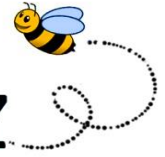


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

December 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

December Lunch

The Boxborough Friends of the COA will host its annual holiday lunch on **Wednesday, December 14**. Lunch will consist of a ham dinner with dessert. During lunch we will be treated to a performance by the Acton-Boxborough Regional High School Madrigal Singers. Dressed in Renaissance costumes, the singers will serenade guests with traditional holiday carols and songs. Please note that this lunch will start at **11:45 AM** and end at **1 PM**.

Space is limited. RSVP beginning Monday, December 5, by sending an email to cregan@boxborough-ma.gov or by calling 978-264-1730.

Trip to Tower Hill Botanic Gardens Night Lights

Celebrate the season with a trip to an enchanting light display on **Monday, December 19** at **Tower Hill** in **Boylston, MA**. Meet at **Town Hall parking lot** at **3 PM** and ride the COA van free for a **4 PM** viewing. Van will leave Tower Hill at 5:30 PM to return. Enjoy an outdoor walking experience through illuminated paths and gardens so dress for the weather. Due to the generosity of the FCOA, the cost of a ticket is only **\$12** per person, which includes indoor conservatories. To offer this trip, we need a minimum of 6 residents; maximum of 8. Call Cindy by **Thursday, December 8**, at 978-264-1730 to register. Visit New England Botanic Gardens at Tower Hill's website at <https://nebg.org/nightlights> for more information about this popular winter event.



New Town Administrator

Michael C. Johns comes to us from the Town of Foxborough where he served as assistant town manager and human resource director for the past 4 years. He had been the veterans service director and economic development director in Foxborough prior to his appointment as assistant town manager. He also served as chairman of the economic development commission for the town of Wrentham and was a member of Wrentham's finance committee.

Michael obtained a Master's in Public Administration from Suffolk University and also holds a Master of Arts in Critical and Creative Thinking from the University of Massachusetts. He received his Bachelor of Science in Engineering from Norwich University in Northfield, VT. Michael is a battle-tested naval officer, test pilot, and combat aviator.

Michael's 12+ years of Massachusetts municipal leadership experience will serve Foxborough well. His resume indicates excellence in team building, staff development, and contract negotiations. He reports proficiency in many software applications including MS Office.

Michael's first week in Town has involved meeting with employees, volunteers, and residents, as well as preparing for the November 15 Special Town Meeting. Michael says, "I am humbled, as well as incredibly excited, to work in the Town of Foxborough, and look forward to working with and meeting the many members of the community and the Town team."

We welcome Michael and wish him the best in his new position.

Coordinator's Corner

Thank you to our new Town Administrator Michael Johns for stopping by at our November lunch. Many thanks to the Fire Department for sponsoring the delicious meal and for talking about the Senior SAFE Program. For more information, call their non-emergency number, 978-264-1770.

Please remember to follow good health and safety practices throughout these colder months of the year. If you don't feel well, stay home so that you don't share your illness with others. Wash your hands often, especially before you eat and after touching your nose or mouth. Consider wearing a mask if you are concerned about the spread of germs to or from others. When venturing out, be aware of weather conditions and dress appropriately. Be especially careful on slippery steps, walkways, and roads.

Best wishes for a happy holiday season and good health all winter long.

Kim

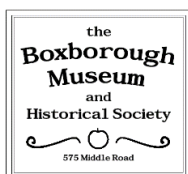
Nashoba Associated Boards of Health Wellness Clinic

Stop by our free Wellness Clinic on **Wednesday, December 21 at 11 AM** at the **Community Center** to speak with our Public Health Nurse, Alicia Lepardo, RN. You can ask health-related questions and also get your blood pressure checked.



Friends of the Council on Aging

December is the perfect time of the year to make a donation to the Friends of the Council on Aging (FCOA) to help support the Foxborough Council on Aging and honor a loved one. Make your tax-deductible donation to the FCOA using the form on the bottom of page 5.



The Museum will be open
2-4 PM on

- **Saturday**, December 3, 2022
- **Sunday**, January 8, 2023
- **Sunday**, February 12, 2023

Bach's Lunch Concert Series



Groton Hill Music Center (formerly Indian Hill in Littleton) recently brought back their series of free monthly musical performances at their

beautiful new facility on **122 Old Ayer Road** in **Groton**. The series features the Center's faculty and friends performing a variety of musical offerings. Performances are offered once a month (typically the second Thursday of the month) at **11 AM** and **1:30 PM**.

Complimentary coffee, tea, and cookies are served, and you may bring your own lunch. The COA will be reserving tables and offering a van trip for the **1:30 PM** concert on **Thursday, January 12**. Cost for the van is \$4 roundtrip. If you are interested in attending this free event and taking the van, you must sign up by December 29 by emailing cregan@boxborough-ma.gov or calling 978-264-1730. Space is limited and a minimum of 6 residents must sign up. Visit Groton Hill Music Center's website at <https://grotonhill.org/> for more information about the new facility.

Food Pantry Needs Donations

The Acton Community Supper and Food Pantry is a 501(c)(3) non-profit organization established in 1984 to help alleviate food insecurity in Acton and its surrounding towns: Boxborough, Concord, Carlisle, Littleton, Maynard, Stow, and Westford. The Food Pantry services are free to clients. Distribution and client registration hours are **Wednesdays** from **10 AM** to **7 PM** and **Thursdays** from **9:30** to **11:30 AM**.

(Continued next Column)

Please note that the pantry is closed the entire week in which the fourth Wednesday of the month falls.

The Food Pantry is especially in need of donations at this time. If you are able to help, please drop off donations at the Library in Boxborough. For a list of needed items, visit actonfoodpantry.org/food. Your food and personal care donations are deeply appreciated and go directly to our neighbors experiencing food insecurity. If you have questions about donations, please call 978-635-9295.

CHNA Program

Holiday Mindfulness and Meditation Classes with Erin LoPorto, **Mondays** from **10** to **11 AM**, 4 weeks beginning **November 28**.

If you're feeling especially anxious or lonely during this holiday season, you're not alone. This time has us all facing more stress and uncertainty than usual. Meditation can be a pathway back to steadiness that is immeasurably helpful. Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life.

Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this 4-week program. Use this link to register: bit.ly/3UsQNQN.

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 for details.

Library News for December

Crafting is not just for kids. The library invites you to do something fun! You don't need to be crafty to come hang out. This is a homegrown program led by Librarian Meghan Bouffard. Crafts vary monthly and supplies are provided. Join us on **Thursday, December 15** from **6 to 7 PM**.

The delightful Culturally Curious program will be on **Wednesday, December 28**, from **7 to 8 PM** on Zoom and features John Singer Sargent, Master with a Brush. See the Library Event Calendar at boxlib.org/news-events/news or at bit.ly/3UNpOzs for more details.

Minutemen Christmas Tree Pickup

The Boxborough Minutemen will once again be collecting and (with help from the Boxborough DPW) disposing of Christmas trees from Boxborough residents on **Saturday, January 7, 2023**. Look for information and the online sign-up forms on the Boxborough Minuteman website: boxboroughminutemen.org in late December.

Discounts for Seniors

Thanks to COA Board member Tina Bhatia, the Boxborough COA has created a list of local businesses that offer discounts to seniors: medical, restaurants, fitness, gifts, home décor, and more. We'd like to expand this list. Everyone wants to save money whenever they can, and the ability to do so can be particularly important to those living on a fixed income. If you're aware of a business in the local area that offers a senior discount, please drop an email with the business' name and location to boxboroughbuzz@gmail.com. And, if you frequent a business that doesn't yet offer such a discount, consider asking them if they'll do so, and if you get a "yes," let us know.



Holiday Tree Lighting

The Boxborough tree lighting festivities are scheduled for **Saturday, December 3** at **4:30 PM** at the top of Middle Road where it intersects with Hill Road. Come join your neighbors and friends for refreshments, live music, and a special guest appearance.

Toys for Tots

This holiday season the Boxborough Fire Department will once again participate in the Toys for Tots program. Collections have begun, so new and unwrapped toys may be brought to the Boxborough Fire Station 7 days a week between **8 AM** and **4 PM**. Friday, December 9, is the last date to drop off your donations.

Santa Drive Around

The Fire Department is planning to continue this popular holiday event. Santa will be driven around town, making strategic stops. Look for him on **Saturday, December 17**, starting at **3 PM**. Details will be on the Town website, social media, and likely the sign outside the Fire Department.

Drive Safely in Winter

Most seniors are experienced drivers, but winter presents driving hazards for everyone. Drive defensively and follow these safety tips:

- Winterize your car by checking the brakes, wipers, defroster, headlights, and heater.
- Use snow or all-season tires for the best traction and smooth slowing.
- Before driving, clear all snow and ice from your hood, windows, and roof.
- Keep your lights clean and free of ice and debris.
- Turn on your headlights to increase your visibility to others.
- Drive slowly and leave a distance between you and the next vehicle.
- Stop gently to avoid skidding. If your wheels lock up, ease off the brake.
- Be particularly alert on bridges, overpasses, and shaded areas that can freeze first and remain icy longer than roads.
- On wet roads, do not drive faster than windshield wipers can clear your windshield.



Ongoing Events, Classes



To learn more about any event, call the COA: 978-264-1730

Fitness with Holly in Person

Class meets in person at the Community Center, Mondays and Wednesdays at 9 AM. *(No classes from December 21 through January 2.)*

Fitness with Holly via Zoom

Class meets via Zoom, Tuesdays at 10:30 AM and Fridays at 9 AM. *(No classes from December 21 through January 2.)*

Game Day

Drop in to play various board games, cards, and more every week. Make new friends, chat, or just hang out! Tuesdays, 1 PM at the Community Center.

Knitting and Stitchery Group A group for those who enjoy knitting, crocheting, beading, cross-stitch, or any other craft. Make new friends and work on your project. Meets Wednesdays, 2 to 4 PM at the Library. For more information contact annemcne@comcast.net.

Yoga with Rebecca

Chair Yoga Modified yoga poses performed with a chair for added support. Meets Thursdays at 9:30 AM in person and on Zoom. *(No classes from December 26 through January 2.)*

Mat Stretch & Flex Yoga Floor and standing yoga poses and strength exercises for seniors, for stretching and flexibility. Meets Thursdays in person at 11 AM. *(No classes from December 26 through January 2.)*

Monday Movies Movies are shown each week on Mondays at 1:00 PM at the Boxborough Library.

Wellness Clinic Held on the third Wednesdays at 11 AM. Nashoba Nursing Service hosts a monthly wellness check for all ages at the Community Center.



CHNA Free Zoom Event

Holiday Mindfulness

Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this 4-week program. Meets Mondays, 10 AM via Zoom. Registration required. For more information contact Sheryl Ball at 978-929-6453 or sball@actonma.gov. The link to register is bit.ly/3UsQNQN

Through the CHNA-15 grant, the Boxborough COA is collaborating with the Acton and Littleton COAs to provide this program.

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 _____

In Memory of _____

December 2022

SUN	MON	TUES	WED	THUR	FRI	SAT
				<i>1</i> 9:30-Chair Yoga In person and via Zoom 11-Mat & Stretch Yoga, In person	<i>2</i> 9-Fitness w/Holly via Zoom	<i>3</i> 2-4 PM Museum open 4:30 PM Holiday Tree Lighting
<i>4</i>	<i>5</i> 9-Fitness w/Holly In person 10-Holiday Mindful- ness & Meditation 1-Monday Movies	<i>6</i> 10:30-Fitness w/Holly via Zoom 1-Game Day	<i>7</i> 9-Fitness w/Holly In person 2-Knitting Group	<i>8</i> 9:30-Chair Yoga In person and via Zoom 11-Mat & Stretch Yoga, In person	<i>9</i> 9-Fitness w/Holly via Zoom	<i>10</i>
<i>11</i>	<i>12</i> 9-Fitness w/Holly In person 10-Holiday Mindful- ness & Meditation 1-Monday Movies	<i>13</i> 10:30-Fitness w/Holly via Zoom 1-Game Day	<i>14</i> 9-Fitness w/Holly In person 11:45-COA Luncheon with ABRHS Madrigal Singers Sponsor: FCOA 2-Knitting Group	<i>15</i> 9:30-Chair Yoga In person and via Zoom 11-Mat & Stretch Yoga, In person 6-7 PM Adult Craft time at Library	<i>16</i> 9-Fitness w/Holly via Zoom	<i>17</i> 3-Santa Drive Around
<i>18</i>	<i>19</i> 9-Fitness w/Holly In person 10-Holiday Mindful- ness & Meditation 1-Monday Movies 3-Trip to Tower Hill	<i>20</i> 10:30-Fitness w/Holly via Zoom 1-Game Day	<i>21</i> 11-Wellness Clinic 2-Knitting Group	<i>22</i> 9:30-Chair Yoga In person and via Zoom 11-Mat & Stretch Yoga, In person	<i>23</i>	<i>24</i>
<i>25</i> Christmas Day	<i>26</i> Observance of Christmas Town Offices and Library closed.	<i>27</i> 1-Game Day	<i>28</i> 2-Knitting Group 7 PM 'John Singer Sargent' at Library	<i>29</i>	<i>30</i>	<i>31</i>

Out of Town Mt. Calvary Church, Acton

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

Local Discounts for Seniors

Name	Type of Business	Address	Contact	Discount	Age
Adaptive fitness and movement	Physical Fitness	1233 Mass. Ave Boxborough	978-799-0543	10%	65 +
Bravo Pizza	Pizza	1233 Mass. Ave Boxborough	978-635-0637	10%	60 +
Bueno Y Sano	Mexican Cuisine	263 Main Street Acton	617-645-1130 jason@buenoysano.com	10%	60 +
Debra's Natural Gourmet	Health & Wellness Food & Pharmacy	98+106 Commonwealth Avenue West Concord	978-371-7573 www.DebrasNaturalGourmet.com	10% on Supplements Regular or sale	60+
Dunkin'	Coffee Shop	1425 Mass. Ave Boxborough	978-264-2986	5%	60 +
Home	Décor-Furniture-Gift	525 Mass. Ave Acton	978-263-7069 stamm.black@gmail.com	10%	65 +
Linnard Financial Management & Planning, Inc.	Financial Planning Services	46 Chester Road Boxborough	978-266-2958 dcl@linnardfinancial.com	20%	People who are in retirement or are planning to retire within 5 years.
McGovern Subaru (formerly Village Subaru) of Acton	Subaru Car Dealer	61 Powder Mill Road Acton	978-245-4077	10% on service	65+
O'Neil Cinemas	Movie Theater	1208 Constitution Ave Littleton	978-506-5089	Senior Day-Wednesday \$7	65+
Paper Store	Gift Store	393 Mass Ave Acton	978-274-7800	10% on Hallmark Products	65 +
Shepherd Veterinary Clinic	Veterinary Services	17 Codman Hill Road Boxborough	978-263-0995	10%	60+
Subway	Sandwich Shop	255 Main Street Acton	978-263-3800	10%	65 +
Subway	Sandwich Shop	134 Great Road Acton	978-263-8875	10%	65 +
Today's Dental of Boxborough	Dentist	629 Mass. Ave Boxborough	978-263-8950	10%	60 +

Please drop an email to boxboroughbuzz@gmail.com to let us know if you are aware of any local business that offers Senior discount.

Medicare Open Enrollment ending soon: Changes to Medicare Advantage Plan, Part D drug benefit enrollment and Medigap Supplement can be made until **December 7, 2022**.

Blanchard School Band will be playing for the schoolwide community on **Wednesday, December 14**, and seniors are welcome to attend. Due to bus schedules, seniors should **arrive between 8:50 and 9:05 AM** and come directly to the **Blanchard School gym**. Reservations are not needed.

**- Submit Items for the January/February issue by December 1 -
boxboroughbuzz@gmail.com**



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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