

THE BOXBOROUGH BUZZZ

SENIOR NEWS YOU CAN USE



April 2026

Council on Aging

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10 AM Office Hour first
Wednesday of each month
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April Lunch



Join us for lunch on **Wednesday, April 8** at **noon** at the **Community Center**. Thank you to the Boxborough Minutemen for sponsoring this month's menu of meat lasagna, garden salad, rolls, and mini pastries. The vegetarian option is vegetable lasagna. Please **RSVP** to the COA beginning Wednesday, April 2. All Boxborough residents age 60 and over are invited.

The Boxborough Minutemen Company perpetuates the memory of the Minutemen of 1775 and their fight for liberty. Camaraderie and community service inspire the group in its work, including awarding two annual scholarships for AB graduates and funding community needs. They also march in parades and organize Fifer's Day.

We welcome your donations for the Acton Food Pantry at all our lunches. Shelf-stable foods are always appreciated.



Out to Lunch: LELWD Senior Lunch



The Littleton Electric Light and Water Department (LELWD) is offering its Annual Senior Luncheon for Boxborough and Littleton residents, ages 60 and over. Join them for a free turkey dinner with salad, rolls, and desserts on **Thursday, April 23** at **noon** in the **Littleton High School Cafeteria**, 59 King Street, Littleton.

Please **RSVP** by Thursday, April 16. Tickets will be available at the COA and LELWD offices.

Groton Hill Music Field Trip

Join us for a free concert at **Groton Hill Music Center**, 122 Old Ayer Road, Groton. We will enjoy a lively afternoon of Irish music with guitar played by Eamon Sefton and fiddle played by Eva Meier. This fun event will be on **Wednesday, April 15** at **noon**.

Please **RSVP** by Wednesday April 8. Van rides will be available on a first come, first served basis for a \$2 per person round trip fee. The van will leave Town Hall at 11 AM.

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

A few April thoughts: "April is a moment of joy for those who have survived the winter" by *Samuel Johnson*. "April showers bring May flowers, but they also bring renewal and growth" by *Mandy Harrison*. "April is the gateway to the joys of summer" by *Fennel Hudson*. Paul Revere's Ride by *Longfellow*: "Listen, my children, and you shall hear of the midnight ride of *Paul Revere*." "April is the time to turn over a new leaf" by *Terri Guillemets*.

Wishing you days full of sunshine and smiles.

Kim

Well Adult Clinic



Get your blood pressure checked and speak to Sandi Richard, LPN, our Community Health Nurse from the Nashoba Associated Boards of

Health on **Wednesday, April 8** at **11:15 AM to 12:15 PM** at the **Community Center**. The Well Adult Clinic is on the second Wednesday of the month just prior to our monthly COA Lunch. RSVP is not needed as it is drop in only.

Podiatry Clinic

Alissa Kuizinas, DPM will hold her Podiatry Clinic on **Wednesday, April 29** at the **Community Center**. The 15-minute appointments are scheduled from **10:30 AM to 3:30 PM**.



Please call the COA after Thursday, April 2 to make your appointment. Space is limited. Her \$45 fee is paid directly to her with cash or check, at the appointment.

The Boxborough Museum will be open:
2 to 4 PM Sundays

- **April 12**
- **May 17**
- **June 14**



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

Coffee & Chat with Kim



I am inviting you to join me and several other Boxborough residents for a free cup of coffee or tea and a light snack on **Wednesday, April 22** at **10:30 AM** at the

Community Center. It is a casual opportunity to socialize and perhaps give me some of your ideas for future COA programs. RSVP is not needed but welcomed.

Best,
Kim

Public Safety

A Boxborough family recently experienced a devastating fire in their home. That brings home fire safety to the forefront of our minds. The Commonwealth of Massachusetts maintains a webpage called Fire Safety for the Public. See mass.gov/info-details/home-fire-safety to learn about home fire safety and how to stay safe.

The website says that "Electrical fires are one of the leading causes of death for people over the age of 65." You can prevent electrical fires from happening by taking precautions like not overloading outlets. Charge laptops and phones on hard surfaces, not on beds or sofas.

Please join us on **Thursday, April 16** at **1 PM** at the **Community Center** for a presentation by LELWD to learn more about electrical fire safety. See the article on page 3.

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, April 1** from **11 AM to 1 PM** 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. Next month, Attorney Cathleen Summers of Generations Law Group, Acton will be meeting with residents on **Wednesday, May 6**. Depending on how many people sign up the lawyer may decide to do phone consultations.

Senior Electrical Safety 101



Join us on **Thursday, April 16,** at **1 PM** in the **Community Center** for an informative presentation on indoor and outdoor electrical safety by Ray Gouley. The presentation is sponsored by Littleton Electric Light and Water Department (LELWD) and will be held simultaneously with a light lunch of pizza and beverages. There will be free American flags, and five door prizes (gift cards) of \$50 to Market Basket. **RSVP** by Thursday, April 9.

Minuteman Senior Services 101

Come to the **Community Center** on **Thursday, April 30** at **1:30 PM** to learn which services are available to help you or a loved one remain safely in your home. Minuteman Senior Services (MSS) offers an overview of how the organization fits within the aging network and will present resources that enable older adults to continue living at home. Learn what's available, if you need services today or want to know what is available for the future. This presentation also includes options for family caregivers. It supports older adults with information, services, and community connections and is non-profit state agency. MSS provides trusted, unbiased, conflict-free information so you and your family can make better informed decisions. They will work with you to support your goals as you navigate aging and disability, empowering you to live with meaning, choice, and dignity.

Library News

If you have wondered what role-playing games are, or want to try a new tabletop game, join the **Gaming for Grownups** group at the Library. The group meets on **Tuesdays, April 14** and **April 28** at **6 PM** at the **Library**. You will learn and play a different game every few sessions. Registration is required. See the library website for additional information (boxlib.org).

Tour and Lunch at Robbins Brook

Robbins Brook is inviting older Boxborough adults to tour their facility at 10 Devon Drive in Acton on **Wednesday, April 22** at **11:30 AM**. This event will include a delicious lunch prepared by their chef.

Space is limited so please **RSVP** by Monday, April 20. The van will not be available for this trip.

Reiki with Rama

On **Thursday, April 23,** Rama Putcha 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**. Wait-listed people will get priority for the next session. Call the COA for an appointment.

Reiki is a gentle touch therapy that treats the body, emotions, mind, and spirit, creating many beneficial effects that include relaxation, 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. Please **RSVP** by Tuesday, April 28.

Raking Day, ABRHS Senior Community Service



Students from the senior class at Acton-Boxborough Regional High School will hold their Annual Community Service Day on **Friday, April 17** from **9:30 AM** to **12:30 PM**. There will be teams of students for five homes in Boxborough that will be selected on a first come, first served basis. Call the COA to **RSVP** by Wednesday, April 8.

We need to know your yard size, name, address, phone number, and email address. A team captain will contact you to confirm. Additionally:

- Homeowners must be home while the students are raking.
- Students are not allowed to accept food or drinks from homeowners.
- Students are not allowed to enter homes.

Boxborough Library Used Book Sale



The Friends of the Boxborough Library Used Book Sale will continue as a 3-day event. The weekend will start with a **Preview Sale** for members on **Friday, April 10** from **5 to 7 PM**. (Memberships will be available at the door.) The main **Public Sale** will take place on **Saturday, April 11** from **9 AM to 2 PM**. An **Everything Must Go Sale** will be held on **Sunday, April 12** from **2 to 4 PM**. Standard-size bags will be provided for the Everything Must Go sale. Pay \$5 to fill each bag however you like.

The sale will take place in the meeting room of the **Sargent Memorial Library**, at 427 Massachusetts Avenue. Proceeds from the sale of books will go toward library programs and museum passes.

Please support this sale by donating your gently used hard covers, paperbacks, audiovisual items, puzzles, and board games in complete and "as new" condition and by attending this sale. Books will be accepted from Monday, April 6 through Thursday, April 9 at the library during regular library hours. Please no VCR tapes, magazines, or any material in poor condition.

Please support this sale by donating your gently used hard covers, paperbacks, audiovisual items, puzzles, and board games in complete and "as new" condition and by attending this sale. Books will be accepted from Monday, April 6 through Thursday, April 9 at the library during regular library hours. Please no VCR tapes, magazines, or any material in poor condition.

FCOA 2026 Annual Meeting

The 2026 Annual Meeting of the Friends of the Boxborough Council on Aging will take place on **Wednesday, April 15** at **10:15 AM** at the **Sargent Memorial Library**. All are welcome to attend and discuss plans for the coming year.

For more information, please contact John Fallon at johnfallon118@gmail.com.

Eldridge Senior Conference

Senator Jamie Eldridge's Senior Conference is being held on **Thursday, April 23** from **8 AM to 2 PM** at **Assabet Valley Regional Technical High School**, 215 Fitchburg Street, Marlborough. You will connect with seniors from the Middlesex and Worcester Districts.

The conference features speakers from Massachusetts Legislature, engaging workshops, entertainment, a free breakfast and lunch, with live music and art sessions. There will also be some fun raffle prizes. Entertainment includes live music from The Romeo Solo.

Senator Eldridge looks forward to sharing updates on Beacon Hill work and to hearing directly from seniors about their concerns.

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. Fees are determined by distance and must be paid in advance.

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.

Community Gardens

Boxborough has two community gardens with water available. One garden is part of the Flerra Meadows Conservation land and uses only organic gardening practices. The second garden is at the intersection of Middle and Depot Roads where organic gardening is not required. The Agricultural Commission plans to have the plots ready in these two gardens by Mother's Day weekend.

Information is available on the Town website under the Agricultural Commission. Please contact Owen Neville, Chair of the Commission, at oneville@boxborough-ma.gov for additional information.



Garden Club Plant Sale

The Boxborough Garden Club Plant Sale is planned for **Saturday, May 9** from **9 AM to noon** at the **UCC Congregational Church lawn**, 723 Massachusetts Avenue.



There will be annual plants, perennial plants, seedlings, and house plants. Proceeds from the sale will fund a scholarship for an AB graduate and help to maintain the Colonial Herb Garden on Hill Road.

Please bring cash and checks only. Happy Spring!



Patriot's Day
April 20, 2026

Discounts for Seniors

The COA has a list of local businesses that offer discounts to seniors. You can access the list on the town website at Boxborough-ma.gov then click on Departments, Council on Aging, General Information, and Local Discounts for Seniors. You can also copy this address: bit.ly/46VnzCt into your web browser. It will take you directly to that page. Feel free to request a printed copy or the digital version of the list from the COA.

Please let us know if you are aware of a business in the local area that offers a senior discount. If you frequent a business that does not yet offer such a discount, consider asking them if they will do so, and if you get a "yes," let us know.



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Questions? Comments?
Contact us at BoxboroughNews@gmail.com

April 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 9-Fitness w/Holly 11-Ask a Lawyer 2-Knitting Group	2 9-Dance Exercise 10:30-Yoga w/Eleonora	3 9-Fitness w/Holly via Zoom	4
5	6 9-Fitness w/Holly 10:30-Brains & Balance	7 10-Mindfulness & Meditation 11:30-Yoga w/Megan 1-Game Day 3-Grief Support Group at Library	8 9-Fitness w/Holly 11:15 Well Adult Clinic Noon-COA Luncheon, Sponsor: Boxborough Minutemen 2-Knitting Group	9 9-Dance Exercise 10:30-Yoga w/Eleonora	10 9-Fitness w/Holly via Zoom 5-7 PM Library Book Sale (Preview)	11 9 AM-2 PM Library Book Sale
12 2-4 PM Everything must Go' Library Book Sale 2-4 PM Boxborough Museum	13 9-Fitness w/Holly 10:30-Brains & Balance 2-COA Board Meeting	14 10-Mindfulness & Meditation 11:30-Yoga w/Megan 1-Game Day 6-Gaming for Grownups at Library	15 9-Fitness w/Holly 10:15-FCOA Annual Meeting Noon-Field Trip-Groton Hill Music 2-Knitting Group	16 9-Dance Exercise 10:30-Yoga w/Eleonora 1-Senior Electrical Safety 101 by LELWD	17 9-Fitness w/Holly via Zoom 9:30AM-12:30PM ABRHS Raking Day	18
19	20 Patriots Day Town Hall and Library closed	21 10-Mindfulness & Meditation 11:30-Yoga w/Megan 1-Game Day	22 9-Fitness w/Holly 10:30-Coffee & Chat with Kim 11:30 Tour and Lunch at Robbins Brook 2-Knitting Group	23 8-Sen. Eldridge Senior Conference 9-Dance Exercise 10:30-Yoga w/Eleonora 12- Out to Lunch: LELWD Senior Lunch 1:30 Reiki with Rama	24 9-Fitness w/Holly via Zoom	25
26	27 9-Fitness w/Holly 10:30-Brains & Balance	28 10-Mindfulness & Meditation 11:30-Yoga w/Megan 1-Game Day 6-Gaming for Grownups at Library	29 9-Fitness w/Holly 10:30-Podiatry Clinic 2-Knitting Group	30 9-Dance Exercise 10:30-Yoga w/Eleonora 1:30-Minuteman Senior Services 101		

Out of Town Mt. Calvary Church, Acton

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



Ongoing Events, Classes

To learn more about any event, call the COA: 978-264-1730 or 978-264-1717.



Ask a Lawyer: Free 15-minute sessions with a lawyer on the first Wednesday of the month, 11 AM to 1 PM at the Town Hall in the Morse/Hilberg Room. Please contact the COA for appointments. Next meetings: Wednesday, April 1 and Wednesday, May 6.

Brains and Balance is on Mondays at 10:30 AM

Coffee & Chat with Kim: Join Kim and others for free coffee or tea and casual conversation, at 10:30 AM at the Community Center. This month's chat will be on Wednesday, April 22.

Dance Exercise: held on Thursdays at 9 AM

Field Trip: Once a month to attractions within one hour driving distance. Entry fees vary. This month is on Wednesday, April 15.

Fitness with Holly, in-person: Class meets at the Community Center, Mondays and Wednesdays, 9 AM. Next Monday session is Monday, April 27 through Monday, June 22. Next Wednesday session is Wednesday, April 8 through Wednesday June 24.

Fitness with Holly, via Zoom: Class meets on Fridays, 9 AM on Zoom. Next session is Friday, April 10 through Friday, June 26.

Game Day: Drop in to play Mexican Train Dominoes, or other games like Rummikub, Bridge, Mahjong, or Cribbage. Play familiar games or learn a new one, chat, and enjoy each other's company. Tuesdays, 1 to 3:45 PM at the Community Center. Bring a friend.

Grief Support Group: Nashoba Associated Boards of Health's (NABH) grief support group meets the first Tuesday of the month at the Library at 3 PM, next dates: April 7 and May 5.

Knitting Group: Work on your own project and make new friends with others who enjoy knitting, crocheting, beading, cross-stitch, and other crafts. Meets Wednesdays, 2 to 4 PM at the Library. For more information contact Anne at annemcne@comcast.net.

Mindfulness and Meditation: Meets Tuesdays at 10 AM in the Community Center. Next session is Tuesday, April 14 through Tuesday, June 30.

Monthly Lunches: Free lunches for Boxborough residents age 60 and over at the Community Center on the second Wednesday of the month, sponsored by a variety of groups and businesses.

Out to Lunch: Monthly gatherings at local restaurants where you choose from the menu and pay for your own lunch. LELWD Senior Lunch is this month's Out to Lunch and is on Thursday, April 23.

Podiatry Clinic: Dr. Alissa Kuizinas holds a podiatry clinic every 6 to 8 weeks at the Community Center, 10:30 AM to 3:45 PM. Her fee is \$45. The next clinic is Wednesday, April 29.

Well Adult Clinic: Nashoba Associated Boards of Health hosts a monthly wellness check and blood pressure clinic on the second Wednesday of the month, 11:15 AM to 12:15 PM at the Community Center. The next Wellness Clinic will be on Wednesday, April 8.

Yoga: There are two in-person Mat Yoga classes at the Community Center. **Yoga with Megan** is on Tuesdays at 11:30 AM beginning Tuesday, April 14 through Tuesday, June 23. **Yoga with Eleonora** is on Thursdays at 10:30 AM beginning on Thursday, April 16 through Thursday, June 25.

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 donate, 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 _____

Save the Dates:

- Annual Town Meeting: Tuesday, May 19, Wednesday, May 20, Thursday, May 21
- Annual Town Election: Tuesday, June 2
- Fifer's Day: Saturday, June 20
- Well-Being Movement Series: Open to all, Saturdays, May 2, 9, 16, and 30, at 10 AM at the Library

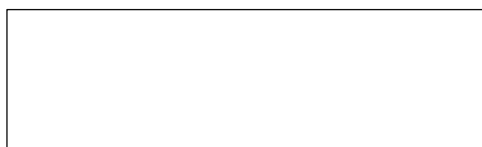
Reminder: Help us reduce paper usage and save money. Contact the COA and get your Buzz in your email.

IT Help: Free help with technology devices can be obtained by calling the COA.

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



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