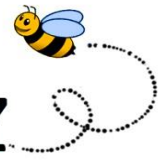


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

January 2023

Council on Aging

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COA Board

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Anne Canfield, Vice Chair
Karen Whitcomb, Secretary
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Barbara Birt
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Art Stoumbelis
Tess Summers

January Lunch



Argento Electric will sponsor our next COA lunch on **Wednesday, January 11** from **noon to 1 PM** at the **Community Center**. Lunch will consist of chicken parmigiana, pasta, garden salad, and dessert. Argento Electric is a locally owned and operated business in Boxborough and has been serving Boxborough for over 50 years.

Our Public Health Nurse, Alicia Lepardo, RN, will speak briefly at the beginning of the lunch. She is at the Community Center once a month and is also available by phone at 978-772-3335 to answer public health questions.

You may RSVP for the lunch beginning **January 3** by emailing cregan@boxborough-ma.gov or calling 978-264-1730.

Author to Speak at Boxborough Community Center

Boxborough author Francie Nolde has written *She Looked to the Sky*, a biography and memoir about her mother, who had a remarkable life as a pioneer aviator during WWII and the Cold War. Francie will give a reading after the COA luncheon on **Wednesday, January 11**. The reading will start at **1:15 PM** with questions and signing to follow. You can buy the book at your local book store if you want it signed at the talk.

Let us know if you would like to attend the reading by emailing to cregan@boxborough-ma.gov or calling 978-264-1730.

Coordinator's Corner

I hope you had a happy holiday season.

I am pleased to announce we are offering a Podiatry Clinic at the Community Center again. Also, of note, our Wellness Clinic is now going to be the hour before our COA lunches. Please see the articles below.

Our recent trip to the Tower Hill Night Lights was a huge success. The next trip is to the Bach's Lunch Concert Series at Groton Hill Music Center. We can reserve one or two tables. Please let us know if you would like a seat with or without our transportation. We hope to continue with the Bach's Lunch trip every month and begin offering a variety of trips in the new year.

With regard to winter weather, if Acton-Boxborough schools are cancelled due to winter weather, we do not run our van and our programs may be cancelled or possibly changed to a Zoom format. Call us if you have any questions.

Best wishes for a Happy and Healthy New Year 2023!

Kim

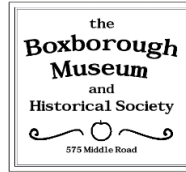
Nashoba Associated Boards of Health Wellness Clinic

Public Health Nurse Alicia Lepardo, RN will be offering the monthly Wellness Clinic on the second Wednesday of the month, right before the monthly COA lunch. She will introduce herself at our January lunch and explain what services she can offer besides a blood pressure check. Please stop by the Wellness Clinic at the **Community Center** from **11 AM to noon, Wednesday, January 11** to speak with her privately.



Podiatry Clinic

Great news! We are offering a Podiatry Clinic at the **Community Center** on **Monday, January 23** beginning at **1 PM**. Every 6 weeks our new podiatrist, Alissa Kuizinas, DPM will be trimming toenails, treating calluses, and evaluating overall foot health for \$35 in cash or check paid directly to her. Please call 978-264-1730 or 978-264-1717 to make an appointment.



The Museum will be open **2-4 PM** on Sundays,

- January 8
- February 12
- March 12

Public Safety

As the winter season is upon us, please remember to take the cold and inclement weather seriously. First, plan ahead and leave extra time for travel. Road conditions make traveling difficult in the winter months. Second, dress appropriately, including hats, gloves, and socks. Frostbite can occur in as little as 10 minutes. Finally, shoveling snow can cause serious injury which includes back, shoulder, leg, and foot injuries, and even heart attacks. Take constant breaks, use a good shovel, and wear proper footwear to avoid slipping.

As always, the dedicated members of the Boxborough Police Department are here to serve the community. Stay safe and stay warm.

In Health,
John Szewczyk, Interim Chief of Police

Bach's Lunch Concert Series

Groton Hill Music Center recently brought back their series of free monthly musical performances at their beautiful new facility at **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 on the second Thursday of the month.

The COA will be reserving a table and offering a van trip for the **1:30 PM** concert on **Thursday, February 9**. The Stone Arch Piano Trio will be performing pieces from Handel to Cole Porter. Cost for the van is \$4 roundtrip. Complimentary coffee, tea, and cookies are served, and you may bring your lunch. If you are interested in attending this free event with or without taking the van, you must sign up by **January 26** by emailing cregan@boxborough-ma.gov or calling 978-264-1730. Space is limited. Visit Groton Hill Music Center's website at grotonhill.org for more information.

January 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
1 Happy New Year	2 Observance of New Year Day Town offices and library closed.	3 10:30-Fitness w/Holly via Zoom 1-Game Day	4 9-Fitness w/Holly In person 2-Knitting Group	5 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In person	6 9-Fitness w/Holly via Zoom	7 <i>Minuteman Tree Pickup</i>
8 2 PM-4 PM Boxborough Museum	9 9-Fitness w/Holly In person 1-Monday Movies	10 10:30-Fitness w/Holly via Zoom 1-Game Day	11 9-Fitness w/Holly In person 10-CHNA Zoom event 'Improving Health through Nutrition' 11-Wellness clinic Noon-COA Luncheon <i>Sponsor: Argento Electric</i> 1:15-Author to Speak 2-Knitting Group	12 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In person 1:30-Bach's Lunch	13 9-Fitness w/Holly via Zoom	14
15	16 MLK, Jr. Day Town offices and library closed.	17 10:30-Fitness w/Holly via Zoom 1-Game Day	18 9-Fitness w/Holly In person 2-Knitting Group	19 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In person	20 9-Fitness w/Holly via Zoom	21
22	23 9-Fitness w/Holly In person 1-Podiatry Clinic 1-Monday Movies	24 10:30-Fitness w/Holly via Zoom 1-Game Day	25 9-Fitness w/Holly In person 2-Knitting Group	26 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In person	27 9-Fitness w/Holly via Zoom	28 1 PM- 2:15 PM Superfoods 101 at library
29	30 9-Fitness w/Holly In person 1-Monday Movies	31 10:30-Fitness w/Holly via Zoom 1-Game Day				

Out of Town Mt. Calvary Church, Acton

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



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 in person at the Community Center, Mondays and Wednesdays at 9 AM. *(No classes December 26 through January 2, January 16, and February 20.)*

Fitness with Holly via Zoom

Class meets via Zoom Tuesdays at 10:30 AM and Fridays at 9 AM. *(No classes from December 26 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-stitching, 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

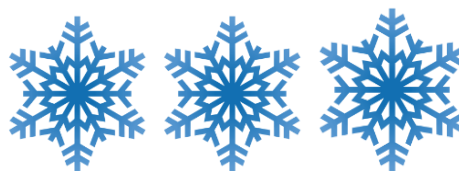
Chair Yoga Modified yoga poses performed with a chair for added support. Meets Thursdays at 9:30 AM in person and on Zoom. *(No classes from December 26 through January 2.)*

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 A variety of movies are shown each week on Mondays at 1 PM at the Sargent Memorial Library.

Wellness Clinic Held on the second Wednesday at 11 AM. Nashoba Associated Boards of Health hosts a monthly wellness check for all ages at the Community Center.

Podiatry Clinic Held on January 23 at 1 PM and subsequent Mondays, every 6 weeks at the Community Center. Appointments are required.



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 Road, Boxborough, MA 01719**. Make checks payable to the **Friends of the COA**. Thanks.

Donation (\$ _____)

\$5 _____ \$10 _____ Other _____

Name _____

Address _____

In Memory or in Honor of

Attention Seniors! Be on the Lookout

When the Town Clerk's Annual Street Census mailing arrives at your home in January, please complete the form, sign, and either return it by mail or drop it off at Town Hall. This form is used by the Fire and Police Departments to locate you in the event of an emergency. It is also used to keep track of senior citizens' needs and for certain privileges such as veterans' benefits and jury lists. The local census does not register anyone to vote, but failure to answer the census may result in your name being removed from the voter list.

Christmas Tree Pickup

The Boxborough Minutemen, with help from the Boxborough DPW, will be collecting and chipping Christmas trees from Boxborough residents on **Saturday, January 7**. Look for sign-up forms on the Boxborough Minutemen website: boxboroughminutemen.org. Printed forms will also be available at Town Hall if you prefer to use mail. The cost for pickup is \$15. Deadline for all payments is **January 3**. 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 Mass Ave (Rte. 111) on **Saturday, January 7** 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@boxboroughmen.org.



Library News

There are two events to highlight this month in addition to our regular Monday movies for adults.

Superfoods 101 will be presented on **Saturday, January 28** from **1 to 2:15 PM**. This is an educational culinary workshop presented by Kim Larkin of Klassic Kreationz celebrating the power of superfoods. You will learn food prep tips and techniques and try some unique samplings such as cacao protein balls, acai smoothies, goji berries, and dark chocolate. Registration is required. Log on to <https://tinyurl.com/JanSuperfoods101> to register.

During our Adult Craft Night in December, we made winter gnomes from yarn. The date and time for January crafting have yet to be determined. Please follow us on social media or check our website for details and updates.

CHNA Program

Emerson Health is one of the sponsors of the grant that funds our CHNA (Community Health Needs Assessment) programs. CHNA is offering an online class called **"Improving Health Through Nutrition: A Healthy Diet at Any Age"** on **Wednesday, January 11** at **10 AM** at the **Sargent Memorial Library**.

"While discussing the components of a healthy, balanced diet, learn how nutrition affects optimal aging, the relationship between nutrition in maintaining overall health, and how to make health and nutrition decisions going forward." Instructor: Rhonda Hamer, Functional Aging and Senior Fitness specialist.

Log onto <https://tinyurl.com/JanSuperfoods101> to register for this free class.

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.

Osher Lifelong Learning Institute Free Programs

UMass Boston's Osher Lifelong Institute (OLLI) will once again be offering free winter programs to both members and nonmembers alike in January and February. Events are currently being scheduled, including the annual OLLI Winter Film Series. Programs will be held virtually via Zoom. A tentative listing of events will be released in mid-December and posted at <https://www.umb.edu/olli/events>. Email to olliref@gmail.com to sign up.

**– Submit Items for the February issue by January 7 –
boxboroughbuzz@gmail.com**



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