-Person Floor and standing yoga poses and strength exercises for seniors, for stretching and flexibility. Meets Thursdays at 10:45 AM.

Well Adult Clinic Held on the second Wednesday 11:15 AM. Nashoba Associated Boards of Health hosts a monthly wellness check for all ages.

Zumba with Gina Class meets in-person at Community Center, Tuesdays at 10.30 AM.

Do not forget to sign up for the trips, events, and classes!



Trip to Addison Gallery of American Art on Wednesday, November 15 at 10:30 AM. RSVP by Tuesday, November 14.



Coffee and Chat with Kim - Guest: Veteran Agent James MacRae on Wednesday, November 29 at 10:30 AM at the Community Center.

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 _____

November 2023

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|---|--|--|--|---|--|--|
| | | | 1 9-Fitness w/Holly 2-Knitting Group | 2 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga | 3 9-Fitness w/Holly via Zoom 5 PM – 7 PM Book Sale- (Members' Preview) | 4 9 AM – 2 PM Book Sale |
| 5 2 PM – 4 PM 'Everything Must-Go' Book Sale Daylight savings time starts | 6 9-Fitness w/Holly 1-Monday Movies 7- Fall Special Town Meeting 6:30 Check-in begins. | 7 9:30 Field Trip to ABRHS 10:30-Zumba w/Gina 1-Game Day | 8 9-Fitness w/Holly 11:15-Well Adult Clinic Noon-COA Luncheon Sponsor: Benchmark at Robbins Brook 1:30-Stagecoach Inn Ramblers 2-Knitting Group | 9 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 2-3 Grief Support at Library | 10 9-Fitness w/Holly via Zoom | 11 Veterans' Day |
| 12 2-4 PM Boxborough Museum | 13 9-Fitness w/Holly 1-Monday Movies 3-COA Board Meeting | 14 10:30-Zumba w/Gina 1-Game Day | 15 9-Fitness w/Holly 10:30-Tour of Addison Gallery of America 9:45 Van leaves Town Hall 1:30 One Hour for the Planet 2-Knitting Group | 16 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30 Medicare Fraud with Scott Sumundza | 17 9-Fitness w/Holly via Zoom | 18 9 AM– 1 PM Merrie Christmas Fair at UCC |
| 19 | 20 9-Fitness w/Holly 1-Monday Movies | 21 10:30-Zumba w/Gina 1-Game Day | 22 9-Fitness w/Holly 2-Knitting Group | 23 Happy Thanksgiving Town offices and Library closed | 24 | 25 |
| 26 | 27 9-Fitness w/Holly 1-Monday Movies | 28 10:30-Zumba w/Gina 1-Game Day 1-Adult Craft Time at Library | 29 9-Fitness w/Holly 10:30 Coffee and Chat with Kim Guest: James MacRae 1:30 'Harpy Holidays' Harpist- Susan Wright Regan 2-Knitting Group | 30 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 6 PM -Adult Craft Time at Library | | |

Out of Town Mt. Calvary Church, Acton

Community Supper, Wednesday, 4:45 to 5:45 PM

November Library News

- Friends of the Boxborough Library Book Sale will take place November 3, 4, and 5 in the meeting room of the Library. See event calendar at bit.ly/45t6wEd for details.
- Adult Craft Time will be on Tuesday November 28 at 1 PM, and Thursday November 30 at 6 PM. Check the Library's event calendar at bit.ly/45t6wEd for details and to register.
- The Library will be lending space for the Nashoba Associated Boards of Health to run a monthly, drop-in, Grief and Healing Support Group on the second Thursday of the month, November 9 at 2 PM.

Facilitated by grief counselor Karen Campbell, this support group offers a safe space to share experiences of the grief journey. The group honors all types of grief, including grief due to loss, change and transitions. In recognition that grief has no time frame, those who grieve are welcomed at any time in their journey.

For more information, please contact Karen at 978-772-3335 x 322.

Boxborough News

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 information, go to boxboroughnews.org or sign up for Friday links to the latest stories at boxboroughnews@gmail.com.



A Thanksgiving Un-Scrambler

The words in this list are all familiar words that are somehow related to Thanksgiving. However, the letters in each word are scrambled up. Your challenge is to unscramble all 8 words in 5 minutes—or less! If you succeed, you are a champion unscrambler! (**Answer Key is on the back page.**)

| | |
|------------------|-------|
| 1. p m n u i k p | ----- |
| 2. y m i f l a | ----- |
| 3. d f s e r i n | ----- |
| 4. u q h s a s | ----- |
| 5. u r s n p t i | ----- |
| 6. e r t k y u | ----- |
| 7. k s n h a t | ----- |
| 8. i o h y l a d | ----- |

Household Hints

- Save money by buying the least expensive dishwasher soap, then add a few teaspoons of vinegar to the dishwasher. The vinegar cuts the grease and leaves the dishes spot-free and sparkling.
- Keep an empty soda bottle handy in case you need a hot water bottle. Just fill it up with hot water, wrap in a towel and there you go!
- To slow the tarnishing process of silver, place a piece of chalk in your silver chest or drawer. The chalk will absorb moisture and your silver will not tarnish so quickly.
- If you place bay leaves in all your kitchen drawers and in the flour and sugar containers, you will keep any crawling critters away.
- Mice can't stand the smell of fresh peppermint – so plant it around your house or put some oil of peppermint on a piece of cloth and place it in locations you suspect the mice may be visiting.

Eastern Standard Time returns on Sunday, November 5. Don't forget to turn your clocks back on Saturday night, November 4.

The SHINE Counselor is available for one-on-one counseling. Call Kim at 978-264-1717 to request an appointment.

Puzzle Answer Key

1. pumpkin; 2. family; 3. friends; 4. squash; 5. turnips; 6. turkey; 7. thanks; 8. holiday.

Submit items for the December issue by November 6
to boxboroughbuzz@gmail.com



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Change Service Requested

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