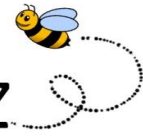


# THE BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

January-February 2021

## **Council on Aging**

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## **COA Board**

Bill Litant, Chair  
Anne Canfield, Vice Chair  
Barbara Wheeler, Secretary  
Tina Bhatia  
Barbara Birt  
Taryn Light  
Karen Whitcomb  
Fire Fighter Courtney Panaro,  
Fire Dept. Liaison  
John Fallon, FCOA Liaison  
John Markiewicz, Select  
Board Liaison  
Officer Tyler McElman, Police  
Dept. Liaison

## **Friends of the Council on Aging**

John Fallon, President  
Georgia Winfrey, Vice  
President  
Barbara Birt, Recording  
Secretary  
Patty Gayowski, Treasurer  
Alan Rohwer,  
Corresponding Secretary  
Susan Bak  
Loretta Grushecky  
Lauraine Harding  
Mary Nadwairski  
Mary Pavlik  
Shirley Warren

## **Buzz Production Team**

Tina Bhatia  
Barbara Birt  
Anne Canfield  
Taryn Light  
Tess Summers

## **Hello Buzz Readers!**

My name is Kimberley Dee, the new Boxborough Council on Aging Coordinator. Most people call me Kim.



Thanks to all the residents and Town associates for my warm welcome. My predecessor, Lauren Abraham, beloved Council on Aging Director, has been missed greatly. You have my assurance that I will do my best to serve the seniors of Boxborough with dedication, respect, and compassion.

My background in senior services began when helping the elders in my own family, and continued with my working as the administrative assistant at the Groton Council on Aging and an activities assistant at Groton's Cooperative Elder Services. Most recently, I served as an activity director at an assisted living community in Ayer. Working with seniors has become my passion, and I feel so fortunate to begin the next chapter of my career as the Council on Aging Coordinator for the Town of Boxborough.

I am looking forward to meeting you at one of our drive-by or Zoom events during the pandemic, but hope we will all be able to get to know each other in person before too long! If you have any concerns or suggestions, please feel free to contact me at 978-264-1717 or at email address: kdee@boxborough-ma.gov.

My office hours are Monday, Tuesday, and Wednesday, 8 AM - 2 PM and Thursday 8 AM - 3 PM.

**COA's February Grab n' Go Lunch** is sponsored by the Acton Funeral Home. Boxborough seniors age 60 and older are invited to a drive-by Grab n' Go boxed lunch on **Wednesday, February 10, 2021** from **11:30 AM -12:30 PM** at the **Boxboro Regency**.



The menu includes a grilled chicken wrap with cheddar cheese, lettuce and tomato; butternut squash soup; a cookie and a brownie. A gluten-free option is also available.

Please RSVP to the COA by calling 978-264-1730 by **10 AM** on **February 5, 2021**. The limit is 50 people.

**Arrival times are by last name:**  
 A-D pickup at 11:30 AM, E-K at 11:45 AM, L-R at 12 PM, and S-Z at 12:15 PM.  
 When you arrive, pull up to the front entrance, stay in your car, and wear a mask. Lunch will be brought to you. Enjoy!

**Thank you, Middlesex Savings Bank**  
 Our thanks to the Middlesex Savings Bank for their sponsorship of Boxborough's senior newsletter for next year.  
 Visit their Facebook page to learn about their support to local communities.



**Minuteman Christmas Tree Pickup**  
 This season the Boxborough Minutemen will be collecting and (with help from the DPW) disposing of Christmas trees on **Saturday January 9**.



Residents have two options for tree disposal:

- **Option 1:** Deliver your tree to the **OLD DPW location** (577 Massachusetts Avenue) between the hours of **10 AM** and **2 PM**. We will accept your tree and dispose of it. **Cost \$5**.
- **Option 2:** Have the Minutemen collect your tree at your home in Boxborough. (out at the street please). **Cost: \$11**. You can sign-up on-line before **January 5** at [www.boxboroughminutemen.org](http://www.boxboroughminutemen.org)

**The Friends of the Boxborough Council on Aging** would like to thank the many donors who contributed to the Friends during the last year and to acknowledge gifts:

- In honor of
- The Boxborough Fire and Police Departments
- In memory of the following individuals.
- Robin Carlson
  - Pat Fallon
  - Christine Holman
  - Hazel O'Clair

**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 as a Friend, or as a memorial, 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 \_\_\_\_\_

## An Invitation for You

Here are some upcoming Zoom programs you are invited to join. They are sponsored by CHNA, the Collaborative Grant in which the Boxborough COA participates, along with the COAs of Acton and Littleton.

- **Mindfulness Meditation Classes with Erin LoPorto**

The session begins **Monday, January 11 at 10 AM.**

Whether this is your first time meditating or you want to deepen your practice, plan to join Erin for this 6-week program. There is no charge to participate, but you must register with the following Zoom link:

[https://actonma.zoom.us/webinar/register/WN\\_vRrPPCcwTpOWtVONmyxCqQ](https://actonma.zoom.us/webinar/register/WN_vRrPPCcwTpOWtVONmyxCqQ)

- **Holly's Nutrition for Active Ageds**

Acton TV has already placed these links on the Acton TV YouTube channel. They will be aired for Acton and Boxborough on Mondays through Thursdays in January at 10:30 AM, each week. (See links below.)

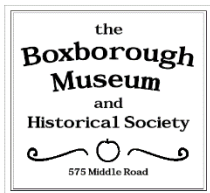
<https://youtu.be/cYMLJKEKWrE>

<https://youtu.be/MVDhlnPIuWw>

<https://youtu.be/1yJ9IRyJcbg>

<https://youtu.be/54bkqKRYZ2w>

For further information, please email [sball@actonma.gov](mailto:sball@actonma.gov) or call 978-929-6453.



The Museum will be open 2-4 pm  
Sundays

- January 10, 2021
- February 14
- March 14



## Spring 2021 Class Schedule

All spring exercise classes will be held via Zoom. Classes begin March 8 and go through May 28. All participants must complete new registration forms to receive the Zoom links. Beginning February 16, the registration forms will be posted on the Town's COA webpage. Registration will run from February 16 to March 2, or until classes are full.

- **Fitness with Holly**

**Level 1** starts Tuesday, March 9. Tuesdays and Fridays, 2x/week, (10:30–11:30 AM). Fees: 1x/week, \$48; 2x/week, \$84.

**Level 2** starts Monday, March 8. Mondays, Wednesdays, and Fridays, 3x/week, (9–10 AM). Fees: 1x/week, \$48; 2x/week, \$84; 3x/week, \$108. No class on Patriots Day, April 19

- **Yoga with Rebecca**

**Chair Yoga/Stretch** starts Thursday, March 11, (9–10 AM). Fee: \$48.

**Mat Stretch & Flex Yoga** starts Thursday, March 11, (10:30 – 11:15 AM). Fee: \$36

**Brains and Balance** will be offered in early April. Look for details in the March issue of *The Buzz*.

## Library News

The Library continues to offer curbside pickup, make craft kits for kids, and support book clubs. Library Director Peishan Bartley calls 2020 a most unusual year and says the Library continues to update the website [boxlib.org](http://boxlib.org), Facebook and Instagram (@boxlib). The Library staff welcomes any questions concerning the Library and what books to read. They are available Monday through Thursday from 10 AM to 6 PM and on Saturdays from 10 AM to 3 PM. Library staff is looking forward to seeing you in person soon.

## COA Van Services

Van Rides available Tuesday through Thursday, **9:30 AM to 3:30 PM**

Call at least two days ahead to book your ride: 978-264-1730

The van is sanitized between trips to reduce the risk of COVID-19.

All drivers and passengers must wear a mask or other face covering.

The COA van is available to provide local rides for Boxborough residents age 60 or older. The van travels to surrounding towns and may be used for medical appointments, grocery shopping, errands, food pantry trips, and more. Rides must be booked in advance. We will do our best to accommodate late requests.

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## Attention Seniors! Be on the Lookout

When the Town Clerk's Annual Street Census mailing arrives at your home in January, you'll also receive a Communication Survey from the Select Board. Please read it, fill it out, and then return this brief survey with the Street Census. By doing this, you will be part of helping the Board determine the best way to communicate important Town matters to Boxborough residents! If you have questions, please contact Select Board member Maria Neyland at [mneyland@boxborough-ma.gov](mailto:mneyland@boxborough-ma.gov)

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AARP Tax return preparation information is not available at this time. Please check our Buzz March issue and our Facebook Page for the announcement.

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Like us on Facebook at [facebook.com/boxboroughcoa](https://facebook.com/boxboroughcoa)

- **Submit Items for March 2021 issue by February 8 – to [boxboroughbuzz@gmail.com](mailto:boxboroughbuzz@gmail.com).**



*Change Service Requested*

PRE-SORT  
Standardized  
U.S. Postage Paid  
Acton, MA  
Permit No. 26

Boxborough Council on Aging  
Boxborough Town Hall  
29 Middle Road  
Boxborough, MA 01719