

THE

BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



Council on Aging

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Anne Canfield, Vice Chair
Karen Whitcomb, Secretary
Tina Bhatia
Barbara Birt
Maureen Masciola
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September 2024

September Lunch



The Boxborough Friends of the COA (FCOA) will host our lunch on **Wednesday, September 11**, at **noon** at the **Community Center**. Lunch will include vegetarian or meat lasagna, garden salad, and dessert. Please **RSVP** beginning Tuesday, September 3.

We will meet our new Fire Chief, John Kivlan, at lunch. And don't forget that donations for the Acton Food Pantry are very much welcome. They also need grocery paper bags with handles. When they have to buy them, it is quite expensive. We hope you enjoyed your summer and look forward to seeing you at our September lunch!

September Out to Lunch

Join us at **11:30 AM** on **Thursday, September 26** at **West Village Tavern** located at 13 Commonwealth Avenue in West Concord. This neighborhood spot offers food made from scratch. Among the delicious options are shareable starters, handhelds including French dip, and creative pizzas such as sweet fig jam and prosciutto, as well as others. Salads and energy bowls are also available. Individual checks will be provided. Please **RSVP** by Tuesday, September 24.

Harvard Lanes Field Trip



On **Wednesday, September 25**, meet us at **Harvard Lanes Bowling** located at 204 Ayer Road in Harvard. You will be able to enjoy classic candlepin bowling at this newly renovated location, and if you happen to work up an appetite while bowling, the Lanes have a snack bar for all to enjoy.

We have dedicated bowling time from **10 AM** to **12 PM**. The cost is \$12 per bowler and includes bowling shoes. The van will leave Town Hall at **10:05 AM** and costs \$5 for a round trip. (You will miss a half hour of bowling if you take the van.) Please **RSVP** by Monday, September 23.

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

The Council on Aging welcomes all Boxborough residents age 60 and up to all of our programs. Hopefully, you will find some time to take advantage of the many social, educational, entertainment, and fitness activities that we offer. They can really enrich this chapter of your lives. Our programs take place at the Boxborough Community Center. It is located across from Town Hall and next door to the UCC Church. You can access the building by driving into the church entrance and around the back of the church to the parking area behind the Community Center. The main entrance is on the side of the building. Familiar and new faces are always welcome! We would love to see you!

Please consider joining us for any one or more of the programs that are described in this newsletter every month. For more information see our website at boxborough-ma.gov/286/Council-on-Aging.

Best,
Kim

COA Board Elects Officers

At the July 8 monthly meeting Boxborough Council on Aging Board, its members elected officers Bill Litant as chair, Anne Canfield as vice chair, and Karen Whitcomb as secretary for the 2024-2025 year.

Litant thanked Canfield for her "great work keeping the COA active and effective" during her tenure as Chair. Board members also stated their gratitude to Whitcomb for her continuing service as secretary.

Boxborough residents are encouraged to contact any of the officers or board members with their ideas for services and programs the COA could consider for its senior population. Email COA coordinator Kim Dee at kdee@boxborough-ma.gov to reach the officers.

Coffee & Chat with Kim

 You are invited to join Kim for a free cup of coffee or tea and casual conversation with her and some friendly Boxborough seniors. Kim will host her monthly Coffee & Chat on **Wednesday, September 18 at 10:30 AM** at the **Community Center**. Bring a friend and/or a topic you would like to discuss.

Public Safety

Hello Residents!

Cooking is the leading cause of fire injuries to people over 65. Follow these tips to stay safe while cooking:



- Wear short or tight-fitting sleeves while cooking as loose sleeves easily catch fire.
- Stay near your cooking and never leave it unattended.
- Put a lid on the pot or pan to put a fire out. You can use a dishtowel, bathrobe, or coat to also put out the flames on yourself or someone else.
- If you have any type of fire in your residence, try to evacuate safely.
- If you hear a smoke/CO detector alarm, exit the building, and call the Fire Department so professionals can extinguish the fire or investigate the cause of the alarm.

Any questions about fire safety, always call the Fire Department for clarification.

Have a happy safe month.
FF/EMT Courtney Panaro



The Museum will be open
2 to 4 PM Sundays
▪ September 8
▪ October 6
▪ November 10

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

Trusts and How to Avoid Probate

Join us for a free seminar on **Thursday, September 19 at 1:30 PM** in the **Community Center**. Attorney Dale

Tamburro from Belmont will discuss and compare the differences between revocable (living) and irrevocable trusts. He will review probate avoidance, protecting your home and other asset protection. Other topics discussed will include minimizing estate taxes, and how to manage trust assets if you are disabled or have children and grandchildren. If time permits, Attorney Tamburro will include in the discussion who should be a trustee and how to fund the trust.

Please **RSVP** by Tuesday, September 17.

Tech Essentials for Older Adults

This lifelong learning workshop will be presented by SeniorU. Designed specifically for older adults, this session demystifies the internet and apps that are essential in our daily lives. From shopping on Amazon, staying connected on social media, or enjoying podcasts, videos, and the life-changing artificial intelligence of Chat GPT, we've got you covered. With a focus on practical skills and safety, including knowledge of cookies, password protection, and more, you'll leave the session with confidence to navigate the digital world more effectively. Join us to enhance your digital literacy and stay connected in today's tech-driven society.

This event will take place on **Wednesday, September 18 at 1:30 PM** in the **Community Center**. The session typically runs about 1.5 hours. Please **RSVP** by Monday, September 16.

Wellness Clinic



The Nashoba Associated Boards of Health's Community Health Nurse, Alicia Lepardo, RN will be at the Community Center on **Wednesday, September 11**, from **11:15 AM to 12:15 PM** for blood pressure checks, general health counseling, resource information, and referrals as needed.

Podiatry Clinic

Local podiatrist Alissa Kuizinas, DPM will be at the Community Center on **Wednesday, September 25** from **10:30 AM**



to **3:45 PM** for 15-minute appointments to trim toenails, treat calluses, and overall foot health assessments. The cost is \$35 for Boxborough seniors and is paid directly to her in cash or by check. Call the COA beginning September 3 to make an appointment.

Ask A Lawyer

Call the COA to make a free, 15-minute appointment with local attorney, Cathleen Summers, RN, ESQ from Generations Law Group in Acton. Her specialty is in Elder Law issues like Estate Planning and Trusts, but will advise you on what direction to pursue on other matters. She will be at the **Community Center on Thursday, September 26 from 1:30 to 3:30 PM**.

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.

September 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
1 Labor Day Town offices and Library closed	2	1-Game Day	3 9-Fitness w/Holly 2-Knitting Group	4 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	5 9-Fitness w/Holly via Zoom	6 7 10:30 FreeBee Community Market (School Supplies)
8 2-4 Boxborough Museum	9 9-Fitness w/Holly 10:30-12:30 Matter of Balance	10 10-Mindfulness Meditation 1-Game Day	11 9-Fitness w/Holly 11:15 Wellness Clinic Noon-COA Luncheon Sponsor: FCOA 2-Knitting Group	12 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	13 9-Fitness w/Holly via Zoom 7 PM Grange Harvest Night at Town Hall	14 10- 'Body Positivity in Romance Books' at Library 10:30-FreeBee Food Rescue Saturday
15	16 9-Fitness w/Holly 10:30-12:30 Matter of Balance 2-COA Board Meeting	17 10-Mindfulness Meditation 1-Game Day	18 9-Fitness w/Holly 10:30 Coffee with Kim 1:30-Tech Essentials for Seniors 2-Knitting Group	19 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30 -Trusts and How to Avoid Probate	20 9-Fitness w/Holly via Zoom	21 10:30-FreeBee Food Rescue Saturday
22	23 9-Fitness w/Holly 10:30-12:30 Matter of Balance 7-'Find and Identify More Birds' at Library	24 10-Mindfulness Meditation 1-Game Day	25 9-Fitness w/Holly 10-12 Field Trip to Harvard Lanes Bowling 10:30-3:45 Podiatry Clinic 2-Knitting Group	26 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 11:30-Out to Lunch at West Village Tavern 1:30-Ask A Lawyer	27 9-Fitness w/Holly via Zoom	28 10:30-FreeBee Food Rescue Saturday
29	30 9-Fitness w/Holly 10:30-12:30 Matter of Balance					

Out of Town Mt. Calvary Church, Acton

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

Rotary Club Senior Luncheon

Boxborough and Acton seniors are cordially invited to attend a luncheon on **Sunday, October 6 at noon** in the Courtyard of the **Boxboro Regency**, Adams Place, in

Boxborough. The menu will include Regency chicken, mashed potatoes, green beans, rolls and butter, and apple pie.

Entertainment will be provided. The luncheon is hosted and sponsored by the Boxboro Regency Hotel and The Rotary Club of Acton-Boxborough. Please **RSVP** by Friday, September 20.

Library News

Here are a couple of Library events to enjoy in September:

▪ **Saturday, September 14 from 10 to 11 AM** enjoy a virtual chat with romance authors on the topic *Body Positivity in Romance Books*. Have a fun conversation with the best romance authors.

▪ **Monday, September 23 from 7 to 8 PM** author Heather Wolf will present a virtual show "Find and Identify More Birds." Heather shares her best tactics that helped her capture jaw-dropping photographs and connect deeply with nature.

Registration is required for each event. For more information visit the Library website at boxlib.org.



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!

Harvest Night

The Boxborough Grange #131 is happy to host a Harvest Night at Town Hall on **Friday, September 13** starting at **7 PM**. All are welcome.

Harvest Night will include an educational program and a sunflower contest. Make sure to bring your largest sunflower bloom to win a prize.

Harvard COA Meet & Mingle

Harvard COA has invited seniors from neighboring towns to the **Harvard Senior Center**, 16 Lancaster County Road, Harvard, MA, for our first ever Meet & Mingle on **Tuesday, September 17 from 10 to 11:30 AM**. Have some refreshments and hors d'oeuvres as you get to know new people. Find a walking partner, travel buddy, or just a new friend to chat with. Please **RSVP** to **978-456-4120** by September 13.

A Word-Wise Challenge

Time for a word-wise challenge. Using letters only found in **School Bus**, set a timer for 8 minutes and jot down as many 3, 4, 5, and 6 (or more) letter words as you can think of. NO points given for plurals.

After time is up, score yourself as follows: ONE POINT for each 3-letter word; TWO POINTS for each 4-letter word; and THREE POINTS for each 5- (or more) letter word. Then add up your points to find how word-wise you are.

15-19 POINTS: Word-Wise; 20-39 POINTS: Word-Wise Star; 40 or more POINTS: Word-Wise Wizard.

Donation \$ _____

\$5 _____ \$10 _____ Other _____

Name _____

Address _____

In Memory of _____

Reminders: A Matter of Balance will start on September 9; Mindfulness and Meditation begins September 10.

Don't forget, you can get your newsletter by email and save postage and printing.

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



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Boxborough Council on Aging
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