

# THE BOXBOROUGH BUZZZ

SENIOR NEWS YOU CAN USE

**August-September 2021**

## **Council on Aging**

Kimberley Dee, COA Coordinator  
978-264-1717 - New Hours:  
Mon- Thurs, 8 AM - 4PM  
kdee@boxborough-ma.gov  
Cindy Regan, Dept. Assistant  
978-264-1730  
cregan@boxborough-ma.gov

## **COA Board**

Bill Litant, Chair  
Anne Canfield, Vice Chair  
Barbara Wheeler, Secretary  
Tina Bhatia  
Barbara Birt  
Taryn Light  
Karen Whitcomb  
John Fallon, FCOA Liaison  
John Markiewicz, Select  
Board Liaison  
Tyler Forbes, Police Dept. 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  
Loretta Grushecky  
Mary Nadwairski  
Mary Pavlik  
Georgia Winfrey

## **Buzz Production Team**

Tina Bhatia  
Barbara Birt  
Anne Canfield  
Taryn Light  
Tess Summers

## **August Ice Cream**

This "Grab 'n Go" free ice cream event, brought to us through the CHNA Grant, is a chance for you to order from an ice cream truck. The event takes place on **Wednesday, August 11**, from **1:45-2:45 PM**, in the **Town Hall parking lot**. Arrival times are by last name: A-D, 1:45 PM; E-K, 2 PM; L-R, 2:15 PM; and S-Z, 2:30 PM. When you arrive, please wait in your car for instructions about ordering your ice cream. Space is limited. Please **RSVP** to the COA by calling 978-264-1730

## **September Lunch at the Community Center**

It's been 18 months since the COA last held a monthly lunch at the Community Center. We are pleased to inform you that The Friends of the Council on Aging (FCOA) will be sponsoring a complete ham dinner with dessert at the **Community Center** on **Wednesday, September 8**, at **noon**. It will be great to once again enjoy a meal together. This event is for residents age 60 and above. Space is limited. Please **RSVP** to the COA by calling 978-264-1730.

## **Fifer's Day**

On **Saturday, September 11**, Boxborough will celebrate Fifer's Day at **Flerra Meadows** on **Stow Road** in Boxborough. Fifer's Day is jointly sponsored by the Boxborough District Minuteman Company and the Town of Boxborough's Public Celebrations and Ceremonies Committee. The day will commence with the Fifer's Four Mile Road Race in the morning, followed by a parade from the Blanchard School to Flerra Field, and then presentation of the Golden Fife Award. The Fair activities start at **noon** and include food and barbecue, including a vegetarian option, children's games and activities, volleyball tournament, booths representing Town organizations, a craft fair, and live music throughout the afternoon. For more information, or to sign up for a non-profit booth, craft booth, road race, or volleyball, please go to [fifersday.org](http://fifersday.org).

## COA Coordinator's Corner

After a long hiatus due to the pandemic, we are excited to bring a variety of programs back to the Boxborough Community Center: from our monthly lunch, fitness, yoga, and line dancing classes, to the Wellness Clinic, Podiatry Clinic, and Game Day.

### We're Back

The Nashoba Associated Boards of Health is once again offering free **Wellness Clinics** at the **Community Center**. They take place on the third Wednesday of the month from **2-3 PM** beginning **September 15**. The clinic includes health assessments and screenings, blood pressure check, consultations, and referrals to community resources. For further information contact the Nashoba Associated



Boards of Health at 978-772-3335, ext. 340. No reservation needed.

Podiatrist Dr. Ayleen Gregorian will be offering a **Podiatry Clinic** on **Monday, September 27**, from **1-4 PM** at the **Community Center**.

Trimming of toenails, treatment of corns and calluses, and a screening for foot health will be offered for \$35. Bring cash or a check payable to Dr. Ayleen Gregorian.

**Reservations are needed**, so please call the **COA** at 978-264-1730 to make an appointment.

Consider the welfare of others. If you don't feel well, please stay at home. We encourage all participants to follow current COVID-19 protocols for mask wearing and social distancing, particularly if you are unvaccinated. If you are fully vaccinated and feel more comfortable wearing a mask, feel free to do so, but it is not mandated.

Please join us for some or all of our programs. Looking forward to seeing you soon,

*Kim*

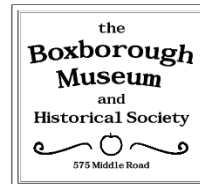
## Elders Corner

This is a reminder to change your smoke/CO detector batteries. If you need assistance with changing the batteries, please contact the Boxborough Fire Department. Batteries should be replaced twice a year to ensure detectors are working properly.



Remember, stay hydrated during these hot summer days. Stay happy and safe.

*Courtney Panaro,*  
FF/EMT



The Museum will be open on the following Sundays:

- **August 8**
- **September 12**
- **October 10**

The Boxborough Museum is located at **575 Middle Road** and will be open from **2-4 PM**. Come see Boxborough's historic treasures, including the 1850's scale that is sensitive enough to weigh a penny and strong enough to calibrate a 50-pound weight, the "new" hearse built in 1881, and the "old" hearse. (Come and see how old is old.)

Admission is free and all are welcome. In accordance with CDC guidelines, those who are not fully vaccinated should wear masks. For more information, or if anyone wishes to arrange a private tour for a small group at a different time, please call John Fallon at 978-264-0069.



## Live Music at the Community Center

Join the COA for a free musical performance at the **Community Center** on **Tuesday, September 14, at 1 PM**. Steve Hurl and his Jumpin' Juba band will play Blues and Roots-Rock tunes. Light refreshments will be served. **RSVP** by calling 978-264-1730.

*This performance is supported in part by a grant from the Acton-Boxborough Cultural Council, a local agency supported by the Massachusetts Cultural Council.*

## Boxborough Archeology Through Photography

The Boxborough Historical Society is proud to present "Boxborough Archeology Through Photography." This display which features photographs taken by Society member Arden Veley, can be seen in **the Meeting Room** at the **Sargent Memorial Library** during the month of **September**. The archeological remains in Boxborough, spanning over 250 years, are many and varied: colonial cellar holes, stone bridges, foundations of old barns and ice houses, rusting farm machinery, early cars decomposing in the woods, farmers' trash heaps, old mill sites, museum artifacts, colonial cemeteries, hand-dug stone-lined wells, quarries, railroad underpasses as well as barns and houses from the late 1600s to the mid-1800s. This photographic exhibit will bring back to life what time has hidden. Come see the early roots of Boxborough. Many thanks to the Library for providing exhibit space.

*This exhibit is supported in part by a grant from the Acton Boxborough Cultural Council, a local agency supported by the Massachusetts Cultural Council.*

## Library News

Happy News. The library is fully open. We encourage you to wear a mask to protect our youngest and other unvaccinated visitors. Come in to read the daily newspaper, grab some books or movies, or sit for a while and get out of the heat or rain.

On **Saturday, August 28 at 1:30 PM**, there will be a **workshop** on Shakespeare's ***Much Ado About Nothing***. Join Brown Box Theatre Project for an engaging, exciting exploration of Shakespeare's words and worlds. This event is free and **pre-registration is encouraged**. (boxlib.org).

A performance of ***Much Ado About Nothing*** will take place on the same day from **7:30-9 PM** on the **Library lawn**, weather permitting. The play is filled with witty banter and dastardly deception. Because it is an outdoor event, check the library's website and social media for event status.

*The performance is made possible through the generosity of the Whitcomb House Trust, the Friends of the Library, and the Sargent Memorial Library Foundation.*

Enjoy an hour of merry making with **North Sea Gas**, the award-winning Scottish band that will perform Celtic music, stories, and banter on **Tuesday, September 14** from **7 to 8 PM** at the **Library**.



*This program is sponsored by the Whitcomb House Trust Fund.*

## COA Van Services

COA van services are available to all Boxborough residents age 60 or older, and to adults with disabilities. 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 grocery shopping, medical appointments, the pharmacy, and more. It is sanitized between trips to reduce the risk of COVID-19. Drivers and passengers must wear a mask or other face covering. To book a ride, call 978-264-1730, preferably two days in advance. The current fare is \$1 each way for local trips.

## Fall Exercise Class Schedule

Registration for all classes runs from Monday August 9 through Friday August 20.

**Registration forms will be posted on Boxborough's COA webpage.** Minimum class size is six Boxborough residents, and they will have priority over participants from other towns.

### Fitness with Holly

Classes **begin September 1.** The 60-minute classes are held on **Mondays, Wednesdays, and Fridays** from **9-10 AM**. Tuesday classes will be from **10:30-11:30 AM**. Monday and Wednesday classes will be held in-person at the **Community Center**; Tuesday and Friday classes will be held **via zoom**. Fees:

- 1x/week—\$48
- 2x/week—\$84
- 3x/week—\$108



### Yoga with Rebecca

- Classes begin **September 9.** Rebecca will continue to offer (simultaneously) classes both in-person at the **Community Center** and on **Zoom**.
- Chair Yoga, a 60-minute class with modified yoga exercises and poses, is performed in a chair for added support. Meets **Thursdays** at **9:30 AM**. Fee \$48.
- Mat Stretch & Flex, a 45-minute-class with floor and standing yoga exercises and poses is for strength building and flexibility. Meets **Thursdays** at **11 AM** at the **Community Center**. Fee: \$36.



### Line Dancing with Sam

Class **begins September 13.** The 60-minute in-person class includes a variety of musical genres and line dances for beginners to most ability levels. **Meets Mondays** at **11 AM** at the **Community Center**. Fee: \$48.

## Join the Fun with Line Dancing

Maybe you've done a little line dancing at a wedding or party, loved it, and wished you could do more? Maybe you are a single person who would love a form of dance where a partner isn't needed? And maybe you just might be looking for something new to try and get a little exercise to boot. Sam O'Clair will teach you the basic steps and have you dancing in minutes. You will dance to all different genres of music (pop, country, oldies, and more). Wear comfy clothes – layers are good, shoes with soles that will slide easily (sneakers stick, and a leather sole works best). Bring a bottle of water and sign up with your friends.

### September Digital Photography Class

Are you're interested in learning how to take better photos with your smartphone or digital camera? If so, the COA and photographer Steve McGrath are offering a 5-week digital photography class for \$25 on **Thursdays in September** from **2:30-4 PM** beginning **September 2.** We need at least 8 sign-ups to run the class. One or two classes will be held outside to allow for photo-taking. The rest of the classes will be at the **Community Center**. Steve McGrath is a seasoned photographer with over 30 years of experience in both digital and traditional analog photography. Contact the COA at 978-264-1730 or [cregan@boxborough-ma.gov](mailto:cregan@boxborough-ma.gov) **to register** for the class.

### Game Day Returns

Starting **Tuesday, August 10,** we are reintroducing a free Game Day at the **Community Center**. Escape the heat and drop in on **Tuesday afternoons** from **1-3:30 PM** for fun and games. Come alone or bring a friend. Join us for table top and card games like Mah-Jongg, Rummikub, Mexican Train Dominoes, Scrabble, Samba, UNO, Cribbage, and more. Bring your favorite game, or learn a new one, and share the fun with others. Contact Kim Dee, COA Coordinator, with any questions at 978-264-1717.

## Massachusetts State Parks

### Senior Parking Pass

Do you enjoy visiting Massachusetts State parks and beaches? Massachusetts residents age 62 and older are eligible for a discounted lifetime parking pass. This pass covers the cost of parking at most state parks and is only \$10.

If you're eligible for a Senior Parking Pass, you can send a request to:

Central Regional Office  
355 West Boylston Street, Route 110  
Clinton, MA 01510  
Attention: Senior Pass

Include a copy of your Massachusetts driver's license or other official proof of state residency and your age, a check for \$10 to the Commonwealth of Massachusetts, and a contact phone number or email in case we need to reach you.

A list of the 160 Massachusetts state parks and beaches can be found. Visit their website [bit.ly/3rj4vIn](http://bit.ly/3rj4vIn)

### America the Beautiful – The National Parks and Federal Recreational Lands Pass Series

If you're planning to visit a National Park soon, you may want to consider buying a senior pass. The \$80 (lifetime) and \$20 (annual) senior passes provide admittance to more than 2,000 recreation sites managed by six Federal agencies, with up to 100% of the proceeds used to improve and enhance visitors' recreation services. U.S. citizens or permanent residents who are age 62 or older qualify for a senior pass. Massachusetts is home to 15 National Parks, including the national seashore beaches on Cape Cod.

At many sites, the Senior Pass provides the pass owner a discount on other fees for camping, swimming, boat launching, and guided tours.

For more info on how to obtain a National Parks Senior Pass visit the website [on.doi.gov/3riFo8y](http://on.doi.gov/3riFo8y)

## Did You Know?

If you or a friend or family member need adult diapers and feminine hygiene products, please visit the Library as they have these items free for residents. Visit their website for hours or call 978-263-4680 to learn more about how you can get these items.

While you are at the Library, don't forget to check out the other resources that are free to borrow. The Library also hosts events and programs for all ages. Check their website or follow them on Twitter (@boxlib) for the most up to date news.

## Upcoming CHNA Programs

Listed below are three **free** programs the CHNA Grant will sponsor in August and September. We encourage you to take advantage of all of them.

- *Resilience after COVID: A Re-entry Conversation*—**Monday, August 9, at 11 AM** (via zoom) a one-hour program will take place. Presenter Audrey May (LMHC) will focus the presentation on concrete ways for managing the effects of trauma associated with the COVID-19 pandemic. She will also discuss strategies for gradual re-entry into the community. **Pre-registration is required.** For more information, contact Sheryl Ball at the Acton Health Department ([sball@acton-ma.gov](mailto:sball@acton-ma.gov)) or call 978-929-6453.
- *Ice Cream Event*: See page 1 for details on this CHNA event on August 11.
- *Mindfulness / Meditation*: An 8-week session of this popular class begins (via zoom) on **Monday, September 13, at 10 AM. Pre-registration is required.** Register with this link: [bit.ly/3rmB73V](http://bit.ly/3rmB73V)





## August 2021

SUN	MON	TUES	WED	THUR	FRI	SAT
<i>1</i>	<i>2</i> 9-Fitness w/Holly Level 2	<i>3</i> 10:30-Fitness w/Holly Level 1	<i>4</i> 9-Fitness w/Holly Level 2	<i>5</i> 9-Chair Yoga 10:30-Stretch/Flex Yoga	<i>6</i> 9-Fitness w/Holly Level 2 10:30-Fitness w/Holly Level 1	<i>7</i>
<i>8</i> 2-4 Boxborough Museum	<i>9</i> 9-Fitness w/Holly Level 2 <b>11-Resilience after COVID: A Re-entry Conversation Via Zoom w/CHNA</b>	<i>10</i> 10:30-Fitness w/Holly Level 1 1-Game Day	<i>11</i> 9-Fitness w/Holly Level 2 <b>1:45 Grab 'n Go Ice Cream Truck</b>	<i>12</i>	<i>13</i> 9-Fitness w/Holly Level 2 10:30-Fitness w/Holly Level 1	<i>14</i>
<i>15</i>	<i>16</i> 9-Fitness w/Holly Level 2	<i>17</i> 10:30-Fitness w/Holly Level 1 1-Game Day	<i>18</i> 9-Fitness w/Holly Level 2	<i>19</i> 9-Chair Yoga 10:30-Stretch/Flex Yoga	<i>20</i> 9-Fitness w/Holly Level 2 10:30-Fitness w/Holly Level 1	<i>21</i>
<i>22</i>	<i>23</i> 9-Fitness w/Holly Level 2	<i>24</i> 10:30-Fitness w/Holly Level 1 1-Game Day	<i>25</i> 9-Fitness w/Holly Level 2	<i>26</i> 9-Chair Yoga 10:30-Stretch/Flex Yoga	<i>27</i> 9-Fitness w/Holly Level 2 10:30-Fitness w/Holly Level 1	<i>28</i> <b>1:30 Shakespeare Workshop 7:30 Shakespeare Performance at the Library</b>
<i>29</i>	<i>30</i> 9-Fitness w/Holly Level 2	<i>31</i> 10:30-Fitness w/Holly Level 1 1-Game Day				

<b>Out of Town</b>	<b>Mt. Calvary Church, Acton</b>	Community Supper, Wed, 5-6 PM curbside pick -up 'Meals to Go'
--------------------	----------------------------------	---

## September 2021

SUN	MON	TUES	WED	THUR	FRI	SAT
			<i>1</i> 9- Fitness w/Holly in Person	<i>2</i> 9:30-Chair Yoga 11-Mat & Stretch Yoga 2:30 Digital Photo Class	<i>3</i> 9- Fitness w/Holly via Zoom	<i>4</i>
<i>5</i>	<i>6</i> <b>Labor Day Town offices and library closed</b>	<i>7</i> 10:30-Fitness w/Holly via Zoom 1-Game Day	<i>8</i> 9- Fitness w/Holly in Person <b>Noon-COA lunch sponsored by FCOA</b>	<i>9</i> 9:30-Chair Yoga 11- Mat & Stretch Yoga 2:30-Digital Photo Class	<i>10</i> 9-Fitness w/Holly via Zoom	<i>11</i> <b>Noon Fifer's Day at Flerra Meadows</b>
<i>12</i> 2-4 Boxborough Museum	<i>13</i> 9- Fitness w/Holly in Person 10-Mindfulness/ Meditation via Zoom 11-Line Dancing in person	<i>14</i> 10:30-Fitness w/Holly via Zoom <b>1PM-Jumpin' Juba Band 7PM-North Sea Gas at the Library</b>	<i>15</i> 9- Fitness w/Holly in Person 2-Wellness Clinic	<i>16</i> 9:30-Chair Yoga 11- Mat & Stretch Yoga 2:30-Digital Photo Class	<i>17</i> 9-Fitness w/Holly via Zoom	<i>18</i>
<i>19</i>	<i>20</i> 9- Fitness w/Holly in Person 10-Mindfulness/ Meditation via Zoom 11-Line Dancing in person	<i>21</i> 10:30-Fitness w/Holly via Zoom 1-Game Day	<i>22</i> 9- Fitness w/Holly in Person	<i>23</i> 9:30-Chair Yoga 11- Mat & Stretch Yoga 2:30-Digital Photo Class	<i>24</i> 9-Fitness w/Holly via Zoom	<i>25</i>
<i>26</i>	<i>27</i> 9- Fitness w/Holly in Person 10-Mind. Meditation 11-Line Dancing in person 1- Podiatry Clinic	<i>28</i> 10:30-Fitness w/Holly via Zoom 1-Game Day	<i>29</i> 9- Fitness w/Holly in Person	<i>30</i> 9:30-Chair Yoga 11 Mat & Stretch Yoga 2:30-Digital Photo Class		

**Out of Town**

**Mt. Calvary Church, Acton**

Community Supper, Wed, 5-6 PM curbside pick-up 'Meals to Go'

---

The **Acton Food Pantry** needs paper bags, plastic bags, and egg cartons. Drop them off at 235 Summer Road, Building 1, in Boxborough, on Wednesdays, from 9:30 AM–7 PM, or on Thursdays, from 9:30 – 11:30 AM. The Pantry is closed the fourth week each month. questions? Call 978-635-9295.

---

**Good News** for Boxborough’s seniors. Our COA Coordinator, Kim Dee, has new extended office hours. She will be in her office Mondays through Thursdays, from 8 AM - 4 PM.

---



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

**– Submit Items for October issue by September 7 –  
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