

THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

February 2026

Council on Aging

Kimberley Dee,
Human Services Director
978-264-1717
kdee@boxborough-ma.gov
Ami Scheen, Administrative
Assistant 978-264-1730
ascheen@boxborough-ma.gov

COA Board

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Santosh Verma, Vice Chair
Barbara Birt, Clerk
Tina Bhatia
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Bob Stemple, Select Board –
10 AM Office Hours first
Wednesday of each month
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February Lunch

Benchmark Senior Living at Robbins Brook will sponsor our monthly lunch on **Wednesday, February 11** at **noon** at the **Community Center**. Their menu is baked honey ham, pineapple raisin sauce, mashed sweet potatoes, green beans, rolls, and frosted chocolate cake. A vegetarian option will be available. This option must be requested when RSVP is submitted. Please **RSVP** to the COA beginning February 3 All Boxborough older adults are welcome.

Robbins Brook is an award-winning assisted living community in Acton that offers a variety of living options including a memory care unit. Residents, friends, and family enjoy the comfortable setting and the beautifully landscaped grounds. Proximity to restaurants, shopping, and historic landmarks allows Robbins Brook to provide diverse offsite activities.

We welcome your donations for the Acton Food Pantry at all our lunches. Shelf stable foods, cooking oil, and large, brown paper bags are always appreciated.

Vocalist/Musician Damon Abetz Returns

Back by popular demand, Damon returns to entertain Boxborough's residents with songs inspired by Valentine's Day. You can look forward to songs by artists from the 1960's to 1980's performed while Damon plays the keyboard or guitar. This exciting event will take place on **Thursday, February 12** at the **Community Center** at **1:30 PM**. Please **RSVP** by Thursday February 5.

Reiki with Rama

On **Thursday, February 26** Rama Patcha will be offering four free 30-minute sessions of the Japanese practice of Reiki in the Veterans' office at **Town Hall** from **1:30 to 3:30 PM**. Reiki is a gentle touch therapy that treats the body, emotions, mind, and spirit creating many beneficial effects that include relaxation, feelings of peace, and wellbeing. It is a simple, natural, safe method of spiritual healing and self-improvement. Rama Putcha is a certified Reiki master who is offering these introductory services at no charge. Call the COA for an appointment.

Please note: All Boxborough COA **RSVPs** should be made to:
Ami at ascheen@boxborough-ma.gov or 978-264-1730 or to
Kim at kdee@boxborough-ma.gov or 978-264-1717.

Kim's Corner

Happy February! Happy Valentine's Day, as well!

With the help of volunteers, we send out over 900 Buzz newsletters in the U.S. Mail and a little over 100 electronic versions to email addresses. Please consider opting to get your next Buzz newsletter in your email (in color). Just call the COA or send us an email and we will put you on our email list. You will be saving paper, and therefore trees, as well as saving us the cost of printing and postage.

We are adding a new program, Reiki with Rama, free of charge and offered by a former Boxborough resident, Rama Putcha. Please see the article on page 1 for more information.

This month the Town Hall, the Library, and the Community Center will be closed on Monday, February 16 in observance of the Presidents' Day Holiday.

Wishing you good health and good times,
Kim

Well Adult Clinic



The Nashoba Associated Boards of Health holds a Well Adult Clinic on the second Wednesday of the month at the Community Center. It starts on

Wednesday, February 11 at 11:15 AM to 12:15 PM just prior to our monthly COA Lunch. Their registered nurse will check blood pressure and answer medical questions. RSVP is not needed.

Podiatry Clinic

Our next Podiatry Clinic with Alissa Kuizinas, DPM, is tentatively scheduled for

Wednesday, March 18 at the Community Center. Fifteen-minute appointments are scheduled from **10:30 AM to 3:30 PM.**

Appointments can be made after Monday, March 2 by calling the COA. Space is limited. Her \$45 fee is paid directly to her, with cash or check, at the time of the appointment.

Coffee & Chat with Kim



Join me and other Boxborough residents on **Wednesday, February 25 at 10:30 AM** at the **Community Center** for casual conversation and a free cup of coffee, tea, or hot cocoa and a light snack. RSVP is not needed but welcomed. Hope you can make it.

Best,
Kim

Public Safety News

Hello Boxborough Residents, Happy New Year! Boxborough Fire Department offers the Senior Safe program in residents' homes. Senior Safe offers smoke and carbon dioxide detector installations, and testing with replacement of batteries. Call the Boxborough Fire Department non-emergency line at 978-264-1785 to make an appointment.

People facing mobility issues may need to revise their home escape plans to ensure they are accessible and effective, and to plan ahead for fire or medical emergencies.

Best regards,
FF. Courtney Panaro



The Museum will be open **2 to 4 PM Sundays**

- **February 8**
- **March 8**
- **April 12**

Call John Fallon 978-264-0069 to schedule visits at other times.



Out to Lunch

Join us on **Wednesday, February 25** at **11:30 AM**, at the **Fife and Drum Restaurant** in the Northeastern Correctional Center, 976 Barretts Mill Road, West Concord. This restaurant provides a culinary arts program for inmates housed at the facility.

Before attending the lunch, review the following requirements:

- Bring a state issued ID.
- Cost is \$3.21. Bring exact change.
- Do not bring purses, wallets, keys, or cell phones.
- Do not wear jeans, tip inmates, or divulge any personal information.

If driving, park in visitor parking on the right side of the parking lot. Follow the walkway to the Gralton Hill Building on your left, Building #1. Go through the double doors. To the left is the officer's station where you must check in and hand in your ID.

The COA van will be on a first come, first served basis, leaving Town Hall at 11 AM. Roundtrip is \$2 per person. Please **RSVP** by February 17.

Ask A Lawyer

Attorney Kitty O'Connor of Ekel, Hoag & O'Connor, Acton, will be offering free 15-minute appointments with Boxborough residents age 60+ on **Wednesday, February 4** from **11 AM to 1 PM**. She will meet with you at the **Town Hall** in the Veterans' Office located in the Morse/Hilberg Room on the second floor. Please call the COA to make an appointment. Next month, Attorney Cathleen Summers of Generations Law Group, Acton will be meeting with residents on **Wednesday, March 4**.

How to Navigate Homecare

On **Thursday, February 19** at **1:30 PM** in the **Community Center**, a representative from My Personal Home Health Care will provide educational information designed to help seniors better understand in-home support options. Topics include how home care works, when it may be helpful, and the different ways services can be accessed and paid for. The goal is to provide clarity and resources so you can make informed decisions that fit your unique needs. **RSVP** by Tuesday, February 17.

Lots of Options with a Free Transfer Station Sticker

Trash disposal is part of everyday life. If you have a private contractor picking up your trash or use your apartment/condo complex receptacles, you may not have the disposal options that are available at the Boxborough Transfer Station. Boxborough senior residents (age 65 and older) are entitled to a free Transfer Station sticker.

The Boxborough Transfer Station, 520 Codman Hill Road, accepts appliances, batteries, computers and displays (CRTs and LCDs), light bulbs, mattresses, TVs, and many other difficult-to-dispose-of items. There is also a Swap Shed (seasonal), where residents can drop off or pick up gently used, functional items.

Additionally, there are bins for textile donations for unwearable or unusable items (baystatetextiles.com), and compost bins for food scraps (blackearthcompost.com) that get converted into nutrient-rich soil for local farmers and gardeners.

For complete information, visit boxborough-ma.gov/266/Transfer-Station.

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 offered **Tuesdays, Wednesdays, and Thursdays, 9:30 AM to 3:30 PM**. The van travels to towns bordering Boxborough and may be used for medical appointments and local errands for \$1 each way. Medical rides to Concord are \$1 each way. Medical rides to other towns are subject to availability and rates are based on distance. To book a ride, call 978-264-1730, preferably 2 days in advance.

We offer Boxborough seniors and disabled adults transportation, through our **Go Boxborough!** program, 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.

February 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
<i>1</i>	<i>2</i> 9-Fitness w/Holly 10:30-Brains & Balance	<i>3</i> 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day 3-Grief Support Group at Library 4-Repair & Renew Workshop at Library	<i>4</i> 9-Fitness w/Holly 11-Ask a Lawyer 2-Knitting Group	<i>5</i> 10:30-Mat Yoga w/Eleanora 6-Adult Craft at Library	<i>6</i> 9-Fitness w/Holly via Zoom	<i>7</i> 10 AM Movement Series Zumba at Library
<i>8</i> 2-4 PM Boxborough Museum	<i>9</i> 9-Fitness w/Holly 10:30-Brains & Balance 2-COA Board Meeting	<i>10</i> 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day 1-Adult Craft at Library	<i>11</i> 9-Fitness w/Holly 11:15 Well Adult Clinic Noon-COA Luncheon Sponsor: Benchmark at Robbins Brook 2-Knitting Group	<i>12</i> 10:30-Mat Yoga w/Eleanora 1:30- Vocalist/Musician Damon Abetz	<i>13</i> 9-Fitness w/Holly via Zoom	<i>14</i> Valentine's Day
<i>15</i>	<i>16</i> Presidents' Day Town Offices and Library closed	<i>17</i> 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day	<i>18</i> 9-Fitness w/Holly 2-Knitting Group	<i>19</i> 10:30-Mat Yoga w/Eleanora 1:30- How to Navigate Homecare	<i>20</i> 9-Fitness w/Holly via Zoom	<i>21</i> 10 AM Movement Series Line Dancing at Library
<i>22</i>	<i>23</i> 9-Fitness w/Holly 10:30-Brains & Balance	<i>24</i> 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day	<i>25</i> 9-Fitness w/Holly 10:30 Coffee & Chat with Kim 11:30-Out to Lunch at Fife & Drum in Concord 2-Knitting Group	<i>26</i> 10:30-Mat Yoga w/Eleanora 1:30-Reiki with Rama at Town Hall	<i>27</i> 9-Fitness w/Holly via Zoom	<i>28</i> 10 AM Movement Series Mindfulness at Library

Out of Town Mt. Calvary Church, Acton

Community Supper, Wednesdays, 4:45 to 5:45 PM

Game Day

What is Game Day? It's a great way to chat and catch up with new and old friends while playing games. Our regulars are more than happy to share games including Mexican Train, Cribbage, Bridge, and many more. Game Day meets on **Tuesdays** from **1 to 3:45 PM** at the **Community Center**.

Senior AARP Tax-Aide Program

You can make a free tax appointment for a Friday or Saturday from February 6 through April 10 at the Maynard Public Library (978-760-9146). You can also make an appointment at the Acton Senior Center (978-929-6652) for a Monday from February 2 through April 6 (excluding February 16). A form is available at both locations, which must be completed before your appointment.

Appointments in Maynard will be for about an hour and you will leave with completed returns.

You will make two appointments in Acton. The first appointment is to drop off your documents with the preparer, less than 15 minutes. The second, about a week later is to review and receive the completed return, for 15 to 30 minutes.

Taxpayers with complex returns or high levels of income are advised to seek professional tax preparers.

Library Events for February

- **Repair & Renew Workshop: Mending Holes in Sweaters & Socks**, Tuesday, February 3 at 4 PM.
With sweater season in full swing, now is the perfect time to check for those tiny holes that show up from wear, washing, or winter storage. At this workshop, you'll learn simple, practical techniques to mend small holes in sweaters and socks, whether caused by moths or everyday use. This is a beginner-friendly class—no prior sewing experience needed. Just bring a garment and join us for a relaxing, hands-on session that will help you extend the life of your favorite knits.
- **Adult Craft Time: Rubber Stamp Carving**, Thursday, February 5 at 6 PM and Tuesday, February 10 at 1 PM.
Calling all creative adults, come get crafty with us at the library! Crafts vary monthly and supplies are provided.

For questions, please contact Meghan at mbouffard@cwmares.org.



Happy Valentines Day

The Friends of the Council on Aging provides financial and volunteer support for programs, classes, special events of the Friends and the Council on Aging.

To make a donation 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 _____

In recognition of _____

Important Dates:

- Monday, February 23, 2 to 8 PM: Info Session for Special Town Meeting at the Library.
 - Friday, February 27: Must be registered to vote at the Special Town Meeting.
 - Monday, March 9: Special Town Meeting.
 - Tuesday, March 10: Last date to request an absentee ballot for the Special Town Election.
 - Tuesday, March 17: Special Town Election (ballot question - debt exclusion).
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The Acton Food Pantry is scheduled to move on February 1, 2026 to 21 Maple Street, Acton. See website actonpantry.org for further details.

Notify Kim or Ami if you would prefer to receive The Buzz via email. This would save us money for printing and mailing. Contact the COA with your preferred email address.

**Submit items for the March 2026 issue by Friday, February 5, 2026
to boxboroughbuzz@gmail.com**



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