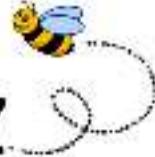


THE

BOXBOROUGH BUZZZ

SENIOR NEWS YOU CAN USE



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

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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

April Lunch



The Boxborough Minutemen Company is sponsoring the COA lunch on **Wednesday, April 10, noon to 1 PM** at the **Community Center**. The menu includes vegetable lasagna, meat lasagna, salad, rolls, and dessert. Please **RSVP** for the lunch beginning April 2. Space is limited.

The Boxborough Minutemen Company is a fun and active group that supports the local community. They raise funds and distribute them to those in need. They also provide in-kind services for those who need a helping hand. The minutemen march in parades and perform ceremonial duties in the spirit of the 1775 Minutemen that defended our rights and liberties. Together with the Public Celebrations Committee and other Town organizations, they organize Fifer's Day, a town-wide annual celebration that includes entertainment, a road race, crafts and vendor booths, and delicious food and drink. Fifer's Day will be on Saturday, June 15 at Flerra Meadows. Rain date Sunday, June 16,

Singing Musician Dan Kirouac

Dan will revisit some of our most loved songs from the late 1950s, the 1960s, and early 1970s and re-interpret them simply with just a piano and his voice. This will be a jukebox of memories from the stars of pop, soft rock, and easy listening.

Please **RSVP** and join us after the monthly lunch on **Wednesday, April 10 at 1:15 PM** at the **Community Center**.

Dan Kirouac has been part of the regional music scene for over 40 years. He has been a musician, vocalist, entertainer, and an ASCAP-affiliated songwriter and publisher. Dan has performed hundreds of shows in New England, New York, and Mexico and has studio recording credits from New Hampshire to Arizona.

**Please note: All Council on Aging 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

We are looking forward to hosting our first Spa Day at the Community Center on Monday, April 8. Call us to see if there are any spots left to get pampered. If this Spa Day is a success, we hope to be having another in June.

The first day trip of the season will be held on April 25 to the *Art in Bloom* exhibit at the Fitchburg Art Museum. Please let us know if you have any suggestions for future excursion destinations. We are also looking for recommendations of restaurants for our Out to Lunch program.

Our first *Ask a Lawyer* program was a success in February. Please consider making a free appointment with our volunteer attorneys to discuss any issues that may need a lawyer's advice.

May I suggest you take a walk outside and take in the beauty of your surroundings to celebrate Earth Day on April 22. Remember to reuse, repurpose, and recycle to protect our environment.

Best,
Kim

Well Adult Clinic



Get your blood pressure checked, a basic health screening, or simply ask our Nashoba Associated Boards of Health Nurse, Alicia Lepardo, your health-related questions. She will be at the **Community Center** on **Wednesday, April 10** from **11:15 AM to 12:15 PM**.

Podiatry Clinic

Dr. Alissa Kuizinas will be holding her next Podiatry Clinic on **Wednesday, April 3** at the **Community Center**. Please call us to make an appointment to get your toenails trimmed or your calluses treated. Her hours are **10:30 AM to 3:30 PM**. The charge is \$35 and can be paid by cash or check.



Coffee and Chat with Kim

Come by the **Community Center** on **Wednesday, April 17** at **10:30 AM** for a hot cup of coffee or tea and pleasant conversation with Kim and other Boxborough seniors.



Note from the Police Chief

Living a healthy lifestyle is very important to ensuring a high quality of life. Regardless of age, everyone should participate in some sort of physical activity at least three times per week. This can include going to the gym, playing pickleball, taking a hike, or even taking a short walk. This allows for improved blood flow and ensures your joints and muscles don't become weakened. It is also important that, in addition to participating in physical activity, a proper diet is followed. Make sure you first consult your doctor for medical advice regarding exercise and diet.

As always, please don't hesitate to call the Police Department if you need assistance. Have a safe and happy spring!

In Health,
John Szewczyk
Chief of Police

Spring-Summer Zumba® with Deb

Registration begins on **Tuesday, April 16** for Boxborough residents. Nonresidents may register beginning **Monday, April 29** if space is available. Registration forms will be posted on the Boxborough COA webpage. You may also call the COA to request a form. The minimum class size is six Boxborough residents. Fee is \$48. Please make checks payable to the Town of Boxborough.

Spring-Summer classes begin on Monday, May 6 and run through Monday, July 29. Classes are held on Mondays at 1 PM (except for May 6, which will begin at 2:30 PM) at the Community Center. (No class will be held on Memorial Day, Monday, May 27.)

Sing-alongs with Dr. Knights

Be sure to circle **Thursdays, April 4** and **April 18** 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. Please **RSVP**.

Ask a Lawyer

The *Ask a Lawyer* program announced in the February issue is continuing in April. Attorney Kitty O'Connor or Attorney Cathleen Summers will meet with Boxborough seniors for 15 minutes on **Thursday, April 25** from **1:30 to 3:30 PM** at the **Community Center**. Please make an appointment with Kim or Ami.

Out to Lunch

April's Out to Lunch will be at the **Olive Garden** near the Solomon Pond Mall at **728 Donald Lynch Boulevard, Marlborough** on **Monday, April 29** at **11:30 AM**. Lunch sized portions with vegetarian and gluten-free options are available. Individual checks will be provided. Please **RSVP**.

The Museum will be open 2 to 4 PM



Sundays

- April 14
- May 19
- June 9

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

Fitchburg Art Museum Trip

Spring is here and we are excited to announce our first day trip of 2024. Mark your calendar for **Thursday, April 25** at **1 PM**. We will be visiting the **Fitchburg Art Museum, 185 Elm Street, Fitchburg** to see their beautiful *Art in Bloom* exhibit. Admission is \$10 per person and \$2 for EBT or ConnectorCare residents. The van will be available on a first come, first served basis for \$5 roundtrip, and will leave Town Hall at 12:15 PM. A small, help yourself café is available with dry snacks and coffee for \$1 per item. Please **RSVP** by April 23.

Friends of the Boxborough Council on Aging (FCOA) Annual Meeting

The 2024 Annual Meeting of the FCOA will take place on **Wednesday, April 17** at **10:15 AM** at the **Sargent Memorial Library**.

All are welcome to attend and discuss plans for the coming year. For more information, please contact John Fallon. johnfallon118@gmail.com.



PATRIOTS DAY
APRIL 15

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, 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.

April Library News

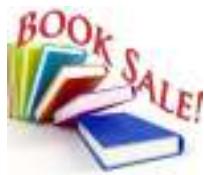
Wowbrary! is the Library's weekly digital newsletter. You can read Wowbrary online from the Library's website or subscribe so it will be automatically emailed to you.

Repair & Renew Sewing Workshop

On **Tuesday, April 9** from **4 to 6 PM** learn to extend the life of your clothes by using simple mending techniques with Deepika Prakash, founder of PatternReview.com. Some knowledge of using a sewing machine may be required but not always necessary. There is a 10-person limit to the workshop so sign up early. Additional information is available on the library's website (www.boxlib.org).

Come to the Friends of the Boxborough Library Spring Book Sale. See article below.

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



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**, 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.

LELWD Senior Lunch

Littleton Electric Light and Water Department (LELWD) is offering their Annual Senior Luncheon for Boxborough and Littleton seniors, ages 60 and over. Join them for a free turkey dinner with salad, rolls, and desserts on **Thursday, April 18 at noon** at the **Littleton High School Cafeteria**, 59 King Street, Littleton. Please **RSVP** before April 15 to get your ticket and you will be entered in three raffles valued at \$100. Space is limited.

Senior Conference

Senator Jamie Eldridge's Senior Conference is on **Thursday, April 18, from 7:30 AM to 2:30 PM** at **Assabet Valley Regional Technical High School**, 215 Fitchburg Street, Marlborough. You will connect with seniors from all over our area. It features speakers from the Massachusetts Legislature, workshops on topics like aging well, solo aging, resources for caregivers and family members. Entertainment includes live music from Marlboro's Flashback Band, free breakfast and lunch from Senator Eldridge and Assabet Valley's Culinary students, and raffles!

This year's event will also offer an all-new watercolor painting demonstration from Maynard Artspace. Due to space constraints, please register before the event at bit.ly/48Gs81q for the watercolor demonstration.

United Church of Christ Boxborough Fundraising Concert

Come join us for a Fundraising Concert with Fred Small at the **United Church of Christ Boxborough** on **Saturday, April 27 at 7 PM.** The church is located at 723 Massachusetts Avenue. Enjoy great, inspiring music while supporting the Indigenous Environmental Network and Friends of the Boxborough Library. Doors open at 6:30 PM. Tickets are \$25 at the door. Please see: <https://bit.ly/3IIHSw1> for online tickets and more information.



Ongoing Events, Classes

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



Fitness with Holly 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 contact: annemcne@comcast.net.

Coffee & Chat with Kim Join Kim and others for coffee and conversation, usually 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 at the Community Center or via Zoom.

Mat Yoga with Rebecca In-person floor and standing yoga poses and strength exercises for seniors, for stretching and flexibility. Meets at the Community Center on Thursdays at 10:45 AM.

Well Adult Clinic Held on the second Wednesday of the month at 11:15 AM to 12:15 PM at the Community Center. Nashoba Associated Boards of Health hosts a monthly wellness check and blood pressure clinic for all ages.

Zumba with Deb Class meets in person at the Community Center, Mondays at 2:30 PM through May 6. The Spring-Summer classes will be at 1 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 at the Community Center for a sing-along with different popular songs every session.

Please contact us with suggestions for local restaurants for our Out to Lunch program and for possible day trips or programs of interest; Ami at 978-264-1730 or ascheen@boxborough-ma.gov or Kim at 978-264-1717 or kdee@boxborough-ma.gov

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 _____

In Recognition of _____

April 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 9-Fitness w/Holly 2:30-Zumba w/Deb	2 1-Game Day	3 9-Fitness w/Holly 10:30-Podiatry Clinic 2-Knitting Group	4 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Sing-Along with Dr. Knights	5 9-Fitness w/Holly via Zoom 5 -7 PM Book sale (Preview for members)	6 9 AM-2 PM-Book Sale
7 2-4 PM- 'Everything-Must-Go' Book Sale 5 PM Acton Food Pantry Chef Challenge at Westford Regency	8 9-Fitness w/Holly 2-COA Board Meeting 2:30-Zumba w/Deb 10:30- 1:30-Spa Day	9 1-Game Day 4-6 PM- Sewing Workshop at Library	10 9-Fitness w/Holly 11:15-Well Adult Clinic Noon-COA Luncheon Sponsor: Boxborough Minutemen 1:15-Singing Musician Dan Kirouac 2-Knitting Group	11 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	12 9-Fitness w/Holly via Zoom	13
14 2-4 Boxborough Museum	15 Patriots' Day Town offices and Library closed.	16 1-Game Day	17 9-Fitness w/Holly 10:30-Coffee and Chat with Kim 2-Knitting Group	18 7:30 AM – 2:30 PM Senator Eldridge Senior Conference 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga Noon-LELWD Senior Lunch at Littleton High School 1:30-Sing-Along with Dr. Knights	19 9-Fitness w/Holly via Zoom	20
21	22 Earth Day 9-Fitness w/Holly 2:30-Zumba w/ Deb	23 1-Game Day	24 9-Fitness w/Holly 10:15 FCOA Annual Meeting 2-Knitting Group	25 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1-Trip to Art in Bloom at Fitchburg Art Museum 1:30-3:30 - Ask a Lawyer	26 9-Fitness w/Holly via Zoom	27 7 PM Fundraising Concert with Fred Small at UCC Box.
28	29 9-Fitness w/Holly 11:30-Out to Lunch: Olive Garden, Marlborough 2:30-Zumba w/Deb	30 1-Game Day				

Out of Town Mt. Calvary Church, Acton

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

Acton Food Pantry

The Pantry appreciates your help with donations of food and paper bags. To make it easy for you, the COA will be collecting donations at our monthly luncheons. Please do not donate expired food. Gluten-free food items are appreciated.

Food Items

- Beef stew and soup
- Cake and brownie mix
- Canned fruit
- Cereal
- Chili
- Crackers
- Ketchup, mayonnaise, mustard, oil
- Macaroni and Cheese
- Sugar

Non-Food Items

- Adult Depends
- Paper towels, tissues, and toilet paper

The Pantry invites you to their Annual Fundraiser, *Chef Challenge: Around the World*, on **April 7 at 5 PM** at the **Westford Regency** for a cooking presentation and at 6 PM for the Main Event and Live Auction. Details can be found at chefchallenge.org.

If you have questions about the Food Pantry, visit their website at ActonFoodPantry.org or call Lisa Gordon at 617-454-4676 or email her at lisa@actonfoodpantry.org.



SHINE Volunteer Recruitment

Message

Minuteman Senior Services Regional SHINE

Program is recruiting individuals interested in providing Medicare benefits counseling to people who are on Medicare or turning 65 in Harvard, Stow, and Boxborough. Counselors provide unbiased information to people eligible for Medicare at no cost and can help enroll individuals in Medicare, select or change a Medigap, Part D, or Medicare Advantage plan and can identify cost savings for prescriptions and screen individuals for public health benefits. If you are detailed oriented, have strong computer skills, enjoy working with older adults and have time to give back, please call their Volunteer Coordinator, Yuen, 781-221-7093 or email volunteer@MinutemanSenior.org for application info.

Boston Marathon: A Word-Wise Challenge

Here's your chance to "challenge" yourself to the Boston Marathon from the comfort of your home. How so, you ask? Well, here's how! Jot down as many words as you can make from letters found in the name of this iconic race: **Boston Marathon**. Before starting the challenge, set a timer for 8 minutes. After time is up, add up your points as provided in the challenge chart to find out how word-wise you are! Lastly, have fun!

Challenge Rules Chart

1. Plural words are NOT allowed.
2. Words of 1, 2, or 3 letters: 0 points
3. Words of 4 letters: 1 point
4. Words of 5 letters: 3 points
5. Words of 6 or more letters: 5 points

Scoring

- 15-34: Word-Wise
- 35-59: Word-Wise Star
- 60+: Word-Wise Wizard

Reminders:

- Monday, April 8 is Spa Day in Boxborough. Please check the time of your appointment(s) and be pampered at the Community Center.
- AARP Tax Aide Program: see March Boxborough Buzz for details.
- Annual Town Meeting starts May 13 at 7PM.

Submit items for the May 2024 issue by April 5, 2024
to boxboroughbuzz@gmail.com



Follow us on Facebook at [facebook.com/boxboroughcoa](https://www.facebook.com/boxboroughcoa)



Change Service Requested

Boxborough Council on Aging
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