

THE BOXBOROUGH BUZZZ

SENIOR NEWS YOU CAN USE



March 2026

Council on Aging

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Santosh Verma, Vice Chair
Barbara Birt, Clerk
Tina Bhatia
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Maria Neyland, FinCom
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10 AM Office Hours first
Wednesday of each month
Courtney Panaro, Fire Dept.
Chief John Szewczyk,
Police Dept.

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March Lunch



Join us for lunch on **Wednesday, March 11** at **noon** at the **Community Center**. Thank you to Life Care Center of Acton for providing a meal of corned beef, cabbage, potatoes, carrots, rolls, and a dessert. A vegetarian option will be available. Please **RSVP** to the COA beginning Tuesday, March 3 and no later than Monday, March 9. All Boxborough adults 60+ are invited, however space is limited.

Life Care Center of Acton is nestled in a tranquil, wooded setting in Acton. They specialize in inpatient rehabilitation and 24-hour skilled nursing care. They empower each patient to attain optimal independence. Two on-site physicians deliver efficient care supported by a rehabilitation team using advanced equipment.

We collect shelf stable food items for the Acton Food Pantry at all our monthly lunches.

Mossie's Music and More!

Great news! On **Wednesday, March 11** at **1:15 PM**, singer and keyboardist Mossie Coughlin will return to our **Community Center**. Mossie's encore performance will include a mix of Celtic, Irish, and American tunes. We invite you to come and enjoy an afternoon of live music and amusing, lighthearted commentary from a man with a lovely Irish brogue. Please **RSVP** beginning Tuesday, March 3.

Ask A Lawyer

Attorney Kitty O'Connor of Ekel, Hoag & O'Connor, Acton, will offer free 15-minute appointments with Boxborough residents age 60+ on **Wednesday, March 4** from **11 AM** to **1 PM**.

Next month, Attorney Cathleen Summers of Generations Law Group, Acton, will be meeting with residents on **Wednesday, April 1**.

The attorney will meet with you at Town Hall in the Veteran's Office in the Morse/Hilberg Room on the second floor. Please call the COA to make 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 Spring! It will be nice to bid adieu to the cold and snowy winter that we have had. That is certainly something to smile about.

Please consider joining one of our health and wellness classes. Dance Exercise class is back! You might want to exercise your creative talents at either or both of our new craft or art classes. See the articles about all our offerings for more information.

Don't forget to smile. It feels good and makes others wonder what you are up to!

Best,
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**. This month the clinic will be on **Wednesday, March 11** from **11:15 AM to 12:15 PM** prior to our monthly COA lunch. Their registered nurse will check blood pressures and answer medical questions. RSVP is not needed.

Podiatry Clinic



Our next Podiatry Clinic with Alissa Kuizinas, DPM is scheduled for **Wednesday, March 18** at the **Community Center**. The 15-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. The fee is \$45 and paid directly to her by cash or check at the time of the appointment.

The Museum will be open

2 to 4 PM Sundays

March 8

April 12

May 17



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

Coffee & Chat with Kim



Stop by the Community Center on **Wednesday, March 25 at 10:30 AM** for a free cup of coffee, tea, hot cocoa and a light snack. I have invited our Assistant Town Administrator, Rajon Hudson, as our special guest. You can bring your questions about our town government or policies or simply enjoy some casual conversation. RSVP is not needed but welcomed. It would be great to have more people socializing with us at this informal gathering.

Best,
Kim

Public Safety

As the cold Winter season winds down and we look ahead to fresh spring days, now is a great time to make sure all your prescriptions are up to date and properly filled. If you have expired medications that need to be discarded, please remember that the Boxborough Police Department participates in the Middlesex Drug Take-Back Program. A green medication drop-off box is located in the lobby of the Police Station where prescriptions, medications, vitamins, and medications for pets are all accepted.

Please stay safe and enjoy the upcoming Spring season.

In Health,
Chief John Szewczyk



*Happy St. Patrick's Day
March 17*

COA Classes at the Community Center

- Adults age 60+ are welcome to all our classes at the Community Center.
- Non-residents are required to pay a \$5 registration fee.
- Minimum class size is six Boxborough residents.
- You can get registration forms on our website at bit.ly/3ev7eMI or at the COA office.
- Return your registration form with payment to the COA office before the first class.

Dance Exercise Class Returns

Stretch and exercise with Denise to some upbeat, familiar music with an optional gentle hula hooping segment. Dance moves are done standing but can be done from a chair while using the upper half of the body. Classes begin at **9 AM on Thursdays** from **April 2 to May 21**. Registration begins on **Thursday, March 12** for Boxborough residents on and **Thursday, March 26** for non-residents. Fee is \$32 for this 8-week session.

Fitness with Holly

Classes begin **Monday, April 13** and run through **Friday, June 26** at **9 AM**. Friday classes are held via **Zoom**. Registration begins **Monday, March 16** for Boxborough residents, and **Monday, March 30** for non-residents. Fees are \$40 for 10 Monday classes; \$48 for 12 Wednesday classes and \$48 for 12 Friday classes. There are no classes on Monday, May 25 and Friday, June 19.

Mat Yoga with Megan

Megan will offer her mat yoga class on **Tuesdays** at **11:30 AM** beginning on **April 7** running through **June 23**. Registration begins on **Tuesday, March 17** for Boxborough residents, and **Tuesday, March 31** for non-residents. Fee is \$48 for 12 classes.



Mindfulness and Meditation with Erin

Erin will lead another session of Mindfulness and Meditation. The practices of Mindfulness and Meditation help relieve stress, anxiety, and can improve overall health. The session begins on **Tuesday, April 7** and runs through **Tuesday, June 23** at **10 AM**. Registration begins on **Tuesday, March 17** for Boxborough residents and **Tuesday, March 24** for non-residents. Fee is \$48 for 12 sessions.

Brains and Balance with Holly

Holly is offering another session of Brains and Balance beginning **Monday, April 6** and running through **Monday, June 1** at **10:30 AM**. Balance training can be fun. This class includes exercising your brain. It is designed to improve your memory, reasoning, conceptualization, language and problem-solving skills as well as improving your balance to help prevent falls. Falling or losing mental capacity are no longer considered inevitable parts of aging. However, falls are one of the leading causes of hospitalization and long-term care in the United States. Registration begins on **Monday, March 16** for Boxborough residents and **Monday, March 30** for non-residents. Fee is \$32 for 8 classes.

There will be no class on Monday, May 25.

Mat Yoga with Eleonora

Mat Yoga classes with Eleonora begin on **Thursday, April 16** and run through **Thursday, June 25** at **10:30 AM**. Registration begins on **Thursday, March 26** for Boxborough residents and **Thursday, April 9** for non-residents. Fee is \$44 for 11 classes.

Out to Lunch

March's Out to Lunch will be on **Friday, March 20** at **11:30 AM** at **Fourth and Field**, located at 302 Boxboro Road, Stow on beautiful Minute Man Airfield.

This farm-to-table restaurant invites you to explore their diverse menus sourced from the finest ingredients. Small plates, soups, salads, and handhelds are available. Other options include gluten-free items, burgers, and a cheese board to share among friends. **RSVP** by March 17.

Groton Hill Music Field Trip

Our March field trip will be at **the Groton Hill Music Center**, 122 Old Ayer Road, Groton. This is a free concert. Come enjoy a Broadway duo with "Mean Girls" actress and Groton Hill acting faculty Bebe Wood and Gaurav Mishra, a New York City composer, playwright, and jazz pianist. This exciting event will be on **Wednesday, March 18** at **noon**. **RSVP** by March 10. The van will be leaving Town Hall at 11:20 AM. Rides to Groton will be available on a first come, first served basis for a \$2 per person round trip fee.

Reiki with Rama

On **Thursday, March 26**, Rama Patcha will be offering four 30-minute sessions of the Japanese practice of Reiki in the Veteran's office in the Morse/Hilberg Room at **Town Hall** from **1:30 PM** 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 and feelings of peace, security, and wellbeing. It is a simple, natural, and safe method of spiritual healing and self-improvement. Rama Putcha is a certified Reiki Master who offers this service for free. Call the COA for an appointment.



March Painted Pine Craft



Tammy of Painted Pine Craft Parties will be offering a craft class on **Monday, March 16** at **1:30 PM** at the **Community Center**. **RSVP** by Friday, March 6.

This month's craft is perfect for welcoming spring and enjoying a fun, social, hands-on activity, a 12" Hello Spring Bunny Tag Sign. Each participant takes home a completed project.

The project is wood, paint-and-assemble, designed to be beginner-friendly and enjoyable for all skill levels. This includes:

- All materials and supplies
- Full setup and cleanup
- Step-by-step, hands-on instruction

The instructor will bring everything needed. Participants just bring their creativity and enjoy the experience! See the photo of this month's project.

Cost: \$30 per participant to be paid at the time of registration by cash or check made payable to the Town of Boxborough.

Expressive Arts with Henry

This class is a one-hour session of creating art for expression by decorating letters and envelopes with the use of stamps, coloring, and decoration materials. This activity is for all levels of experience.

Participants may bring a pre-written letter or write one on site. The purpose of the activity is to express with the addition of the visual arts. Art supplies are provided at the event, but participants may bring their own items for decoration.

The class is being held on **Monday, March 23** at **1:30 PM** in the **Community Center**. **RSVP** by Thursday, March 19. Space is limited to 10 participants. The cost for the class is \$20, paid in cash to the instructor.

Special Town Meeting

A Special Town Meeting is on **Monday, March 9** in the **Blanchard Memorial School Gymnasium** at **7 PM**.

Voter check-in will begin at 6:30 PM. Check the Town's website for further details at boxborough-ma.gov/507/Town-Meeting or call 978-264-1700 with any questions.

There are three articles on the warrant, all pertaining to the Town's plan to build a new fire station.

- Article 1 is for the purchase of property at 984 Massachusetts Avenue (\$2,400,000).
- Article 2 is for design and bid funding (\$2,765,910).
- Article 3 is for incidental costs related to the land acquisition (\$20,000).

Articles 1 and 2 require a two-thirds majority vote at Town Meeting because they are funded through bonding (borrowing). Both articles must also be approved by a simple majority of voters at a Special Town Election because the funds needed to pay the interest and principal on the borrowed amount will be outside the limits of Proposition 2½.

Emergency Alerts and Town Updates

Boxborough is encouraging residents to sign up for Emergency Alerts and General Town Updates. These notifications are used not only for emergencies such as severe weather warnings, evacuation notices, or other urgent public safety updates, but also for important town information and community updates. Residents can choose how they receive messages, including by phone, text, or email. To register, visit tinyurl.com/mwfpukd.

Special Election for Ballot Questions

A Special Town Election is scheduled for Tuesday, March 17.

- Voters can cast their ballots in person at Town Hall, between 7 AM and 8 PM or vote by mail or absentee ballot.
- The last day to register to vote in the Special Town Election is Saturday, March 7.
- The last day to request a vote by mail ballot is Tuesday, March 10.
- This election is a required second step, after the Special Town Meeting on March 9, to obtain voters' approval to purchase property and fund design/bid services for a new fire station.
- These questions ask voters to approve a temporary increase in the property tax levy above the Proposition 2½ limit to pay for debt service (principal and interest) related to the bond (borrowing) for a new fire station.

This temporary Proposition 2½ override is known as a debt exclusion override and requires a simple majority vote.

Free Basic Legal Help

Those seeking free basic legal help are invited to call the Massachusetts Bar Association's monthly **Dial-A-Lawyer** program, a service the non-profit professional association has offered for more than 25 years. Dial-A-Lawyer is held on the **first Wednesday** of every month from

5:30 PM to 7:30 PM. Call toll free 877-686-0711 or 617-338-0610 and, after explaining your concern/question, you'll be connected to a volunteer lawyer with expertise in your issue.

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. Medical rides to Concord are considered local. Medical rides to other towns are subject to availability. To book a ride, call 978-264-1730. Rides are free until further notice

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. To make reservations call 978-264-1730. Visit our website at bit.ly/3rBYnw5 for details.

All reservations must be made 48 hours in advance. Medical rides can be reserved 1 month in advance. Reservations for local rides can be made 1 week in advance.

March 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2 9-Fitness w/Holly 10:30-Brains & Balance 7 PM ‘Fascinating Functions of Bird Feathers’ Virtual – Register at Library	3 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day 3-Grief Support Group at Library	4 9-Fitness w/Holly 11-Ask A Lawyer 2-Knitting Group	5 10:30-Mat Yoga w/Eleanora 7 PM-Gond Art: Stories of Dots and Lines at library	6 9-Fitness w/Holly via Zoom	7 Daylight Saving Preparation: Set your clocks ahead 1 hour before bedtime
8 2-4 PM Boxborough Museum Daylight Saving Time Begins	9 9-Fitness w/Holly 10:30-Brains & Balance 2-COA Board Meeting 7 PM-Special Town Meeting	10 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day	11 9-Fitness w/Holly 11:15 Well Adult Clinic Noon-COA Luncheon Sponsor: Life Care Center Acton 1:15 Irish Songs by Mossie Coughlin 2-Knitting Group	12 10:30-Mat Yoga w/Eleanora	13 9-Fitness w/Holly via Zoom	14
15 12:30 St. Patrick’s Day Lunch-Acton Senior center	16 9-Fitness w/Holly 10:30-Brains & Balance 1:30 Painted Pine Craft	17 7AM-8PM-Special Election 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day	18 9-Fitness w/Holly 10:30-Podiatry Clinic Noon: Field Trip-Groton Hill Music Center 2-Knitting Group	19 10:30-Mat Yoga w/Eleanora	20 9-Fitness w/Holly via Zoom 11:30 Out to Lunch at Fourth and Field in Stow	21
22 2 PM-Education for Boxborough: 1783-2013 by John Fallon at Town Hall	23 9-Fitness w/Holly 10:30-Brains & Balance 1:30 Expressive Arts w/Henry	24 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day	25 9-Fitness w/Holly 10:30 Coffee & Chat with Kim, special guest: Assistant Town Administrator Rajon Hudson 2-Knitting Group	26 10:30-Mat Yoga w/Eleanora 1:30 Reiki with Rama	27 9-Fitness w/Holly via Zoom	28
29	30 9-Fitness w/Holly	31 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day				

Out of Town Mt. Calvary Church, Acton

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

Historical Society Collecting Stories from Boxborough

The Boxborough Historical Society is inviting residents of all ages to share personal stories that capture life in Boxborough. History is shaped by everyday moments, and members of the community are encouraged to reflect on experiences such as time spent on nature trails, favorite nights in town, meaningful gatherings, or stories about family and neighbors.

Stories will be compiled into a printed and an online anthology, with the option to be credited or be anonymous. Email stories to BoxboroughHistoricalSociety@gmail.com by April 30, or shared in person at the Boxborough Museum on April 12, helping preserve this moment in the town's living history.

Boxborough Education: 1783 to 2013

Since 2014, Boxborough has been part of the Acton Boxborough Regional School District for all grades. But what about the 230 years before that? How were Boxborough children educated? When did education become compulsory? How many one room schoolhouses still exist in town? Who built the Blanchard School? How did the Acton Boxborough Regional School District first come about? On **Sunday, March 22 at 2 PM** in the **Boxborough Town Hall**, John Fallon, a 2-term past member of both the Boxborough and Acton Boxborough School Committees, will discuss 230 years of Boxborough education. The program is free and all are welcome.

Lions Club St. Patrick's Day Lunch

The Acton Lions Club will be serving their annual St. Patrick's Day Lunch to Acton and Boxborough seniors on **Sunday, March 15** from **12:30 to 2 PM** at the **Acton Senior Center** at 30 Sudbury Road Rear in Acton.

Their traditional menu is corned beef, cabbage, carrots, potatoes, Irish soda bread and Boston cream pie for dessert. Space is limited. Reserve your seats by calling the Acton Senior Center at 978-929-6652 or emailing to seniorcenter@actonma.gov. **RSVP** is required by **March 12**. Please consider carpooling due to limited parking.

Library News

Library programs scheduled for March:

- **Monday, March 2 at 7 PM** – Bird Feathers: A virtual program by author Heather Wolf discussing the many fascinating functions of bird feathers. Registration is required for the Zoom link.
- **Thursday, March 5 at 7 PM** – Gond Art: Stories of Dots and Lines. Learn from artist Sunanda Sahay the tribal art of Gond painting originated in India. Gond painting is a vibrant, mythical, and intricate tribal art form. Each attendee will create their own masterpiece. This program is for ages 10 plus. Registration is required.
- **Gaming for Grownups:** The group will meet every other Tuesday to explore the many role-playing games beyond Dungeons and Dragons.

More information about these programs is on the library website at boxlib.org.

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.

Donation: \$5 _____ \$10 _____ Other _____

Name _____

Address _____

In memory of _____

In recognition of _____

Dates to Remember:

- Daylight Saving Time begins-March 8. Set your clocks ahead 1 hour before bedtime on March 7.
- Special Town Meeting - March 9, 7 PM
- Special Election – March 17, 8 AM to 7 PM
- Tuesday, March 10: Last date to request an absentee ballot for the Special Town Election.
- Sunday, April 12 – Stories for The Historical Society are due.

Reminder: Help us reduce paper usage and save money. Contact the COA and get your Buzz in your email.

**Submit items for the April 2026 issue by Friday, March 6, 2026
to boxboroughbuzz@gmail.com**



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