

THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

March 2025

Council on Aging

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March Lunch

Join us for lunch on **Wednesday, March 12** at **noon** at the **Community Center**. Thank you to Life Care Centers of Acton for our menu of corned beef, cabbage, potatoes, carrots, rolls, and a dessert. Please **RSVP** to the COA beginning Monday, March 3. All Boxborough adults 60+ are invited!

Bring large, brown paper bags and shelf stable food items for the Acton Food Pantry.

Life Care Centers of Acton is nestled in a tranquil, wooded setting in Acton. The centers specialize in in-patient rehabilitation and 24-hour skilled nursing care. They empower each patient to attain optimal independence. Two onsite physicians deliver efficient care supported by a rehabilitation team using advanced equipment.



Back by popular demand – Mossie's Music and More
Great news! On **Wednesday, March 12** at **1:15 PM**, singer and keyboardist Mossie Coughlin will return to our **Community Center**. Mossie's encore performance will include a mix of Celtic, Irish, and American tunes. We invite you to come and enjoy an afternoon of live music and amusing, lighthearted commentary from a man with a lovely Irish brogue. Please **RSVP**.

Out to Lunch

March's Out to Lunch will be on **Thursday, March 20** at **11:30 AM** at **Fourth and Field**, located at 302 Boxboro Road, Stow. This Farm to Table restaurant offers a fresh lunch menu and is located on beautiful Minute Man Airfield. Small plates, soups, salads, and handhelds are available. Other options include gluten-free, burgers, and a board to share among friends. Please **RSVP** by March 18.



*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 am sorry to share the news that Anne Canfield, a former chair and vice-chair of the Council on Aging has passed. Anne loved Boxborough, was a prolific volunteer in our community, and received the prestigious Golden Fife Award in 2013. In addition to the Council on Aging, she served on the Buzz team, writing and editing this publication. She served on the Select Board, the Finance Committee, the Personnel Board, and also worked at the polls. Anne will be greatly missed.

Please be aware that our Ask A Lawyer program is now offered on the first Wednesday of the month. See the article for details.

Call us to RSVP for our great programs. I would love to see you at Coffee & Chat with Kim and all other events. Our contact information is on Page 1.

Happy Spring,
Kim

Well Adult Clinic



Our town nurse, Alicia Lopardo, RN, of the Nashoba Associated Boards of Health will be doing free blood pressure checks and answering your health-related

questions on **Wednesday, March 12, 11:15 AM to 12:15 PM** at the **Community Center** just prior to our monthly lunch.

Podiatry Clinic

Do you need your toenails trimmed or your calluses treated? Alyssa Kuizinas, DPM, will be offering her expert services on **Wednesday, March 19, 10:30 AM to 3:30 PM** at the **Community Center**. She accepts \$40 cash or check for a 15-minute appointment. Please call the COA for reservations.



Coffee & Chat with Kim



Drop in at the **Community Center** on **Wednesday, March 26** at **10:30 AM** and say hello. Please join Human Services Director, Kim Dee, and others, once a month, for a free cup of coffee or tea, a light snack, and casual conversation. **RSVP** is not necessary but welcomed.

Women's Only Self-Defense Class

The Boxborough Police Department, together with Community Services and the Council on Aging, is offering a 4-week Rape Aggression Defense (R.A.D.) Training Course for women only, ages 16 and up. This self-defense class will take place in the Grange Room at **Town Hall** on **Wednesdays, March 26** through **April 16**, from **5:30 to 8:30 PM**. This program teaches realistic techniques to protect against assault. The classes and workshops will be led by certified instructors. It includes risk awareness, prevention, and hands-on defense. Please contact the COA or Police Officer Abro at Eabro@boxborough-ma.gov to register. Please use the QR code below to sign up. Deadline is Saturday, March 15. You must attend all four sessions to participate.



The Museum will be open

2 to 4 PM Sundays

- **March 9**
- **April 13**
- **May 11**



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

Spring Yoga with Eleanora



The spring session of yoga classes with Eleanora begins on **Thursday, April 3** and ends on **Thursday, June 12**. The minimum class size is six Boxborough residents.

Registration for Boxborough residents begins on **Thursday, March 13**. If space is available, registration for out-of-town residents begins on **Thursday, March 27**. Eleven classes at \$4 per class is \$44 for the session. There is no class on Thursday, June 19. The summer session will begin on Thursday, June 26. Please make checks payable to the Town of Boxborough.

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

Ask A Lawyer

Our free Ask A Lawyer program is now being offered on the **first Wednesday** of the month, **10:30 AM to 12:30 PM**, for 15-minute appointments, at the **Community Center**. We realize it is short notice as you get the Buzz at the beginning of the month. Therefore, we will be taking reservations for appointments for the current month, **March 5**, and the following month, **April 2**. Please call the COA for your free consultation with one of our volunteer lawyers.

Groton Hills Music Field Trip

Our March outing will be at the **Groton Hills Music Center**, 122 Old Ayer Road, Groton. This is a free concert. Residents are invited to come enjoy music pieces played on clarinet, cello, and piano. This exciting event will be on **Wednesday, March 19** at **noon**. Please **RSVP** by March 11. The van will be leaving Town Hall at **11:20 AM**. Rides to Groton will be available on a first come first serve basis for a \$2 per person round trip fee.

Live Tour of Montreal - Fantastique!

Take a virtual trip to Montreal, Canada's iconic neighborhoods with your personal tour guide in real time.

Discover this history rich city through a one hour walking tour, broadcasting live, at the **Community Center, Monday, March 24** at **1:30 PM**. **RSVP** by Thursday, March 20.

The tour is not a pre-recorded program nor a slideshow. Bring your questions and be ready for a bingo game.

Montreal....in the winter.... without the drive.... without the cold. What's not to like? This tour is offered by JoinPro Virtual City Tours.



Happy St. Patrick's Day

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.

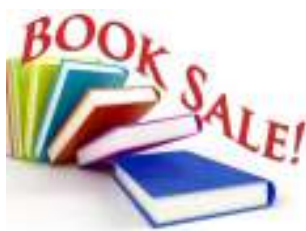
We offer Boxborough 60+ adults and disabled adults transportation, through our **Go Boxborough!** program, to medical appointments that are outside the service area, time, or availability of our van. For further information, rates, and to make reservations call 978-264-1730. Visit our website at bit.ly/3rBYnw5 for details.

Funeral Planning Advice

Pre-planning funeral arrangements can help to ease the stress of losing a loved one. Join Anaili Diane of Badger Funeral Homes on **Thursday, March 13** at **1:30 PM** at the **Community Center** to find out what you can do in advance. Please **RSVP** by Monday, March 10.

Anaili is a licensed funeral director, embalmer, former cremation specialist, and the Director of Preplanning at Badger's locations in Littleton and Groton. She provides guidance to minimize any complications during times of grief and distress by learning what you can do to prepare ahead of time.

Boxborough Library Used Book Sale



The Friends of the Boxborough Library used book sale will continue as a 3-day event. The weekend will start with a **Preview Sale** for members on

Friday, April 4 from **5 to 7 PM**.

(Memberships will be available at the door.) The main **Public Sale** will take place on **Saturday, April 5** from **9 AM to 2 PM**. The **Everything Must Go** sale will be held on **Sunday, April 6** from **2 to 4 PM**. Standard-size bags will be provided for the Everything Must Go Sale; pay \$3 to fill each bag however you like.

The sale will take place in the meeting room of the **Sargent Memorial Library**, at 427 Massachusetts Avenue. Proceeds from the sale of books will go toward library programs and museum passes.

Please support this sale by donating your gently used hard covers, paperbacks, and audiovisual items and by attending this sale. Books will be accepted from **Monday, March 31** through **Thursday, April 3** at the Library during regular library hours. Please no VCR tapes, magazines, or any material in poor condition.

Making Cents of Caregiving

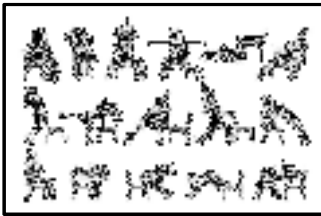
On **Wednesday, March 26** at **1:30 PM** join us in the **Community Center** for a discussion on caregiving with AARP volunteer speaker Rene Senes. The Making Cents of Caregiving session introduces people to AARP's Financial Workbook for Family Caregivers, a practical guide focused on health, housing, and money management. You will gain insight into how to navigate the challenges as you and your loved ones begin the journey of caregiving or care receiving. Workbooks will be provided. Bring your questions as this is an interactive presentation. **RSVP** by Monday, March 24.

March Library News

The library is offering several programs that will be recorded and shared with registrants within 48 hours of the program. These programs are hosted by the Ashland Public Library in collaboration with the Chelmsford, Groton, and Tewksbury libraries.

- Virtual: Irish Whiskey – History and Recommendations with Travis Ireland of the **Friskey Whiskey Podcast** on **Monday, March 17** from **7 to 8 PM**. Travis will discuss the history of Irish whiskeys and the best he has encountered.
- Virtual: A History of Guinness Beer with Guinness Brewery by Ambassador Mike Reardon **Monday, March 31** from **7 to 8 PM**. Mike, a native New Englander, is a trained beer expert and storyteller who captivates Guinness lovers and audience with the beer, culinary, and cultural history of this fantastic beer.
- Repair and Renew Sewing Workshop: How to Hem Pants **Tuesday, March 18** from **4 to 6 PM**. In this hands-on session, you will discover easy techniques to shorten pants to the perfect length or fix worn-out hems by machine or hand stitching. This is an in-person event at the Library.

Additional information about these events is available on the library's website: boxlib.org.



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, April 28.

Fitness with Holly Via Zoom: Class meets via Zoom on Fridays, 9 AM. Next session begins Friday, May 2.

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, March 26.

Ask a Lawyer: Free 15-minute sessions with a lawyer on the first Wednesday of the month, 10:30 AM – 12:30 PM at the Community Center. Please contact the COA for appointments. Next meetings March 5 and April 2.

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 Thursday, April 3.

Mat Yoga with Eleanora: In person floor and standing yoga poses, and strength exercises, for stretching and flexibility. Meets at the Community Center on Thursdays at 10:30 AM. Next session begins 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. Next clinic is March 12.

Podiatry Clinic: Dr. Alissa Kuizinas holds a podiatry clinic every 6-7 weeks at the Community Center, 10:30 AM to 3:45 PM. The next clinic is 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 older adults are welcome.

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

Grief Support Group: Nashoba Associated Boards of Health's (NABH) grief support group meets the first Tuesday of the month at the Library at 3 PM.

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 _____

March 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3 9-Fitness w/Holly	4 10- Mindfulness & Meditation 1-Game Day 3-Grief Support Group at Library	5 9-Fitness w/Holly 10:30 Ask A Lawyer 2-Knitting Group	6 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	7 9-Fitness w/Holly via Zoom	8 **Set clocks ahead 1 hour**
9 2-4 Boxborough Museum **Daylight Saving Time Begins**	10 9-Fitness w/Holly 2-COA Board Meeting	11 10- Mindfulness & Meditation 1-Game Day 5-7 - LGBTQ+ Pool & Pizza Social in Acton	12 9-Fitness w/Holly 11:15 -Well Adult Clinic Noon-COA Luncheon Sponsor: Lifecare Center Acton 1:15-Irish Music with Mossie Coughlin 2-Knitting Group	13 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 1:30-Funeral Planning Advice	14 9-Fitness w/Holly via Zoom	15
16	17 9-Fitness w/Holly 7-Irish Whiskey History-virtual ** St. Patrick's Day**	18 10- Mindfulness & Meditation 1-Game Day 4-Sewing Workshop at Library	19 9-Fitness w/Holly 10:30 Podiatry Clinic Noon-Field Trip-Groton Hill Music Center 2-Knitting Group	20 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 11:30-Out to Lunch-Fourth & Field at Stow **First Day of Spring**	21 9-Fitness w/Holly via Zoom	22
23	24 9-Fitness w/Holly 1:30-Live Tour of Montreal	25 10- Mindfulness & Meditation 1-Game Day	26 9-Fitness w/Holly 10:30-Coffee & Chat with Kim 1:30-AARP Talk- Making Cents of Caregiving 2-Knitting Group 5:30-Self-Defense Class	27 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	28 9-Fitness w/Holly via Zoom	29
30	31 9-Fitness w/Holly 7- History of Guinness Beer-virtual					

Grief and Healing Support Group

Nashoba Associated Boards of Health (NABH) welcomes adults who are experiencing grief to participate in monthly, drop-in Grief and Healing Support Groups throughout the region. Facilitated by grief counselor Karen Campbell, MSMHC, these support groups are open to the public and offer a safe space to share experiences of the grief journey. These groups are an opportunity to learn more about the grief process and strategies for managing grief. Confidentiality is respected and honored.

These Grief and Healing Support Groups honor all types of grief, including grief due to loss, change, and transitions. In recognition that grief has no time frame, those who grieve are welcomed at any time in their journey.

Since grief is an evolving process, occasional check-ins with a grief support group may be beneficial. No one is required to commit to consistent attendance. A group meets the **first Tuesday of the month** at the **Sargent Memorial Library** at **3 PM**. For other dates, times, and locations see nashoba.org/calendar.

What's Up with Our New Fire Station?

Are you up to date about what's going on with the building of our new Fire Station?

The Fire Station Building Committee, also known as FSBC, values your input. There are opportunities for you to learn more, share your concerns, ask questions, or meet the FSBC Committee.

Provision of safety services is of vital concern and importance to all our citizens including the over-60 community, which represents more than 30 percent of Boxborough's population. Please visit the FSBC website bit.ly/3QjVHzh for more information.



LGBTQ+ Pool & Pizza Social Time

Come to the **Acton Senior Center** to play pool, snack on some pizza, and socialize on **Tuesday, March 11, 5 PM to 7 PM**. Ping pong will also be available if the new table arrives in time. Free event open to older adults in the LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer and more) community and allies from Acton and beyond. The Senior Center is located in the Acton Human Services Building, 30 Sudbury Road, Rear, Acton, MA. Take the third parking lot entrance at the big blue sign. Please sign up with Chris Chirokas so they have enough pizza.

cchirokas@actonma.gov or 978-929-6652.

**Boxborough News**
Our town, our news, our voices

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Questions? Comments?
Contact us at BoxboroughNews@gmail.com

Notice: Special Town Meeting, March 18 - delayed until **May 12** before Annual Town Meeting.

Daylight Saving Time begins on **Sunday, March 9**. Remember to set your clocks ahead before bedtime on **Saturday, March 8**.



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 want a digital copy by email.

**Submit items for the April 2025 issue by Friday, March 7, 2025
to boxboroughbuzz@gmail.com**



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