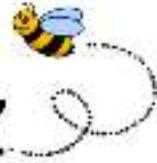


THE

BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



Council on Aging

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August 2024

Ice Cream Social and Jobs That No Longer Exist

Life Care Centers of America will be sponsoring an Ice Cream Sundae Social and presentation on *Jobs That No Longer Exist* on **Thursday, August 15 at 1:30 PM** at the **Community Center**. You will have a choice of toppings on vanilla ice cream to create your sundae and watch a comical video presentation about obsolete jobs. Please **RSVP** by Tuesday, August 13.

Out to Lunch

Our August Out to Lunch will be **Wednesday, August 7** at **Tiny's** located at 2 Groton School Road, Ayer. Don't let the name fool you! Tiny's is famous for its generous portions. Their fish and chips (and onion rings) are a few of their most popular dishes. The menu offers a variety including vegetarian meals, sandwiches, steak, and Italian dishes. Please **RSVP** by Tuesday August 6.

Pizza Party

The Boxborough Conservation Trust, together with Bravo Pizza, is sponsoring a Pizza Party for Boxborough seniors on **Wednesday, August 28 from noon to 1 PM** at the **Community Center**. Menu: plain and pepperoni pizza, cookies, iced tea, water, coffee, and tea. Please **RSVP** after Thursday, August 1, but before Wednesday, August 14.

Farmers Markets Coupons

The COA is receiving five \$50 coupons for local Farmers Markets through Minuteman Senior Services. These can be distributed to Boxborough seniors age 60+ whose income level is \$27,861 per year or less for a one-person household, or \$37,814 per year or less for a two-person household. Please contact Kim at 978-264-1717 if you qualify and would like to receive one of these coupons.

*Please note: All COA Boxborough **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 offering many opportunities to get a reprieve from the "dog days of summer" by bringing you into the air-conditioned Community Center for some fun and informative programs. Although we don't have our regular monthly lunch in August, we are hosting an Ice Cream Sundae Social and a Pizza Party.

We are announcing two new programs that start in September but require you to register for them this month. See the articles on *A Matter of Balance* and *Mindfulness and Meditation*.

Please use our contact information in the box on the front page of our newsletters for RSVPs and registrations.

Should you get bothered by the heat, remember the Library is a nice place to cool off. It is designated as a Boxborough cooling center on the hottest days of summer as is the Boxborough Regency Hotel.

Stay cool and don't forget to smile,
Kim

A Matter of Balance: Managing Concerns About Falls

Many older adults experience a fear of falling. People who develop this fear often limit their activities which impacts their quality of life. Minuteman Senior Services is offering A Matter of Balance, an 8-week, evidence-based program that emphasizes practical strategies to reduce this fear and safely increase activity levels. The curriculum includes group discussions, problem-solving activities, and exercises. The class will meet **Mondays, September 9** through **November 4** from **10:30 AM to 12:30 PM** at the **Community Center**. This program is free for all participants regardless of residency. There will be no class on October 14.

Please register with the COA by **Wednesday, September 4**, as there are limited spaces available.

Coffee & Chat with Kim

Fire Department Captain Shawn Gray, will join Kim and a few Boxborough seniors for coffee or tea and an informal chat about the Boxborough Fire Department on **Tuesday, August 27** at **10:30 AM** at the **Community Center**. Come with a smile and your questions for Captain Gray.

Public Safety

Seniors are often the target of scams or attempted fraud by unscrupulous individuals. Beware of these common scams:

- phishing emails where personal information is requested
- lottery and prize scams where you need to pay a fee to claim a prize
- charity scams where money is often asked for after a natural disaster
- computer scams where you are told your computer is infected with a virus and funds must be paid in order for the virus to be erased
- bail money is requested after claiming that a family member, often a grandchild, is in police custody

These scams prey on the emotions of victims. Please always be cautious and never send any money. If you are ever unsure, please contact a family member or the Boxborough Police Department. Prevention of a scam is much more desirable than attempting to solve a case after it has occurred.

In Health,
Chief John Szewczyk



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

- **August 11**
- **September 8**
- **October 13**

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

Fall Fitness with Holly

Registration begins on **Monday, August 5** for Boxborough residents. Non-residents may register beginning **Monday, August 19**, if space is available. Registration forms will be posted on Boxborough's COA webpage. You may also call 978-264-1730 to request a form. The minimum class size is six Boxborough residents. Please make checks payable to the Town of Boxborough. Classes begin on **Friday, August 30** and run through **Friday, November 15**. All classes start at **9 AM**. Monday and Wednesday classes are held at the **Community Center**; Friday classes are via **Zoom**. Fees: \$4 per class. 8 Monday classes are \$32, 11 Wednesday classes are \$44, 12 Friday classes are \$48. You can register for one, two or three classes per week. (No classes will be held on Mondays, September 9, October 14 and November 11.)

Mindfulness and Meditation

Erin Loporto, IAYT Certified Yoga Therapist. is offering a hybrid Mindfulness and Meditation program at the **Boxborough Community Center** and via **Zoom**. Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. Registration for this six-week program will begin on **Tuesday, August 20** for Boxborough residents and **Tuesday, September 3** for non-residents. Minimum class size is six Boxborough Residents. Fee: \$24.00. Classes are at **10 AM** beginning on **Tuesday, September 10** and run every Tuesday through **Tuesday, October 15**.

August Field Trip

Bring out your artistic side. August's field trip will be on **Monday, August 19** to **Art Signals Studio**, 16 Nason Street, Maynard at **1PM**. The van will be available on a first come, first served basis for a \$5 round trip fee. We will be leaving Town Hall at **12:30 PM**. This Paint Your Own Pottery studio is easy and fun for one and all. The friendly staff is happy to assist with picking the perfect color and design. Items range from \$8 to \$25 which includes item, paint, brushes and finishing process for your piece of art. Please **RSVP** by Wednesday, August 14.

Legal Services for Seniors

Elder Law Attorney Lindsay Mitnik, of the Greater Boston Legal Service Elder, Health, and Disability Law unit (GBLS) will be coming to the **Community Center** on **Wednesday, August 14** at **1:30 PM** to speak about Health Care Proxies and Durable Powers of Attorney documents. Lindsay will explain to attendees why these Advanced Directive documents are important, and how they can help to avoid adult guardianship and conservatorship crises in the future.

During this presentation, Lindsay will explain the purpose of these documents and how they help to avoid decision-making crises. She will be happy to help any interested seniors who don't already have these documents to complete them, followed by instructions about what to do with them once they are legally completed.

Lindsay will describe the full range of free legal services that are available at GBLS for low-income seniors in Boxborough, so that more seniors will know how to access these services. Please **RSVP** by **August 12**.

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.

August 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
				9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 6 PM Adult Book Discussion at Library	1 9-Fitness w/Holly via Zoom 10:30-Zumba w/Deb	2 10:30 FreeBee Food Rescue Saturday
4 9-Fitness w/Holly	5 1-Game Day	6 9-Fitness w/Holly 10:30-Podiatry Clinic 11:30-Out to Lunch at Tiny's Restaurant 2-Knitting Group	7 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	8 9-Fitness w/Holly via Zoom 10:30-Zumba w/Deb	9 10:30 FreeBee Food Rescue Saturday	10 10:30 FreeBee Food Rescue Saturday
11 2-4 Boxborough Museum	12 9-Fitness w/Holly	13 1-Game Day 4-6 PM Repair and Renew Sewing Workshop at Library	14 9-Fitness w/Holly 1:30-Legal Services for Seniors 2-Knitting Group	15 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30 Ice Cream Social and Jobs That No Longer Exist Sponsor: Life Care Centers of America	16 9-Fitness w/Holly via Zoom 10:30-Zumba w/Deb	17 10:30 FreeBee Community Market
18 9-Fitness w/Holly 1 - COA Trip: Art Signals Studio in Maynard 2-COA Board Meeting	19 1-Game Day	20 9-Fitness w/Holly 1:30-Savvy Seniors 2-Knitting Group	21 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Ask A Lawyer	22 9-Fitness w/Holly via Zoom 10:30-Zumba w/Deb	23 9-Fitness w/Holly via Zoom 10:30-Zumba w/Deb	24 10:30 FreeBee Food Rescue Saturday
25 9-Fitness w/Holly 10:30-Spa Day	26 1-Game Day 10:30-Coffee & Chat with Kim Guest: Fire Captain Shawn Gray	27 9-Fitness w/Holly Noon-Pizza Party Sponsor: Bravo Pizza & Box. Conservation Trust 2-Knitting Group	28 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	29 9-Fitness w/Holly via Zoom 10:30-Zumba w/Deb	30 9-Fitness w/Holly via Zoom 10:30-Zumba w/Deb	31 10:30 FreeBee Food Rescue Saturday

Savvy Seniors

Wednesday, August 21 at 1:30 PM at the **Community Center** a representative from the Massachusetts Office of the Attorney General's Community Engagement Division will present an informative program about the "\$avvy \$enior." You will learn about current forms of online, mail, in-person, and other types of scams and how to avoid them. You will also learn how to prevent identify theft and steps to take if you experience it, along with information about how to contact the AGO's Elder Hotline. More information about the MA Attorney General's Office can be found Mass.gov/ago.

We hope you attend this informative presentation. Please **RSVP** by Tuesday, August 20.

Spa Day

A Spa for You from Westford returns to pamper us on **Monday, August 26** from **10:30 AM to 1 PM** at the **Community Center**. Each service is 15 minutes 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

Register with the COA no later than Wednesday, August 21 to take advantage of this wonderful, inexpensive opportunity to pamper yourself.

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!

Ask A Lawyer

Attorney Kitty O'Connor of Eckel, Hoag and O'Connor from Acton will meet with Boxborough seniors on **Thursday, August 22** for a free 15-minute consultation from **1:30 PM to 3:30 PM** at the **Community Center**. Kitty will answer your legal questions or give you the right direction to move forward. **Make an appointment** with the COA (see contacts in the box on the front page) by Tuesday,

Library News

Repair & Renew Sewing Workshop

The Repair & Renew Sewing Workshop, a partnership between Sargent Memorial Library and Acton Memorial Library, will be held in Boxborough on **Tuesday, August 13** from **4 to 6 PM** at the **Library** for its August session. Attendees made zippered pouches in June and upcycled T-shirts in July. Stay tuned for the August Theme!

Summer Scares Adult Book Discussion

This summer marks our Library's first participation in Summer Scares, an annual reading program from Horror Writers Association. The Library has selected *Such Sharp Teeth* by Rachel Harrison for adult readers. If you have not read any horrors before, this is a good place to start. If you are already a horror fan, do join us for the fun. The discussion for *Such Sharp Teeth* will take place on **Thursday, August 1 at 6 PM** in person at the **Library**. Registration is open on the Library event calendar (boxlib.org/news-events/events).

Donation \$ _____

\$5 _____ \$10 _____ Other _____

Name _____

Address _____

In Memory of _____

In Recognition of _____

Please note: The Zumba class is on Fridays at 10:30 AM beginning August 2. Call the COA to register for the 12-week session for \$48.

Please note: The Podiatry Clinic scheduled for July 31 has been rescheduled to August 7. There will be no Wellness Clinic in August.

Save the date: Thursday, September 5 from 1 to 3 PM for a presentation on the MBTA's Charlie Cards and to apply for one of your own.

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



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