

# THE BOXBOROUGH BUZZZ

SENIOR NEWS YOU CAN USE

July 2025

## Council on Aging

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## COA Board

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Santosh Verma, Vice Chair  
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Tess Summers

## Grab 'n Go Ice Cream

**Home Helpers Home Care** is sponsoring our annual COA Ice Cream Truck event this year. Novelty ice creams will be served to Boxborough seniors (age 60 and up) at the **Town Hall on Wednesday, July 9** from **1 to 1:45 PM**. Please **RSVP** since the numbers are limited. You may sign up beginning July 1. Arrival times are by last name: A through H, pick up time is 1 PM; I through P, pick up time is 1:15 PM; and Q through Z, pick up time is 1:30 PM. We hope that you'll come get your free ice cream treat and meet Home Helpers who provide home health care services and are also Boxborough residents.



## Musical Entertainment: Jumpin' Juba

Join the listening and dancing fun on **Thursday, July 17** at **1:30 PM** at the **Community Center**. Jumpin' Juba mixes styles of blues from Chicago, Memphis, and New Orleans together with rootsy rock and roll. The group features Steve Hurl, a Boston folk scene veteran, on electric fingerstyle and slide guitar along with vocals. David Lockeretz entertains expertly on the upright bass. Hear clips at [www.stevéhurl.com](http://www.stevéhurl.com). Please **RSVP** by Tuesday, July 15.

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

## Out to Lunch

**Nan's Kitchen**, at **271 Great Road in Stow** is the location of July's Out to Lunch destination, **Monday, July 21** at **11:30 AM**. Come enjoy farm-to-table fried chicken dishes as well as smoothies, and grain and salad bowls. Farmhouse sides, teas, and lemonade are also available. Enjoy your meal indoors or outdoors at the picnic tables. Please note that table service is not available. Please **RSVP** by Wednesday, July 16.

Please note: All Boxborough COA **RSVPs** should be made to:  
Ami at [ascheen@boxborough-ma.gov](mailto:ascheen@boxborough-ma.gov) or 978-264-1730 or to  
Kim at [kdee@boxborough-ma.gov](mailto:kdee@boxborough-ma.gov) or 978-264-1717.

## Kim's Corner

Did you know that the COA has a new program called R U Okay? This was a service that the Police Department previously offered but is now being run by the Council on Aging. If you or someone you know, live(s) alone and would appreciate a friendly phone call, please let us know. We think this will start the day off right for many people who are lonely or at risk for falls or medical episodes. It will also bring peace of mind to their families and friends.

For your information, there will be no fitness classes until July 14 and there will be no yoga classes on July 3. Also, the Nashoba Associated Boards of Health will not be offering Well Adult Clinics in July or August.

Come to our programs at the Community Center and cool off in our air-conditioned space. Also, the Library is a nice place to visit when the temperatures soar.

Best wishes for a happy and safe Fourth of July holiday!

*Kim*

## Well Adult Clinic

No clinics during the summer.

## Podiatry Clinic

Are your toenails bothering you? We have a wonderful podiatrist, Alissa Kuizinas, DPM, who comes once every 6-8 weeks to the Community Center to trim toenails and treat calluses for a fee of \$40. Please call us to make an appointment for **Wednesday, July 30** from 10:30 AM to 3:30 PM.



## Farmers Markets Coupons

The COA is receiving five \$25 coupons for local Farmers Markets through Minuteman Senior Services. We should receive them by mid-July. These can be distributed to Boxborough seniors aged 60+ whose income level is \$27,861 per year or less for a one-person household, or \$37,814 per year or less for a two-person household. Please contact Kim at 978-264-1717 if you qualify and would like to receive one of these coupons.

**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



Mark your calendar for **Wednesday, July 23** and come to the **Community Center** at **10:30 AM** for a free cup of coffee, a light snack and pleasant conversation with Kim Dee, Human Services

Director and friends. This month we will be joined by a special guest, Select Board Chair, Kristin Hilberg. Please stop by and say hello.

## Public Safety

As the warm days of summer are upon us, here are a few quick reminders about staying cool in the hot temperatures.

- First, drink plenty of water. It is vital that your body is hydrated at all times, especially when participating in any sort of exercise or outdoor activity.
- Second, make sure to apply sunscreen with an SPF no lower than 30 whenever spending time outside.
- Third, make sure you speak to your doctor or pharmacist to learn if any medications that you are taking cause dehydration or increase heat or sun sensitivity.
- Finally, avoid strenuous activity, such as mowing the lawn, during the hottest parts of the day.

Please don't hesitate to call the Boxborough Police Department if you are ever in need of assistance. Stay safe and cool this summer!

In health,  
*John Szewczyk,*  
*Boxborough Chief of Police*



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

- **July 13**
- **August 10**
- **September 14**

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

## Household Goods Available

If you are in need, you may be eligible for free, good quality, used home furnishings, such as beds, sofas, tables, chairs, bureaus, appliances, kitchenware, and linens, from Household Goods in Acton, MA. Items have been donated by individuals, moving companies, local businesses, and non-profit organizations. For information about receiving or donating items through Household Goods, contact Kim Dee, our Human Services Director, who is a participating referral partner. You can also visit [www.householdgoods.org](http://www.householdgoods.org) for more information.

## Ask A Lawyer

Attorney Cathleen Summers of Generations Law Group will be offering free 15-minute consultations to older Boxborough adults who may need a quick question answered or need help determining how to take care of some legal issues. Please call us to make an appointment for **Wednesday, July 2** from 10:30 AM until 12:30 PM. Next month's program will be offered on **Wednesday, August 6** by Attorney Kathleen O'Connor of Ekel, Hoag and O'Connor.



## AARP Retirement Planning

Plan for today and tomorrow at an informative AARP presentation, **Wednesday, July 23 at 7 PM** at the **Sargent Memorial Library**.

Determine if you are on track and learn practical strategies to help you achieve retirement peace of mind. This session will help you decide how much money you will need to retire and how much you will spend in retirement. The discussion will also focus on income, debt, and savings strategies to close the gap. It is never too early or too late to take charge of your financial future.

Please **RSVP** to the COA by Thursday, July 17.

## Local Farmers' Markets

Summer is here and so are the Farmers Markets. What an enjoyable way to shop for fresh vegetables and fruits, meats, breads, cheese, honey, and crafts. Please bring your own bags and carry small bills when paying in cash. Thank you for supporting local farmers and small businesses.

### Acton-Boxborough Farmers Market:

19 Elm Street, West Acton

Sundays, 10 AM – 1 PM through October 12

### Maynard Community Farmers Market:

Mill and Main Street, Clock Tower Place parking lot

Saturdays, 9 AM – 1 PM through September 28

### Stow Community Farmers Market:

Community Church of Stow, 1567 Pilgrim Dr.  
Saturdays, 9 AM-12:30 PM through October 4.

## 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 further notice.

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](http://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.

# July 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
		<sup>1</sup> 1-Game Day  3-Grief Support Group at Library	<sup>2</sup> 10:30-Ask a Lawyer  2-Knitting Group	<sup>3</sup>	<sup>4</sup> <b>Independence Day</b>  <b>Town offices and Library are closed.</b>	<sup>5</sup> 10:30-FreeBee – Food only
<sup>6</sup>	<sup>7</sup>	<sup>8</sup>  1-Game Day	<sup>9</sup> 1-1:45-COA Event: <b>Grab and Go: ice cream truck</b> <b>Sponsor: Home Helpers Home Care</b>  2-Knitting Group	<sup>10</sup> 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	<sup>11</sup>	<sup>12</sup> 10:30- FreeBee – Food only
<sup>13</sup>  2-4 PM Boxborough Museum	<sup>14</sup> 9-Fitness w/Holly  2-COA Board Meeting	<sup>15</sup>  1-Game Day	<sup>16</sup> 9-Fitness w/Holly  2-Knitting Group	<sup>17</sup> 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga  <b>1:30-Jumpin' Juba</b>	<sup>18</sup> 9-Fitness w/Holly via Zoom	<sup>19</sup> 10:30-FreeBee Market
<sup>20</sup>	<sup>21</sup> 9-Fitness w/Holly  <b>11:30- Out to Lunch: Nan's Kitchen in Stow</b>	<sup>22</sup>  1-Game Day	<sup>23</sup> 9-Fitness w/Holly 10:30-Coffee and Chat with Kim: Sp. Guest: Select Board Chair Kristin Hilberg  2-Knitting Group  <b>7-Retirement Planning with AARP at Library</b>	<sup>24</sup> 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	<sup>25</sup> 9-Fitness w/Holly via Zoom	<sup>26</sup> 10:30- FreeBee – Food only
<sup>27</sup>	<sup>28</sup> 9-Fitness w/Holly <b>10:30-Field Trip: Tougas Farm in Northborough</b>	<sup>29</sup>  1-Game Day	<sup>30</sup> 9-Fitness w/Holly 10:30-Podiatry Clinic  2-Knitting Group	<sup>31</sup> 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga		

Out of Town Mt. Calvary Church, Acton

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

## Tougas Farm Field Trip

On **Monday, July 28 at 11 AM**, come pick your own fruit at **Tougas Farm**, located at **234 Ball Street, Northborough**. Fruits to pick in July are cherries, blueberries, and blackberries. There is so much to do at this second-generation farm, which has also been voted "Top 10 Orchards in the Country" by USA Today. You can also visit barnyard animals, enjoy some ice cream and fresh baked goods. Please **RSVP** by Wednesday, July 23. The van will leave Town Hall at **10:30 AM**; rides are first come first served for a fee of \$4 per person.



## FreeBee Events for July

FreeBee for July will feature **food-only** events on **Saturdays, July 5, 12, and 26**, starting at **10:30 AM**.

A full **Community Market** will be held on **Saturday, July 19** beginning at **10:30 AM**. The **July 19 Market** will include informational tables from community groups, the bouncy house for the children, the crafts table, a books table, and, of course food gleaned from various sources. You are invited to attend.

Any extra food from your garden, books, extra or no longer needed craft supplies you can donate will be appreciated.

## Library News

Library Director Peishan Bartley reports that, due to federal budget cuts, there will be an impact on library services starting in July. The cuts will affect funding for eBook contents and database subscriptions. The statewide interlibrary loan service and summer reading programs will continue to be supported. If you would like to learn more or have questions about the Library's operation, please feel free to reach out to library staff.

## Around Town Ideas

Looking for some activities in the area? Here are some links to local events:

- Maynard Public Library:  
[maynardpubliclibrary.org](http://maynardpubliclibrary.org)
- Fivesparks, formerly the Harvard Cultural Collaborative: [fivesparks.org](http://fivesparks.org)
- Concord Free Public Library:  
[concordlibrary.org](http://concordlibrary.org)
- The Minuteman Inn of Boston, local attractions:  
[theminutemaninn.com/attractions](http://theminutemaninn.com/attractions)
- Littleton Library:  
[littletonma.org/160/Library](http://littletonma.org/160/Library)
- Acton Library:  
[actonmemoriallibrary.org](http://actonmemoriallibrary.org)  
[actonmemoriallibrary.org/calendar/](http://actonmemoriallibrary.org/calendar/)

If you have ideas you would like to share, please contact Ami at [ascheen@boxborough-ma.gov](mailto:ascheen@boxborough-ma.gov) or call 978-264-1730.

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Our town, our news, our voices

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Questions? Comments?  
Contact us at [BoxboroughNews@gmail.com](mailto:BoxboroughNews@gmail.com)

**Submit items for the August 2025 issue by Friday, July 7, 2025  
to [boxboroughbuzz@gmail.com](mailto:boxboroughbuzz@gmail.com)**



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