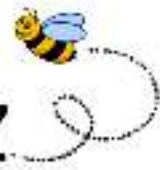


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

March 2024

Council on Aging

Kimberley Dee,
COA Coordinator
978-264-1717
kdee@boxborough-ma.gov
Ami Scheen, COA Support
978-264-1730
ascheen@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

March Lunch

The Life Care Centers of Acton and Life Care of Nashoba Valley are sponsoring the COA lunch on **Wednesday, March 13** from **noon to 1 PM** at the **Community Center**. In honor of the approaching St. Patrick's Day holiday, the meal will feature corned beef, cabbage, potatoes, carrots, and a dessert.

You may **RSVP** for the lunch beginning **March 4**. Space is limited. (See at bottom of page for RSVP contact information.)

An Encore by Mossie

Great news! On **Monday, March 11** at **1:30 PM**, singer and keyboardist Mossie Coughlin is returning to our **Community Center**. Mossie's encore performance will include a mix of Celtic, Irish, and American tunes. We invite you to come enjoy an afternoon of live music and amusing, lighthearted commentary, from a man with a lovely Irish brogue. Light refreshments will be served. Please **RSVP**.

Culture of the 1970s through Music

The 1970s is known as the "Me" decade. Take a trip down memory lane on **Wednesday, March 20** at **1:30 PM** in the **Community Center**. You will enjoy a multimedia presentation, a sing-along, and clips showing the best (and sometimes the worst) of the 1970s. Some of the issues that marked the 70s included inflation, the Vietnam War, women's rights, racial injustice, unemployment, and gas rationing. There was no shortage of musicians willing to comment on the cultural happenings of the times. These included Crosby, Stills, Nash and Young, Chicago, Simon and Garfunkel, Bob Dylan, and many others.

The presenter is Fran Hart, founding member of the Beatles tribute band 4EverFab. Please **RSVP**.

This program is supported in part by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

All RSVPs should be made to:

Ami at ascheen@boxborough-ma.gov or 978-264-1730 or to
Kim at kdee@boxborough-ma.gov or 978-264-1717.

Coordinator's Corner

I am happy to announce that we have a new department assistant, Ami Scheen. You will notice that our contact information includes her phone number and email address as well as my own. You can meet her at some of our upcoming programs like Mossie Coughlin's Irish themed performance on Monday, March 11 and Fran Hart's 70s program on Wednesday, March 20. Don't miss them! I am sure you will enjoy these live performances.

Please remember that if you have any issues with your smart phones, tablets, laptops, or personal computers, we have volunteers that are willing to help. Contact Ami at ascheen@boxborough-ma.gov or at 978-264-1730 or Kim at 978-264-1717 or kdee@boxborough-ma.gov to arrange for one of our technology assistants to assist you.

Also, if you would like to receive the Buzz newsletter by email instead of a printed one in the mail, please let us know. You will help lower our printing and postage costs and conserve paper usage.

Happy Spring!

Best,
Kim

Well Adult Clinic



Get your blood pressure checked and ask our Nashoba Associated Boards of Health Nurse, Alicia Lepardo, any health-related questions that are on your mind. She will be at the **Community**

Center on **Wednesday, March 13** from **11:15 AM to 12:15 PM**.

Podiatry Clinic

Please call Ami or Kim after **March 6** to make an appointment with Dr. Alissa Kuizinas to get your toenails trimmed or your calluses treated.

Her next Podiatry Clinic at the **Community Center** will be on **Wednesday, April 3, 10:30 AM to 3:30 PM**. Fee: \$35. You can pay by cash or check.



Coffee and Chat with Kim



Join Kim Dee and the Boxborough Town Treasurer and Tax Collector Naomi Quansah, and a few Boxborough seniors for a hot cup of coffee or tea and conversation at the **Community Center** on **Wednesday, March 27** at **10:30 AM**. Just drop in and say hello. We will be happy to see you.

Public Safety News

The Boxborough Fire Department participates in the Commonwealth's Senior SAFE Program. Coordinated by Capt. Jason Malinowski, the program offers the following free services to Boxborough homeowners who are at least 65 years old:

- Home safety inspections.
- Smoke and carbon monoxide (CO) detector battery replacement.
- Provision/replacement of certain detection devices when in stock. Note this applies only to battery-powered devices, not those requiring hard wiring.
- Provision of key boxes to be placed on home exteriors for access by emergency services. Fire and police are the only ones with code access to the boxes.
- Checks that houses are properly numbered to assist emergency personnel with locating the house in the event of an emergency.

To schedule a Senior SAFE home inspection, please call the Fire Department's non-emergency phone number at 978-264-1770 or email jmalinowski@boxborough-ma.gov. These home inspections are conducted by on-duty personnel, which means that they may be delayed in the event of an emergency call.



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

- **March 10**
- **April 14**
- **May 19**

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

Spring Yoga with Rebecca

Registration begins on Thursday, March 14 for Boxborough residents. Non-residents may register beginning Thursday, March 28, 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, April 4 and run through Thursday, June 27. Chair Yoga is offered at the Community Center or via Zoom on **Thursdays, 9:30 to 10:15 AM**. Fee: \$36. Mat Yoga is offered at the Community Center **Thursdays, 10:45 to 11:30 AM**. Fee: \$36.



Sing-Alongs with Dr. Knights

Be sure to circle **Thursdays, March 7** and **March 21** on your calendar. On each day at **1:30 PM** at the **Community Center** Dr. Ed Knights will present a sing-along program for your enjoyment. He will provide the lyrics and you are invited to join your friends and neighbors as he leads attendees in singing familiar songs. Don't forget to bring along your singing voice. Please **RSVP**.

All RSVPs or appointments should be made with Ami at ascheen@boxborough-ma.gov or 978-264-1730 or to Kim at kdee@boxborough-ma.gov or 978-264-1717.

Seniors Read Program

The Teaching and Learning Department of Acton-Boxborough Regional Schools invites you to participate in their *Seniors Read Program*, where seniors can share their love of literature with grades K-4 students. The program strives to create meaningful connections across generations while promoting literacy and fostering a positive and inclusive learning environment. Guest readers will visit classrooms to read to students. A book and four to five discussion questions will be selected for you, and you will be able to preview the books. The reading sessions will be approximately 30 minutes. You can read to multiple classes in one day based on your availability.

Please express your interest by providing your name, phone number, email address, and availability to Kim or Ami.

Ask a Lawyer

The *Ask a Lawyer* program announced in the February issue is continuing in March. Attorney Kitty O'Connor, or Attorney Cathleen Summers, will meet with Boxborough seniors for 15-minutes on **Thursday, March 28 from 1:30 to 3:30 PM** at the **Community Center**. Please make an appointment with Kim or Ami.

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 978-264-1730 or 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 978-264-1730 or 978-264-1717. Visit our website at bit.ly/3rBYnw5 for details.

SPA Day

A new exciting event is planned for **Monday, April 8** from **10:30 AM** to **1:30 PM**. A **Spa for You** will be at the **Community Center** to offer the services listed below. Each service is **15 minutes long** and costs **\$15 per service**. You may choose to sign up for one-to-five of the services that include:

- Chair Massage
- Facial-Wash, Exfoliate, Hydrating Mask, Sun Screen
- Cut, File, Paint Finger Nails
- Cut, File, Paint Toe Nails
- Foot and Leg Massage

This is a great way to get ready for spring, and we hope that you will avail yourself of this opportunity to pamper yourself. **RSVP** no later than **Wednesday, March 27**.

ABRHS Senior Community Service

Students from the senior class at Acton-Boxborough Regional High School will hold their Annual Community Service Day on **Friday, April 26** from **9:30 AM** to **12:30 PM**. This is the 30th year of this senior class tradition!



There will be teams of students for four homes in Boxborough that will be selected on a first-come, first-served basis.

To submit a request, **RSVP** by **Wednesday, March 13**. If selected, you will be asked for your name, address, phone number, email address, and yard size. Additionally:

- Homeowners must be home while the students are raking.
- Students are not allowed to accept baked goods, snacks, or drinks from homeowners.
- Students are not allowed to enter homes.

All RSVPs should be made to: Ami at ascheen@boxborough-ma.gov or 978-264-1730 or to Kim at kdee@boxborough-ma.gov or 978-264-1717.

Out to Lunch



The March Out to Lunch will be at **Fourth and Field** located at Minute Man Air Field, 302 Boxboro Road, Stow. Save the date for **Wednesday, March 27** at

11:30 AM. We are excited to try this new restaurant as it recently opened. See fourthandfield.com/menu/ for the menu. Fourth & Field offers a lot of options on its lunch menu. Gluten free and vegetarian options are available as well. Individual checks will be given. Please **RSVP**.

Library News

- **Celtic Chocolate** with Kim Larkin will be held on **Wednesday, March 13** from **6** to **7 PM**. Enjoy this cheerful program celebrating Ireland and Celtic lore with samplings of Irish tea, bread, and chocolates.
- Part one of a two-part *Indian Folk Art Workshop* will be held **Thursday, March 21** from **6** to **7:30 PM**. This workshop is presented by local Indian artist Sunanda Sahay. Participants will create an artwork using acrylic paint that they would overlay with a mirror and their mud work design.
- Join Kate from Blackstone Valley Veggie Gardens for a virtual presentation about pollinators in the garden on **Tuesday, March 26** from **7** to **8 PM**.



The second part of the *Indian Folk Art Workshop* will be held on **Thursday,**

- **March 28** from **6** to **7:30 PM**. This session focuses on Madhubani, or Mithila painting. Participants will create an artwork of eye-catching geometrical shapes using their own fingers, or twigs, brushes, nib-pens, and matchsticks.

Registration at the Library website is required for each of these events.



Ongoing Events, Classes

To learn more about any event, call
the COA: 978-264-1730 or
978-264-1717.



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 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.

Coffee & Chat with Kim Join Kim and others for coffee and conversation the last Wednesday of the month at 10:30 AM at the Community Center.

Ask a Lawyer Free 15-minute sessions with a lawyer on the last Thursday of the month, 1:30 to 3:30 PM at the Community Center.

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 of the month at 11:15 AM to 12:15 PM. Nashoba Associated Boards of Health hosts a monthly wellness check and blood pressure clinic.

Zumba with Deb Class meets in-person at the Community Center on Mondays at 2:30 PM.

Podiatry Clinic Dr. Alissa Kuizinas holds a podiatry clinic every 4-6 weeks on Wednesdays at the Community Center, 10:30 AM to 3:30 PM.

Sing-Along with Dr. Ed Knights Twice a month on Thursdays at 1:30 PM join Dr. Knights for a sing-along with different popular songs every session.

Remember to call or email Kim at 978-264-1717 or kdee@boxborough-ma.gov, or Ami at 978-264-1730 or ascheen@boxborough-ma.gov to sign up for programs and events.

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, as a memorial, in recognition, 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 Recognition of _____

In Memory of _____

March 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
					¹ 9-Fitness w/Holly via Zoom	²
³	⁴ 9-Fitness w/Holly 2-COA Board Meeting 2:30-Zumba w/ Deb	⁵ 7 AM- 8 PM- Presidential Primary 1-Game Day	⁶ 9-Fitness w/Holly 2-Knitting Group	⁷ 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Sing-Along with Dr. Knights	⁸ 9-Fitness w/Holly via Zoom	⁹ Set clocks ahead 1 hour before going to bed.
¹⁰ 2-4 Boxborough Museum Daylight Saving Time begins	¹¹ 9-Fitness w/Holly 1:30-Mossie Coughlin Celtic Music Performance 2:30-Zumba w/ Deb	¹² 1-Game Day	¹³ 9-Fitness w/Holly 11:15-Well Adult Clinic Noon-COA Luncheon Sponsor: Life Care Centers of Nashoba Valley and Acton 2-Knitting Group 6-7-Celtic Chocolate at Library	¹⁴ 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	¹⁵ 9-Fitness w/Holly via Zoom	¹⁶
¹⁷ 1-Lions Club St. Patrick's Day Lunch at Acton Senior Center	¹⁸ 9-Fitness w/Holly 2:30-Zumba w/ Deb	¹⁹ 1-Game Day	²⁰ 9-Fitness w/Holly 1:30-Culture and Music of the 1970s Program 2-Knitting Group	²¹ 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Sing-Along with Dr. Knights 6-7:30-Indian Folk-Art Workshop Part 1 at Library	²² 9-Fitness w/Holly via Zoom	²³
²⁴	²⁵ 9-Fitness w/Holly 2:30-Zumba w/Deb	²⁶ 1-Game Day 7-Pollinators in the Garden - Virtual w/Library	²⁷ 9-Fitness w/Holly 10:30-Coffee and Chat with Kim Guest: Boxborough Treasurer Naomi Quansah 11:30-Out to Lunch: Fourth and Field, Stow 2-Knitting Group	²⁸ 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-3:30-Ask a Lawyer 6-7:30-Indian Folk-Art Workshop Part 2 at Library	²⁹ 9-Fitness w/Holly via Zoom	³⁰
³¹						

Out of Town Mt. Calvary Church, Acton

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

Boxborough Library Spring Used Book Sale: April 5, 6, and 7



Due to popular demand, the Friends of the Boxborough Library used book sale will continue as a three-day event. The weekend will start with a

Preview Sale for members on **Friday, April 5** from **5 to 7 PM**. (Memberships will be available at the door). The main public sale will take place on **Saturday, April 6** from **9 AM to 2 PM**. The Everything Must Go sale will be held on **Sunday, April 7** from **2 to 4 PM**. Standard-size bags will be provided; pay \$3 to fill each bag however you like.

The sale will take place in the meeting room of the **Sargent Memorial Library**, at 427 Massachusetts Avenue. Proceeds from the sale of books will go toward additional library programs and museum passes.

Please support this sale by donating your gently used hard covers, paperbacks, and audiovisual items and attending this sale. Books will be accepted from **Monday, April 1** through **Thursday, April 4** at the Library during regular library hours. Please no VCR tapes, magazines, or any material in poor condition.

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**, or at the **Maynard Library** on **Fridays** and **Saturdays, February 2** through **April 13**. Appointments are required. You must fill out a form provided by the Senior Center or the Library before your appointment. To make an appointment in Acton, call 978-929-6652 or in Maynard, call 978-760-9146.

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.

Annual Town Election

If you are interested in serving on an elected board or committee, the last day to obtain nomination papers is **Friday, March 29** by **5 PM**. Nomination papers must be returned by **5 PM** on **Tuesday, April 2**. For additional information about elected town offices, contact the Town Clerk at rharris@boxborough-ma.gov.

United States Presidential Primary

The Presidential Primary election is on **Tuesday, March 5**. Voting takes place at **Town Hall** from **7 AM to 8 PM**. State and Town Committees for each party are also on the ballot. Unenrolled (Independent) voters must choose one party's ballot to vote in the Primary. Sample ballots are on the Town website, in the Clerk's area under elections.

Lions Club St. Patrick's Day Lunch

The Acton Lions Club will be serving its annual St. Patrick's Day Lunch to Acton and Boxborough seniors on **Sunday, March 17** at **1 PM** at the **Acton Senior Center**, 30 Sudbury Road Rear, Acton, MA 01720. **Doors open at 12:30 PM**. Menu: corned beef, cabbage, carrots, potatoes, Irish soda bread, and dessert.

RSVP: Acton Senior Center at **978-929-6652**: space is limited. Also, please consider carpooling due to limited parking.



The 2024 Presidential Primary Election will be held at Town Hall on Tuesday, March 5 from 7 AM until 8 PM.

Daylight Saving Time begins on Sunday, March 10. Remember to set your clocks ahead before bedtime on Saturday, March 9.

**Submit items for the April 2024 issue by March 6, 2024
to boxboroughbuzz@gmail.com**



Follow us on Facebook at facebook.com/boxboroughcoa



Change Service Requested

Pre-Sort
Standard
U.S. Postage Paid
Acton, MA
Permit No. 26

Boxborough Council on Aging
Boxborough Town Hall
26 Middle Road
Boxborough, MA 01719