

THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

October 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

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

Friends of the Council on Aging

John Fallon, President
Susan Bak, Vice President
Barbara Birt,
Recording Secretary
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October Lunch

Our Boxborough Fire Department and its union, the Boxborough Professional Firefighters' Association, Local 4601, will treat us to our October lunch. Join us at the **Community Center on Wednesday, October 8 at noon**. Enjoy vegetable lasagna, pasta with alfredo sauce, Caesar salad, assorted rolls, cookies and dessert bars. After lunch our Fire Department professionals will share important safety information with us. Please **RSVP** by Monday, October 6.



We appreciate your bringing donations for the Acton Food Pantry.

Dance Exercise Class Demonstration

Stick around after the COA lunch on **Wednesday, October 8 at 1:15 PM** at the **Community Center** for a fun filled demo that combines classic rock dancing with an optional gentle hula-hooping segment. You can stretch and move to classic oldies tunes from a chair while using the upper part of your body or join in with all dance moves. **RSVP** by Monday, October 6.

This new class will start at noon on Thursdays from November 6 through December 18. See details in article on Page 3

2025 Fall Special Town Meeting

Boxborough's Fall Special Town Meeting is on **Tuesday, October 14** and **Wednesday October 15** at the **Boxborough Regency Hotel & Conference Center**, located at 242 Adams Place, in the **Parade Room** at **7 PM**. Voter check-in will begin at 6:30 PM. Please make sure to check the Town's website for further details at bit.ly/4m5J0Wh or call 978-264-1700 with any questions.

Your participation is needed to vote on the articles which affect how the Town operates. The safety of our residents and our Fire Department staff is of major concern in the outcome of some of the articles, as they may affect the ability to build a new fire station. For instance, Warrant Articles 1 and 2, are amendments to the existing zoning bylaws concerning permissible locations for future municipal or public safety buildings. Come to the Town Meeting and make your vote count.

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

October is one of my favorite months of the year. I love it when the leaves turn color, and we still have some warm days but the nights are cool. I hope you enjoy this time of year too.

We are introducing a fun, new dance exercise class that incorporates oldies rock and roll music and a stretching segment using hula hoops. Come to the demonstration after our monthly lunch on Wednesday, October 8. See the article on Page 3 for class and registration information.

If you have not given us your survey from last month, please send it in soon. We hope to report the results next month.

Thank you,
Kim

Well Adult Clinic

None this month.

Flu Shot Clinic

The Nashoba Associated Boards of Health, in conjunction with Westminster Pharmacy, is offering their annual flu shot clinic on **Wednesday, October 8** at the **Blanchard Memorial Elementary School Gym**, 495 Massachusetts Avenue, Boxborough, from 3 to 6 PM. In addition to the flu vaccine, they also plan to have the RSV vaccine available. Access the website at bit.ly/46ucJn4 for the FAQ page for clinic information and registration instructions. Pre-registration is recommended.



Podiatry Clinic

Podiatrist Alissa Kuizinas, DPM, offers 15-minute footcare appointments at the Community Center once every 6-8 weeks. She provides toenail trimming and callus treatments for \$40. Please call the COA to make your appointment after October 1 for the next clinic on **Wednesday, October 29** from **10:30 AM to 3:30 PM**.



Coffee & Chat with Kim



Once a month, Kim Dee, COA/Human Services Director, offers an opportunity for friendly, informal socialization with other Boxborough seniors. Kim occasionally invites a special guest to join the gathering to give you a chance to speak to a town employee in an unofficial setting.

Please stop by the **Community Center** this month on Monday, October 20 at **10:30 AM** for a free cup of coffee or tea, a light snack and casual conversation with Kim and other Boxborough residents.

Public Safety

Hello Residents!

As winter approaches, here are things to keep in mind:

- Have your furnace and hot water heater professionally checked every year.
- Keep anything that can burn at least 3 feet away from the appliance.
- Do not use or store gasoline or painting supplies indoors where the furnace pilot light can ignite them.
- Gas leaks can be dangerous – if you smell something like rotten eggs or you think there might be a leak:
 - Go outdoors.
 - Dial 911 immediately.
- Have your chimney professionally cleaned and checked every year before using for the winter.

The Fire Department & our Union is sponsoring the COA monthly lunch on Wednesday, October 8. Hope to see you at the COA lunch. Have a happy and safe fall and winter.

Firefighter/ EMT/COA Liaison/ EMS Coordinator,
Courtney Panaro



The Museum will be open
2 to 4 PM Sundays
October 12
November 9
December 14

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

New Dance Exercise Class

Join a fun-filled fitness class that combines classic rock dancing with an optional gentle hula hooping segment. Participants will stretch and move to classic oldies tunes and groove together for fitness. Exercises can be done from a chair while utilizing the upper half of the body or standing to join in with all dance moves.

The cost for this 6-week session class is \$24 and will be offered at noon on Thursdays from **November 6 to December 18** at the **Community Center**. There will be no class on **Thursday, November 27** for Thanksgiving.

Please contact the COA for a registration form or get it on our website under Exercise Classes at bit.ly/3KkyywD.

Registration begins on **Thursday, October 16** for Boxborough residents and if space allows, on **Thursday, October 30** for non-residents. Please make checks out to the Town of Boxborough.

Understanding Vascular Disease

Kristin Cabot, MSN, FNP-C, CWS, from the Vascular Care Group will provide us with valuable information regarding vascular disease. We will learn about risk factors, symptoms, and the many treatment options available.

Don't miss this community education program. Join us at the **Community Center Monday, October 20, at 1:30 PM. RSVP** by Thursday, October 16.

Senior Property Tax Work-Off Abatement Program

If you are a senior who has lived in Boxborough for one year or more and pay property taxes, you may be eligible to participate in the Senior Property Tax Work-Off Program. The abatement amount earned through this program, up to \$1,500 a year at the current Massachusetts minimum wage, must be included in your gross income. The abatement is processed on your third and/or fourth quarter taxes, and you must own the property at the time of the abatement.

Registration for this program starts **November 1** and ends **October 31**.

Registration forms are on the Boxborough COA webpage at bit.ly/4ecpZ0u. If you are interested in taking part in this program, please call Kim at 978-264-1717 to make an appointment to fill out the paperwork.

Acton-Boxborough Regional High School Tour and Lunch

Are you wondering what high school is like these days? Here is your chance to find out. Acton-Boxborough Regional School Superintendent, Peter Light, and High School Principal, Joanie Dean, will host the senior citizens from Acton and Boxborough on **Tuesday, October 28**.

ABRSD will pick us up at the **Town Hall at 9:30 AM** and return us after lunch.

Highlights of the visit include a tour of the high school, and lunch with current students to talk about what school is like now and was then. Please **RSVP** for this fun field trip by Monday, October 20.

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.

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.

Ask a Lawyer

None this month. The next session will be **Wednesday, November 5.**

Damon Abetz Performs

Prepare to be entertained by Damon Abetz, a local pianist and singer. This self-taught musician, hailing from Littleton, MA, graduated from Nashoba Tech in 2024. He is a proud member of UCC Boxborough and a past member of the church's junior choir. You may have seen him at Acton Seafood this summer playing on the lawn. On **Wednesday, October 15**, he will play in the **Community Center** from **1:30 to 2:30 PM**. His music ranges from the 1950s to the 1990s. His repertoire includes "Don't Do Me Like" by Tom Petty, "Heartache Tonight" by the Eagles, "Dreams" by Fleetwood Mac, and "American Pie" by Don McLean. **RSVP** by Thursday, October 9.

Shanklin Music Hall Field Trip

See the *Hunchback of Notre Dame*, accompanied on the Shanklin Mighty Wurlitzer by Jelani Eddington, a renowned theatre organist and pianist on **Sunday, October 19. Shanklin Music Hall** is located at 130 Sandy Pond Road, Groton. The show is from **2:30 to 5:30 PM**, tickets are \$20 each. **RSVP** by October 9 to ensure we have time to purchase tickets.

Out to Lunch

Let's go to the **99 Restaurant** for October's Out to Lunch on **Wednesday, October 22**. Meet at 255 Washington Street at **11:30 AM** in Hudson. There is a terrific selection of daytime deals such as wraps and sandwiches, or lunch combos such as a New England Seafood Combo. Individual checks will be provided. **RSVP** by Monday, October 20.

Library News

- Adult Paint Night with Artist Julie Harrold will be held on Tuesday, October 7 from 6 to 7 PM. Paintings will be done using acrylic paint on an 11x14 canvas. Registration is required.
- Start the Halloween season off by coming to A Magical Art Class with Artist Julie Harrold on Thursday, October 9 from 6 to 7 PM. Beginners and experienced artists alike create their own version of a witch hat on a pile of books.
- On Sunday, October 12 from 12 to 4 PM the Towns of Littleton, Acton, and Boxborough will celebrate and learn about the Festival of Lights at the fourth annual Diwali Fest. There will be food, vendors, cultural programs, and activity booths for everyone to enjoy.

Notify Me

Boxborough sends out broadcasts to those interested in receiving announcements from the Town. You can select what departments you are interested in getting messages from and whether you want to receive them by email, text message, or both. Follow these easy steps to sign up.

- Go onto the Town Website at bit.ly/46kuFiN to access the sign-up page for Notify Me.
- Fill in your email address and/or phone number.
- Select Sign In.
- Scroll down the list of options.
- Check the envelope (email) and/or the phone (text message) icons next to the ones you would like to hear from.
- Don't forget to select the Council on Aging!

Fall 2025 Raking Day

ABRHS Junior Class Raking Day is **Monday, November 10**, from **10 AM to noon**. Boxborough homeowners age 60+ who would like to have their yards raked, please **RSVP** by Monday, October 27. There are five spots available. The homeowner must be home while the students are raking. Students are not allowed to go into the homes or accept any food, drinks, or tips.

Fuel Assistance Program

The Low-Income Home Energy Assistance Program is one of many programs administered by the Southern Middlesex Opportunity Council (SMOC). This program helps residents with heating costs between November 1 and April 30. If you have applied in the past, you should have received your recertification application by now. The heating sources covered include oil, natural gas, coal, kerosene, wood, propane, and electricity. Call Community Services at 978-264-1735 for an appointment for online applications or the Council on Aging at 978-264-1717 for paper applications.

Spa Day

Get pampered by the staff from A Spa for You in Westford on **Monday, October 27** from **10:30 AM to 1 PM** at the **Community Center**. The fee is \$15 for each 15-minute service which include chair massages, facials, cut, file and painting of fingernails or toenails, and foot and leg massages. **Call the COA** to make your appointments by Wednesday, October 22 and take advantage of this opportunity to enjoy a little pampering right here in Boxborough. We need at least six women or men signed up for us to host this event.

FreeBee Schedule for October

FreeBee Market will be holding Food-only events on **Saturdays, October 4 and 11** at **31 Middle Road** in Boxborough. A full Community Market will be on **Saturday, October 18** featuring the costume exchange for Halloween in the Community Center. UCCB will have a Blessing of the Animals. The October 18 Market will close out the FreeBee season.



Medicare Open Enrollment



Medicare Annual Enrollment is Wednesday, October 15 through Sunday, December 7, and it is time to review your Medicare coverage, compare benefits and premiums, and make any needed changes.

Minuteman Senior Services SHINE counselors are here to help you identify the best coverage. SHINE counselors can also provide a public benefits screening which may result in additional savings.

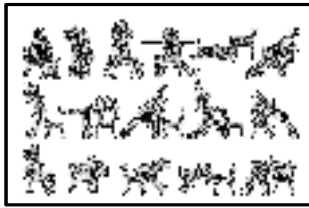
To learn more, join us on **Thursday, November 6** at **1:30 PM** for a workshop at the **Community Center** and schedule your fall SHINE appointment for one-on-one confidential assistance. **RSVP** by Tuesday, November 4

SHINE is a program of Minuteman Senior Services partially funded by the Executive Office of Aging and Independence.

The Birth of Precision Design and Manufacturing in Revolutionary New England

There was a second revolution brewing in New England in the late 1700s, America's own Industrial Revolution. On **Sunday October 19**, the Boxborough Historical Society is proud to present Boxborough's Jim Gorman discussing the early efforts of New England craftsmen to develop a system of interchangeable parts production that would sweep the world by the late 19th century. Jim is an Aerospace Engineer with deep interest in precision manufacturing. While most histories trace New England innovations in firearms, this early manufacturing story is really more about clockmaking and shoemaking, and does not encompass firearms until after 1810.

The presentation will be in the **Boxborough Town Hall** starting at **2 PM**. Admission is free, all are welcome, and registration is not required. It will be followed by a brief annual meeting of the Society.



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, January 5, 2026.

Fitness with Holly via Zoom: Class meets on Fridays, 9 AM on Zoom. Next session begins Friday, January 9, 2026.

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. Bring a friend.

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 free coffee or tea and casual conversation, at 10:30 AM at the Community Center. This month's chat will be on Monday, October 20.

Ask a Lawyer: Free 15-minute sessions with a lawyer on the first Wednesday of the month, 10:30 AM to 12:30 PM at the Community Center. Please contact the COA for appointments. Next meeting: None this month, next month on Wednesday, November 5.

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

Field Trip: Once a month to attractions within one hour driving distance. Entry fees vary.

Chair Yoga – Hybrid: Modified yoga moves performed with a chair for added support. Meets Thursdays, 9:15 AM in-person at the Community Center and on Zoom. Next session begins Thursday, January 8, 2026.

Mat Yoga in-person: floor and standing yoga poses, and strength exercises, for stretching and flexibility. Meets at the Community Center on Thursdays, 10:30 AM. Next session begins Thursday, January 8, 2026.

Well Adult Clinic: Nashoba Associated Boards of Health hosts a monthly wellness check and blood pressure clinic on the second Wednesday of the month, 11:15 AM to 12:15 PM at the Community Center. No clinic in October, due to Flu Clinics; they hope to begin again on November 12.

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, October 29.

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 Wednesday, October 22.

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: October 7 and November 4.

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 donate, 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 _____

October 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
			¹ 9-Fitness w/Holly 2-Knitting Group 5:30-R.A.D. Self Defense	² 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	³ 9-Fitness w/Holly via Zoom	⁴ 10:30-FreeBee-Only Food Rescue
⁵	⁶ 9-Fitness w/Holly 2-COA Board Meeting	⁷ 10-Mindfulness & Meditation 1-Game Day 3-Grief Support Group at Library 6-Adult Paint Night at Library	⁸ 9-Fitness w/Holly Noon-COA Luncheon Sponsor: Box. Fire Department & Union 1:15 Dance Exercise Class Demonstration 2-Knitting Group 3-6 PM-Flu Clinic, Blanchard Memorial School 5:30-R.A.D. Self Defense	⁹ 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 6-A Magical Art Class at Library	¹⁰ 9-Fitness w/Holly via Zoom	¹¹ 10:30-FreeBee-Only Food Rescue
¹² Noon-4 PM Diwali Fest at Library 2-4 PM Boxborough Museum	¹³ Columbus Day Indigenous People Day Town offices and Library closed	¹⁴ 10-Mindfulness & Meditation 1-Game Day <div>7 - Fall Town Meeting at Box. Regency Hotel</div>	¹⁵ 9-Fitness w/Holly 2-Knitting Group 1:30-Damon Abetz Performs <div>7 - Fall Town Meeting at Box. Regency Hotel 6:30-Check-in begins.</div>	¹⁶ 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	¹⁷ 9-Fitness w/Holly via Zoom	¹⁸ 10:30-FreeBee-Community Market
¹⁹ 2-The Birth of Precision... 2:30-Field Trip: Shanklin Music Hall, Groton	²⁰ 9-Fitness w/Holly 10:30-Coffee and Chat with Kim 1:30-Understanding Vascular Disease Presentation	²¹ 10-Mindfulness & Meditation 1-Game Day	²² 9-Fitness w/Holly 11:30-Out to Lunch at the 99 Restaurant, Hudson 2-Knitting Group 5:30-R.A.D. Self Defense	²³ 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	²⁴ 9-Fitness w/Holly via Zoom	²⁵
²⁶	²⁷ 9-Fitness w/Holly 10:30-Spa Day	²⁸ 9:30 ABRHS Tour & Lunch 10-Mindfulness & Meditation 1-Game Day	²⁹ 9-Fitness w/Holly 10:30-Podiatry Clinic 2-Knitting Group 5:30-R.A.D. Self Defense	³⁰ 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	³¹ 9-Fitness w/Holly via Zoom	

Out of Town Mt. Calvary Church, Acton

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

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

Daylight Saving Time ends on Saturday, November 2. Set your clocks back one hour before bedtime on November 1.

Save the dates: The **Friends of the Boxborough Library November Book Sale** will begin collecting book donations on **Monday, November 3**. The main **Book Sale** will be on **Saturday, November 8**. See the November issue of *The Boxborough Buzz* for other sale dates and times.

**Submit items for the November 2025 issue by Friday, October 3, 2025
to boxboroughbuzz@gmail.com**



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Boxborough, MA 01719
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