

THE

BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



September 2025

Council on Aging

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COA Board

Bill Litant, Chair
Santosh Verma, Vice Chair
Barbara Birt, Clerk
Tina Bhatia
Karen Johnson
Edwin Knights
Maureen Masciola

Department and Board

Liaisons

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Maria Neyland, FinCom
Bob Stemple, Select Board –
10:00 Office Hours first
Wednesday of each month
Courtney Panaro, Fire Dept.
Chief John Szewczyk,
Police Dept.

Friends of the Council on Aging

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Susan Bak, Vice President
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Patty Gayowski, Treasurer
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Tina Bhatia
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September Lunch

Friends of the Boxborough Council on Aging (FCOA) is sponsoring lunch on **Wednesday, September 10 at noon** at the **Community Center**. The menu includes stuffed chicken breast, mashed potatoes, green beans almandine, garden salad, cider, along with cookies and brownies. **RSVP** by Monday, September 8.



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 don't forget to bring donations for the Food Pantry.

Celia the Belly Dancer



Get ready for a fun afternoon of belly dancing on **Monday, September 22 at 1:30 PM** in the **Community Center**. Celia's hour-long program starts with a show, during which she performs belly dances to a variety of rhythms from Egypt, Lebanon, Greece, and other parts of the world.

Many of her dances feature props like veils and sword balancing. During the second half of the program, you will get the chance to dress up in a colorful hip scarf and learn fun beginner moves. **RSVP** by Thursday, September 18.

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

Meet at **11:30 AM** on **Monday, September 29** at the **Olive Garden** at 728 Donald Lynch Boulevard, Marlborough, to enjoy lunch with friends. The selection includes various types of alfredo, carbonara, as well as classics such as spaghetti and meatballs or lasagna. You can create your own pasta combination. Other options include soups, salads, or a lunch special of soup and salad. Individual checks will be provided. Please **RSVP** by Thursday, September 25.

*Please note: All Boxborough COA **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

Join us for a little fun when Celia the Belly Dancer performs at the Community Center. She may even teach you a few of her exotic moves.

We are happy to host Massachusetts District Attorney, Marian Ryan for her presentation on scams that target older adults and how to avoid them. I'm sure we can all learn something from her expertise.

The Boxborough Police and Human Services Departments are offering the very successful R.A.D. women's self-defense class again. You need to sign up this month as it begins on October 1.

Please fill out the questionnaire on page 7 and send it to the COA at 29 Middle Road, Boxborough 01719 or drop it off at Town Hall or the Community Center by October 1.

Happy Fall Y'all!
Kim

Well Adult Clinic

There will be no Nashoba Associated Board of Health clinic in September or October. There will be a flu clinic in October. The date is yet to be determined.

Podiatry Clinic

Alissa Kuizinas, DPM, is offering her podiatry clinic on **Wednesday, September 17, from 10:30 AM to 3:45 PM at the Community Center**. You may call the COA after September 1 to make an appointment. Dr. Kuizinas charges \$40 cash or check for her services.

Door-to-Door Solicitations

There is concern about aggressive door-to-door solicitations for a pest control company. When an offer was repeatedly refused, the solicitor acted annoyed, which was frightening.

Boxborough Police Chief John Szewczyk says that for-profit businesses soliciting door-to-door must complete an application and pay a \$15 permit fee from the police department, which residents should ask to see. If no permit is shown, or if you feel afraid, contact the police at their non-emergency number 978-264-1750 or if it is an emergency call 911.

*Bill Litant,
COA Board Chair*

Coffee & Chat with Kim

I welcome all Boxborough residents over the age of 60 to join me for a free cup of coffee, tea, water, and a light snack once a month at the

Community Center. I have invited our Town Administrator, Michael Johns, to join us as my special guest on **Wednesday,**

September 24 at 10:30 AM. Registration is not necessary, but if you would like, you are welcome to call the COA to RSVP. Feel free to bring any questions you may have for Mike and he will be happy to answer them in our informal setting. Hope to see you there.

Thanks,
Kim

Public Safety

September is National Suicide Prevention Month. By knowing the warning signs, you can help someone who may need it.

- Pay attention to friends and family members' behavior such as withdrawal from social activities and increased negativity.
- Listen for statements that express helplessness or feeling as if one is a burden to others.
- Look for behaviors one might deem risky, such as excessive substance abuse or self-harm.
- If you spot these behaviors, don't be afraid to have a conversation with them and encourage professional help and support, such as counseling.
- Do not be afraid to call 911, especially if someone has a plan or course of action to harm themselves.

Your actions may save the life of someone in crisis.

In health,
Chief John Szewczyk



The Museum will be open
2 to 4 PM Sundays

- **September 14**
- **October 12**
- **November 9**

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

Fall 2025 Fitness with Holly

Registration begins **Monday, September 8** for Boxborough residents. If space is available, non-residents may register beginning **Monday, September 22**. The minimum class size is six Boxborough residents. Registration forms will be posted on Boxborough's COA webpage at bit.ly/3ev7eMI and will be available at the COA office.

Classes begin **Monday, September 29** and run through **Wednesday, December 24**. All classes start at **9 AM**. Monday and Wednesday classes are held at the **Community Center**. Friday classes are held via **Zoom**. Fees: 12 Monday classes are \$48; 13 Wednesday classes are \$52; and 11 Friday classes are \$44. Please make checks payable to the Town of Boxborough.

There are no classes on Monday, October 13 and Friday, November 28 as well as holiday break Friday, December 26 through Friday, January 2. The next session begins January 5.

Fall 2025 Yoga

Registration begins on **Thursday, September 11** for Boxborough residents.

If space is available, non-residents may register beginning **Thursday,**

September 25. The minimum class size is six Boxborough residents. Registration forms will be posted on Boxborough's COA webpage at bit.ly/3ev7eMI and will be available at the COA office.

Fall Session classes begin on **Thursday, October 2** and run through **Thursday, December 18**. Chair Yoga is offered at the

(continued next column)

Community Center or via **Zoom** on

Thursdays from **9:15 AM to 10 AM**.

Fee: \$44. **Mat Yoga** is offered at the Community Center from **10:30 AM to 11:15 AM**. Fee: \$44. Please make checks payable to the Town of Boxborough.

Avoid Scams Targeting Seniors

Fraud is one of Boxborough's most common crimes. This presentation by Middlesex County District Attorney Marian Ryan addresses the many scams focused on older adults. These include financial scams by a trusted family member, or others, romance scams, sweepstake scams, and more.

DA Ryan will discuss how to protect yourself from these scams and what to do if you are targeted.

Join us **Monday, September 29 at 1:30 PM** at the **Community Center** for this valuable information.

RSVP by Thursday, September 25.

Senior Care Planning for Solo Agers

Solo Agers, individuals with limited family or social support, often face unique challenges when it comes to planning for future care needs. This presentation explores those challenges and outlines practical strategies and resources to help Solo Agers proactively prepare for aging with confidence and independence. It is ideal for older adults who are seeking guidance on aging care planning. Alex Wong of My Care Community will present this program on **Thursday, September 25 at 1:30 PM** in the **Community Center**. **RSVP** by Tuesday, September 23.

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. 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 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

Attorney Cathleen Summers of Generations Law Group will advise you or answer your legal questions during a free 15-minute consultation on **Wednesday, September 3**. Appointments begin at **10:30 AM**. She will meet you at the **Community Center** or call you on the phone, depending on the volume of requests on that day. Please call the COA to make an appointment. There will be no Ask a Lawyer program in October. The next session will be offered on Wednesday, November 5.

Harvard Alpaca Ranch

September's field trip will be at the Harvard Alpaca Ranch, owned and operated by Matthew and Amy Varrell. Join Kim to tour the ranch located at 58 Old Mill Road, Harvard on **Friday, September 19 at 1 PM**. You will meet the alpacas in their surroundings while learning about their personalities. Please **RSVP** by Wednesday, September 17.

Women Only Self-Defense Class

The Boxborough Police Department, together with Community Services and the Council on Aging, is offering a 4-session 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, October 1, 8, 22, and 29 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 or use the QR code below to register. **RSVP** by Wednesday, September 24. Space is limited. You must attend all four sessions to participate.



Library News

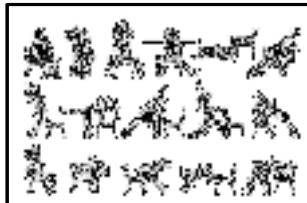
So many activities are coming to the library in September. Here is a brief summation of them. Go to the library website (boxlib.org) for more details and to sign up.

- Third Tuesday Book Club starts on Tuesday, September 16 from 6:30 to 7:30 PM in the Library Meeting Room.
- Democracy Talks: Your Brain on ChatGPT is online via zoom on Wednesday, September 17 from 7 to 8 PM.
- "A Recipe for...Make it Ahead" Cookbook Club begins on Thursday, September 18 from 6:15 to 7:45 PM in the Library Meeting Room. Email Jen at jbauder@cwmars.org with any questions.
- Library 50 Plus Job Seekers Networking Group meets online on the first and third Wednesday of the month from 9 AM to noon. This biweekly meeting is facilitated by Deborah Hope, an experienced executive coach. To register go to <https://bit.ly/50plusjobseekers>.

Do You Like to Sing?

You don't need to read music or sign up, just like to sing. Drop by the **Acton Senior Center** at 30 Sudbury Road Rear, Acton at **1 PM, Wednesday, September 3, Friday, September 19, and Wednesday, October 1**. Join with other music lovers from Acton and Boxborough and sing with the Songsters led by Ed Knights. They provide you with the lyrics to popular songs. It is free and it is fun! If you have any questions, call the Acton Senior Center at 978-929-6652.





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, September 29.

Fitness with Holly via Zoom: Class meets on Fridays, 9 AM on Zoom. Next session begins Friday, October 3.

Game Day: Drop in to play Mexican Train Dominoes, or other games like Rummikub, Bridge, 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, September 24.

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 will be September 3 and November 5. None in October.

Mindfulness and Meditation: Meets Tuesdays at 10 AM in the Community Center. Current session begins Tuesday, September 2.

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, October 2.

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, October 2.

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. No clinics in September or October.

Podiatry Clinic: Dr. Alissa Kuizinas holds a podiatry clinic every 6-8 weeks at the Community Center, 10:30 AM to 3:45 PM. This month's clinic is Wednesday, September 17.

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. This month's lunch is Thursday, September 29.

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 September 2 and October 7.

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 _____

September 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 Labor Day Town offices and Library closed	2 10-Mindfulness & Meditation 1-Game Day 3-Grief Support Group at Library	3 9-Fitness w/Holly 10-Bob Semple Office Hour 10:30-Ask a Lawyer 2-Knitting Group	4 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	5 9-Fitness w/Holly via Zoom	6 10:30-FreeBee-Only Food Rescue
7 Noon-AB Rotary Senior Luncheon Boxboro Regency	8 9-Fitness w/Holly 2-COA Board Meeting	9 10-Mindfulness & Meditation 1-Game Day	10 9-Fitness w/Holly Noon-COA Luncheon Sponsor: Friends of Council on Aging 2-Knitting Group	11 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	12 9-Fitness w/Holly via Zoom	13 10:30-FreeBee-Community Market
14 2-4 PM Boxborough Museum	15 9-Fitness w/Holly 9-50 Plus Job Seekers via Zoom through Library	16 10-Mindfulness & Meditation 1-Game Day 6:30-Tuesday Book Club at Library	17 9-Fitness w/Holly 10:30-Podiatry Clinic 2-Knitting Group 7-Your Brain on ChatGPT via Zoom through Library	18 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 6:15- Cookbook Club at Library	19 9-Fitness w/Holly via Zoom 1-Field Trip Harvard Alpaca Ranch	20 10:30-FreeBee-Only Food Rescue
21	22 9-Fitness w/Holly 1:30-Celia the Belly Dancer	23 10-Mindfulness & Meditation 1-Game Day	24 9-Fitness w/Holly 10:30-Coffee and Chat with Kim Special Guest: Town Administrator Michael Johns 2-Knitting Group	25 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 1:30-Senior Care Planning for Solo Agers	26 9-Fitness w/Holly via Zoom	27 10:30-FreeBee-Only Food Rescue
28	29 9-Fitness w/Holly 11:30-Out to Lunch Olive Garden in Marlborough 1:30-Avoid Scams That Target Seniors	30 10-Mindfulness & Meditation 1-Game Day				

Out of Town

Mt. Calvary Church,
Like to Sing Program

Acton Community Supper, Wednesdays, 4:45 to 5:45 PM
Acton Senior Center

Boxborough Council on Aging Questionnaire

We are interested in knowing what your interests are for future programming. Please check all that apply. Add specifications, suggestions, or recommendations next to "Other". Please share contact information for any recommendations if available. Please return this survey to the COA at Town Hall, 29 Middle Road, Boxborough or the Community Center by October 1.

1. Creative Arts:

- Crafts
- Needlework
- Painting
- Photography

Other _____

2. Educational Speakers:

- Culture
- History
- Older adult/retirement subjects
- Travel

Other _____

3. Health and Wellness:

- Emotional – i.e.: Grief Support
- Mental – i.e.: Mindfulness
- Physical – i.e.: Fitness, Yoga
- Social – i.e.: Chat with Kim, Men's Group, Women's Group, LGBTQ Group

Other _____

4. Music:

- Classical
- Classic Rock/Pop
- Country
- Jazz

Other _____

5. Performing Arts:

- Comedy
- Dance
- Singing
- Theater

Other _____

6. What programs do you usually attend?

- Entertainment
- Fitness/Meditation Classes
- Games
- Lunches
- Talks
- Trips
- Van
- None

7. Your Age Range: 60s ____ 70s ____ 80s ____ 90s ____

8. Other Suggestions: _____

Save the Dates: Fall Special Town Meeting at the Boxboro Regency - 10/14 and 10/15
Special Town Meeting at the Boxboro Regency - 12/15 and 12/16

FreeBee Market Schedule for September

FreeBee Market will be holding Rescue Food only sessions on Saturdays, September 6, 20, and 27 at 31 Middle Road in Boxborough. A full Market including a harvest fair theme with a petting zoo is planned for Saturday, September 13.

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

Bob Stemple – Office Hours

Bob Stemple, Select Board Member, Clerk, and COA Liaison has notified the COA Board that he will be holding an office hour on the first Wednesday of every month at 10 AM. If you have any questions about Select Board activities or decisions, stop by to see him with your questions. Even if you don't have a question, stop by to see Bob in the Morse-Hilberg Room at Town Hall to say "Hi."

**Submit items for the October 2025 issue by Friday, September 5, 2025
to boxboroughbuzz@gmail.com**



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