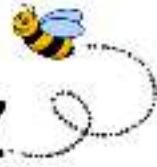


THE

BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



February 2024

Council on Aging

Kimberley Dee,
COA Coordinator
978-264-1717
kdee@boxborough-ma.gov

COA Board

Anne Canfield, Chair
Bill Litant, Vice Chair
Karen Whitcomb, Secretary
Tina Bhatia
Barbara Birt
Maureen Masciola
Marney Stoumbelis
John Fallon, FCOA Liaison
Maria Neyland,
FinComm Liaison
David McKiernan, Select
Board 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

February Lunch

The Rotary Club of Acton-Boxborough is sponsoring our February lunch on **Wednesday, February 14 at noon** at the **Community Center**. They will be serving chicken, broccoli, and ziti casserole with a green salad, rolls and butter, and a Valentine themed dessert. There will be a vegetarian option. Space is limited. Please **RSVP** beginning Monday, February 5, by emailing kdee@boxborough-ma.gov or by calling Kim at 978-264-1717.

The Rotary Club prides itself as being people in action volunteering for service above self. It seeks to make a difference in the lives of people in need, both locally and worldwide.

Memories in Music

Please join us **Wednesday, February 7 at 1:30 PM** in the **Community Center** where Brian Corcoran will entertain with songs such as "Sentimental Journey," "As Time Goes By," and "Swinging on a Star." His show includes a sing-along with classics such as "Beautiful Dreamer," "Let Me Call You Sweetheart," "Moonlight Bay," and more. Brian will also share humorous stories about growing up as one of 15 kids.

Brian performs Irish music in Irish pubs, night clubs, and concert halls throughout the United States, Ireland, and Canada. He also performs in nursing homes, assisted living facilities, Alzheimer units, rehab centers, and senior centers. To **RSVP** for this musical journey down "memory lane," call 978-264-1717.

Traditional Dance of India

Sharanya Baradwaj, a junior at ABRHS, has performed in various dance shows and competitions and has won many awards. She is a talented and committed dancer constantly looking for opportunities to dance. In this pursuit, she has been presenting her culture and dance to audiences of all ages in New England communities.

Sharanya will be performing on **Thursday, February 22 at 1:30 PM** at the **Community Center**. Please **RSVP** to Kim at kdee@boxborough-ma.gov or call 978-264-1717. Light refreshments of Indian finger foods, some savory and some sweet, will be served. A vegetarian option will be available.

Coordinator's Corner

February Greetings!

I am happy to announce that we have a new program called *Ask a Lawyer* that is starting this month, and we also have a new Zumba® instructor starting in February. See the respective articles for more information.

You are invited to two entertainment programs this month. Brian Corcoran will be performing popular songs from yesterday on February 7 and Sharanya Baradwaj will be performing traditional Indian dance on February 22. Mark your calendar and RSVP to me at kdee@boxborough-ma.gov or at 978-264-1717.

Winter weather can create difficulties for ourselves as well as our neighbors. If you know of a frail elder, give them a call to see if you can offer them any help. Sometimes a friendly call can mean the world to someone who lives alone.

Warm Regards,
Kim

Well Adult Clinic

Our Nashoba Associated Boards of Health Nurse, Alicia Lepardo, will be at the **Community Center** on **Wednesday, February 14** from **11:15 AM to 12:15 PM**. She is available to check your blood pressure and discuss any health issues.



Podiatry Clinic



Please call 978-264-1717 after February 5 to make an appointment with Dr. Alissa Kuizinas to get your toenails trimmed or your calluses treated.

Her next Podiatry Clinic will be on **Wednesday, February 28** at the **Community Center**. The hours are **10:30 AM to 3:30 PM**. Her services cost \$35 and she accepts cash or check.



Coffee and Chat with Kim



Drop by and join Kim Dee and some other Boxborough seniors for a hot cup of coffee or tea and conversation at the **Community Center** on **Wednesday, February 21 at 10:30 AM**.

Buzz by Email

The winner of the drawing for receiving the Buzz by email is Sandy Verger. We were able to get 24 people to change from receiving the printed Buzz to receiving the Buzz electronically. This will result in lower printing and postage costs to the Town of Boxborough and the COA. Please consider emailing Kim at kdee@boxborough-ma.gov to opt into receiving your Buzz Newsletter by email. You will be glad you did.

Sing-Alongs with Dr. Ed Knights

Warm up those vocal pipes and feed your singing aspirations. Dr. Ed Knights will be conducting not one, but two sing-alongs this month. The first will be held on **Thursday, February 1 at 1:30 PM** at the **Community Center**. It will feature songs from *Fiddler on the Roof*.

On **Thursday, February 15** at the same time and location, Dr. Knights will lead a sing-along consisting of famous love songs to mark Valentine's Day. He will provide the lyrics for both of these events, and you just need to bring your voices and good spirits.

Please **RSVP** for either or both of these dates by emailing kdee@boxborough-ma.gov or calling 978-264-1717.



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

- **February 11**
- **March 10**
- **April 14**

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

Zumba® with Deb

Zumba Gold® is perfect for those looking for a low impact dance fitness class. The design of the class introduces easy to follow choreography that focuses on balance, range of motion, and coordination. Come ready to sweat and prepared to leave empowered and feeling strong! Deb Oliva is a licensed Zumba® instructor and an AFAA certified Group Fitness Instructor. Deb will gauge her instruction based on what she sees as the abilities of the class.

Registration begins on **Monday, February 5** for Boxborough residents. Nonresidents may register beginning **Thursday, February 15** if space is available. Registration forms will be posted on Boxborough COA's webpage. You may also call 978-264-1717 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 Monday, February 26 and run through April 15. Classes are held on **Mondays at 2:30 PM** at the **Community Center**.

Spring Fitness with Holly

Registration begins **Monday, February 12** for Boxborough residents. Nonresidents may register beginning **Monday, February 26**, if space is available. Registration forms will be posted on Boxborough's COA webpage. You may also call 978-264-1717 to request a form. The minimum class size is six Boxborough residents. Please make checks payable to the Town of Boxborough.

(continued next column)

Classes begin on **Wednesday, March 13** and run through **Friday, May 10**. 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, \$36; 2X/week, \$63; 3X/week, \$81.

Ask a Lawyer

Do you have questions or concerns that you might need a lawyer to answer? Not sure? That's ok. Make an appointment with our *Ask a Lawyer* Program, and one of our volunteer lawyers will answer your question or give you the right direction to move forward. Attorney Kitty O'Connor or Attorney Cathleen Summers will be meeting with Boxborough seniors on the **fourth Thursday** of each month for 15-minute appointments from **1:30 to 3:30 PM** at the **Community Center**. The first *Ask a Lawyer* Clinic will be on **Thursday, February 29**. Please call Kim at 978-264-1717 or email her at kdee@boxborough-ma.gov to make an appointment.

February Library News

Culturally Curious Art Talk will present a virtual program on *Bending Towards Justice: African Americans as Subject and Creators in American Art*. The program will be held on **Wednesday, February 21 at 7 PM**. Register at bit.ly/3Sp8dhF.

The popular Needle Felting Workshop will be held on **Tuesday, February 27 at 5 PM** in the **Library**. The session is led by Jennifer McCarthy, owner of the Felted Bee. Register on the Library website event calendar to receive the Zoom link.

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. To book a ride, call 978-264-1717, 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 978-264-1717. Visit our website at bit.ly/3rBYnw5 for details.

February 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
				<i>1</i> 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Sing-along with Dr. Knights - Songs of 'Fiddler on the Roof'	<i>2</i> 9-Fitness w/Holly via Zoom	<i>3</i>
<i>4</i> 9-Fitness w/Holly	<i>5</i> 1-Game Day	<i>6</i> 9-Fitness w/Holly 1:30-Memories in Music with Brian Corcoran 2-Knitting Group	<i>7</i> 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	<i>8</i> 9-Fitness w/Holly via Zoom	<i>9</i>	<i>10</i>
<i>11</i> 2-4 Boxborough Museum	<i>12</i> 9-Fitness w/Holly 2-COA Board Meeting	<i>13</i> 1-Game Day	<i>14</i> 9-Fitness w/Holly 11:15-Well Adult Clinic Noon-COA Luncheon Sponsor: Rotary Club of Acton-Boxborough 2-Knitting Group	<i>15</i> 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Sing-along with Dr. Knights - Famous Love Songs	<i>16</i> 9-Fitness w/Holly via Zoom	<i>17</i>
<i>18</i> Presidents' Day Town Offices and Library closed	<i>19</i> 1-Game Day	<i>20</i> 9-Fitness w/Holly 10:30-Coffee and Chat with Kim 2-Knitting Group 7- Culturally Curious Art Talk at Library	<i>21</i> 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Traditional Dance of India by Sharanya Baradwaj	<i>22</i> 9-Fitness w/Holly via Zoom	<i>23</i>	<i>24</i>
<i>25</i> 9-Fitness w/Holly 11:30-Out to Lunch-Fife and Drum Restaurant at West Concord Northeastern Correctional Center 2:30-Zumba® w/Deb	<i>26</i> 1-Game Day 5-Needle Felting Workshop at Library	<i>27</i> 9-Fitness w/Holly 10:30-Podiatry Clinic 2-Knitting Group	<i>28</i> 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-3:30 Ask a Lawyer	<i>29</i>		

Out of Town Mt. Calvary Church, Acton

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

Out to Lunch

On **Monday, February 26** from **11:30 AM** to **12:30 PM**, you are invited to join us for a special dining experience at the **Fife and Drum Restaurant** at the Northeastern Correctional Center, 976 Barretts Mill Road, West Concord. This restaurant is used as a culinary arts program for inmates housed at the facility.

Before attending this luncheon, please review the following information:

- Bring a state issued ID. (driver's license, etc.)
- Do not bring purses, wallets, keys, or cell phones.
- The meal price is \$3.21. Bring only enough money to pay for your meal.
- If driving your own vehicle, park in visitor parking, which is any of the open parking spots on the right side of the parking lot. Follow the walkway to the Gralton Hill Building on your left, Building Number 1. Go through the double doors; to the left will be the officer's station. You must check-in with the officer and hand in your ID.
- The COA van is available for transportation. It will leave Town Hall promptly at 11 AM. (Roundtrip cost: \$2 per/person.)
- Do not wear jeans.
- Do not tip as inmates are not allowed to handle cash.
- Do not divulge any personal information to inmates.

Further information regarding requirements for dress code and medications/medical devices can be found at *Massachusetts Department of Correction Visitor Dress Code Guidelines*.

Please **RSVP** to Kim: 978-264-1717 no later than February 21.

The Friends of the Council on Aging provides financial and volunteer support of programs, classes, 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!

AARP Tax-Aid Program

AARP is offering their Tax-Aid Program to Boxborough seniors at the Acton Senior Center on Mondays, February 5 through April 8 at 9 AM. Appointments are required. (No appointments on February 19.) You must fill out a form before your appointment. This form is available electronically and on paper at the Acton Senior Center.

To make an appointment, call 978-929-6652 or email seniorcenter@actonma.gov. You will need to leave your last year's tax documents with the preparer and then have a second appointment to review your completed return. If you require a complex form, or have a high income, please use a professional tax preparer. Priority will be given to Acton seniors.

File of Life

Medical emergencies can happen anytime. When they do, there is confusion, panic, and urgency. Paramedics arrive on the scene with no information about the person in need. Does the patient have prior medical conditions? Allergies? What medications are they taking? Whom do they want notified? Seconds count which can make the difference between life and death.

The File of Life Card has all of this information in one place. The card allows first responders to immediately begin the best possible treatment and pass on vital data to physicians in the emergency room.

If you don't have a File of Life card, pick one up at the COA Office at Town Hall. If you have a File of Life card and it needs to be updated, get a new one. Kim will also make them available at the upcoming COA luncheon.

Donation: \$	<input type="text" value="5"/>	<input type="text" value="10"/>	Other <input type="text" value=""/>
Name	<input type="text"/>		
Address	<input type="text"/>		
In memory of	<input type="text"/>		

