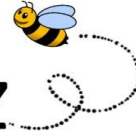


# THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

November 2022

## Council on Aging

Kimberley Dee,  
COA Coordinator  
978-264-1717  
kdee@boxborough-ma.gov  
Cindy Regan, Dept. Assistant  
978-264-1730  
cregan@boxborough-ma.gov

## COA Board

Bill Litant, Chair  
Anne Canfield, Vice Chair  
Karen Whitcomb, Secretary  
Tina Bhatia  
Barbara Birt  
John Fallon, FCOA Liaison  
John Markiewicz,  
Select Board Liaison  
Maria Neyland,  
FinComm Liaison  
Courtney Panaro,  
Fire Dept. Liaison

## Friends of the Council on Aging

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

## Buzz Production Team

Tina Bhatia  
Barbara Birt  
Anne Canfield  
Taryn Light  
Art Stoumbelis  
Tess Summers

## November Lunch

The Boxborough Fire Department is sponsoring our next Council on Aging lunch on **Wednesday, November 9** from **noon to 1 PM**. This will be an in-person lunch at the **Community Center**. Lunch will consist of grilled chicken, rice, veggies, and dessert. Members of the BFD will discuss the Senior SAFE program, which includes installation of smoke and carbon monoxide alarms plus the testing and replacement of batteries. The BFD is long time lunch sponsor and we appreciate its support!



Space is limited. Please RSVP to the COA starting on **Tuesday, November 1** by sending an email to [kdee@boxborough-ma.gov](mailto:kdee@boxborough-ma.gov) or calling 978-264-1717.

## Special Town Meeting

Boxborough will hold a Special Town Meeting on **Tuesday, November 15** at the **Blanchard School Gymnasium**. The STM begins promptly at **7 PM** with check-in starting at **6:30 PM**.

Currently, some warrant articles are still being worked on; however, the final Warrant will be mailed to the home of all registered voters during the last week in October. You are all encouraged to review the Warrant, attend this STM, and be part of the governance of Boxborough.

## Live Musical Entertainment

Pianist Mark West will perform at the **Community Center** on **Wednesday, November 16** at **2 PM**. Mark will perform an instrumental piano program consisting of light classical, ragtime, and popular songs. Included in this program will be works by Chopin, Mozart, Debussy, and Strauss, "rags" by Scott Joplin, and songs by artists such as Duke Ellington, Hoagy Carmichael, and Billy Holiday. Mark is a professional musician, performing at senior living communities and senior centers all around Greater Boston. RSVP to [cregan@boxborough-ma.gov](mailto:cregan@boxborough-ma.gov) or at 978-264-1730.

## Coordinator's Corner

November greetings,

Please note the following November happenings:

**Wednesday, November 9** - monthly COA lunch sponsored by the wonderful Boxborough Fire Department. Our Veteran's Agent, James MacRae, will give a brief talk after the lunch.

**Tuesday, November 15** - Special Fall Town Meeting.

**Wednesday, November 16** - Live performance by multi-talented pianist Mark West.

**Thursday, November 17** - Field trip to the Acton Boxborough Regional High School and lunch with some of the students.

Make sure to sign up for our winter fitness and yoga classes.

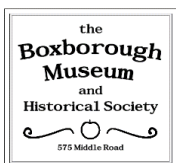
As mentioned last month, if you are interested in receiving your Boxborough Buzz by email, please send your request and email address to [kdee@Boxborough-ma.gov](mailto:kdee@Boxborough-ma.gov) or call Kim at 978-264-1717.

Wishing you all a Happy Thanksgiving  
*Kim*

## Diabetes Awareness and Wellness Clinic

November is Diabetes Awareness Month and the Nashoba Associated Boards of Health Community Nurse, Tamara Bedard, is offering a Diabetes Awareness Talk on **Wednesday, November 16 at 10:30 AM** at the **Community Center**.

The **Wellness Clinic** follows at **11 AM to noon**. It's your chance to get other health questions answered by a registered nurse and have a free blood pressure check at the same time.



Museum will be open  
2-4 PM

- Sunday, November 13
- Saturday, December 3
- Sunday, January 8

## Public Safety News

Smoke and carbon monoxide detectors save lives. It is important to always make sure your smoke and carbon monoxide detectors work properly at all times. If the alarm uses regular batteries, change them at least once a year. An easy way to remember is to change the batteries when you change your clocks. A "chirping" sound indicates that it's time to change the batteries. If you are unable to change the batteries on your own, the Boxborough Fire Department is happy to change the batteries out for seniors. Just call our non-emergency number, **978-264-1770**, if you have any questions regarding smoke and/or carbon monoxide detectors or to schedule a time for the BFD to come out and change the batteries for you.



*Courtney Panaro*  
*Fire Fighter, EMT*

Do you know how to turn off the electricity and gas in an emergency?  
Do you have fresh batteries in the smoke detector and the carbon monoxide detector?  
Is your fire extinguisher ready to use?

## Fuel Assistance Program

Fuel Assistance, the Low-Income Home Energy Assistance Program is one of many administered by the Southern Middlesex Opportunity Council. This program helps low-income residents with heating costs between November 1 and April 30. The heating sources covered by the program include oil, natural gas, coal, kerosene, wood, propane, and electricity. Please call the COA at 978-264-1730 to request an appointment with our trained liaison and experienced Council on Aging volunteer, Rob McNeece. He will contact you to arrange a time to assist you with the application process.

## Winter Exercise Classes

Registration begins for Boxborough residents **Wednesday, November 9**. If space is available, non-residents may register beginning **Wednesday, November 23**.

Registration forms will be posted on Boxborough's Council on Aging webpage. You may also email [cregan@boxborough-ma.gov](mailto:cregan@boxborough-ma.gov) to request a form. The minimum class size is six Boxborough residents. Please make checks payable to the Town of Boxborough.

**Fitness with Holly:** Classes begin **Wednesday, December 7** and run through **Wednesday, March 8**. Monday, Wednesday, and Friday classes start at **9 AM**. Tuesday classes start at **10:30 AM**.

Monday and Wednesday classes are held in person at the **Community Center**. Tuesday and Friday classes are held via **Zoom**. Fees: 1X/week, \$48; 2X/week, \$84; 3X/week, \$108; 4X/week, \$144. *(No classes will be held 12/26/22 through 1/2/23. Also, no classes on 1/16/23 and 2/20/23.)*



**Yoga with Rebecca:** Classes are held on **Thursdays** and begin on **December 8** and run through **March 2**. Chair Yoga will be offered via **Zoom** and in person at the **Community Center** at **9:30 AM**. Fee: \$48. Mat, Stretch and Flex Yoga will only be offered in person at the **Community Center** at **11 AM**. Fee: \$36. *(No classes will be held from 12/26/22 to 1/2/23.)*



## Veterans Day in Boxborough

The Town of Boxborough cordially invites all Town Veterans and all residents to attend the 2022 Veterans Day Ceremony on **Friday, November 11** at **11 AM**.

The ceremony will take place at the **Boxborough Veterans Memorial** on the grounds of the Sargent Memorial Library located at **427 Massachusetts Avenue**.

We look forward to seeing you at the ceremony as we honor all those who served in our Armed Forces. And if you know anyone who served--or is serving in any capacity to protect us--say "Thank you."

## Field Trip to the Acton Boxborough Regional High School

Boxborough and Acton seniors are invited to an ABRHS field trip on **Thursday, November 17** at **9:30 AM**. Boxborough seniors will be picked up at Boxborough Town Hall by a yellow school bus! They will get a tour of the ABRHS, followed by a presentation and question and answer session with the Superintendent and the High School Principal. Attendees will be invited to have lunch with a small group of current ABRHS students and engage in a discussion on what school was/is like, then and now. After lunch, participants will return by bus to Boxborough's Town Hall. Please contact Kim Dee at 978-264-1717 by **November 10** to RSVP for this fun field trip.



## 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 available **Tuesday, Wednesday, and Thursday, 9:30 AM to 3:30 PM**. The van travels to surrounding towns and may be used for medical appointments and local errands. Masks are optional. To book a ride, call 978-264-1730, preferably 2 days in advance. The fare is \$1 each way for local trips.

Through our **Go Boxborough!** Program, we offer Boxborough seniors and disabled adults transportation 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](https://bit.ly/3rBYnw5) for details.

## Scandinavian Fair

On **Saturday, November 12** a Scandinavian Fair will be held at **Acton Boxborough Regional High School**. The Fair will feature a Café serving Norwegian foods, imported Christmas items, handmade items, Scandinavian foods, live traditional music, and book signings by a local Scandinavian author.

Doors are open from **10 AM to 3 PM**, and parking will be available by the ABRHS Hayward Road entrance. Adult admission fee: \$2; children under 16: no admission fee.

*FYI: Your purchases support the Norumbega Lodge in its fraternal activities:  
[www.norumbegasofn.org](http://www.norumbegasofn.org)*

## Merrie Christmas Fair

Christmas is a "most wonderful time of the year." Join your friends and neighbors to visit the Fair at **Boxborough's United Church of Christ** on **Saturday, November 19** from **9 AM to 1 PM** rain or shine.

The Fair features a wide variety of items to purchase, such as handmade knitted and crocheted items, Christmas decorations, handcrafted wooden items, holiday greens, bake-sale goodies, and more. And don't forget the attic treasures!



The Silent Auction will be online again this year. You can participate at [biddingforgood.com/UCCBSilentAuction](http://biddingforgood.com/UCCBSilentAuction) from **November 9** through **November 19** from **8 AM to 8 PM**. You never know what you may find.

There will be musical performances by the Workingman's Duo with classic rock oldies from the 50's and 60's with blues and jazz.

You are encouraged to bring exact cash, checks, or payment by credit/debit card. Call 978-263-7387 For additional information. See you at the Fair!

## Library News

Enjoy Rockwell's depictions of the humorous and heartwarming aspects of people coming together for the holidays. Painted over several decades, Rockwell's Christmas images capture universal scenes of celebration and joy and have helped to shape American ideas about the holiday season.

This virtual event, "Merry Rockwell Christmas", is scheduled for **Wednesday, November 30**, from **7 to 8 PM**, and you must register to receive the Zoom link. Registration can be done at [tinyurl.com/ArtTalkNov30](http://tinyurl.com/ArtTalkNov30).

*This is a collaborative program hosted by Sargent Memorial Library, Randall Library in Stow, and the Bolton Public Library.*

## CHNA Programs

Mindfulness Meditation – from Beginner to Advanced "**The Yoga of Mindfulness**" continues **Mondays** at **10 AM** through **November 14**. Link to join: [bit.ly/3cnPvWf](http://bit.ly/3cnPvWf).

**Chair Yoga with Rebecca** continues through **November 23** - Virtual (Zoom) **Wednesdays, 10:30 to 11:15 AM**. Please have a strap (or scarf) and yoga block (or shoebox).

Link to join at class time: [bit.ly/3B0cL5a](http://bit.ly/3B0cL5a). Meeting ID: 829 2680 7204. Passcode: 109508.



# November 2022

SUN	MON	TUES	WED	THUR	FRI	SAT
		<b>1</b> 10:30-Fitness w/Holly via Zoom 1-Game Day	<b>2</b> 9-Fitness w/Holly In person 10:30-Virtual Chair Yoga 2-Knitting Group	<b>3</b> 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga In person	<b>4</b> 9-Fitness w/Holly via Zoom <b>5 PM-7 PM</b> <b>Book sale-</b> <b>(Members</b> <b>Preview)</b>	<b>5</b> <b>9 AM-2 PM</b> <b>Book Sale</b>  <b>Turn clocks</b> <b>back one hour</b>
<b>6</b> <b>2 PM-4 PM</b> <b>'Everything-</b> <b>Must-Go'</b> <b>Book Sale</b>	<b>7</b> 9-Fitness w/Holly In person 10-Mindfulness Meditation 1-Monday Movies	<b>8</b> <b>8 AM – 8 PM</b> <b>Election Day</b> 10:30-Fitness w/Holly via Zoom 1-Game Day	<b>9</b> 9-Fitness w/Holly In person 10:30-Virtual Chair Yoga <b>Noon-COA Luncheon</b> <b>Sponsor: Box. Fire Dept.</b> 2-Knitting Group	<b>10</b> 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga In person	<b>11</b> <b>Veterans Day</b> <b>11 AM-Veterans</b> <b>Day Ceremony</b>  <b>Town Offices</b> <b>and Library</b> <b>closed</b>	<b>12</b> <b>10 AM-3 PM</b> <b>Scandinavian</b> <b>Fair</b>
<b>13</b> 2-4 PM Boxborough Museum	<b>14</b> 9-Fitness w/Holly In person 10-Mindfulness Meditation 1-Monday Movies	<b>15</b> 10:30-Fitness w/Holly via Zoom 1-Game Day <b>7 PM-Special Town</b> <b>Meeting</b>	<b>16</b> 9-Fitness w/Holly In person 10:30-Virtual Chair Yoga <b>10:30 Diabetes Awareness</b> <b>Talk</b> 11-Wellness Clinic 2-Knitting Group <b>2 PM-Live Music</b> <b>Pianist Mark West</b>	<b>17</b> <b>9:30 Field Trip to</b> <b>ABRHS</b> 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga In person	<b>18</b> 9-Fitness w/Holly via Zoom	<b>19</b> <b>9 AM-1 PM</b> <b>Merrie</b> <b>Christmas Fair</b>
<b>20</b>	<b>21</b> 9-Fitness w/Holly In person 10-Mindfulness Meditation 1-Monday Movies	<b>22</b> 10:30-Fitness w/Holly via Zoom 1-Game Day	<b>23</b> 9-Fitness w/Holly In person 10:30-Virtual Chair Yoga 2-Knitting Group	<b>24</b> <b>Happy Thanksgiving</b>  <b>Town Offices and</b> <b>Library closed</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> 10-Mindfulness Meditation 1-Monday Movies	<b>29</b> 1-Game Day	<b>30</b> 2-Knitting Group <b>7 PM-Merry Rockwell</b> <b>Christmas</b>			

Out of Town Mt. Calvary Church, Acton

Community Supper, Wednesday, 4:45 to 5:45 PM All Sit Down

---

Daylight Saving Time ends - set your clocks back one hour on Saturday evening, November 5.

---

Reminder: Friends of the Library Book Sale, Donations, October 31 to November 3; Preview Sale on Friday, November 4 from 5-7 PM, members only; Main Sale on Saturday, November 5 from 9 AM to 2PM; Everything-Must-Go Sale on Sunday, November 6 from 2 to 4 PM.

---

Reminder: Make your appointment for the SHINE Counselor if you wish to have help with Medicare choices. Call 978-264-1730

---

Election Day: November 8 – Polls open at Town Hall at 7 AM and close promptly at 8 PM.

---



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

**– Submit Items for the December issue by October 27 –  
[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