

THE

# BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



## Council on Aging

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## COA Board

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Santosh Verma, Vice Chair  
Barbara Birt, Clerk  
Tina Bhatia  
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Marney Stoumbelis

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## Buzz Production Team

Tina Bhatia  
Barbara Birt  
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Taryn Light  
Susan Luichinger  
Tess Summers

December 2024

## Madrigal Singers

Join us for a festive prelude to our holiday dinner with a performance from the Acton-Boxborough Regional High School Madrigal Singers. The group of over 20 singers will be dressed in Renaissance costumes and will serenade us with traditional holiday carols and songs. They will perform on **Wednesday, December 11 from 11:30 AM until noon** at the **Community Center**. Space is limited. Please **RSVP** by Thursday, December 5.

## December Lunch

The Friends of the Council on Aging are sponsoring a delightful holiday luncheon including spiral sliced ham, scalloped potatoes, green beans almandine, garden salad, rolls and butter, cookies and brownies. Please join us on **Wednesday, December 11 at noon** at the **Community Center** to share a meal with other seniors at this "most wonderful time of the year". Space is limited. Please **RSVP** by Thursday, December 5.



We are collecting donations for the Acton Food Pantry at all our lunches. Shelf stable foods and large brown paper bags are always welcome.

## Musical Memories

Musical Memories is a vocal duet featuring John and Linda, a brother and sister team, with guitar accompaniment. Their performances feature cover songs from the 50s through the 90s with a particular emphasis on vocal harmonies. For the holiday season, they will inject some seasonal favorites to their regular set. (Linda's version of Santa Baby is to die for!) Requests are always welcome. Come listen to songs, on **Thursday, December 5 at 1:30 PM** at the **Community Center**, that will conjure up pleasant memories. **RSVP** by Wednesday, December 4.

*Please note: All COA Boxborough RSVPs should be made to:  
Ami at [ascheen@boxborough-ma.gov](mailto:ascheen@boxborough-ma.gov) or 978-264-1730 or to  
Kim at [kdee@boxborough-ma.gov](mailto:kdee@boxborough-ma.gov) or 978-264-1717.*

## Human Services Director's Corner

Happy December Holidays to Everyone. We are starting the month out on a musical note with a lively performance from a brother and sister duet, Musical Memories. I'm sure you will recognize and enjoy all of the popular and holiday songs they will perform. Don't miss it on the first Thursday in December.

We are so pleased to have the Acton-Boxborough Regional High School Madrigal Singers return this year to serenade us with traditional holiday songs. They will perform just prior to our monthly lunch.

We are also offering an evening field trip to the New England Botanic Garden at Tower Hill for their festive Night Lights display. The Friends of the COA are subsidizing a portion of the admission price for you. See the articles for more details. Space is limited for all our programs, so call to reserve your place as soon as possible.

Best wishes,  
*Kim*

## Well Adult Clinic

The Nashoba Associated Boards of Health will offer their monthly wellness clinic at the **Community Center** on **Wednesday, December 11** from **12:45 to 1:45 PM**. Meet with Registered Nurse, Alicia Lopardo, to get your blood pressure checked and ask any health-related questions that may be on your mind.



## Podiatry Clinic



The December Podiatry Clinic will be offered by Alissa Kuizinas on **Wednesday, December 18** from **10:30 AM to 3:45 PM** at the **Community Center**. She will trim toenails, treat calluses, and examine your overall foot health for a **new fee of \$40**. You can pay by cash or check made payable to her. Please call the COA to make an appointment.

## Coffee & Chat with Kim

What is better than a free hot cup of coffee or tea on a cold winter morning? Add pleasant conversation with Kim and her special guest, Fire Chief John Kivlan, and you'll have a great way to start your day. RSVP is not necessary, but is welcomed. Join us on **Tuesday, December 31 at 10:30 AM** at the **Community Center**.

## Public Safety

Happy Holidays, Boxborough! As the festive (and chilly) season is upon us, here are some quick tips to remember throughout the winter.

- Ensure all medications are filled as inclement weather can often lead to canceled doctor's appointments and the inability to frequent the pharmacy.
- Make sure when shoveling a walkway or driveway, it is done in moderation and with frequent breaks to prevent injuries.
- Make sure your shoes or boots have good traction.
- Use safe strides and handrails to prevent slips and falls.

Finally, check on your neighbors. Although an exciting and joyous time, the winter season also produces less sunlight leading some to depression. A friendly hello to a lonely neighbor can really help.

Any questions, please feel free to contact the Boxborough Police Department.

In Health,  
*Chief John Szewczyk*

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The Museum will be open



**2 to 4 PM Sundays**

- **December 8**
- **January 12**
- **February 9**

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

## **Winter Yoga with Rebecca**

The winter session of yoga classes with Rebecca begins on **Thursday, January 23** and ends on **Thursday, March 27**. The minimum class size is 6 Boxborough residents. Registration for Boxborough residents begins on Thursday, January 2. If space is available, registration for out-of-town registrations begins on Thursday, January 16. Ten classes at \$4 per class is \$40 for the session. Please make checks payable to the Town of Boxborough.

**Chair Yoga Flow** is offered at the Community Center or via Zoom on **Thursdays from 9:30 AM to 10:15 AM**. **Mat Yoga** is offered only at the **Community Center** on **Thursdays from 10:45 to 11:30 AM**.

## **Zumba® with Deb**

Zumba® is a low impact dance fitness class designed for all ability levels. Deb will lead the class with easy-to-follow choreography that focuses on balance, range of motion, coordination, and increased heart rates. She will gauge her instruction based on the abilities of the class. Deb Oliva is a licensed Zumba® instructor and an AFAA certified Group Fitness Instructor. Registration begins on **Monday, December 16** for Boxborough residents, a minimum of six residents is required. Nonresidents may register beginning Monday, December 30 if space is available. Registration forms are available on Boxborough COA's webpage. You may also call 978-264-1730 to request a form. Classes are held on **Fridays at 10:30 AM** at the **Community Center** beginning on Friday, January 10 and run through Friday, February 28. Fee is \$32. Please make checks payable to the Town of Boxborough.

## **New England Botanic Garden at Tower Hill**

The very popular *Night Lights* event is back at New England Botanic Garden at Tower Hill in Boylston. Our reservation is **Tuesday, December 16** at **4:30 PM**. Enjoy s'mores, seasonal drinks, a model train, and so much more. Please **RSVP** by December 14. The van will leave town hall at **4 PM**. Sign up for the van will be available on a first-come, first-served basis. Tickets for the show are \$12 each; van fee is \$5 round trip.

## **December Out to Lunch**

**Not Your Average Joe's** will be the spot for our monthly Out to Lunch. Meeting time will be at **11:30 AM** at 305 Main Street, Acton on **Monday, December 30**. The menu features a charcuterie board for two, gluten sensitive options, grilled cheese with tomato soup, Joe's favorites and much more. Please **RSVP** by December 23. Individual checks will be provided.

## **Civil Rights and Civil Disobedience**

The Thoreau Society's speaker, Richard Smith, will be presenting *Civil Rights and Civil Disobedience* on **Thursday, December 19** at **1:30 PM** at the **Community Center**. "Civil Rights & Civil Disobedience" is a thought-provoking exploration of Thoreau's participation in the Underground Railroad, his abolitionist views, night in jail, and how his writings have historically inspired civil rights movements around the world. Please **RSVP** by Tuesday, December 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](http://bit.ly/3rBYnw5) for details.

## Ask a Lawyer

Do you have questions or concerns that you might need a lawyer to answer? Not sure? Make an appointment with our Ask a Lawyer program and our volunteer lawyer will answer your questions or give you the right direction to move forward. Attorney Kitty O'Connor will be meeting with Boxborough seniors on **Thursday, December 26** for 15-minute appointments from **1:30 to 3:30 PM** at the **Community Center**. Please call the COA by Monday December 23 to make an appointment.

## Spa Day

**A Spa for You** from Westford returns to pamper our Boxborough residents on **Monday, December 30** 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 Monday, December 23 to take advantage of this wonderful, inexpensive opportunity to indulge yourself after the holidays in time to celebrate the New Year.

## Community Holiday Gift Drive

Wendy Trinks, Boxborough Community Service Coordinator, is grateful for the support of Boxborough residents especially during the holiday season. There are three ways to help: gift card donations (such as Target, Walmart, Market Basket), sponsor a family, or cash donations to the Community Services Gift Account. For more information contact [wtrinks@boxborough-gov.ma](mailto:wtrinks@boxborough-gov.ma) or call 978-264-1735. If you or someone you know in Boxborough needs support this holiday season, please do not hesitate to reach out. The deadline for Holiday Season donations is December 9, but donations are accepted all year.



## December Library News

There are lots of events at the library this month:

- [Sourdough Starter Workshop](#) with Sourdough Brandon on **Tuesday, December 3** from **6 to 7 PM** at the Library. Learn many tips and tricks on how to keep your sourdough starter active.  

- **Registration is required** on the Library's website ([boxlib.org/news-events/events](http://boxlib.org/news-events/events)). Additional Information was included in the October Buzz.
- [Repair & Renew Sewing Workshop](#) will be held **Wednesday, December 4** from **4 to 6 PM** at the Library. Participants will learn how to make a patchwork coaster or a mug rug using scrap fabrics. Explore the art of hand sewing a nine patch and turn it into a usable mug rug or a coaster. No prior sewing experience is needed. You can either sew by hand or by machine. **For supplies and registration**, please see the Boxborough Library's website.  

- [Q & A with Author Nicole Tersigni: Cat People to Judge in Art and Life](#) will be presented **online on Monday, December 9** from **7 to 8 PM**. Chat with bestselling author Nicole Tersigni about her most recent book, *Cat People To Judge In Art And Life*. Against the backdrop of fine art, Nicole delves into the minds of our feline companions and the people who serve them. Hosted by Ashland Public Library; **register** for Zoom from the Boxborough Library's website.
- [ABRHS Madrigals Holiday Concert](#) will be at the Library on **Thursday, December 19**, from **6 to 6:45 PM**. The Madrigal Singers of Acton-Boxborough Regional High School will perform their annual Traditional Holiday Music Concert. Please join us for this wonderful music program which celebrates the spirit of the holidays past and present.



## 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 Mexican Train Dominoes, or other games like Rummikub or Mahjong. Make new friends, chat, and enjoy each other's company. Tuesdays, 1 to 3:45 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. This month's session will be on **Tuesday**, December 31.

**Ask a Lawyer:** Free 15-minute sessions with a lawyer usually the last Thursday of the month, 1:30 to 3:30 PM at the Community Center. Please contact the COA for appointments.

**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.

**Podiatry Clinic:** Dr. Alissa Kuizinas holds a podiatry clinic every 6-7 weeks at the Community Center, 10:30 AM to 3:45 PM.

**Monthly Lunches:** Free lunches for Boxborough residents age 60 and over, at the Community Center on the second Wednesday of the month, sponsored by a variety of groups and businesses. All seniors are welcome.

**Out to Lunch:** Monthly gatherings at local restaurants where you choose from the menu and pay for your own lunch.

Please contact the COA if you:

- would like a meeting with our SHINE counselor, Amy Bowness, about Medicare Options.
- have ideas for future programming, Out to Lunch locations, or field trip suggestions.
- have issues with your home computer, tablet, or smartphone.

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 \_\_\_\_\_

# December 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
	<b>1</b> 9-Fitness w/Holly	<b>2</b> 10-Holiday Mindfulness & Meditation 1-Game Day 6-Sourdough Starter Workshop at Library	<b>3</b> 9-Fitness w/Holly 2-Knitting Group 4-Sewing Workshop at Library	<b>4</b> 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga <b>1:30-Musical Memories</b>	<b>5</b> 9-Fitness w/Holly via Zoom	<b>6</b> 4:30-Tree Lighting Ceremony at Boxborough Fire Station
2-4 Boxborough Museum	<b>8</b> 9-Fitness w/Holly 2-COA Board Meeting 7-Cat People to Judge in Art and Life via Zoom	<b>9</b> 10-Holiday Mindfulness & Meditation 1-Game Day	<b>10</b> 9-Fitness w/Holly <b>11:30 Madrigal Singers</b> <b>Noon-COA Luncheon Sponsor: FCOA</b> 12:45-Well Adult Clinic 2-Knitting Group	<b>11</b> 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	<b>12</b> 9-Fitness w/Holly via Zoom	<b>13</b>
9-11 Santa Claus is Coming to Boxborough	<b>15</b> 9-Fitness w/Holly <b>4:30-Night Lights Field Trip</b>	<b>16</b> 10-Holiday Mindfulness & Meditation 1-Game Day	<b>17</b> 9-Fitness w/Holly 10:30-Podiatry Clinic 2-Knitting Group	<b>18</b> 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga <b>1:30 – Civil Rights and Civil Disobedience</b> 6 PM Madrigal Singers at Library	<b>19</b> 9-Fitness w/Holly via Zoom	<b>20</b>
						<b>21</b>
22		<b>23</b>	<b>24</b> 1-Game Day	<b>25</b> <b>Christmas Day</b> <b>Town Offices and Library closed</b>	<b>26</b> <b>1:30-Ask A Lawyer</b>	<b>27</b>
						<b>28</b>
<b>29</b>	<b>30</b> 9-Fitness w/Holly <b>10:30-Spa Day</b> <b>11:30-Out to Lunch: Not Your Average Joe's</b>	<b>31</b> <b>10:30-Coffee &amp; Chat with Kim-Guest: Fire Chief John Kivlan</b> 1-Game Day				

Out of Town Mt. Calvary Church, Acton

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

## Annual Boxborough Tree Lighting Ceremony



This year's annual holiday tree lighting ceremony will be in front of the **Boxborough Fire Station** at 502 Mass Ave on **Saturday, December 7 at 4:30 PM**. In addition to the festive Tree Lighting, a new Menorah will

be unveiled. The Menorah was donated to the Town by a local family after recent calls requesting one.



The Blanchard BrassWind Ensemble and the Blanchard Chorus will treat us to a seasonal performance. Face Painting and craft tents, hot cocoa and cookies, along with an appearance from Santa, will also be featured. Please join your community of family and friends at this enjoyable annual event.

## Toys for Tots

The Boxborough Fire Department will once again collect new, unwrapped toys for the Toys for Tots program. Donations are currently being accepted and can be dropped off at the Fire Department. The last day for donations is **Saturday, December 7**.

The Fire Department appreciates the continued generosity of the Boxborough community. Contact Captain Malinowski at [jmalinowski@boxborough-ma.gov](mailto:jmalinowski@boxborough-ma.gov) for any questions.



## Santa Claus Is Coming to Boxborough

Santa is returning to Boxborough on **Sunday, December 15** from **9 to 11 AM**. He will be escorted by a Boxborough Fire engine and other public safety vehicles. A schedule of his stop locations will be posted closer to the date on the Town website, the Boxborough Fire Department Facebook page, and Boxborough News.

Santa's escorts will be collecting food for the Acton Food Pantry during his trip around Town. If you have any questions about this event, contact Captain Jason Malinowski at [jmalinowski@boxborough-ma.gov](mailto:jmalinowski@boxborough-ma.gov).



## Minutemen Christmas Tree Pickup

The Boxborough Minutemen will once again be collecting and (with help from the Boxborough DPW) disposing of Christmas trees from Boxborough residents after the holidays on **Saturday, January 4, 2025**. Look for information and the online sign-up forms on the Boxborough Minuteman website: [boxboroughminutemen.org](http://boxboroughminutemen.org) in mid to late December.



Reminder: Medicare Program sign up closes on Saturday, December 7, 2024

**Submit items for the January 2025 issue by Thursday, December 5, 2024**  
**to [boxboroughbuzz@gmail.com](mailto:boxboroughbuzz@gmail.com)**



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