

THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

Council on Aging

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January 2025

January Lunch

Please join us for our monthly lunch on **Wednesday, January 8 at noon** at the **Community Center**. Our sincere thank you to the generous, anonymous donor providing this month's menu of pulled pork, mashed potatoes, sautéed vegetable medley, (alternative menu selection for dietary restrictions: vegetable lasagna), green salad, rolls, and dessert. Please **RSVP** to the COA beginning January 2. All Boxborough seniors are invited.

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



Positivity Tunes with Singing Guitarist

Join us on **Thursday, January 16 at 1:30 PM** at the **Community Center** to be entertained by Heather Marie, who will perform music from the 1930s through the 1980s. Some of the songs are standards and showtunes in the styles of Frank Sinatra, Nat King Cole, Ella Fitzgerald, Judy Garland, Doris Day, Bing Crosby, Elvis Presley, Barbra Streisand, and more.

Heather encourages you to sing along with her or just clap to the beat. She enjoys providing a fun atmosphere with audience participation. Seating is limited so please **RSVP** by Tuesday, January 14.

Adapting and Transitioning as We Age

Theresa Chaklos of AARP will present "Adapting and Transitioning as We Age." This presentation is about how we can best navigate constant change so we can continue to enjoy our lives and our loved ones. We will discuss the importance of developing a personal management system that may make you feel more secure and comfortable and, therefore, have more time and energy to deal with the numerous aspects of rapid changes in your life. Join us at the **Community Center** on **Wednesday, January 22 at 1:30 PM**. Please **RSVP** by Thursday, January 16.

*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.*

Kim's Corner

Happy New Year 2025!

Wishing you good health, good times and good fortune in the year ahead. I hope you join us on Thursday, January 16 for a positivity musical performance.

We have a few things that have been rescheduled due to a variety of circumstances. The Zumba class will begin on Friday, January 10 at the new time of 10 AM.

The chair yoga class has been moved to Thursdays at 9:15 AM. The first class, which will be in person only, is scheduled for Thursday, January 23. Mat Yoga will begin as previously scheduled on Thursday, January 23 at 10:45 AM. Registration, with new instructors for both yoga classes, will begin January 2 for in town residents and January 16 for out-of-town residents.

The Elvis performance that was planned for November 27 is rescheduled for Thursday, January 30 at 1:30 PM. Please RSVP for this new date and join us for an afternoon of Elvis songs by an experienced impersonator.

Best,
Kim

Well Adult Clinic



Town nurse Alicia Lopardo, of the Nashoba Associated Boards of Health, will hold a walk-in Well Adult Clinic on **Wednesday, January 8 at 11:15 PM** at the **Community Center**. She will offer free blood pressure checks and answer any of your health-related questions.

Podiatry Clinic

Dr. Alissa Kuizinas will offer a podiatry clinic on **Wednesday, January 29** at the **Community Center** from **10:30 AM to 3:45 PM**. Please make your checks payable to her for \$40 for this service. Call the COA to make your reservation.



Coffee & Chat with Kim



You are invited to join an informal social hour with Kim and a few Boxborough seniors for a free hot cup of coffee or tea and pleasant conversation at the **Community Center** on **Wednesday, January 22 at 10:30 AM**.

Public Safety

Some friendly reminders for smoke and carbon monoxide safety:

- Have working smoke and CO detectors on every level of your home, outside bedrooms, at the top of open stairs, and at the base of cellar stairs.
- Maintain smoke detectors.
- If the detectors use regular batteries, change them at least once a year. An easy way to remember is to change the batteries when you change your clocks. A "chirping" sound indicates that it's time to change the batteries.
- Smoke detectors must be replaced every 10 years. Smoke detectors are labeled with their date of manufacture. If there is no label, they are older than 10 years and must be replaced.

Call your local fire department for further questions and ask for the fire prevention officer to guide you on smoke detectors.

If you hear smoke and CO detectors going off, please evacuate the building and call 911 immediately!

Have a Happy New Year!

*Courtney Panaro
FF/EMT*

The Museum will be open

2 to 4 PM Sundays

- **January 12**
- **February 9**
- **March 9**

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



Winter-Spring Fitness with Holly

Registration will begin on **Tuesday, January 21** for Boxborough residents. Non-residents may register beginning **Monday, February 3**, 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.

Classes begin on **Monday, February 10** and run through **Friday, April 25**. 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. 10 Monday classes are \$40, 11 Wednesday classes are \$44, 11 Friday classes are \$44. Please make checks payable to the Town of Boxborough. You can register for one, two or three classes per week. (No classes will be held on Monday, February 17.)

Elvis is Rescheduled

Elvis Tribute Artist is now coming on **Thursday, January 30 at 1:30 PM** at the **Community Center**. Acton's own Calvin Benelli will sing, dance, and speak in Elvis' true character. This fun performance is sure to bring back fond memories of the King of Rock and Roll. Calvin was involved in theater and chorus at Acton-Boxborough Regional High School, where his passion for Elvis began. He has since been performing locally and competing in New York and Cape Cod. This show is sure to bring smiles to your face and warmth to your heart. Please **RSVP** by Tuesday, January 28.

Navigating Estate Planning

Join us **Monday, January 27 at 1:30 PM** at the **Community Center** for a free seminar addressing estate planning in Massachusetts. The law offices of Dale J. Tamburro, PC, will provide information on various topics, including homestead, gifting strategies, long term healthcare, and blended family dynamics. Bring your questions and concerns. Please **RSVP** by Thursday, January 23.

Mindfulness and Meditation

Erin Loperto, IAYT Certified Yoga Therapist is offering an in-person Mindfulness and Meditation program at the **Community Center**. Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. Registration for this 8-week program will begin on **Thursday, January 2** for Boxborough residents and **Tuesday, January 7** for non-residents. Minimum class size is six Boxborough Residents. Fee: \$32. Classes are at **10 AM** beginning on Tuesday, January 14, and run through Tuesday, March 4.

Ask a Lawyer

Attorney Cathleen Summers, RN, Esq. from Generations Law Group in Acton will be meeting with Boxborough seniors on **Thursday, January 23** for free 15-minute appointments from **1:30 to 3:30 PM** at the **Community Center**. Our Ask a Lawyer program and our volunteer lawyer will answer your questions or give you the right direction to move forward. Please call the COA by Tuesday January 21 to make an appointment.

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.

Meet with Attorney Dale Tamburro

Real Estate and Estate Planning Attorney Tamburro will provide three one-hour, free consultations at the **Community Center** on **Thursday, January 9 at 1 PM, 2 PM and 3 PM**. Please call or email the COA to reserve one of these times.

For a different date or for more time, you can meet with him at his office 90 Concord Avenue in Belmont. For a free one-hour initial consultation in his office call 617-489-5919 or use dale@tamburrolaw.com to email him.

January Out to Lunch

Viking Bistro will be happy to host this month's Out to Lunch. Let the students from **Nashoba Valley Technical High School** at 100 Littleton Road, Westford serve you one of their creations. The menu changes on a weekly basis and offers soups, salads, entrees as well as delicious desserts. Go to bit.ly/4gf04XJ for sample menu and prices. Meeting time will be **11:30 AM on Thursday, January 30**. Please **RSVP** by Tuesday, January 28.

Movement Series

The Well-Being committee is sponsoring a free Movement Series on **Saturdays at 10 AM** on January 25, February 1 and February 8 (February 15 snow date) in the Meeting Room at the **Sargent Memorial Library**. Registration will be through the Library. If you would like to join all 3 classes, you will need 3 separate registrations - 1 for each class. Instructors and class topics are currently being secured but past classes have included Yoga, Tai Chi, Bollywood, and Zumba.

Attention Seniors: Annual Street Census

When the Town Clerk's Annual Street Census mailing arrives at your home in January, please complete the form, sign, and either return it by mail or drop it off at Town Hall. This form is used by the Fire and Police Departments to locate you in the event of an emergency. It is also used to keep track of senior citizens' needs and for certain privileges such as veterans' benefits and jury lists. The local census does not register anyone to vote, but failure to answer the census may result in your name being removed from the voter list.

Free Sand-Salt Mixture

Thanks to the folks at Boxborough Public Works, the town again offers residents free sand-salt mixture to sprinkle on your walks and driveways. The material is located at the "old" **DPW site**, 577 Mass. Ave. Drive around back, the sand-salt is stored in the open building on the end. Bring your own sturdy bucket to fill (the material is heavy!); a shovel is provided.

Boxborough Minutemen Christmas Tree Pickup

The Boxborough Minutemen and the Boxborough DPW will be collecting and chipping Christmas trees from Boxborough residents on **Saturday, January 4**. Sign-up forms are on the Boxborough Minuteman website boxboroughminutemen.org. The cost for pickup is \$15 and the deadline for payment is January 1.

If you prefer not to sign up for tree pickup, you can deliver your tree for disposal to the "old" **Boxborough DPW facility** located at 577 Massachusetts Avenue (Route 111) on **Saturday, January 4** between **10 AM and 2 PM**. A disposal fee of \$10 will be collected when you drop off your tree. For questions email captain@boxboroughminutemen.org.

Library News

Thank you for your patience during the library's reroofing project. The adhesives used in the construction have had a significant impact on the air quality inside the building, which has led to adjustments in our opening hours. We apologize for any inconvenience this may have caused and appreciate your understanding. To stay up to date with news and announcements, we encourage you to follow us on social media (boxlib, on Facebook, and Instagram), subscribe to our digital newsletter, or visit our website.

Additional changes are coming to the library, and we will keep you informed as the plans take shape.

Thank you for your continued support.

*Peishan Bartley,
Library Director*



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. Next session begins Monday, February 10.

Fitness with Holly Via Zoom: Class meets via Zoom on Fridays, 9 AM. Next session begins Friday, February 14.

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 fourth or last Wednesday of the month at 10:30 AM at the Community Center. This month's chat will be on **Wednesday, January 22**.

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.

Mindfulness and Meditation: Meets Tuesdays at 10 AM in the Community Center. Next session begins, Tuesday, January 14.

Chair Yoga with Robin: Modified yoga moves performed with a chair for added support. Meets Thursdays, at 9:15 AM in person at the Community Center. Next session begins Thursday, January 23.

Mat Yoga with Jen: In-person floor and standing yoga poses and strength exercises for seniors, for stretching and flexibility. Meets at the Community Center on Thursdays, beginning January 23 at 10:45 AM. Next session begins Thursday, January 23.

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.

Zumba® with Deb: Combines cardio with dance. Meets Fridays at the Community Center at 10 AM. Next session begins, Friday, January 10.

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 _____

January 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 New Year's Day Town offices and library closed		2 9-Fitness w/Holly via Zoom	3 Box. Minuteman Christmas Tree Pick up
5 9-Fitness w/Holly	6 1-Game Day	7 9-Fitness w/Holly 11:15 -Well Adult Clinic Noon-COA Luncheon Sponsor: Anonymous Sponsor 2-Knitting Group	8 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1-Meet with Attorney Dale Tamburro	9 9-Fitness w/Holly via Zoom 10-Zumba	10	11
12 2-4 Boxborough Museum	13 9-Fitness w/Holly 2-COA Board Meeting	14 10- Mindfulness & Meditation 1-Game Day	15 9-Fitness w/Holly 2-Knitting Group	16 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30 –Singing Guitarist - Heather Marie	17 9-Fitness w/Holly via Zoom 10-Zumba	18
19 Martin Luther King, Jr. Day Town offices and library closed	20	21 10- Mindfulness & Meditation 1-Game Day	22 9-Fitness w/Holly 10:30 Coffee & Chat with Kim 1:30-AARP Talk “Adapting and Transitioning as We Age” 2-Knitting Group	23 9:15-Chair Yoga 10:45-Mat Yoga 1:30-Ask A Lawyer	24 9-Fitness w/Holly via Zoom 10-Zumba	25 10-Movement Series -1 at library
26 9-Fitness w/Holly 1:30-Navigating Estate Planning	27	28 10- Mindfulness & Meditation 1-Game Day	29 9-Fitness w/Holly 10:30-Podiatry Clinic 2-Knitting Group	30 9:15-Chair Yoga 10:45-Mat Yoga 11:30-Out to Lunch-Nashoba Valley Tech 1:30 Elvis is Rescheduled	31 9-Fitness w/Holly via Zoom 10-Zumba	

Local Discounts for Seniors

Name	Type of Business	Address	Contact / Website	Discount	Age
Adaptive Fitness and Movement	Physical Fitness	423 Great Road, Acton	978-799-0543 adaptivefitnessandmovement.com	10%	65 +
Bravo Pizza	Pizza	1233 Mass Ave Boxborough	978-635-0637 / bravopizzaboxboro.com	5%	60 +
Bueno Y Sano	Mexican Cuisine	263 Main Street Acton	978-263-9200 / buenosano.com	10%	60 +
Debra's Natural Gourmet	Health & Wellness	98 + 106 Commonwealth Avenue Concord	978-371-7573 www.DebrasNaturalGourmet.com	10% on Supplements Regular or sale	60+
Dunkin'	Coffee Shop	1425 Mass Ave Boxborough	978-264-2986 / bit.ly/3pSOJcB	5%	60 +
HOME	Décor-Furniture-Gift	525 Mass Ave Acton	978-263-7069 / shophomeacton.com	10%	65 +
Linnard Financial Management & Planning, Inc.	Financial Planning Services	46 Chester Road Boxborough	978-266-2958 linnardfinancial.com	20%	People who are in retirement or are planning to retire within five years.
McGovern Subaru (formerly Village Subaru) of Acton	Subaru Car Dealer	61 Powder Mill Road Acton	978-245-4077 mcgovernsubaruofacton.com	10% on service	65+
O'Neil Cinemas	Movie Theater	1208 Constitution Ave Littleton	978-506-5089 oneilcinemas.com/littleton-ma	Senior Day-Wednesday \$7.00	65+
Paper Store	Gift Store	393 Mass Ave Acton	978-274-7800 thepaperstore.com	10% on Hallmark Products	65 +
Shepherd Veterinary Clinic	Veterinary Services	17 Codman Hill Road Boxborough	978-263-0995 / shepherdvet.com	10%	63+
Subway	Sandwich Shop	255 Main Street Acton	978-263-3800 / subway.com	10%	65 +
Subway	Sandwich Shop	134 Great Road Acton	978-263-8875 / subway.com	10%	65 +
Today's Dental of Boxborough	Dentist	629 Mass Ave Boxborough	978-263-8950 boxboroteeth.com	10%	60 +

Please drop an email to boxboroughbuzz@gmail.com to let us know if you are aware of any local business that offer senior discounts.

Save the date: Town Meeting will start on Tuesday, March 18, 2025. Note change from Monday, February 10.

Read Boxborough News Online

The Action Unlimited will no longer publish a Boxborough-specific edition, which means that fewer Boxborough News articles will be published in the combined Acton/Maynard/Boxborough edition. To access Boxborough News in full each week, visit BoxboroughNews.org. Want to get a free weekly newsletter with Boxborough News headlines sent straight to your email? Sign up at BoxboroughNews.org/subscribe.

Submit items for the February 2025 issue by Monday, January 6 2025
to boxboroughbuzz@gmail.com



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Boxborough, MA 01719
Boxborough Council on Aging