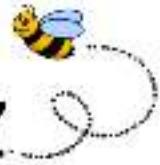


THE

BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



July 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 Mascioli
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

Buzz Production Team

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

Grab 'n Go Ice Cream

The Boxborough Fire Department and its union, the Boxborough Professional Firefighters' Association, Local 4601, is sponsoring the annual COA Ice Cream Truck event this year. The Super Star Ice Cream Truck will be serving novelty ice creams to Boxborough seniors (age 60 and up) at the **Boxborough Fire Station** at 502 Massachusetts Avenue on **Wednesday, July 10** from **1 to 1:45 PM**.



Please **RSVP** since the numbers are limited. You may sign up beginning July 1. Arrival times are by last name: A through H, pick up time is 1 PM; I through P, pick up time is 1:15 PM; and Q through Z, pick up time is 1:30 PM. We hope that you'll come get your free ice cream treat and meet some of our Fire Department personnel.

A Funny Program About Funny Programs

Get ready to enjoy a bellyful of laughs on **Wednesday, July 17 at 2 PM** at the **Community Center**.

An award-winning author and pop culture historian, Martin Gitlin, will host a fun and enlightening presentation titled "A Funny Program About Funny Programs: The Greatest Sitcoms of All Time" based on his book, *The Greatest Sitcoms of All Time*. Martin is the only author to rank the best of the best shows you will remember including I Love Lucy, The Honeymooners, The Andy Griffith Show, Get Smart, All in the Family, The Mary Tyler Moore Show, Cheers, The Golden Girls, Seinfeld, Frasier, and The Big Bang Theory, to name a few. He will show funny snippets from those shows and others, challenge you with sitcom trivia (including identifying cool theme songs), discuss the criteria he used to rank 70 years of sitcoms, and talk about how sitcoms have evolved over the decades in humor, presentation, and content. This program is very entertaining so be sure to join us for the fun! Please **RSVP** so we can save you a seat.



*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 Independence Day!

I encourage you to wear red, white, and blue on July 4th to celebrate the birthday of the United States of America.

I also encourage you to protect yourself from the elements and stay hydrated throughout the summer. Wear sunscreen, use bug repellent, and drink lots of water. Even though you may not feel thirsty, you should still drink plenty of water to prevent dehydration. Dehydration can cause dizziness, confusion, increased risk of falls, and worsen underlying health conditions, in addition to many other undesirable side effects.

I suggest opening your curtains and windows at night to let the cooler air in and closing them in the morning to keep the heat out. Join us at the Community Center to enjoy our programs and the air-conditioning. You can also spend some time at the Library which is another air-conditioned place to cool off.

Stay cool, stay hydrated, and stay healthy.

Best,
Kim

Wellness Clinic

There will be no Wellness Clinic in July or August.

Podiatry Clinic



Alissa Kuizinas, DPM will be at the **Community Center** on **Wednesday, July 31** from **10:30 AM to 3:45 PM**. She will trim your toenails and treat calluses for \$35 cash or check. Please call us after July 1 to make an appointment.



Coffee & Chat with Kim

This is a great chance to get out of the house and chat with some of your Boxborough neighbors. You are welcome to bring a friend and join Kim and other seniors for some casual conversation and a free cup of coffee or tea at the **Community Center** on **Wednesday, July 24** at **10:30 AM**. Please **RSVP**.

Public Safety

The File of Life kit is a card with a red, magnetic, plastic folder that you can put on your refrigerator to help first responders identify pertinent medical information during emergencies. The card contains a brief medical history and medication, allergy, and emergency contact information. This information is vital for firefighters/EMTs and upon arrival at the hospital, for the hospital staff.

For residents wishing to obtain a File of Life kit, please come to the Boxborough Fire Department and we would be happy to give you one. You can also find them at the Town Hall and the Council on Aging office.

The Boxborough Fire Department also offers lockboxes to help gain access into a residence if there is an emergency. Please call the fire station at 978-264-1770 to make an appointment to have one installed.

I hope everyone enjoys a happy and safe month!

FF/EMT Courtney Panaro



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

- **July 14**
- **August 11**
- **September 8**

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

Summer/Fall 2024 Zumba Gold® with Deb

Registration begins on **Monday, July 15** for Boxborough residents. Nonresidents may register beginning **Monday, July 29** if space is available. Registration forms will be posted on Boxborough COA's 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.

Classes begin on Monday, August 5 and run through Monday, November 4. Classes are held on Mondays at 1:30 PM at the Community Center. (No class will be held on Monday, September 2 for Labor Day).

July Field Trip

Join us for a summer stroll at the **Bonsai West Garden** at 100 Great Road, Littleton at **12:45 PM on Monday, July 29**. The van will be available on a first come, first served basis for \$5 roundtrip and will be leaving

Town Hall at 12:30 PM. The beautiful outdoor garden and greenhouses showcase some of the finest award-winning Bonsai available in the country. After, we will make our way to **Spring Brook Farm**, 591 Great Road, Littleton.

Their country store offers a variety of baked goods, fresh produce, as well as antiques, candles, and more! Please **RSVP** by July 24.



An American Music Icon

At **1:30 PM on Wednesday, July 24**

longtime New England singer/songwriter **Matt York** will perform at the **Community Center**. His program will focus on Willie Nelson's long and illustrious music career that spanned over seven decades. Matt will entertain us by telling stories about Willie and singing songs associated with him.

In 2022 and 2023, York was nominated for the Boston Music Award for Best Country Artist, and last year his album "Gently Used" was named one of the top albums by the *Worcester Magazine*. We invite you to join us to enjoy a musical tribute to this American music icon, Willie Nelson.



This program is supported in part by a grant from the Acton Boxboro Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Out to Lunch

July's Out to Lunch will be at the **Stow Café** located at 118 Great Road, Stow on **Monday, July 22 at 11:30 AM**. This family restaurant serves breakfast and lunch. The best part is that breakfast is served all day. Enjoy an omelet, a breakfast specialty, a triple decker club, or any other item from the menu. Individual checks will be provided. Please **RSVP** by July 17.

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.

July 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 1:30-Zumba w/Deb	2 1-Game Day	3 2-Knitting Group	4 Independence Day Town offices and Library closed	5	6 10:30-FreeBee Food Rescue Saturday
7	8 9-Fitness w/Holly 1:30-Zumba w/Deb 2-COA Board Meeting	9 1-Game Day	10 9-Fitness w/Holly 1-1:45-COA Grab 'n Go Ice Cream Truck at Box. Fire Station Sponsor: Box. Fire Dept and its union 2-Knitting Group	11	12 9-Fitness w/Holly via Zoom	13 10:30-FreeBee Food Rescue Saturday
14 2-4-Boxborough Museum	15 9-Fitness w/Holly 1:30-Zumba w/Deb	16 1-Game Day	17 9-Fitness w/Holly 2-Funny Program About Funny Programs 2-Knitting Group	18 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	19 9-Fitness w/Holly via Zoom	20 10:30-FreeBee Food Rescue Saturday
21	22 9-Fitness w/Holly 11:30-Out to Lunch: Stow Café 1:30-Zumba w/Deb	23 1-Game Day	24 9-Fitness w/Holly 10:30-Coffee and Chat with Kim 1:30-Willie Nelson, Songs and Stories 2-Knitting Group	25 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Ask A Lawyer	26 9-Fitness w/Holly via Zoom	27 10:30-FreeBee Community Market
28	29 9-Fitness w/Holly 12:45-Trip to Bonsai Garden & Spring Brook Farm 1:30-Zumba w/Deb	30 1-Game Day	31 9-Fitness w/Holly 10:30-3:45-Podiatry Clinic 2-Knitting Group			

Out of Town Mt. Calvary Church, Acton

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

Boxborough Connects Van Service

The Town of Boxborough is now offering daily Montachusett Area Regional Transit Authority (MART) van service, called "Boxborough Connects" to West Acton, Roche Brothers, and the Acton Train Station for all residents for \$1. The morning and afternoon van routes include stops on Swanson Road, Paddock Estates, Boxborough Meadows, Summer Fields, and Applewood. Other regular stops include the Library, Oscars Burritos, Town Hall and the Boxborough Middlesex Bank plaza. Keep an eye out for fliers and rack cards to learn about stop times, or email awade@boxborough-ma.gov for more information on the stop closest to you. Weekend and extended weekday services are coming soon!

Museum Passes at the Library

Itching to go somewhere? If so, check out the list of museum passes at boxlib.org. Some passes provide free admission, while others offer discounts off the admission fees. Want to enjoy the outdoors? Our Library has passes to MA state parks, MA Audubon, and properties managed by the Trustees. Love the arts? Pick up a pass for the Worcester Art Museum, Fitchburg Art Museum, Peabody Essex Museum or the Museum of Fine Arts. Family visiting? Check out a pass to the Discovery Museum, New England Aquarium, or the Museum of Science. There is something for everyone to enjoy. For questions about museum passes and how to reserve them, contact the Sargent Memorial Library at 978-263-4680.

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!

Ask a Lawyer

Once a month, usually the last Thursday of the month, we offer free 15-minute consultations with a lawyer who is skilled in Elder Law. Consultations take place at the **Community Center** for the seniors in Boxborough. Please call the COA to make an appointment for **Thursday, July 25** from **1:30 PM to 3:30 PM** with Cathleen Summers, RN, ESQ of Generations Law Group.

Library News

The theme for the Summer Reading Program is Re-new, Re-read, and Re-turn.

- **Community Cardboard Castle Construction**
The Sargent Library has been collecting cereal boxes and cardboard tubes that can be used to create a fort-size castle. From **Tuesday, July 2 through Tuesday, July 16**, families are invited to visit the Library's meeting room to see our creation and add some box "bricks" of their own. If you'd like to contribute boxes or tubes for the castle, you can leave them on Ms. Heather's desk in the Children's Room.
- **Summer Scares**
The Summer Scares Program is an annual reading Program designed for mature readers; this is the first time our Library will participate. The selected book for adults is *Such Sharp Teeth* by Rachel Harrison. Read it in July and join us for a discussion in August.

Donation: \$ \$5 \$10 Other

Name

Address

In memory of

In recognition of

The Acton-Boxborough Farmers' Market is held Sundays from 10 AM to 1 PM at the Elm Street playground in West Acton.

IT volunteers can help you with computer, tablet, and smart phone issues. Call the COA at 978-264-1717 to make an appointment.

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



Follow us on Facebook at facebook.com/boxboroughcoa



Pre-Sort
U.S. Postage Paid
Standard
Acton, MA
Permit No. 100

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