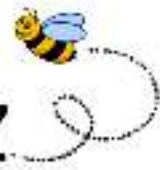


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

May 2024

Council on Aging

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COA Board

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Bill Litant, Vice Chair
Karen Whitcomb, Secretary
Tina Bhatia
Barbara Birt
Maureen Masciola
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Buzz Production Team

Tina Bhatia
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Taryn Light
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Tess Summers

May Lunch

Our dedicated Boxborough Police Department and Police Union will sponsor our monthly senior lunch on **Wednesday, May 8** at the **Community Center** from **noon to 1 PM**. They will be serving sliced turkey, gravy, stuffing, mashed potatoes, squash, rolls, and dessert. This is your chance to meet some of Boxborough's police officers in a casual setting. Space is limited. You may **RSVP** for the lunch beginning May 1. (See our contact information in the box below.) Donations for the Acton Food Pantry will be accepted at the lunch.

2024 Annual Town Meeting

Boxborough's Annual Town Meeting (ATM) will take place at the **Blanchard School gymnasium**. The 2024 ATM begins on **Monday, May 13** with subsequent ATM sessions (as needed) scheduled on **May 14, May 15, and May 16**. Voter check-in for each session of the ATM begins at **6:30 PM**. All sessions start promptly at **7 PM**.

A copy of the ATM Warrant was mailed to the household of every registered voter in Boxborough during the second half of April and is available on the Town's website. Paper copies of the Warrant will be available at the ATM. There are 49 articles on the Warrant, which includes a Special Town Meeting of four articles within the ATM. There are 35 articles that are grouped in various consent agendas.

2024 Annual Town Elections

Boxborough's Annual Town Elections will take place **Tuesday, May 21** at **Town Hall**. Polls open at **7 AM** and **close promptly at 8 PM**. The open positions are: 2 Select Board; 2 Library Trustees; 1 School Committee; 1 Planning Board; 1 Board of Health; Town Moderator; and 1 Constable.

Vote By Mail Applications must be received by the Town Clerk before **5 PM** on **May 14**.

To be valid, completed Vote by Mail Ballots must be returned to the Town Clerk's office by the close of polls (**8 PM**) on Election Day.

*Please note: All Boxborough COA **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

Happy May Day, Happy Cinco de Mayo, Happy Mother's Day, and Happy Memorial Day! May is a great month for fun gatherings and celebrations. Flowers are blooming while sunshine and blue skies are brightening our days. (I hope!) Take advantage of the pleasant temperatures to come out and join our fun programs!

Go for a walk with Becky Harris and identify the large variety of birds that fly around Boxborough. Take in the piano faculty concert at the impressive Groton Hill Music Center. Go "Out to Lunch" with other Boxborough seniors at the Boston Bean. Hear some fun baseball themed songs and trivia from Howie Newman. Then end the month with a free ice cream at Kimball Farm courtesy of the CHNA grant.

Hope you have a marvelous May!

Best,
Kim

Well Adult Clinic



Our Well Adult Clinic will be at the **Community Center** on **Wednesday, May 8** from **11:15 AM** to **12:15 PM**.

This monthly clinic is offered by the Nashoba Associated Boards of Health.

Alicia Lepardo, RN does blood pressure checks and answers any of your health-related questions.

Podiatry Clinic

Call us to make an appointment with Dr. Alissa Kuizinas to get your toenails trimmed or your calluses treated. She has appointments available from **noon to 3:45 PM** on **Thursday, May 9** at the **Community Center**. Call the COA for an appointment. You can pay the \$35 fee by cash or check.



Coffee & Chat with Kim



Join Kim and her special guest Police Chief John Szewczyk for a free cup of coffee and conversation at the **Community Center** on **Wednesday, May 29** at **10:30 AM**.

Public Safety

As summer approaches, things to keep in mind regarding gas grills.

- Keep all propane grills outdoors.
- Keep them 10 feet away from building openings such as doors, windows, and dryer vents.
- Keep them 20 feet away from air intake vents and ignition sources.
- Do not smoke while handling a propane cylinder.
- Store propane cylinders upright in an outdoor, shaded area.
- Do not leave cylinders in a vehicle.
- Cylinders should not be used, stored, or transported where they can be exposed to high temperatures.
- Check that all connections are tight before turning on the gas.
- Take tanks and grills that need repair to a propane dealer or a qualified appliance repair person.
- If you smell gas while cooking, turn off the grill and get away from it. Call 911 from a safe location. Do not move the grill.

Fire Fighter Courtney Panaro



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

- **May 19**
- **June 9**
- **July 14**

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

Summer Fitness with Holly

Registration begins on **Monday, May 6** for Boxborough residents. Non-residents may register beginning **Monday, May 20** if space is available. Registration forms will be posted on the Boxborough COA webpage. You may call the COA to request a form. The minimum class size is six Boxborough residents.

Classes begin on **Wednesday, May 29** and run through **Wednesday, August 28**. 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. Please make checks payable to the Town of Boxborough.

(No classes will be held on June 19, July 1, July 3, or July 5.)

Musical Baseball Show

Join Howie Newman for a unique program that combines music and baseball. Howie sings baseball songs, shares baseball trivia, and tells stories about his sports writing days. He covered the Red Sox for the Patriot Ledger, the Lowell Sun, and the Boston Globe. Howie was also the colorful commentator on radio broadcasts of Lowell Spinners games. This presentation will include a display of his personal baseball memorabilia as well as a free raffle for a baseball CD.

This special event will be held on **Wednesday, May 22 at 1:30 PM** at the **Community Center**. Please **RSVP**.

Out to Lunch

May's Out to Lunch will be at the **Boston Bean House**, 102 Main Street, Maynard on **Thursday, May 16 at 11:30 AM**. Gather around a large table and enjoy delicious sandwiches, salads, soups as well as vegetarian and organic options. Individual checks will be provided. Please **RSVP**.

Groton Hill Music Center

Our May outing will be at the Groton Hill Music Center, 122 Old Ayer Road, Groton. You are invited to enjoy a free piano faculty showcase. This exciting concert will be on **Wednesday, May 15 at noon**. Please **RSVP by May 10**. There are limited seats on the van. The van will leave Town Hall at **11:15 AM**. You may drive to the Music Center if you prefer.

Spring Birding with Becky

Our Town Clerk, Becky Harris, who also happens to be an ornithologist and conservation biologist, will lead participants on a walk as she identifies local birds. The walk will take place at **Flerra Meadows Field**, 340 Stow Road on **Tuesday, May 7 at 8:30 AM**. Be sure to wear comfortable walking shoes that you won't mind getting wet (due to morning dew) and bring binoculars if you have them. Please **RSVP**. This event is weather dependent.



COA Van Services

COA van services are available to Boxborough residents age 60 or older, and 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.

The Estate Planning Process

Are you wondering what is a trust and if you need one? Why should you give someone a durable power of attorney? Do you need a health care proxy or an advanced medical directive? Join Attorney Dale Tamburro on **Wednesday, May 29** at the **Community Center** at **1:30 PM** to find out what is included in the Estate Planning process. He will explain the terminology, the process, and answer your questions. Please **RSVP**.

This presentation is offered free of charge by Massachusetts Bar Association. You will receive the 2024 Elder Law Education Guide when you attend.

Spa Day

A *Spa for You* from Westford returns to pamper our Boxborough residents on **Monday, June 10** from **10:30 AM** to **1:30 PM** at the **Community Center**. Each service is 15 minutes long and costs \$15 per service. Choose from the following services:

- Chair Massage
- Facial: Wash, Exfoliate, Hydrating Mask, Sunscreen
- Cut, File, Paint Fingernails
- Cut, File, Paint Toenails
- Foot and Leg Massage

Please **RSVP** no later than Thursday, May 30 to take advantage of this wonderful, inexpensive opportunity to pamper yourself.

Garden Club Plant Sale



The Boxborough Garden Club Plant Sale will be on **Saturday, May 11** from **9 AM** to **noon** at the **UCC Church**, 723 Massachusetts Avenue.

There will be perennials and annuals for sun and shade, dahlia starts, seedlings, house plants, and pots.

Proceeds will fund a scholarship for an AB graduate and support Town beautification. Please bring cash or checks. We cannot take debit or credit cards.

Ice Cream at Kimball Farm

On **Thursday, May 30** from **1:30** to **2:30 PM**, seniors (60 and up) who reside in Acton, Boxborough, and Littleton are invited to Kimball Farm for a free small cup or cone of ice cream. (No substitutions are allowed.) Choose your favorite flavor.



Pre-registration is required by **Thursday, May 23**. To register, please contact the Acton Council on Aging: seniorcenter@actonma.gov or phone: 978-929-6652.

Kimball Farm is located at 400 Littleton Road in Westford. Upon your arrival arrive, plan to meet by the silo near the cow to receive your voucher. We look forward to seeing you there!

Funding for this event is provided through a grant from CHNA (Community Health Network Area) through the Massachusetts Dept. of Public Health's determination of need process and is administered by the Acton Health Division.

May Library News



Join the **Knitting Group** every **Wednesday** at the **Library** from **2** to **4 PM**. Bring a project to work on and enjoy the company of other knitters, crocheters, and other crafters.

The first **Ask Me Fair** for adults will be held on **Friday, May 31** from **7** to **9 PM** at the **Library**. Participants will meet in small groups with one presenter. The presenters are from different backgrounds and bring with them a diverse set of experiences and stories. Participants will have a chance to get to know the presenters and ask questions about them. Check the Library's website for additional information. Registration is required.

This project is funded by the Massachusetts Cultural Council, a State Agency.



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, 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, usually the last Wednesday of the month, 10:30 AM at the Community Center.

Ask a Lawyer Free 15-minute sessions with a lawyer on designated days, 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, 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, 10:45 AM.

Well Adult Clinic Held on the second Wednesday of the month, 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 start at 1 PM.

Podiatry Clinic Dr. Alissa Kuizinas holds a podiatry clinic every 4-6 weeks at the Community Center, noon to 3:45.

If you are having any issues with information technology (IT) on your home computers, tablets, or smartphones, call the COA to get an appointment with our IT volunteers.

If you are having any legal issues that might involve an elder law attorney, please call the COA to make an appointment for our Ask A Lawyer program on May 23.

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 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 _____

May 2024

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	⁴
⁵ 2 PM 'Nashobah Praying Indians' Historical Society Presentation	⁶ 9-Fitness w/Holly 2:30-Zumba w/ Deb	⁷ 8:30-Birding with Becky 1-Game Day	⁸ 9-Fitness w/Holly 11:45 –12:15 Well Adult Clinic Noon-COA Luncheon Sponsor: Box. Police Dept. 2-Knitting Group	⁹ 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga Noon-3:45 - Podiatry Clinic	¹⁰ 9-Fitness w/Holly via Zoom 10-Senior Stroll at NARA Park	¹¹ 9 AM-12 PM Garden Club Plant Sale
¹² Mother's Day	¹³ 2-COA Board Meeting 1-Zumba w/ Deb <div>Annual Town Meeting, Blanchard School Gym 6:30 PM-Check-In</div>	¹⁴ 1-Game Day 7 PM–ATM continues if not completed.	¹⁵ Noon-Trip to Groton Hills Music Center-Faculty Piano Concert 2-Knitting Group 7 PM–ATM continues if not completed.	¹⁶ 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 11:30-Out to Lunch: Boston Bean House 7 PM–ATM continues if not completed.	¹⁷ 10-Senior Stroll at NARA Park	¹⁸ 10:30-noon FreeBee Market
¹⁹ 2-4 Boxborough Museum	²⁰ 1-Zumba w/ Deb	²¹ <div>7 AM-8 PM Annual Town Election</div> 1-Game Day 7-Blanchard Band Concert	²² 2-Knitting Group 1:30 Musical Baseball Show with Howie Newman	²³ 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30 PM Ask a Lawyer	²⁴	²⁵ 10:30-noon FreeBee Popup
²⁶	²⁷ Memorial Day Town offices and Library closed.	²⁸ 1-Game Day 7-Blanchard Chorus Concert	²⁹ 9-Fitness w/Holly 10:30-Coffee and Chat with Kim - Guest: Police Chief Szewczyk 2-Knitting Group 1:30-Estate Planning Process	³⁰ 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30 - 2:30 PM Ice cream at Kimball Farm	³¹ 9-Fitness w/Holly via Zoom 10-Senior Stroll at NARA Park 7 PM-Ask Me Fair at Library	

Out of Town Mt. Calvary Church, Acton

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

FreeBee Markets Return

The first full FreeBee Market of 2024 will be on **May 18** at 30 Middle Road. Full FreeBees will also occur **July 27, August 17, September 7** and **October 19**. The FreeBee Market provides access to food, plants, community resources, and a bouncy house for children. Other Saturdays during this time frame will have FreeBee Popups providing food only. All events will be at the UCC lawn from **10:30 AM to 12 PM**.

Blanchard Spring School Concerts

Blanchard School, 493 Massachusetts Avenue will be having two concerts this May. The **Band concert** is **Tuesday, May 21**, the **Chorus Concert** is **Tuesday, May 28**. Both concerts start at **7 PM**. Don't forget to vote early on May 21 so you can attend the concert.

Nashobah Praying Indians: A Living People, A Living Landscape

Boxborough and Littleton were originally the Praying Indian Village of Nashobah, a place of spirit and vision. On **Sunday, May 5**, the Boxborough Historical Society will present Sagamore Strong Bear Medicine of the Nashobah Praying Indians and local historian Daniel V. Boudillion at the **Boxborough Town Hall**, 29 Middle Road at **2 PM**. They will discuss the Nashobah people, their spirit, their journey of survival, the village, and the sacred landscape that is all around us.

Sagamore Strong Bear Medicine is Sagamore of the Nashobah Praying Indians and the founder of the Friends of the Nashobah Praying Indians. Daniel V. Boudillion is an avid historian and author with a vast knowledge of early Nashobah history and has recently published "History of the Nashobah Praying Indians: Doings, Sufferings, Survival, and Triumph."

The event is free and registration is not required.

Senior Stroll at NARA Park

You and your caregivers are invited to join other seniors from the Acton, Boxborough, and Littleton Council's on Aging for coffee, conversation, a stroll around **NARA Park**, 25 Ledge Rock Way, Acton. Strolls will be held from **10 to 11 AM** on **Fridays in May (10, 17, and 31)** and **June (7, 14, and 21)**. (No group walk on May 24.)

Participants will meet at the Sports Pavilion located at the upper parking lot off Quarry Road. The paved pathway around the park is approximately a mile and is wheelchair and walker friendly.

RSVP required to nursing@actonma.gov or Heather at 978-929-6650.

Mother's Day Word Puzzle

Let's see how many words can be made from the letters in "Mother's Day."

Use no words less than 4 letters and no plurals. If you can find 25 words, pat yourself on the back. Count four-letter words with one point. Five-letter words count two points. Six or more letters in a word count three points. Score 25 and you are a Word-Finder. Score 30 and you are a Word-Expert. Score more than 30 and call yourself a Word-Master.



Save the dates:

- Annual Town Meeting starts on Monday, May 13 at 7 PM.
 - The Town Elections will be held on Tuesday, May 21 from 7 AM until 8 PM.
 - Memorial Day will be celebrated on May 27. Town offices and the Library will be closed.
 - Fifer's Day will be held on Saturday, June 15.
-

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



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