

THE

BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



Council on Aging

Kimberley Dee,
Human Services Director
978-264-1717
kdee@boxborough-ma.gov
Ami Scheen, Administrative
Assistant 978-264-1730
ascheen@boxborough-ma.gov

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June Lunch

The Friends of the Boxborough Council on Aging (FCOA) is sponsoring a picnic themed lunch on **Wednesday, June 11 at noon** at the **Community Center**. The menu includes assorted sandwiches and wraps with potato salad, coleslaw, macaroni salad, chips, and Hoodsies. You may **RSVP** beginning Monday, June 2. Join us for this fun gathering to kick off the summer season and celebrate the anniversary of the FCOA.

The FCOA is a non-profit group that supports the Boxborough Council on Aging and its seniors with funds for lunches, transportation, and defraying the cost of some classes and events. Please contact John Fallon at 978-264-0069 if interested in joining the group.

Don't forget donations to the Food Pantry are encouraged.

Entertainer Joe Leary

At **1:15 PM** on **Wednesday, June 11** at the **Community Center** entertainer Joe Leary will take us on a musical journey from the 60s and 70s. You will enjoy songs by the Eagles, James Taylor, Bob Dylan, Jimmy Buffet, Jim Croce, John Denver, Neil Diamond, Sam Cooke, Neil Young, Eric Clapton, Harry Chapin, Van Morrison, Gordon Lightfoot, and more. Throughout his performance, Joe will share the inspirations, anecdotal stories, and histories of these musical artists.

A graduate of Berklee College of Music and an accomplished Music Educator, Joe has spent the past 45 years dedicated to the music education of children and adults.

Please **RSVP** starting Monday, June 2.

Out to lunch

Summer in New England is a treat! Come join us at **Kimball's Farm in Westford** on **Thursday, June 5** at **11:30 AM**, 400 Littleton Road.

Classic specialties range from fried scallops, clams, lobster rolls, and delicious items from the grill to fresh salads and, of course, Kimball's famous ice cream. The atmosphere is casual with picnic tables under a tent--perfect for a meal with friends. Please **RSVP** by Wednesday, June 4.

*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.*

June 2025

Kim's Corner

The notable dates of Father's Day, the Juneteenth Holiday, and the first day of summer, all happen in the third week of June. In addition, we have lots of fun things in store for you. Join us to learn something new, enjoy the entertainment, see some friends, and virtually travel to Toronto, Canada this month.

Most of our programs begin at 1:30 PM. However, this month we have some exceptions. Entertainer Joe Leary will begin his performance at 1:15 PM right after the monthly lunch on Wednesday, June 11. LELWD is presenting a safety program at 12:45 PM on Thursday, June 12, and they are bringing pizza. Social Security 101 is at the library on Wednesday, June 25 at 7 PM to accommodate people who aren't available during the day. All people age 60 and up are welcome to join us at all events.

Happy Father's Day to all the Dads!
Happy Summer to everyone!

Best,
Kim

Well Adult Clinic



This will be the last Well Adult Clinic until September. Drop by, roll up your sleeves, and get your blood pressure checked on **Wednesday,**

June 11 at 11:15 AM to 12:15 PM at the **Community Center**, before our monthly lunch. Our Town Nurse, Alicia Lopardo, RN, of Nashoba Valley Associated Boards of Health is also available to answer your health-related questions.

Podiatry Clinic

Alissa Kuizinas, DPM, will be holding her podiatry clinic at the **Community Center** on **Wednesday, June 18** from

10:30 AM to 3:30 PM. You can get your nails trimmed and calluses treated for \$40 at the time of your appointment. You can pay her with cash or check. Please call the COA to make 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 to which you want it sent.

Coffee & Chat with Kim

Human Services Director, Kim Dee, welcomes you to drop by the **Community Center** at **10:30 AM** on **Wednesday, June 25** for a free cup of coffee, light snack, and casual conversation. Stop by, say hello, enjoy the chit chat, and the company of others. All are welcome. We will be happy to see you.

Public Safety

The File of Life kit is a card with a red, magnetic, plastic folder that you can put on your refrigerator to help first responders identify pertinent medical information during emergencies. The card contains a brief medical history and medication, allergy, and emergency contact information. This information is vital for firefighters/EMTs and upon arrival at the hospital, for the hospital staff.

For residents wishing to obtain a File of Life kit, please come to the Boxborough Fire Department and we would be happy to give you one. You can also find them at the Town Hall and the Council on Aging office.

The Boxborough Fire Department also offers lockboxes to help gain access into a residence if there is an emergency. Please call the fire station at 978-264-1770 to make an appointment to have one installed.

I hope everyone enjoys a happy and safe month!

FF/EMT Courtney Panaro



The Museum will be open
2 to 4 PM Sundays

- **June 8**
- **July 13**
- **August 10**

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

Summer Fitness with Holly

Registration begins on **Monday, June 16** for Boxborough residents. Non-residents may register beginning **Monday, June 30** if space is available. Registration forms will be posted on Boxborough's COA webpage at bit.ly/3ev7eMI. You may call the COA to request a form. The minimum class size is six Boxborough residents. Please make checks payable to the Town of Boxborough.

Classes begin on **Monday, July 14** and run through **Friday, September 26**. All classes start at **9 AM**. Monday and Wednesday classes are held at the **Community Center**. Friday classes are held via Zoom. Fees: 10 Monday classes are \$40, 11 Wednesday classes are \$44, 11 Friday classes are \$44. There are no classes from Monday, June 30 through Friday, July 11. There is no class on Monday, September 1.

Summer Yoga

Registration begins on **Thursday, June 5** for Boxborough residents. Non-residents may register beginning **Wednesday, June 18**, if space is available. The minimum class size is six Boxborough residents. Registration forms will be posted on Boxborough's COA webpage at bit.ly/3ev7eMI. Forms will also be available at the COA office. Please make checks payable to the Town of Boxborough.

Megan Wilwerth will teach the classes from **Thursday, July 10** through **Thursday, August 21**.

(continued next column)

Eleanora Cordovani will teach the classes from **Thursday, August 28** through **Thursday, September 25**.

Summer Session Classes begin on **Thursday, July 10** and run through **Thursday, September 25**. Chair Yoga is offered at the **Community Center** or via **Zoom** on **Thursdays** from **9:15 AM to 10 AM**. Fee: \$48. Mat Yoga is offered at the **Community Center** from **10:15 AM to 11 AM**. Fee: \$48.

R U Okay?

Would you like someone to call and check on you once in a while? The COA would like to be that someone. We are beginning a free reassurance program that is designed to enhance the quality of life for older adults who live alone and are lonely, at risk for falls or for concerning medical episodes. This will provide individuals and their families reassurance and peace of mind that there is someone checking on them on a regular basis.

- Calls will be made by a COA volunteer in the mornings, Monday through Friday, except for holidays.
- Calls will begin on Monday, June 16.
- The caller will ask if you are okay.
- The caller will determine if there is a concern and will respond according to our protocol.

Please call the Council on Aging for more information and to register for the program.

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.

Ask A Lawyer

Do you have a question that a lawyer might be able to answer for you? Here's your chance to speak to a lawyer free of charge! Attorney Kitty O'Connor has several 15-minute appointments available at the **Community Center** on **Wednesday, June 4** from **10:30 AM to 12:30 PM** to answer your questions or advise you how to get assistance. Please call the COA to make an appointment.

Live Tour of Toronto

Take a real-time virtual walking tour of Toronto, Canada, with your personal guide on **Monday, June 16** at **1:30 PM** at the **Community Center**. Please **RSVP** by Thursday, June 12.

This tour features nine iconic Toronto locations, from the bright lights of Dundas Square to the historic charm of St Lawrence Market. As your guide walks through the city, mark off the theaters and stunning churches on your bingo card to see who will win a prize. Enjoy touring without the hassle.

Social Security 101: Understanding Your Benefits

Social Security is one of the most successful and effective social insurance programs in our nation's history. This session is a good overview for anyone interested in Social Security, especially for people considering their retirement benefit claiming options. We will explain the facets of Social Security (retirement, survivors, and disability benefits), discuss the options for when to claim, and cover the implications of working while collecting benefits. Find additional resources at aarp.org/socialsecurity.



This program will be offered by David O'Brien of AARP at the **Sargent Library** on **Wednesday, June 25** at **7 PM**. Please **RSVP** by Monday, June 23.

Nashoba Valley Field Trip

June's field trip will be at the **Nashoba Valley Winery, Distillery and Brewery** on **Monday June 23** at **1 PM**, 100 Wattaquadock Hill Road in Bolton.

Enjoy a casual 45-minute tasting experience at the Pavilion Tasting bar for \$16 per person. The tokens can be used to sample some of Nashoba Valley's unique wines. If you prefer, beers, ciders, and spirits are also available. To finish it off, enjoy one of the delicious cheese boards. The van will be leaving Town Hall at **12:30 PM**. Rides will be available on a first come, first served basis with a fee of \$4 per person.

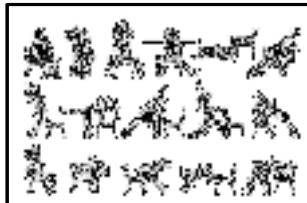
Please **RSVP** by Thursday June 19.

Patriotic Music Presentation

Join vocalist Heather Marie for a heartwarming and spirited musical celebration of America's Independence Day! This special program on **Monday, June 30, at 1:30 PM** at the **Community Center** features classic patriotic favorites, uplifting melodies, and cherished American tunes that honor the spirit of freedom and unity. Whether you're tapping your toes to familiar anthems or singing along with beloved songs of the season, this performance is sure to stir your pride and lift your spirits.

Heather spent nine years in Nashville, TN, singing and performing for audiences of all ages. Since moving to Massachusetts, she has been sharing her love of music through themed vocal programs. Heather enjoys entertaining and is passionate about bringing joy to others through music. Please **RSVP** by Thursday, June 26.





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 14.

Fitness with Holly via Zoom: Class meets on Fridays, 9 AM. Next session begins Friday, July 18.

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, June 25.

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 June 4 and July 2.

Mindfulness and Meditation: Meets Tuesdays at 10 AM in the Community Center. Next session begins Tuesday, September 2. No classes this summer.

Chair Yoga – Hybrid: 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, July 10.

Mat Yoga: 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, July 10.

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, June 11.

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 Thursday, June 5.

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 June 3 and July 1.

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 _____

June 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2 9-Fitness w/Holly	3 10-Mindfulness & Meditation 1-Game Day 3-Grief Support Group at library	4 9-Fitness w/Holly 10:30-Ask a Lawyer 2-Knitting Group	5 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 11:30-Out to Lunch Kimball's Farm in Westford	6 9-Fitness w/Holly via Zoom 10-Nara Park Senior Stroll	7 10-Movement Series: Yoga at the Library
8 2-4 PM Open House Box. School House #2 2-4 PM Boxborough Museum	9 9-Fitness w/Holly 2-COA Board Meeting	10 10-Mindfulness & Meditation 1-Game Day	11 9-Fitness w/Holly 11:15-Well Adult Clinic Noon-COA Luncheon Sponsor: FCOA 1:15-Entertainer Joe Leary 2-Knitting Group	12 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 12:45- LELWD Safety and Pizza	13 9-Fitness w/Holly via Zoom 10-Nara Park Senior Stroll	14 10-Movement Series: Meditation at the Library
15 Father's Day	16 9-Fitness w/Holly 1:30 Live Tour of Toronto	17 10-Mindfulness & Meditation 1-Game Day	18 9-Fitness w/Holly 10:30-Podiatry Clinic 2-Knitting Group	19 Juneteenth Day Town Hall and Library closed	20 9-Fitness w/Holly via Zoom 10-Nara Park Senior Stroll	21 Fifer's Day 9:30-Road Race 11-Parade Noon-Exhibits, Food
22	23 9-Fitness w/Holly 1-Field Trip Nashoba Valley Winery in Bolton	24 10-Mindfulness & Meditation 1-Game Day	25 9-Fitness w/Holly 10:30-Coffee and Chat with Kim 2-Knitting Group 7-Social Security 101 at Library	26 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	27 9-Fitness w/Holly via Zoom 10-Nara Park Senior Stroll	28 10-Movement Series: Zumba at the Library 10:30 FreeBee Market
29	30 9-Fitness w/Holly 1:30-Patriotic Performance by Heather Marie					

Out of Town Mt. Calvary Church, Acton

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

Boxborough Fifer's Day

The 2025 Fifer's Day will take place on **Saturday, June 21 at Flerra Meadows** on Stow Road. The day commences at **9:30 AM** with the **Fifer's 4-Mile Road Race**. This is followed by a **parade** from the **Blanchard School to Flerra Meadows** starting at **11 AM** and then presentation of the Golden Fife and Parade Marshall awards. The Fair will then commence and include food and barbecue, including a vegetarian option, children's games and activities, volleyball tournament, booths representing Town organizations, and a craft fair. There will be live music throughout the afternoon.

Fifer's Day is jointly sponsored by the Boxborough District Minuteman Company and the Town of Boxborough's Public Celebrations and Ceremonies Committee. For more information or to sign up for a non-profit booth, craft booth, road race, or volleyball go to fifersday.org. If you would like to help plan, or help that day, contact the Boxborough Minutemen Company at boxboroughminutemen.org/contact-us.

Library Interior Rearrangement Project

The community has long needed private meeting/studying spaces that are hard to find in town. With the generous support of the Sargent Memorial Library Foundation, the Friends of the Boxborough Library, and the town, the library is in the process of installing three "pods" that would allow small groups to have discussions, or a person to have a remote meeting without fear of being overheard or disruptive to others. To fit the pods into the building without extra construction, some rearrangement is required, including relocating the Young Adult area. If you would like to know more about the project and the upcoming changes, come to the library. We'll show you our plan.



Schoolhouse #2

Boxborough's School House #2 will be open to the public on **Sunday, June 8** from **2 to 4 PM**. With kind permission of Nancy (Robinson) Morrison, who co-owns the property with her sister Jane Sawisch, you will be able to visit Schoolhouse #2 at 339 Picnic Street (corner of Hill Road), tour the 1857 building, and see exhibits specific to this building. You will receive a one-page history of the Schoolhouse.

The **Boxborough Museum** at 575 Middle Road will also be open from **2 to 4 PM**. Come see some of Boxborough's other treasures (which will be an alternative to the outhouses behind the Schoolhouse!)

LELWD Talk on Electrical Safety



Do you know what an Energy Vampire is? Join us on **Thursday, June 12 at 12:45 PM** at the **Community Center** for a very informative presentation on indoor and outdoor electrical safety. As is their way, LELWD has lots of tips to offer along with pizza and Table Talk pies!

Highlights include extension cord usage, power strip safety, Dig Safe, tips to upgrade your electrical system, and what to unplug when not in use. Please **RSVP** by Monday, June 9.



Boxborough News
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Questions? Comments?
Dennis: dennis@BoxboroughNews.org

Reminders:

Movement Series at the Library: Saturdays - June 7-Yoga, June 14-Meditation, June 28-Zumba

Fifer's Day – Saturday, June 21 (See article on page 7.)

Note: The next FreeBee Market will be on Saturday, June 28. There will be no FreeBee Food only events (aka Popups) until July when harvest produce begins to pick up locally.

Submit items for the July 2025 issue by Friday, June 6, 2025
to boxboroughbuzz@gmail.com



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