

THE

BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



December 2025

Council on Aging

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COA Board

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Santosh Verma, Vice Chair
Barbara Birt, Clerk
Tina Bhatia
Karen Johnson
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Department and Board

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Maria Neyland, FinCom
Bob Stemple, Select Board –
10 AM Office Hours first
Wednesday of each month
Courtney Panaro, Fire Dept.
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December Lunch



Thank you to the Friends of the Council on Aging (FCOA) for sponsoring a holiday luncheon including chicken parmesan, eggplant parmesan, pasta pomodoro with red sauce, fresh garden salad, dinner rolls, brownies, and Christmas cookies.

Please join us on **Wednesday, December 10 at noon** at the **Community Center** to share a delightful meal with other older adults. Space is limited. Please **RSVP** beginning Monday, December 1 and no later than Thursday, December 4.

We collect donations for the Acton Food Pantry at all our lunches. Shelf stable foods and large brown paper bags are always welcome.

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

Madrigal Singers

Join us for a festive prelude to our holiday luncheon with a performance by the Acton-Boxborough Regional High School Madrigal Singers. The group will be dressed in Renaissance costumes and will serenade us with traditional holiday carols and songs. They will perform on **Wednesday, December 10 at 1 PM** in the **Community Center**. Space is limited. Please **RSVP** beginning Monday, December 1 and no later than Thursday, December 4.

Tommy Rull Holiday Show

Sing along with Tommy on a musical journey through the years. Singer and entertainer Tommy Rull will perform the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Roy Orbison, Elvis, and many more at this December holiday show on **Thursday, December 18 at 1:30 PM** in the **Community Center**. **RSVP** by Monday, December 15.

This program is supported in part by a grant from the Acton Boxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

*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

We are so happy that the numbers at our events are increasing. I want to remind you that the articles about our events include important dates about RSVPs. Please read your newsletters carefully and try to RSVP for all the events that you are interested in attending accordingly.

Please be aware that some of our events, in particular our monthly lunches, and most field trips are subject to limits in numbers of participants.

In case of inclement weather, please check the Acton Boxborough schools cancellation announcements. If schools are cancelled, our programs and van services are also cancelled. We reserve the right to cancel if it is deemed unsafe on the roads and especially in the parking lots, even if schools do not cancel. We will try to make every effort to inform those who have signed up for the programs if they are cancelled. If in doubt, please call 978-264-1717 or 978-264-1730.

Wishing you all a safe and happy holiday season!

Best,
Kim

Well Adult Clinic – cancelled until further notice.

Podiatry Clinic



Alissa Kuizinas, DPM, will offer appointments from **10:30 PM to 3:45 PM on Tuesday, December 9** at the **Community Center**. She will trim toenails, treat calluses, and evaluate overall foot health for a fee of \$40 paid to her by cash or check. *Her schedule is currently full. Call to be put on the waitlist for possible cancellations.*

The Museum will be open

2 to 4 PM Sundays

- **December 14, 2025**
- **January 11, 2026**
- **February 8, 2026**

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

Coffee & Chat with Kim



You are invited to stop by the **Community Center** on **Monday, December 29** at **10:30 AM** for a hot cup of coffee, tea, or cocoa and a light snack. Join us for casual conversation and socialize with other older Boxborough residents.

Public Safety

Medical emergencies can happen anytime. When they do, there is confusion, panic, and urgency. Paramedics arrive on the scene with no information about the person in need. Seconds count, which can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Whom do they want notified?

The File of Life card has all this information in one place. The card allows first responders to immediately begin the best possible treatment, notify loved ones, and pass vital data to physicians in the emergency room.

If you don't have a File of Life card, pick one up at the COA Office at Town Hall. If you have a File of Life card, be sure to update it every time your information changes. Your life may depend on it!



Ask A Lawyer

The Ask A Lawyer program is now offered in the **Morse/Hilberg Room at Town Hall**. Depending on how many people sign up, the lawyer may decide to do phone consultations. The December session will be on **Wednesday, December 3** from **11 AM to 1 PM**. Please call the COA to reserve a free 15-minute consultation with Attorney Kitty O'Connor from the Acton law firm of Ekel, Hoag, and O'Connor. The January Ask A Lawyer session is scheduled for Wednesday, January 7 with Cathleen Summers of the Generations Law Group of Acton.

Carols, Cocoa, and Cookies



Join us on **Thursday, December 11 at 1:30 PM** at the **Community Center** for an old-fashioned holiday sing-along led by COA Board member, Dr. Edwin Knights. We will distribute the lyrics to all the familiar songs we hope you love to sing at this time of year. Feel free to wear your favorite holiday sweater. Hot cocoa and cookies will be available to add to the festive atmosphere. Some of the songs may have religious associations, but are included as part of the overall theme of Christmas music. Please **RSVP** by Monday, December 8.

Night Lights at Tower Hill

The very popular Night Lights event is back at **New England Botanic Garden** at Tower Hill in **Boylston**. Our reservation is **Monday, December 15 at 4:30 PM**. Enjoy the Botanical Garden lit in festival holiday lights, s'mores, seasonal drinks, a model train, and so much more. Please **RSVP** by Thursday, December 11. The van will leave town hall at **4 PM**. Sign up for the van which will be available on a first-come, first-served basis. Tickets for the show are \$12 each; van fee is \$5 round trip.

Out to Lunch

Join your friends at **11:30 AM on Friday, December 19 at Il Forno**, 529 King Street, Littleton for Out to Lunch. The menu includes fried calamari, eggplant rollatini appetizers, and homemade soups. Main courses include salads, sausage, chicken, and seafood dishes. Also available are woodfired pizzas, sandwiches, paninis, calzones and specialty raviolis. You pay for your own lunch; separate checks will be available. Please **RSVP** by Wednesday, December 17.



Brains and Balance with Holly

This class helps you stay mentally sharp and improves your balance to prevent falls. Falls are one of the leading causes of hospitalization and long-term care in the United States. Researchers no longer believe that falling and losing mental capacity are inevitable parts of the aging process. Discover how much fun balance training can be while you exercise your brain with specially designed "Train the Brain" drills which are intended to improve your memory, reasoning, conceptualization, language and problem-solving skills.

This 8 session class will meet on **Mondays, January 5 to March 9 at 10:30 AM** at the **Community Center**. No classes on January 19 or February 16. Please see the registration form on the COA website or come to the COA office. This class costs \$32, and registration begins on Monday, December 15 for Boxborough residents age 60+ and on Monday, December 29 for non-residents. Please make checks payable to the Town of Boxborough.

Winter Mindfulness and Meditation with Erin



Mindfulness and meditation can reduce stress, relieve symptoms of anxiety and depression, as well as improve overall health. Our instructor, Erin Loperto, IAYT Certified

Yoga Therapist, will lead various practices and teach you how to use those techniques on your own.

Winter Mindfulness and Meditation begins on **Tuesday, January 6** and runs through **Tuesday, March 24, 10 AM** at the **Community Center**, \$48 fee. Please make checks payable to the Town of Boxborough.

Adults age 60+ are welcome, space is limited. Registration for this session begins on Tuesday, December 16 for Boxborough residents and on Tuesday, December 30 for non-residents. You can get a registration form on our website at bit.ly/3ev7eMI or at the COA office.

Winter 2026 Fitness with Holly

Winter Session classes begin on **Monday, January 5** and run through **Friday, March 27**. All classes start at **9 AM**. Monday and Wednesday classes are held at the **Community Center**. Friday classes are held via **Zoom**.

Registration begins on Monday, December 15 for Boxborough residents. If space is available, non-residents may register beginning Monday, December 29. Registration forms will be posted at bit.ly/3ev7eMI on Boxborough's COA webpage. Forms will also be available at the COA office. Fees: 10 Monday classes are \$40, 12 Wednesday classes are \$48, and 12 Friday classes are \$48. Please make checks payable to the Town of Boxborough.

There are no classes on Monday, January 19 and Monday, February 16.

Winter 2026 Mat Yoga with Eleonora

Winter Session Mat Yoga classes with Eleonora are for all abilities, and begin on **Thursday, January 8** and run through **Thursday, March 26** at the Community Center. The class starts at **10:30 AM**.

Registration begins on Thursday, December 11 for Boxborough residents. If space is available, non-residents may register beginning Thursday, December 18. Registration forms will be posted on Boxborough's COA webpage at bit.ly/3ev7eMI. Forms will also be available at the COA office. Fee for these 12 classes is \$48.

Please make checks payable to the Town of Boxborough.

Winter Mat Yoga with Megan

Megan Willwerth from Cultivate Yoga is offering a new mat yoga class at the **Community Center** on **Tuesdays at 11:30 AM** beginning on **January 6** running through **March 24**.

Megan has taught various levels of Yoga since 2021 and substituted for our other yoga instructor Eleonora. In this Slow-Flow, mixed level mat yoga class, Megan will combine meditation and gentle movement with poses that help strengthen and support balance, with the opportunity to experiment with more challenging poses.

Registration begins on Tuesday, December 16 for Boxborough residents and Tuesday, December 30 for non-residents if space permits. The registration form can be picked up at the COA office, found on our website at bit.ly/3ev7eMI or emailed to you by request from the COA. Fee: \$48 for 12 classes. Minimum class size is six Boxborough residents.



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. 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.

Community Holiday Gift Drive

Wendy Trinks, Boxborough Community Service Coordinator, is grateful for the support of Boxborough residents especially during the holiday season. There are three ways to help: gift card donations (such as Target, Walmart, Visa, or Gas), sponsor a family, or cash donations to the Community Services Gift Account. For more information contact wtrinks@boxborough-gov.ma or call 978-264-1735.

If you know of any families in Boxborough in need of support this holiday season, please do not hesitate to reach out. The deadline for holiday season donations is **December 8**, but donations are accepted all year.

Seniors Read Program

The Acton and Boxborough Council on Aging Boards are working in collaboration with the Acton-Boxborough Regional School District to have older adults from our communities read to children in Kindergarten through 4th grade in the elementary schools.

The reading sessions will be approximately 30 minutes. The books will be provided for you to preview before reading to the children. You will also receive guidelines to familiarize yourself with the school and classrooms. Please contact the COA to register for the program.



The Friends of the Council on Aging provides financial and volunteer support for programs, classes, 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!

Toys for Tots Drive

The Boxborough Fire Department will once again collect new, unwrapped toys for the Toys for Tots program. The last day for donations is **Friday, December 5**. We have collection drop offs at the following sites:

- Boxborough Fire Station
- Boxborough Police Station
- Boxborough Town Hall
- Sargent Memorial Library

The Fire Department appreciates the continued generosity of the Boxborough community. Contact Firefighter/EMT Steve Wright at swright@boxborough-ma.gov for any questions.

Library Events for December

- *Repair & Renew Sewing Workshop:* Sew a Simple Holiday Stocking Tuesday, December 2 from 4 to 6 PM. This fun, beginner-friendly project will help you sharpen your sewing skills while creating something beautiful and practical for the season.
- *Wooden Spoon Carving with Owl Eyes Wilderness Survival*
This family friendly workshop will be held on Thursday, December, 4 from 5 to 7 PM. Using simple tools: a fixed blade knife, hook knife, saw, and sandpaper, you will be instructed on the techniques of selecting wood, safe carving techniques, and how to care for your new eating utensil. Go home with at least one wooden spoon and a whole new skillset.
- *ABRHS Madrigal Singers Holiday Concert*
The Madrigal Singers of Acton-Boxborough Regional High School will perform their traditional holiday concert at the Sargent Memorial Library on Thursday, December 18, at 6 PM.

Donation: \$5 \$10 Other

Name

Address

In memory of

In recognition of

Tree Lighting Celebration

Boxborough's Annual Tree Lighting Celebration, hosted by the Public Celebrations and Ceremonies Committee, will be held on **Saturday, December 6 at 4 PM** at the **Boxborough Fire Station**, 502 Massachusetts Avenue.

Representatives from the Boxboro Regency will flip the switch to light the tree. Enjoy a performance of holiday favorites by the Blanchard Brass Wind Ensemble and the Blanchard Chorus, along with complimentary cookies and hot chocolate. High school volunteers will host a face-painting table and a craft table with wooden ornaments for children to decorate.

After the tree lighting, Santa will be escorted down Massachusetts Avenue by the Boxborough Fire Department to greet everyone.

Parking will be available at the Blanchard Memorial School. The Boxborough Police will have floodlights and officers stationed at crosswalks to help you safely cross the street.

Come kick off the holiday season with friends and neighbors at this festive Boxborough tradition!

Santa Claus Is Coming to Boxborough



Santa is returning to Boxborough on **Sunday, December 14** starting at **9 AM**. He will be escorted by a Boxborough Fire engine and other public safety vehicles. A schedule of his stop-locations will be posted closer to the date on the Town website, the Boxborough Fire Department Facebook page, and Boxborough News.

Santa's escorts will be collecting food for the Acton Food Pantry during his trip around Town. If you have any questions about this event, contact Captain Jason Malinowski at jmalinowski@boxborough-ma.gov.

Menorah Lighting

The Boxborough Public Celebrations and Ceremonies Committee invites you to celebrate the **first night of Hanukkah** on **Sunday, December 14 at 5 PM** at the Town Menorah in front the **Boxborough Fire Station**, 502 Massachusetts Avenue. The celebration will include music, complimentary refreshments, and a craft table for kids.

The Menorah lighting will continue at **6 PM** on each subsequent night, **December 15** to **December 22**. The Town invites Boxborough families to lead the lighting. If you are interested, email pccc@boxborough-ma.gov.

The Town's Menorah was designed, built, and donated to the town last year by the Kollmann-Klein family.

Parking for the Menorah lighting will be available across Massachusetts Avenue at the Blanchard Memorial School.

Christmas Tree Pickup



The Boxborough Minutemen, with help from the Boxborough DPW, will be collecting and chipping Christmas trees from Boxborough residents this year on **Saturday, January 3** between **10 AM** and **2 PM**. Beginning December 20, look for the sign-up forms on boxboroughminutemen.org, the Boxborough Minuteman website.

The cost for pickup is \$20; deadline for all payments is December 31. For pickup, please have your tree outside where it can be easily located by the Minutemen and ready for pickup. If you prefer not to sign up for tree pickup, you can also deliver your tree for disposal to the "old" Boxborough DPW facility located at 577 Massachusetts Avenue (Route 111) on Saturday, January 3 between 10 AM and 2 PM. A disposal fee of \$10 will be collected on site when you drop off your tree. For questions email captain@boxboroughminutemen.org.

December 2025

SUN	MON	TUES	WED	THUR	FRI	SAT	
	1 9-Fitness w/Holly	2 10-Mindfulness & Meditation 1-Game Day 3-Grief Support Group at Library 4-Repair & Renew Sewing Workshop at Library	3 9-Fitness w/Holly 11-Ask a Lawyer 2-Knitting Group	4 10:30-Mat Yoga 12noon-Dance Exercise 5 -Wooden Spoon Carving at Library		5 9-Fitness w/Holly via Zoom	6 4-Boxborough Christmas Tree Lighting
7	8 9-Fitness w/Holly 2-COA Board Meeting	9 10:30-Podiatry Clinic 1-Game Day	10 9-Fitness w/Holly Noon-COA Luncheon Sponsor: Friends of COA 1 PM Madrigal Singers 2-Knitting Group	11 10:30-Mat Yoga 12noon-Dance Exercise 1:30- Carols, Cocoa & Cookies with Ed Knights	12 9-Fitness w/Holly via Zoom	13	
14 2-4 PM Boxborough Museum 9-Santa Claus Around Town 5 PM-Menorah Lighting at Box. Fire Station	15 9-Fitness w/Holly 4:30-Field Trip – Night Lights at Tower Hill	16 10-Mindfulness & Meditation 1-Game Day 6:30-Third Tuesday Book Club at Library	17 9-Fitness w/Holly 2-Knitting Group	18 10:30-Mat Yoga 12noon-Dance Exercise 1:30 Holiday Songs with Crooner Tommy Rule 6-Madrigal Singers Concert at Library	19 9-Fitness w/Holly via Zoom 11:30 Out to Lunch at Il Forno in Littleton	20	
21	22 9-Fitness w/Holly	23 10-Mindfulness & Meditation 1-Game Day	24 9-Fitness w/Holly 2-Knitting Group	25 Christmas Day Town Offices and Library closed	26	27	
28	29 10:30-Coffee and Chat with Kim	30 10-Mindfulness & Meditation 1-Game Day	31 2-Knitting Group	Jan 1 New Year's Day Town Offices and Library closed	Jan 2	Jan 3 10 AM-2 PM Christmas Tree Pick up	

Out of Town Mt. Calvary Church, Acton

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

Save the Dates:

- Minutemen Tree Disposal: January 3, 2026 between 10 AM and 2 PM.
- Special Town Meeting postponed to March 9, 2026.

Note: Individual SHINE counselor appointments are made through the Acton COA at 978-929-6652. Medicare change must be made by December 7.

Need help with your technology devices? Call the COA office to arrange some help.

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Submit items for the January 2026 issue by Friday, December 5, 2026 to boxboroughbuzz@gmail.com



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