

THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

February 2025

Council on Aging

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Santosh Verma, Vice Chair
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February Lunch



Benchmark Senior Living at Robbins Brook will sponsor our monthly lunch on **Wednesday, February 12 at noon** at the **Community Center**. Their menu is beef brisket, mashed potatoes, green beans, garden salad, rolls, and dessert. Please **RSVP** to the COA beginning February 3. All Boxborough seniors are welcome!

Robbins Brook is an award-winning assisted living community in Acton that offers a variety of living options including a memory care unit. Residents, friends, and family enjoy the comfortable setting and the beautifully landscaped grounds. Proximity to restaurants, shopping, and historic landmarks allows Robbins Brook to provide diverse offsite activities.

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



AB Resource Center Chatter: Who? What? Where?

What is **The Exchange** at the Resource Center? Mystery will be solved! Join us after the luncheon on **Wednesday, February 12 at 1 PM** at the **Community Center** to find out more about the AB Resource Center.

Piña Madera from the Center will speak for 15-20 minutes about what the Resource Center does, what it provides and the opportunities it offers. There is a lot to learn.

Musical Memories

"Musical Memories" is a vocal duet with guitar accompaniment. John and Linda are a brother and sister team. Their performances feature cover songs from the 50s through the 90s with a particular emphasis on vocal harmonies. Song requests are always welcome. Join us on **Thursday, February 13 at 1:30 PM** at the **Community Center** for an enjoyable musical event for all. **RSVP** by Tuesday, February 11.

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

I would like to welcome Santosh Verma and Karen Johnson, the new members of our Council on Aging Board. Thank you to them for sharing their time and talents.

I want to express our great appreciation to Kristen Hilberg who donated \$1,000 in the memory of her mother, Dorris Hilberg, longtime editor of the Beacon newspaper. Her donation will help with the production and mailing of our Buzz newsletter.

By subscribing to the digital version of the Buzz you can also help with the expenses of producing our newsletter. If you are currently receiving a paper copy, please let us know if you would prefer a digital copy. We just need your email address.

If you no longer want to receive *The Buzz*, please let us know. We would like to reduce the amount of paper we use, as well as cut down on printing and postage costs.

Best,
Kim

Well Adult Clinic



The February Well Adult Clinic will take place just prior to our monthly lunch on **Wednesday, February 12, 11:15 AM** to

12:15 PM at the **Community Center**. Our town nurse, Alicia Lopardo, RN, of the Nashoba Associated Boards of Health, will take your blood pressure and answer your medical questions.

Note: There is no podiatry clinic in February. The next one will be **March 19, 2025**.

The Museum will be open



2 to 4 PM Sundays

- **February 9**
- **March 9**
- **April 13**

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

Coffee & Chat with Kim



Please join us **on Wednesday, February 26 at 10:30 AM** in the **Community Center** for a free cup of coffee or tea, a light morning snack and pleasant conversation. This month our special guest will be DPW Director Ed Kukkula. He will be happy to answer your questions about our devoted Public Works Department.

Public Safety

Emergency Preparedness in the cold winter months is extremely important, especially with the unpredictable New England weather. Check the forecast often and be aware that your body temperature could decrease rapidly due to wind chill.

1. Establish a communication plan:
 - Designate a specific contact person; check in with them periodically
 - Create a list of important phone numbers
 - pharmacy
 - heating delivery company
 - furnace repair company
 - electric company
 - electrician
 - plumber
2. Create an emergency kit:
 - bottled water
 - flashlight and extra batteries
 - blankets
 - first-aid kit
 - prescriptions
3. Dress appropriately when outside:
 - Wear multiple layers of clothing
 - Wear a warm coat, hat, scarf, gloves, and socks.
 - Wear appropriate footwear

Remember, the Police Department and other public safety departments are available to help during the winter months or any time throughout the year.

In Health and Safety,
Chief John Szewczyk

Celebration of Animation

This entertaining presentation will tickle your cartoon heartstrings and remind you of when you were a kid. Join the fun on **Thursday, February 20 at 1:30 PM** at the **Community Center**. Award-winning author and pop culture historian Marty Gitlin will enlighten us based on his book, "A Celebration of Animation: The 100 Greatest Cartoon Characters in Television History". Marty is the only author to rank the greatest cartoon characters such as Popeye, Bugs Bunny, Mickey Mouse, Scooby Doo, Snoopy, and SpongeBob SquarePants. He will show us funny cartoon snippets and share how they impacted American pop culture. Please **RSVP** by February 18.

Mindfulness and Meditation



Erin LoPorto, IAYT Certified Yoga Therapist is offering a Spring Mindfulness and Meditation program at the **Boxborough Community Center** and via Zoom.

Mindfulness and meditation involve breathing, guided imagery, and other calming practices to relax the body, mind, and help reduce stress. Registration for this 8-week program will begin on **Tuesday, February 18** for Boxborough residents and **Tuesday, March 4** for non-residents. Minimum class size is six Boxborough Residents.

Fee: \$32. Please make checks payable to the Town of Boxborough. Classes will begin on Tuesday, March 11 at 10 AM and run every week through Tuesday, April 29.

Ruddigore Field Trip

Coming at the end of February, is a production of "Ruddigore" the tenth of fourteen light opera collaborations by W.S. Gilbert & Arthur Sullivan. This is a fully staged and costumed production with a large cast and is accompanied by a full orchestra. It will be performed by the Sudbury Savoyards at the auditorium of the **Lincoln-Sudbury High School**, located at 390 Lincoln Rd, Sudbury. Not as well-known as some other G&S operas, this production subtitled "The Witch's Curse," features energetic music. It has interesting plot turns with all things resolved in the end.

Our fellow Boxborough senior Alan Rohwer will be performing as one of the town's gentlemen.

We will be purchasing \$25 senior tickets in advance for the **1:30 PM** performance on **Saturday, February 22**. The van accommodates eight riders and will leave Town Hall at **12:30 PM**. Van transportation is \$2 per person. Please call the COA by February 6 to make your reservation. Tickets must be paid for in advance, no refunds.

Performances:

Saturday, February 22, 1:30 PM & 7:30 PM

Sunday, February 23, 1:30 PM

Friday, February 28, 7:30 PM

Saturday, March 1, 1:30 PM & 7:30 PM

For more information their website is: sudburysavoyards.org/ruddigore-2025/.

Presidents Day
February 17, 2025

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.

Spa Day

Need a little pampering this winter? Register for one or more of the indulging services being offered by the technicians from A Spa for You of Westford. They are taking 15-minute reservations for **Monday, February 24** from **10:30 AM to 1 PM** at the **Community Center**. Each service costs \$15 and is a significant savings from their regular spa service fees.

Choose from the following amenities:

- Chair Massage
- Facial
- Cut, File, Paint Fingernails
- Cut, File, Paint Toenails
- Foot and Leg Massage

Register with the COA no later than Wednesday, February 19 to take advantage of this wonderful opportunity to pamper yourself. We need 20 services reserved to run the program, so sign up for several and make it a day of pampering!

Prepare to Care

Giving and receiving care might seem like simple concepts but they present many challenges. The Prepare to Care sessions provide a practical guide on how to put together a team and establish a care plan. Join us **on Wednesday, February 26** at **1:30 PM** at the **Community Center** for an informative presentation by Theresa Chaklos of AARP. Gain insight on how to navigate as you and your loved ones begin the journey of care giving or care receiving. Please **RSVP** by Monday, February 24.

Free AARP Tax-Aide Program

Starting January 13, Boxborough residents can make appointments for Fridays and Saturdays from **February 7 to April 11** at the **Maynard Public Library**, by calling 978-760-9146. Appointments will be in person with an IRS-certified volunteer preparing the return with them during an approximate one-hour appointment. Please bring your tax records and a copy of last year's return to the appointment.

Residents can also make appointments at the **Acton Senior Center** for Mondays from **February 3** through **April 7**, excluding February 17 for the **holiday**, by calling 978-929-6652 or email seniorcenter@actonma.gov. A form is available at the Acton Senior Center which must be completed before the appointment. Taxpayers will need to leave their documents with the preparer and return at a later date with a second appointment, for a review of the completed return. Please bring your tax records and a copy of last year's tax return to the first appointment. Priority will be given to Acton and Boxborough senior residents.

Taxpayers with complex returns or high levels of income are advised to seek professional tax preparers.



The Friends of the Council on Aging provides financial and volunteer support for programs, classes, 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 _____



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, February 26.**

Ask a Lawyer: Free 15-minute sessions with a lawyer will now be the first Wednesday of the month, 10:30 AM to 12:30 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, March 11.

Chair Yoga – Hybrid - with Eleanora: Modified yoga moves performed with a chair for added support. Meets Thursdays, at 9:15 AM in person at the Community Center and on Zoom. Next session begins on Thursday, April 3.

Mat Yoga with Eleanora: In-person floor and standing yoga poses and strength exercises for seniors, for stretching and flexibility. Meets at the Community Center on Thursdays at 10:30 AM. Next session begins on Thursday, April 3.

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. Next Clinic will be Wednesday, March 19.

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.

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 _____

February 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
						<i>1</i>
<i>2</i>	<i>3</i> 9-Fitness w/Holly	<i>4</i> 10- Mindfulness & Meditation 1-Game Day 2-3 Grief support group at Library	<i>5</i> 9-Fitness w/Holly 10:30-Ask a Lawyer 2-Knitting Group	<i>6</i> 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	<i>7</i> 9-Fitness w/Holly via Zoom	<i>8</i>
<i>9</i> 2-4 Boxborough Museum	<i>10</i> 9-Fitness w/Holly 2-COA Board Meeting	<i>11</i> 10- Mindfulness & Meditation 1-Game Day	<i>12</i> 9-Fitness w/Holly 11:15 -Well Adult Clinic Noon-COA Luncheon Sponsor: Benchmark at Robbins Brook 1:00 AB Resource Center Talk 2-Knitting Group	<i>13</i> 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 1:30 –Musical Memories 7-8-Virtual Art Talk	<i>14</i> Valentine's Day 9-Fitness w/Holly via Zoom	<i>15</i>
<i>16</i>	<i>17</i> Presidents Day Town offices and library closed	<i>18</i> 10- Mindfulness & Meditation 1-Game Day 5-6:30-Watercolor classes at library	<i>19</i> 9-Fitness w/Holly 2-Knitting Group	<i>20</i> 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 1:30-Celebration of Animation	<i>21</i> 9-Fitness w/Holly via Zoom	<i>22</i> 1:30-Field Trip 'Ruddigore the Musical' at LS High School
<i>23</i>	<i>24</i> 9-Fitness w/Holly 10:30-Spa Day	<i>25</i> 10- Mindfulness & Meditation 1-Game Day	<i>26</i> 9-Fitness w/Holly 10:30-Coffee & Chat with Kim, Guest Ed Kukkula 1:30-AARP Talk-Prepare to Care 2-Knitting Group	<i>27</i> 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 11:30-Out to Lunch-Fife and Drum at Concord	<i>28</i> 9-Fitness w/Holly via Zoom	

Out of Town Mt. Calvary Church, Acton

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

February Library News

Watercolor Class with Hongbing Tang

This art workshop is for students who want to explore the fundamentals of watercolor painting and explore Eastern culture and art.

Tuesday, February 18 from **5** to **6:30 PM**.

Ms. Tang, an award-winning artist and college faculty member, will guide students through step-by-step instructions on creating a watercolor painting of firecrackers for Lunar New Year. Registration is required.

This class is sponsored by the Acton-Boxborough Cultural Council.

Nashoba Valley Grief Support Group -

Nashoba Associated Boards of Health (NABH) offers a monthly, drop-in Grief & Healing Support Group that meets in the Local History Room at the **Sargent Memorial Library** every first Tuesday of the month from **2** to **3 PM**. The sessions are facilitated by grief counselor Karen Campbell, who offers a safe space for participants to share experiences of their grief journey. Confidentiality is respected and honored. No registration is needed.

Virtual: Culturally Curious Art Talk - Rhythm and Hues - The Harlem Renaissance and Its Legacy

The Harlem Renaissance, a cultural explosion in the 1920s, saw African American artists challenge stereotypes and celebrate their heritage. On **Thursday, February 13**, **7** to **8 PM**, art educator, Jane Oneail, will lead the participants to discover the visionaries who gave voice to the African American experience and forever changed the landscape of American culture. Registration is required.

Winter Word-Find Puzzle

How many words can you find in the letters in the word **Snowbound**?

You may earn 1 point for a 3-letter word, 2 points for a 4-letter word, and 3 points for any word with 5 or more letters. Plurals do not count.

Consider yourself a word **Word Winner** if you made 25 points. You are a **Word Expert** if you make 30 points. If you made over 30 points, you can claim **Word Wizard**.

Out to Lunch

On **Thursday, February 27**, at **11:30 AM**, join us for a special dining experience at the **Fife and Drum Restaurant** at the Northeastern Correctional Center, 976 Barretts Mill Road, West Concord. This restaurant provides a culinary arts program for inmates housed at the facility.

Before attending the lunch, review the following information:

- Bring a state issued ID.
- Cost is \$3.21. Bring exact change.
- Do not bring purses, wallets, keys, or cell phones.
- Do not wear jeans, tip inmates, or divulge any personal information.

If driving, park in visitor parking on the right side of the parking lot. Follow the walkway to the Gralton Hill Building on your left, Building #1. Go through the double doors. To the left is the officer's station where you must check in and hand in your ID.

If you are taking the COA van, it leaves Town Hall at 11 AM. Roundtrip is \$2 per person.

Contact Ami with any questions. **RSVP** by February 21.

Museum Passes at the Library

Do you have cabin fever? If so, check out the list of museum passes at www.boxborough-ma.gov/sargent-memorial-library.

Some passes provide free admission while others offer large discounts off the admission fees. Want to enjoy the outdoors? Our Library has passes to MA state parks and to the MA Audubon. Love the arts? Pick up a pass for the Worcester Art Museum or the Museum of Fine Arts. From local museums, such as the Discovery Museum in Acton, to the Museum of Science in Boston, 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.

Reminders: Special Town Meeting – March 18; Annual Town Meeting – May 12

Help us reduce paper usage and save money. Notify Ami or Kim if you do not wish to receive the paper Buzz in the mail. Let them know if you wish for a digital copy by email.

**Submit items for the March 2025 issue by Monday, February 3, 2025
to boxboroughbuzz@gmail.com**



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