

THE

BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



May 2025

Council on Aging

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May Lunch

Our dedicated Boxborough Police Department and Police Union will sponsor our monthly lunch on **Wednesday, May 14** at the **Community Center** from **noon to 1 PM**. They will be serving sliced turkey, gravy, stuffing, mashed potatoes, a veggie, rolls, and dessert. This is your chance to meet some of Boxborough's police officers in a casual setting. Space is limited.

You may **RSVP** for the lunch beginning May 1.

Donations for the Acton Food Pantry will be accepted at the lunch.



2025 Special and Annual Town Meetings

Boxborough's Special & Annual Town Meetings will be on **Monday, May 12**. There are 49 articles on the Warrant. If extra days are needed, they will be **Tuesday, May 13**, **Wednesday, May 14**, and **Thursday, May 15**. Please join us at **7 PM** at **Blanchard Memorial School**, 493 Mass Ave.

2025 Annual Town Election

Annual Town Election will be on **Tuesday, May 20** from **7 AM to 8 PM** at **Boxborough Town Hall**, 29 Middle Road.

Key dates:

- May 2, last day to register to vote at Town Meeting, Town Election.
- May 12, Special and Annual Town Meetings.
- May 13, last day to apply for a Vote by Mail Ballot.
- May 19, last day for in-person absentee voting by noon at Town Hall.

Out to Lunch

May's Out to Lunch will be at the **Boston Bean House**, 102 Main Street, Maynard on **Monday, May 19** at **11:30 AM**. Gather around a large table and enjoy delicious sandwiches that can be made gluten free, salads with ingredients from local farmers, soups as well as vegetarian and organic options. Please **RSVP**.

*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

May is the month we celebrate mothers and remember our loved ones who have passed on during our Memorial Day observances. Many consider Memorial Day as the unofficial beginning of summer.

However, May is also Mental Health Awareness Month. NAMI, the National Alliance on Mental Illness, recognizes that a "mental illness is a condition that affects a person's thinking, feeling, behavior or mood and is far more common than you think, affecting 1 in 5 adults." The free, confidential NAMI Helpline is available Monday to Friday, 10 AM to 10 PM at 800-950-6264. They provide one-on-one emotional support, mental health information and resources.

Contact them or your primary care provider if you need help or have concerns about your mental health wellbeing. In an emergency, of any kind, please call 911.

Warm Regards,

Kim



Well Adult Clinic



Our town nurse, Alicia Lopardo, RN of the Nashoba Associated Boards of Health, will be conducting a Well Adult Clinic on **Wednesday, May 14 from 11:15 AM to 12:15 PM** at the **Community Center**.

Drop in just prior to our monthly lunch. Appointments are not necessary. She offers blood pressure checks, blood sugar screenings, diet/nutrition information, medication review, and answers your health-related questions.

Podiatry Clinic

There is no Podiatry Clinic in May. The next clinic is on **Wednesday, June 18 at 10:30 AM to 3:30 PM** at the **Community Center** with Alyssa

Kuizinas, DPM. Her services, such as toenail trimming and callus treatments, are offered once every 6-8 weeks. These 15-minute treatments are \$40 and she accepts cash or check. Please call the COA to make an appointment.



Coffee & Chat with Kim



Join Kim and others for a free cup of coffee, tea, or hot cocoa, and a light snack on **Wednesday, May 28 at 10:30 AM** at the **Community Center**. Bring a discussion topic that is on your mind or just enjoy some casual conversation. All Boxborough residents age 60 and up are welcome to drop by.

Public Safety

As spring is finally here, please remember the following safety tips:

- Stretching before exercising is always helpful and allows for better movement and flexibility.
- Wear reflective clothing when walking on roadways, especially during dawn and dusk.
- Take a cell phone, emergency supplies, including plenty of water, and let someone know where you are going when you are hiking.
- It is best to hike with a partner.
- Do not overdo physical activity such as pickleball, jogging, or the gym.
- Take plenty of breaks.
- Consult your doctor before any new training regime or diet.

Do not hesitate to call 911 if you ever feel faint or have shortness of breath.

Your safety is paramount!

Enjoy the beautiful spring weather.

In health and safety,
Chief John Szewczyk



The Museum will be open **2 to 4 PM Sundays**

- **May 18**
- **June 8**
- **July 13**

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

Ask a Lawyer

Please call the COA to reserve an appointment for a free 15-minute consultation with one of our volunteer lawyers. They will answer your questions or send you in the right direction for further assistance. 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**. We make appointments for 2 months at a time. This month the program is **Wednesday, May 7** and next month it is **Wednesday, June 4**.

The Birth of Rock and Roll: Songs That Defined an Era

This entertaining program will take you to a great musical era in American history. Enjoy video presentations of artists such as Chuck Berry, Elvis Presley, Buddy Holly, Little Richard, and more with author and historian, Marty Gitlin. Marty will discuss the impact these rock and roll pioneers made on society and pop culture. He will challenge patrons with trivia questions and interact with a Q&A after the event. Don't miss out on the fun on **Wednesday, May 21 at 1:30 PM at the Community Center**.

Please **RSVP** before Monday, May 19.



Habitat for Humanity

Habitat for Humanity North Central Massachusetts representative Diana Sinkus will host an informative presentation on **Thursday, May 22, from 1:30 to 3 PM at the Community Center**. Diana will provide an overview of Habitat for Humanity's efforts to support homeowners in need by offering critical home repairs, ensuring seniors can age safely in their own homes, and assisting veterans in accessing the resources they need. Attendees will learn about the ongoing projects aimed at building affordable, sustainable housing for families in the region. The presentation will be followed by a Q&A session.

Whether you're interested in learning more about how Habitat for Humanity is making a difference in the community or are looking for ways to get involved, this event promises to provide valuable insight. Please **RSVP** by Tuesday, May 20.

Movement Series

The Well-Being Committee is sponsoring a free Movement Series for all ages on four Saturdays at **10 AM**. Classes will be on the lawn of the **Sargent Memorial Library** or moved inside to the Library Meeting Room if there is inclement weather. Prior registration is required for each class separately. See the Library website at boxlib.org for further information and registration.

The dates are:

- **May 31:** Bollywood dancing
- **June 7:** Yoga
- **June 14:** Meditation
- **June 28:** Zumba

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. Medical rides to Concord are considered local. Medical rides to other towns are subject to availability and rates are based on distance. To book a ride, call 978-264-1730. Rides are free until Monday, June 30.

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.

All reservations must be made 48 hours in advance. Medical rides can be reserved 1 month in advance. Reservations for local rides can be made 1 week in advance.

Downsizing & Decluttering: Making Life Transitions Easier

Join us for an engaging session on downsizing and decluttering to help seniors navigate life transitions with ease. Whether you're considering moving to a smaller home, or just looking to simplify, this presentation will provide you with practical strategies and emotional support.

Learn to:

- Start decluttering without feeling overwhelmed
- Decide what to keep, donate, sell, or discard
- Plan for a smooth and stress-free transition

Make your next chapter feel like a positive and empowering step. We'll see you on **Wednesday, May 28 at 1:30 PM** at the **Community Center**. **RSVP** by Thursday, May 22.

Regular MART Transportation in Boxborough

There are two great regular transportation options through the Montachusett Area Regional Transit Authority (MART) available to the residents of Boxborough.

The **Council on Aging MART van**, for adults age 60 and up or disabled adults age 18 and up, is by appointment only. This van runs **Tuesday** through **Thursday**. The first pickup is at **9:30 AM** and the last drop-off is at **3:30 PM**. Please keep these times in mind when you schedule your appointments.

See the *COA Van Services* gray box on page 3 for further details.

The **Boxborough Connects MART van** is for all residents. It runs a continuous loop itinerary with set stops along Route 111, including a dedicated stop at the Acton Food Pantry on Thursdays. The service runs

Monday through **Friday**, from **7:30 AM** to **6 PM**, the cost is \$1 per passenger per ride. Tickets can be purchased when boarding the bus (cash only) or at Boxborough Town Hall.

Information about specific routes, stops, and times are provided on the Boxborough Connects schedule on the Town website. See

boxborough-ma.gov/721/Transportation-in-Boxborough---Boxborough.

Gropius House Field Trip

Come visit **Gropius House**, a National Historic Landmark on **Thursday, May 29** for a **1 PM** guided tour. Located at 68 Baker Bridge Road, Lincoln, the house combines traditional elements of New England architecture with innovative materials and the latest technology in fixtures. With the family's possessions still in place, Gropius House has a sense of immediacy and intimacy. Tickets are \$22, free for Historic New England members.

The van will be leaving Town Hall at **12:15 PM**. Rides will be available on a first come, first served basis. The fee is \$4 per person. Please **RSVP** by Thursday, May 15 so we can purchase tickets. Please note 10 guests are necessary and that the tour requires a considerable amount of standing and stair climbing.

FreeBee Markets Are Back

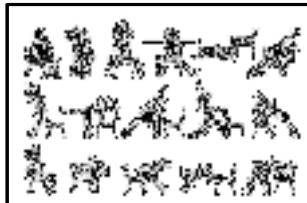
The first full FreeBee Market (volunteer-powered food rescue) of 2025 will be on **Saturday, May 17 at 30 Middle Road**. Full FreeBees will also occur **Saturdays, June 28, July 19, August 16,**

September 13, and October 18. The FreeBee Market provides free fresh fruit, vegetables, and baked goods, as well as plants, community resources, and a bouncy house for children. Popup Saturdays may not start until later in the summer due to food chain uncertainty.

FreeBee needs volunteers to pick up from local farms and stores on Fridays and early Saturdays starting later during the summer. Help is requested on market days as well. If you would like to volunteer, contact Mary Pavlik at mary.j.pavlik@gmail.com.



Happy May Day



Ongoing Events, Classes

To learn more about any event, call
the COA: 978-264-1730 or
978-264-1717.



Fitness with Holly in-person: class meets at the Community Center, Mondays and Wednesdays, 9 AM. Next session begins Monday, July 7.

Fitness with Holly via Zoom: Class meets on Fridays, 9 AM. Next session begins Friday, July 11.

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, May 28.

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 May 7 and June 4.

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, June 26.

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 10:15 AM. Next session begins Thursday, June 26.

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 Wednesday, May 14.

Podiatry Clinic: Dr. Alissa Kuizinas holds a podiatry clinic every 6-8 weeks at the Community Center, 10:30 AM to 3:45 PM. The next clinic is Wednesday, June 18.

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.

Out to Lunch: Monthly gatherings at local restaurants where you choose from the menu and pay for your own lunch. The next lunch is Monday, May 19.

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 May 6 and June 3.

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 _____

May 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
				1 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	2 9-Fitness w/Holly via Zoom	3
4 9-Fitness w/Holly	5 8:30-Spring Birding with Becky 10-Mindfulness 1-Game Day 3-Grief Support Group at Library 4-Sewing workshop at Library	6 10:30-Ask A Lawyer 2-Knitting Group	7	8 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	9 9-Fitness w/Holly via Zoom	10 9-Garden Club Plant Sale 8-Hazardous Waste Day
11 9-Fitness w/Holly 2-COA Board Meeting	12 Annual Town Meeting Blanchard School Gym 6:30 PM-Check-In 7 PM-Meeting begins. Will continue on consecutive nights, if needed,	13 10-Mindfulness 1-Game Day	14 9-Fitness w/Holly 11:15-Well Adult Clinic Noon-COA Lunch Sponsor: Box. Police Dept. & Police Union 2-Knitting Group	15 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	16 9-Fitness w/Holly via Zoom	17 10:30-FreeBee Market
18 2-4 PM Boxborough Museum 2-4-Steele Farm Open House	19 9-Fitness w/Holly 11:30-Out to Lunch Boston Bean House in Maynard 1:30-Elder Law 2025	20 10-Mindfulness 1-Game Day	21 9-Fitness w/Holly 1:30-Birth of Rock & Roll 2-Knitting Group	22 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 1:30-Habitat for Humanity 6-Adult Crafting Circle at Library	23 9-Fitness w/Holly via Zoom 10-Nara Park Senior Stroll in Acton	24
25 Memorial Day Town offices and Library are closed.	26 10-Mindfulness 1-Game Day 1-Adult Craft Time at Library	27	28 9-Fitness w/Holly 10:30-Coffee & Chat/Kim 1:30-Declutter & Downsize 2-Knitting Group	29 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 12:15-Field Trip- Gropius House in Lincoln 6-Adult Craft Time at Library	30 9-Fitness w/Holly via Zoom 10-Nara Park Senior Stroll in Acton	31 10-Well-Being Movement Series at the Library

Steele Farm Open House

Every May, Freedom's Way, a consortium of 45 cities and towns that were involved in the events of April 1775, sponsors a "Hidden Treasures" event to highlight notable items and places in each municipality. This year Boxborough's Hidden Treasure is the Steele Farm and its buildings.

Steele Farm is a 36-acre historic New England farm located at 484 Middle Road. This open and expansive landscape provides commanding views, historic structures, recreational opportunities, and wildlife habitat for many species. There are three buildings on the property: The 1784 Levi Wetherbee farmhouse, the circa 1904 Richardson ice house, and the early 1940's Steele barn.

There will be an open house on **Sunday, May 18** from **2 to 4 PM** where volunteers from the Steele Farm Committee and the Boxborough Historical Society will be on-hand to answer questions about Steele Farm. The barn and ice house will be open for self-tours. You will be able to look into the farmhouse, but won't be able to go inside. No registration is needed.

Elder Law Education Program 2025

The Massachusetts Bar Association (MBA) presents a statewide Elder Law Education Program during the month of May in honor of National Law Day. It corresponds with the publication of the revised and expanded "2025 Elder Law Education Guide," which will be available during the program on **Monday, May 19** at the **Community Center at 1:30 PM**. It is also online at the MBA's companion website, www.massbar.org/elderlaw

Volunteer attorney Nancy Catalini Chew of Harvard will discuss topics ranging from Veteran Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, and alternatives to nursing home care.

Please **RSVP** by Thursday, May 15.

Library News

Repair & Renew Sewing

Do you have clothes that are worn out? Deepika Prakash will teach you how to make repairs using visible mending that adds a whimsical element to clothing and is very trendy. No knowledge of a sewing machine is necessary. This workshop is on **Tuesday, May 6** from **4 to 6 PM**. Bring a clothing item to work on.

Adult Crafting Circle

A casual drop-in crafting session will be held on **Thursday, May 22** from **6 to 7 PM**. Our Information Services librarian, Meghan, will be using the Cricut to cut leftover faux leather material from last month's Adult Craft session. Stop by and make a pair of earrings.

Adult Craft Time

Join us to make Tin Can Vessels. There are two craft sessions, **Tuesday, May 27 at 1 PM** and **Thursday, May 29 at 6 PM**. Make a charming piece of decor by upcycling some common household materials. Great to use for pencils, makeup brushes, or even fresh cut flowers.

Registration is required for each of these workshops. Call the Library at 978-263-4680 or visit the Library's Event Calendar at boxlib.org.

Nara Park Senior Stroll

Come join other seniors from Boxborough, Acton, and Littleton for conversation, coffee, and a stroll around **Acton's Nara Park**, 25 Ledgerock Way, Acton on **Fridays, May 23 thru June 27, 10 AM to 11 AM**.

Joining us for our June 6 walk will be Ian Bergemann, Community Conservation Specialist for the Town of Acton. Ian will provide an educational talk once a month during this year's Senior Strolls.

Please meet us at the Bath House Pavilion off the main parking lot. For additional information and to register, please call the Acton Nursing Service at 978-929-6650.

Registration is required.

May dates to note:

- Birding with Becky – Tuesday, May 6, 8:30 AM at Flerra Meadows
- Garden Club Plant Sale – Saturday, May 10, 9 AM to noon on the UCC Church lawn, 723 Mass, Ave.
- Hazardous Waste Day - Saturday, May 10, 8 AM to 12 PM at 577 Massachusetts Ave.
- Annual Town Meeting – Monday, May 12, 7 PM, Blanchard School gym
- Annual Town Election – Tuesday, May 20, 7 AM – 8 PM, Town Hall, Grange Room

Save the Date: Fifer's Day - Saturday, June 21 at Flerra Meadow, Stow Road

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 to which you want it sent.

**Submit items for the June 2025 issue by Monday, May 5, 2025
to boxboroughbuzz@gmail.com**



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