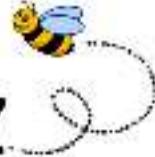


THE

BOXBOROUGH BUZZZ

SENIOR NEWS YOU CAN USE



June 2024

Council on Aging

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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

Buzz Production Team

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

June Lunch

The Friends of the Boxborough Council on Aging (FCOA) is sponsoring a picnic themed lunch on **Wednesday, June 12** from **noon to 1 PM** at the **Community Center**. The menu includes assorted sandwiches and wraps with potato salad, coleslaw, macaroni salad, chips, and cookies. You may **RSVP** for the lunch beginning **Monday, June 3**. Join us for this fun gathering to kick off the summer season and celebrate the anniversary of the FCOA.

The FCOA is a non-profit group that supports the Boxborough Council on Aging and its seniors with funds for lunches, transportation, and defraying the cost of some classes and events. Please contact John Fallon at 978-264-0069 if interested in joining the group.

Don't forget donations to the Food Pantry are encouraged.

Free Chair Yoga Class

Our chair yoga instructor, Rebecca Reber, will offer a **free** chair yoga class following lunch on **Wednesday, June 12**. This free class runs from **1:15 PM to 1:45 PM** at the **Community Center**. Chair yoga has many benefits including increased flexibility, better balance and coordination, enhanced strength, muscle toning, mood boosting, and social engagement. Please consider staying after lunch to sample chair yoga and see for yourself.

The in-person summer session begins **Thursday, July 18**. See the article on **Summer Yoga with Rebecca**.

Golden Oldies Here We Come

Let's go back in musical time to the 60s and 70s on **Thursday, June 20 at 1:30 PM** at the **Community Center**. Enjoy Joe Leary's acoustic guitar and vocal performances of the music from some of the well-known singer-songwriters such as James Taylor, Bob Dylan, Jim Croce, John Denver, Neil Diamond, and Gordon Lightfoot to name a few. The inspirations, anecdotal stories, and backgrounds of these musical artists will be tossed in throughout the performance. Please **RSVP**.

*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 Father's Day, Juneteenth, and first day of summer. Father's Day is always celebrated on the third Sunday in June to honor fathers, father figures, and fatherhood itself. This year it occurs on June 16. In addition to this special holiday, this month we also commemorate the ending of slavery, Juneteenth, on June 19. It was recognized as a federal holiday in 2021. The first day of summer is on June 20 and shifts between June 20, 21, and 22 depending on the summer solstice, which is the day with the longest amount of daylight of the year.

We hope you spend some of your days this season enjoying our wonderful programs. Most programs need an **RSVP** so we know how many people to expect. As you may have noticed, we highlight our contact information in the box on the bottom of the front page.

Have a great summer,
Kim



Well Adult Clinic



The Nashoba Associated Boards of Health is conducting their monthly Well Adult Clinic at the **Community Center** on **Wednesday, June 12** from **11:15 PM** to **12:15 PM**. Their nurse Alicia Lepardo does blood pressure checks and answers any of your health-related questions.

Podiatry Clinic

The next Podiatry Clinic with Dr. Alissa Kuizinas will be on **Wednesday, June 26** from **10:30 AM to 3:30 PM** at the **Community Center**. Please call us after June 1 to make an appointment for toenail trimming, callus treatment, and foot health evaluation. Her fee is \$35, paid to her by cash or check.



Coffee & Chat with Kim



Come join us for a free cup of coffee at the **Community Center** on **Tuesday, June 25** at **10:30 AM**. Bring your questions and have a chat with Kim and her special guest Ed Cataldo, the Inspector of Buildings for the Town of Boxborough.

Public Safety

Have you met Boxborough's newest employee? Koda was recently sworn in as Boxborough's first ever K-9. Koda was born in December of last year and came to the Boxborough Police Department after being donated by Foxbend Labs in Hillsborough, New Hampshire. Koda is a beautiful black labrador retriever who, once her training is completed, will be utilized as a community service and scent dog. This will be vital in helping both improve community relations and in helping find lost individuals, especially with Boxborough's vast number of outdoor trails. We are so happy to have Koda join the Boxborough community. If you see Koda around town with her handler Officer Maxwell Bressi, please stop and say hello.

In health,
Chief of Police John Szewczyk

*Happy
Father's
Day*



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

- **June 9**
- **July 14**
- **August 11**

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

Summer Yoga with Rebecca



Registration begins on **Thursday, June 27** for Boxborough residents. Non-residents may register beginning **Thursday, July 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, July 18** and run through **Thursday, October 3**. 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 AM** to **11:30 AM**. Fee: \$36.

Out to Lunch

Let's kick off the summer season in true New England fashion! Out to Lunch will be at **Kimball Farm**, 1543 Lunenburg Road, Lancaster on **Monday, June 17 at 11:30 AM**. Enjoy a lobster roll, seafood, salad, or something from the grill and finish off your meal with a delicious ice cream.

Ask A Lawyer

Call us to make a 15 minute, free, consultation with a local lawyer on **Thursday, June 27 from 1:30 PM to 3:30 PM** at the **Community Center**.

Devens Museum

Visit this military museum located at 94 Jackson Road #305, Devens on **Tuesday, June 25 at 10:50 AM** to learn incredible information about the history of Camp Devens and Fort Devens, once known as "New England's largest Army Base." The van will be available on a first come, first served basis for \$5 roundtrip and will be leaving Town Hall at 10:30 AM. Please **RSVP** by June 13.

Admission is free, but donations are appreciated. The museum is looking for artifacts, by donation or on loan, to add to their collection for education and research. If you have a donation, contact the museum at (978) 772-1286.

Senior Community Service

Employment Program

SCSEP is a program from the U.S. Department of Labor that offers low-income seniors paid training opportunities. The program works with hundreds of seniors in Massachusetts to both supplement their income and find employment.

Positions are available at nonprofits in the Acton and Boxborough areas, including Discovery Museum and United Way among others.

Come to the information session presented by Greg Haig on **Thursday, June 13 at 1:30 PM** in the **Community Center**. Please **RSVP**.

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.

Boxborough Fifer's Day

The 2024 Fifer's Day is **Saturday, June 15** at **Flerra Meadows** on Stow Road. The day starts at **9:30 AM** with a 4-mile road race. A parade starts at **11 AM** from the Blanchard School to Flerra Meadows and then a presentation of the Golden Fife Award. The fair will include food and barbecue, including a vegetarian option, children's games and activities, volleyball tournament, booths representing Town organizations, and a craft fair. There will be live music throughout the afternoon.

For more information, or to sign up for a non-profit booth, craft booth, road race, or volleyball, go to fifersday.org or boxboroughminutemen.org/fifers-day. If you would like to get involved by helping to plan Fifer's Day or to help at the fair, contact the Boxborough Minutemen Company at boxboroughminutemen.org/contact-us.

Fifer's Day is jointly sponsored by the Boxborough District Minuteman Company and the Town of Boxborough's Public Celebrations and Ceremonies Committee.

Boxborough Schoolhouse #2

Boxborough's Schoolhouse #2 will be open to the public on **Sunday, June 9** from **2 to 4 PM**. With the kind permission of Nancy (Robinson) Morrison, who co-owns the property with her sister Jane Sawisch, you will be able to visit **Schoolhouse #2** at 339 Picnic Street (corner of Hill Road), tour the 1857 building, and see exhibits specific to this building. You will receive a one-page history of the Schoolhouse. The Boxborough Museum at 575 Middle Road will be open from 2 to 4 PM to provide a restroom and save you from using outhouses behind the Schoolhouse.

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!

Local Farmers' Markets

Farmers' markets are an enjoyable way to shop for fresh vegetables and fruits, local meats, breads, cheese, honey, and crafts.

When you go to a farmers' market, bring reusable bags and carry small bills.

(Paying for a tomato with a \$20-bill would not endear you to a farmer.)

Here are local farmers' markets which begin in June:

Acton-Boxborough Farmers' Market

Elm Street Playground, West Acton;
Open June 16 through October 13;
Sundays, 10 AM to 1 PM

Maynard Community Farmers' Market

Mill and Main Street, Clock Tower Place parking lot; Open June 29 through September 28; Saturdays, 9 AM to 1 PM

Library News

Please join us for a creative journey in a two-part workshop series. Separate registration is required for each program and can be done at boxlib.org on the Library's Event Calendar. Materials will be provided.

• Part 1: Cyanotypes

On **Thursday June 13 at 1 PM**, participants will make cyanotypes. Cyanotypes are also known as sun prints. They are created by a method of camera-less photography where objects are placed onto pre-treated photosensitive material and exposed to light to create beautiful impressions, called photograms.

• Part 2: Sew a Zippered Pouch

On **Tuesday, June 18 from 4 to 6 PM**, participants will collaborate with Deepika Prakash in her new sewing workshop "Repair & Renew" to transform their cyanotype creations into functional zippered pouches.

Donation: \$ \$5 \$10 Other

Name

Address

In memory of

In recognition of

June 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	9-Fitness w/Holly 1:30-Zumba w/Deb	3	4 1-Game Day	5 9-Fitness w/Holly 2-Knitting Group	6 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	7 9-Fitness w/Holly via Zoom
9 2-4 Open house at Boxborough Schoolhouse #2 2-4 Boxborough Museum	10 9-Fitness w/Holly 10:30 – 1:30 Spa Day 1:30-Zumba w/Deb 2-COA Board Meeting	11 1-Game Day	12 9-Fitness w/Holly 11:15-Well Adult Clinic Noon-COA Luncheon Sponsor: FCOA 1:15-Free Chair Yoga Instruction 2-Knitting Group	13 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Senior Employment Program 1-Cyanotypes at Library	14 9-Fitness w/Holly via Zoom	15 Fifer's Day 9:30-Road Race 11- Parade Noon-Exhibits, Food, etc. 10:30-FreeBee Food Rescue Saturday
16 Father's Day	17 9-Fitness w/Holly 11:30-Out to Lunch: Kimball Farm in Lancaster 1:30-Zumba w/Deb	18 1-Game Day 4-Sew a Pouch at the Library	19 Juneteenth Town offices and Library closed.	20 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30- Golden Oldies- Musical Treat by Joe Leary	21 9-Fitness w/Holly via Zoom	22 10:30-FreeBee Food Rescue Saturday
23	24 9-Fitness w/Holly 1:30-Zumba w/Deb	25 10:30-Coffee and Chat with Kim – Guest: Ed Cataldo 10:50-Trip to Fort Devens Museum 1-Game Day	26 9-Fitness w/Holly 10:30-3:45-Podiatry Clinic 2-Knitting Group	27 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Ask A Lawyer	28 9-Fitness w/Holly via Zoom	29 10:30-FreeBee Food Rescue Saturday
30						

Out of Town Mt. Calvary Church, Acton

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

- Reminder: Spa Day – June 10
- The Community FreeBee Market (aka Full FreeBee Market) dates – July 27, August 17, September 7, and October 19; Food Rescue Saturdays (aka FreeBee Popups) – all other Saturdays May 25 – October 12. All market events are held at 30 Middle Road, Boxborough and start at 10:30 AM.

**Submit items for the July 2024 issue by June 5, 2024
to boxboroughbuzz@gmail.com**



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

Change Service Requested
Boxborough Council on Aging
26 Middle Road
Boxborough, MA 01719