

THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

Council on Aging

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April 2025

April Lunch

Join us for lunch on **Wednesday, April 9 at noon** at the **Community Center**. Thank you to the Boxborough Minutemen for our menu of meat lasagna, vegetable lasagna, garden salad, rolls, and mini pastries. Please **RSVP** to the COA beginning Wednesday, April 2. All Boxborough residents age 60 and up are invited.

The Boxborough Minutemen Company perpetuates the memory of the Minutemen of 1775 and their fight for liberty. Camaraderie and community service inspire the group in its work, including two annual scholarships for AB graduates and funding community needs. They march in parades and organize Fifer's Day.

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



Jukebox of Memories

Revisit some of the nation's best-loved songs of the late-1950s, 1960s, and early 1970s on **Wednesday, April 16 at 1:30 PM** at the **Community Center**. We are sure to enjoy this jukebox of pop, light-rock, and easy-listening of musician Dan Kirouac. Please **RSVP** by Monday, April 14.

This program is supported in part by a grant from the Acton-Boxborough Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Live Game Shows

Have you ever wanted to participate in a LIVE game show like Wheel of Fortune, Jeopardy, or Family Feud? On **Thursday, April 24 at 1:30 PM** you can! Come to the **Community Center** for a fantastic afternoon of game show favorites. Kevin Richman will be our host while we play in teams to make it even more fun. You can win prizes if you are on the winning team. Please **RSVP** by Tuesday, April 22.

*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

Spring has arrived and winter is over! Time to start thinking about getting out. Go for a walk and experience the benefits of sunshine, fresh air, and outdoor exercise. Join fellow Boxborough older adults to socialize, exercise, and perhaps learn something new at our many programs at the Community Center. You may meet others that have similar interests and create new friendships.

Hope to see you soon,
Kim

Well Adult Clinic



The Nashoba Associated Boards of Health's monthly Well Adult Clinic offers free blood pressure checks and consultations with our town nurse, Alicia Lopardo, RN. Please drop by to meet with Alicia on **Wednesday, April 9, 11:15 AM to 12:15 PM** at the **Community Center**, just prior to our monthly lunch.

Podiatry Clinic

Please call the COA to make an appointment for the next podiatry clinic on **Wednesday, April 30, 10:30 AM to 3:30 PM** at the **Community Center** with Alyssa Kuizinas, DPM. She offers her podiatry services such as toenail trimming and callus treatments once every 6-8 weeks. These 15-minute treatments are \$40 and she accepts cash or check.



The Museum will be open **Sundays**

from **2 to 4 PM**

- **April 13**
- **May 18**
- **June 8**



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

Coffee & Chat with Kim



This month come meet my guest, Boxborough's Finance Director, Honghoa Le. She leads the Accounting, Treasurer/Collector, and Assessor departments for our town.

Join us for casual conversation, ask her questions, and grab a free cup of coffee, tea, or hot cocoa, and a light snack on

Wednesday, April 23 at 10:30 AM at the **Community Center**. All Boxborough residents age 60 and up are welcome to drop by.

Public Safety

The Boxborough Fire Department participates in the Commonwealth's Senior SAFE Program, coordinated by Capt. Jason Malinowski. The program offers the following free services to Boxborough homeowners who are at least 65 and older:

Home safety inspections.

- Smoke and carbon monoxide (CO) detector battery replacement.
- Provision/replacement of certain detection devices when in stock. Note this applies only to battery-powered devices, not those requiring hard wiring.
- Provision of key boxes to be placed on home exteriors for access by emergency services. Fire and police are the only ones with code access to the boxes.
- Check that houses are properly numbered to assist emergency personnel with locating the house in the event of an emergency.

To schedule a Senior SAFE home inspection, please call the Fire Department's non-emergency phone number at 978-264-1770 or email jmalinowski@boxborough-ma.gov. These home inspections are conducted by on-duty personnel, which means that they may be delayed in the event of an emergency call.

Courtney Panaro, EMT/Firefighter



Spring is here!

Spring Fitness with Holly

Registration will begin on **Monday, April 7** for Boxborough residents. Non-residents may register beginning **Thursday, April 17**, 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, April 28** and run through **Friday, June 27**. 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. Eight Monday classes are \$32, nine Wednesday classes are \$36, nine Friday classes are \$36. 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, May 26 or the week of June 30 to July 4. The next session will start on Monday, July 7.

Spring Birding with Becky



Our Town Clerk, Becky Harris, who also happens to be an ornithologist and conservation biologist, will lead participants on a walk as she identifies local birds. The walk will take place at **Flerra Meadows Field**, 340 Stow Road on **Tuesday, May 6 at 8:30 AM**. Be sure to wear comfortable walking shoes that you won't mind getting wet (due to morning dew) and bring binoculars if you have them. Please **RSVP** by May 1. This event is weather dependent. Check with the COA before going there if the weather is questionable.

Mindfulness and Meditation

Join IAYT Certified Yoga Therapist, Erin Loperto to practice Mindfulness and Meditation at **10 AM on Tuesdays, May 6** through **June 24** at the Community Center.

This activity can help:

- calm the mind
- reduce stress
- improve mood
- reduce anxiety
- enhance focus and concentration
- benefit physical well-being

Registration for this 8-week program begins on Tuesday, April 15 for Boxborough residents, Tuesday, April 29 for non-residents. Minimum class size is six Boxborough Residents. Registration forms can be requested from the COA or found at boxborough-ma.gov/286/Council-on-Aging under exercise classes. Please make checks payable to the Town of Boxborough.

No classes in July or August. Erin will start the program again in September.

Ask a Lawyer

The Ask A Lawyer program is on the first Wednesday of the month from **10:30 AM to 12:30 PM** at the **Community Center**. Our volunteer lawyers will answer your questions or send you in the right direction for further assistance. We are now making appointments for 2 months at a time. This month the program is on **Wednesday, April 2** and next month it is **Wednesday, May 7**. Please call the COA to reserve an appointment for a free 15-minute consultation.

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.

FCOA 2025 Annual Meeting

The 2025 Annual Meeting of the Friends of the Boxborough Council on Aging will take place on **Wednesday, April 16 at 10:15 AM** at the **Sargent Memorial Library**. All are welcome to attend and discuss plans for the coming year. For more information, please contact John Fallon at johnfallon118@gmail.com

Raking Day, ABRHS Senior Community Service



Students from the senior class at Acton-Boxborough Regional High School will hold their Annual Community Service Day on **Thursday, April 17** from

9:30 AM to 12:30 PM. There will be teams of students for five homes in Boxborough that will be selected on a first come, first served basis. Call the COA to **RSVP** by Monday, April 7.

We need to know your yard size, name, address, phone number, and email address. A team captain will contact you to confirm.

Additionally:

- Homeowners must be home while the students are raking.
- Students are not allowed to accept baked goods, snacks, or drinks from homeowners.
- Students are not allowed to enter homes.

Be Safe and Secure Online

On **Monday, April 28 at 1:30 PM** at the **Community Center**, Laura Foley will enlighten you about the latest online threats and how to gain practical tips for everyday online activities.

You will learn how to:

- Protect your personal information
- Recognize and avoid online scams
- Use the Internet safely and confidently

Please RSVP by Thursday, April 24. For more information about Safe and Secure Online and the Center, visit iamcybersafe.org.

This program is sponsored by the Center for Cyber Safety and Education, the charitable arm of ISC2 (International Information System Security Certification Consortium).

Fitchburg Art Museum Trip

Spring is here. Let's celebrate by visiting the Art in Bloom exhibit at the **Fitchburg Art Museum**, 185 Elm Street, Fitchburg. Mark your calendar for **Friday, April 25 at 1 PM**. Admission is \$5 per person and \$2 for EBT or ConnectorCare residents. The van will be available on a first come, first served basis for \$4 roundtrip, and will leave **Town Hall** at **12:15 PM**. A small, help yourself café is available with dry snacks and coffee for \$1 per item. Please **RSVP** by April 21.

Garden Club Plant Sale

The Boxborough Garden Club Plant Sale is planned for **Saturday, May 10 from 9 AM to noon** at the **UCC Congregational Church lawn**, 723 Massachusetts Avenue. There will be perennial plants for sun and shade, annual plants, seedlings and house plants. Proceeds from the sale will fund a scholarship for an AB graduate and help to maintain the Colonial Herb Garden on Hill Road.

Please bring cash and checks only. Happy Spring!

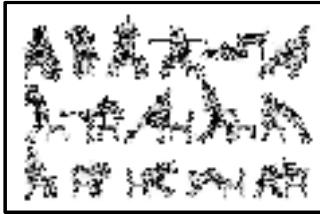
Community Gardens

Boxborough has community gardens at two locations with water available. The first location is part of the Flerra Meadows Conservation land and requires the use of organic gardening practices. The second site is near the intersection of Middle and Depot Road. Organic gardening practices are not required for this location. The goal is to have the plots ready for planting by Mother's Day weekend.

Information is available on the Town website under the Agricultural Commission. Please contact Owen Neville, Chair of the Agricultural Commission, at oneville@boxborough-ma.gov with any questions.

Click this link for Flerra Meadows Community Garden application Flerra-Meadows-Community-Garden-Application-PDF or use this QR code.





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, April 23.

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 April 2 and May 7.

Mindfulness and Meditation: Meets Tuesdays at 10 AM in the Community Center. Next session begins Tuesday, May 6.

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 April 9.

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 April 30.

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, next meetings April 1 and May 6.

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 _____

April 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 10-Mindfulness & Meditation 1-Game Day 3-Grief Support Group at Library	2 9-Fitness w/Holly 10:30-Ask A Lawyer 2-Knitting Group 5:30-Self Defense Class	3 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	4 9-Fitness w/Holly via Zoom 5-7 PM Library Book Preview Sale	5 9 AM-2 PM Library Book Sale
6 2-4 PM Everything Must Go Library Book Sale	7 9-Fitness w/Holly	8 10-Mindfulness & Meditation 1-Game Day	9 9-Fitness w/Holly 11:15-Well Adult Clinic Noon-COA Luncheon Sponsor: Box. Minuteman 2-Knitting Group 5:30-Self Defense Class	10 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	11 9-Fitness w/Holly via Zoom	12 Noon-2 PM Collage Journaling at Library
13 2-4 PM Boxborough Museum	14 9-Fitness w/Holly 2-COA 1Board Meeting	15 10-Mindfulness & Meditation 1-Game Day 6-Community Book Discussion at Library	16 9-Fitness w/Holly 10:15 FCOA Meeting at the Library 1:30-Jukebox of Memories 2-Knitting Group 5:30-Self Defense Class	17 9:30-12:30 ABRHS Raking Day 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 5-7 PM Dot Mandala Workshop at Library	18 9-Fitness w/Holly via Zoom	19
20 Patriots' Day Town offices and library are closed.	21	22 10-Mindfulness & Meditation Noon-LELWD Senior Lunch 1-Game Day	23 9-Fitness w/Holly 10:30 Coffee & Chat with Kim- Guest, Honghoa Le 2-Knitting Group 5:30-Self Defense Class	24 8 AM – 2 PM Senator Eldridge's Senior Conference 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 1:30-Live Game Shows	25 9-Fitness w/Holly via Zoom 1-Field Trip-Art in Bloom-Fitchburg Art Museum	26
27	28 9-Fitness w/Holly 1:30-Be Safe and Secure Online	29 10- Mindfulness & Meditation 1-Game Day	30 9-Fitness w/Holly 10:30-Podiatry Clinic 2-Knitting Group			

Out of Town Mt. Calvary Church, Acton

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

Boxborough Library Book Sale

The Friends of the Boxborough Library used book sale will start with a Preview Sale for members on **Friday, April 4** from **5 to 7 PM**. 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**.

Donations will be accepted from **Monday, March 31** through **Thursday, April 3** at the Library during regular hours. Please no VCR tapes, magazines, or any material in poor condition.

LELWD Senior Lunch

Littleton Electric Light and Water Department (LELWD) is offering their Annual Senior Luncheon for Boxborough and Littleton residents, ages 60 and over. Join them for a free turkey dinner with salad, rolls, and desserts on **Tuesday, April 22** at **noon** at the **Littleton High School Cafeteria**, 59 King Street, Littleton. Please **RSVP** by April 15. Tickets will be available at the COA and LELWD offices.

Senior Conference

Senator Jamie Eldridge's Senior Conference is on **Thursday, April 24** from **8 AM to 2 PM** at **Assabet Valley Regional Technical High School**, 215 Fitchburg Street, Marlborough. You will connect with older adults from all over our area. The conference features speakers from the Massachusetts Legislature, workshops on topics like aging well, downsizing, reverse mortgages, and numerous vendors offering resources from all over. Entertainment includes live music from the Romeoos Duo (two members of Flashback Band), free breakfast and lunch from Senator Eldridge and Assabet Valley's Culinary students, and raffles.

See senatoreldridge.com/seniors-2 for more information.

April Happenings at the Library

Unwind, Create, Connect: Collage Journaling

On **Saturday, April 12**, from **noon to 2 PM** enjoy this hands-on workshop with Michael Sjostedt of Cut Loose Collage Workshops. You will layer images, textures, and words to create visually rich journal pages that reflect your thoughts, moods, and inspirations. This program is for adults and teens ages 16+.

Community Book Discussion

This Spring the library is partnering with the Boxborough Police Department to hold a Community Book Discussion. The selected book, *The Widows of Malabar Hill* by Sujata Massey, will help foster a discussion to explore a variety of topics. Join this moderated discussion on **Tuesday, April 15** from **6 to 7 PM** to share perspectives in a collaborative environment. Copies of the book are available at the library.

Dot Mandala Workshop

"Dots With Bindu" presents a Dot Mandala Workshop on **Thursday, April 17** from **5 to 7 PM**. Learn to paint a dot mandala with Bindu Gupta and enjoy this relaxing and fun activity with friends. Dot mandala painting is a traditional art form with a very meditative and therapeutic effect on your mind and body. Registration is required.

Additional information on these programs is available on the library website: www.boxlib.org.



Monday, April 21, 2025

May Notices:

Real Estate Taxes due May 1; Annual Town Meeting - May 12; Town Election – May 20;

IT Help for older residents is available. Call the COA office to be contacted for an appointment.

Help the COA save money by reducing paper and postage expense. Receive "The Buzz" online. To receive a digital copy please notify Ami or Kim with the email address where you want it sent.

Submit items for the May 2025 issue by Friday, April 4, 2025
to boxboroughbuzz@gmail.com



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