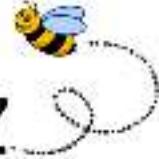


THE

BOXBOROUGH BUZZZ

SENIOR NEWS YOU CAN USE



December 2023

Council on Aging

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COA Board

Anne Canfield, Chair
Bill Litant, Vice Chair
Karen Whitcomb, Secretary
Tina Bhatia
Barbara Birt
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Recording Secretary
Patty Gayowski, Treasurer
Alan Rohwer,
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Loretta Grushecky
Mary Nadwairski
Georgia Winfrey

Buzz Production Team

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

December Lunch

The Friends of the Council on Aging will host its annual holiday lunch on **Wednesday, December 13**. Lunch will consist of a ham dinner with dessert. Following lunch, we will be treated to a performance by the Acton-Boxborough Regional High School Madrigal Singers. Dressed in renaissance costumes, the singers will serenade guests with traditional holiday carols and songs. Please note that this lunch will start at **noon**. Space is limited. **RSVP** beginning Monday, December 4, by sending an email to cregan@boxborough-ma.gov or by calling 978-264-1730 or 978-264-1717.

Holiday Songs with Dr. Ed Knights

Do you like to sing? Then here is your chance to join together with Dr. Ed Knights and others who share a similar interest. Dr. Knights will bring a different set of songs for us to sing every month. The kick-off event for this new program will be on **Thursday, December 7 at 1:30 PM at the Community Center**. Dr. Knights will lead the group in songs of the season. He will provide the lyrics, while you provide the voices. Themes for subsequent months may include Broadway tunes, folk songs, and songs from your favorite decade. **RSVP** to 978-264-1717 or kdee@boxborough-ma.gov o to participate in this joyful event.

Night Lights at NE Botanic Garden at Tower Hill

Celebrate the season with a festive light display at Tower Hill. The COA has purchased a limited number of tickets for the **4:30 PM** viewing on **Monday, December 11**. Due to the generosity of the FCOA, the cost of the non-refundable ticket is **\$14** per person, which includes the indoor conservatories. Expect an outdoor walking experience through illuminated paths and gardens so dress for the weather. Meet us there or take the COA van for free. The van will leave Town Hall at 3:45 PM. **RSVP** to Cindy at 978-264-1730 or 978-264-1717. **New England Botanic Garden at Tower Hill** is located on **11 French Drive** in **Boylston**. Visit their website at nebg.org for more information.

Coordinator's Corner

Happy Holidays! Happy New Year 2024! I hope you will sign up for all the special programs that we have coming up. It is nice to get out of the house once in a while and we would love to see you.

Please remember to follow good health and safety practices throughout these colder months. Wash your hands often and stay home if you are not feeling well.

Please consider receiving this newsletter electronically. Call 978-264-1717 or email me at kdee@boxborough-ma.gov to put your name on our email list. All those on the Buzz email list by January 1, 2025 will be entered into a drawing for a \$25 gift card.

Sending you smiles and good wishes for happiness and good health this winter and in the New Year!

Best,
Kim

Well Adult Clinic

The Well Adult Clinic will be held on **Wednesday, December 13** from **11:15 AM to 12:15 PM** at the **Community Center**, just before the monthly lunch. The Nashoba Associated Boards of Health's public health nurse, Alicia Leopardi, 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 **10:30 AM to 3:30 PM** at the **Community Center**. The clinic is currently full but, please call 978-264-1717 or 978-264-1730 to request to be put on the waitlist. You will have priority with the next podiatry clinic in January. The cost is \$35. cash or check, for toenail trims, callus treatment and overall foot health check.



Coffee & Chat with Kim



Warm up with a free cup of hot coffee or tea and join Kim for some casual conversation on **Wednesday, December 27 at 10:30 AM** at the **Community Center**.

Winter 2024 Yoga with Rebecca

Registration begins on **Monday, December 4** for Boxborough residents. Non-residents may register beginning **Monday, December 11**, if space is available. Registration forms will be posted on Boxborough's COA webpage at bit.ly/3ev7eMI. Forms will also be available at the COA office. Please make checks payable to the Town of Boxborough.

Classes begin on Thursday, January 4 and run through Thursday, March 28. Chair Yoga 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 at the Community Center from 10:45 to 11:30 AM. Fee: \$36.

Out to Lunch

If you like good food at reasonable prices then Stevie's Café may be the place for you. Meet there at **11:30 AM on Monday, December 18**. Stevie's Café is located at **1 Monarch Drive** in **Littleton**. Visit their website at eatastevies.com/menu to view their menu.

RSVP to crgan@boxborough-ma.gov or 978-264-1730.

Information Technology Assistance

Our Information Technology (IT) Assistance Program is in place to support Boxborough seniors with their computer, cell phone, and internet questions and issues. Several Boxborough residents have volunteered for this program. If you need IT help, call 978-264-1730 or 978-264-1717. We will put you in contact with one of our knowledgeable volunteers and they will set up an in-person meeting at the Town Hall or at the Community Center or a telephone conference to help you with your computer or cell phone related issues. 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.

Magic Moments

Do you believe in magic? On **Thursday, December 28** at **1:30 PM**, you will have a chance to answer this question. Lyn Dillies, a highly acclaimed illusionist, will present her show at the **Community Center**. Lyn has performed throughout the country from New York's Lincoln Center to Hollywood's Magic Castle. Her shows are known for illusions that defy the eye, audience participation, and her "enchanting" personality. Please plan to join in the fun and continue the magic of the holidays as you experience Lyn wowing attendees with her powers of prestidigitation! Light refreshments will be served. **RSVP** 978-264-1730 or 978-264-1717.

December Library News

- The ABRHS Madrigals Holiday Concert is still being arranged so "stay tuned."
- Baby Penguin Needle Felting
On Tuesday, December 5 from 5 to 7 PM, learn how to needle felt a baby penguin with Jennifer McCarthy, owner of The Felted Bee. Registration is required.
- Boston Tea Party
See a virtual presentation on Saturday, December 16 from 2 to 3 PM about the 250th Anniversary of the Boston Tea Party. Anglophile Claire Evans and Debra Dudek will discuss the history of the Boston Tea Party. Registration is required.
- Monday Movies
Monday Movies at 1 PM had a great run. However, attendance has been low so this will be the last month of movies.

Public Safety

As we approach the holidays and winter weather, there are important safety reminders to keep in mind.

- During any winter storm always remember to have your headlights on and drive slowly.
- Before a storm to go to the store for extra food in case you cannot get out for a time.
- Make sure you have extra batteries in the house and flashlights for power outages.
- Always make sure your smoke and carbon monoxide detectors are working properly.
- When cooking during the holidays, carefully clean up grease spills, keep pot handles turned inward, and remain in the kitchen when boiling, broiling, or frying food.
- Do not overload power strips and be careful where placing extension cords to avoid tripping hazards.
- Be safe and remember to call 911 during any fire and medical emergencies.

FF/EMT/COA Liaison

Courtney Panaro

Community Holiday Support Needed

Boxborough Community Services is collecting gift cards for Boxborough families who need help with groceries and gifts for the holidays. Gift Card Donations for Market Basket, Roche Brothers, Target, Walmart, etc. are being accepted. Please drop them off at Town Hall in a sealed envelope addressed to Wendy Trinks, Community Services by **December 11**. If you have any questions, please contact Wendy Trinks, Community Services Coordinator, wtrinks@boxborough-ma.gov or 978-264-1735.

COA Van Services

COA van services are available to Boxborough residents age 60 or older, and to adults with disabilities age 18 and older. 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.

Boxborough Tree Lighting

Boxborough's Public Ceremonies and Celebrations Committee (PCCC) will hold the 2023 Tree Lighting Ceremony on **Saturday, December 2 at 4:30 PM**. A special guest will turn on the tree lights, followed by a performance by the Blanchard School Brass Ensemble and the Blanchard Choir. Santa will arrive around **4:45 PM**, after which light refreshments will be served under the tent at the Boxborough Museum.

The event is held at the intersection of **Middle and Hill Roads** and will take place rain or shine. This intersection will be closed to traffic around 4 PM, and road closure signs will indicate where parking is allowed, as well as where it is not allowed. Please obey the signs and park only in the areas designated for parking. The PCCC hopes you will join with family, friends, and neighbors to enjoy this special event.

Toys for Tots

The Boxborough Fire Department will once again collect new, unwrapped toys for the Toys for Tots program. Donations are currently being accepted and can be dropped off at the Fire Department. The last day for donations is Saturday, December 9.

The Fire Department appreciates the continued generosity of the Boxborough community. Contact Captain Malinowski at jmalinowski@boxborough-ma.gov for any questions.

Santa Claus Is Coming to Boxborough

Santa is returning to Boxborough on **Sunday, December 17** from **9 to 11 AM**. He will be escorted by a Boxborough fire engine and other public safety vehicles. A schedule of his stops will be posted closer to the date on the Town website, the BFD Facebook page, and *Boxborough News*.

Santa's escorts will be collecting food for the Acton Food Pantry during his trip around Town. If you have any questions about this event, contact Captain Jason Malinowski at jmalinowski@boxborough-ma.gov.

Christmas Tree Pickup

The Boxborough Minutemen will again be collecting and (with help from the Boxborough DPW) disposing of Christmas trees from Boxborough residents on **Saturday, January 6, 2024**. Look for information and the online sign-up forms at the Boxborough Minuteman website boxboroughminutemen.org in mid to late December.



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

- **SATURDAY, December 2**
- **Sunday, January 14**
- **Sunday, February 11**

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

The Friends of the Council on Aging provides financial and volunteer support for programs, classes, and special events of 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 _____

December 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 9-Fitness w/Holly via Zoom	2 2-4-Boxborough Museum 4:30-Holiday Tree Lighting
3 9-Fitness w/Holly 11:30-Podiatry Clinic 1-Monday Movies	4 10:30-Zumba w/Gina 1-Game Day 5-7-Needle Felting at Library	5 9-Fitness w/Holly 2-Knitting Group	6 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30 Holiday Sing with Dr. Ed Knight	7 9-Fitness w/Holly via Zoom	8 9-Fitness w/Holly via Zoom	9
10 9-Fitness w/Holly 1-Monday Movies 2-COA Meeting 3:45-Trip to Night Lights at Tower Hill	11 10:30-Zumba w/Gina 1-Game Day	12 9-Fitness w/Holly 11:15-Well Adult Clinic Noon-COA Luncheon Sponsor: Friends of the COA, followed by The Madrigal Singers 2-Knitting Group	13 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	14 9-Fitness w/Holly via Zoom	15 2-3-Boston Tea Party Presentation via Zoom	16
17 9-11-Santa Claus is coming to Boxborough	18 9-Fitness w/Holly 11:30 Out to Lunch-Stevie's Cafe 1-Monday Movies	19 10:30-Zumba w/Gina 1-Game Day	20 9-Fitness w/Holly 2-Knitting Group	21 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	22 9-Fitness w/Holly via Zoom	23
24 Christmas Day	25 Town Offices and Library closed	26 1-Game Day 1-Adult Craft Time at Library	27 10:30-Coffee and Chat with Kim 2-Knitting Group	28 1:30-Magic Moments Lyn Dillies	29	30

Out of Town Mt. Calvary Church, Acton

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

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home. Go to Covid.gov/tests or call 1-800-232-0233 to order yours.

Submit items for the January 2024 issue by December 4, 2023
to boxboroughbuzz@gmail.com



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Change Service Requested

Boxborough Council on Aging
Boxborough Town Hall
26 Middle Road
Boxborough, MA 01719
U.S. Postage Paid
Standard
Pre-Sort
Permit No. 26
Acton, MA