

# THE BOXBOROUGH BUZZZ

SENIOR NEWS YOU CAN USE



May 2026

## Council on Aging

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Human Services Director  
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## COA Board

Bill Litant, Chair  
Santosh Verma, Vice Chair  
Barbara Birt, Clerk  
Tina Bhatia  
Karen Johnson  
Maureen Masciola

## Department and Board Liaisons

John Fallon, FCOA  
Maria Neyland, FinCom  
Bob Stemple, Select Board  
10 AM Office Hour first  
Wednesday of each month  
Courtney Panaro, Fire Dept.  
Chief John Szewczyk,  
Police Dept.

## Friends of the Council on Aging

John Fallon, President  
Susan Bak, Vice President  
Barbara Birt,  
Recording Secretary  
Patty Gayowski, Treasurer  
Alan Rohwer,  
Corresponding Secretary  
Susie Boast  
Loretta Grushecky  
Mary Nadwairski  
Karen Whitcomb

## Buzz Production Team

Tina Bhatia  
Barbara Birt  
Bob Faranda  
Taryn Light  
Susan Luichinger  
Abby Reip  
Tess Summers

## May Lunch



Thank you to the Boxborough Police Department and Police Union for sponsoring our monthly lunch on **Wednesday, May 13** at the **Community Center at noon**. They will serve sliced turkey, gravy, stuffing, mashed potatoes, a veggie, rolls, and dessert. This is a chance to meet some of Boxborough's police officers up close and personal in a casual setting. Space is limited. Please **RSVP** for the lunch beginning Monday, May 4. (See "Tick Talk" presentation following the lunch. Article on page 5.)

Shelf stable food donations are appreciated.



## 2026 Annual Town Meeting

Boxborough's Annual Town Meeting will be on **Tuesday, May 19**. There are 50 articles on the Warrant. If extra days are needed, they will be **Wednesday, May 20** and **Thursday, May 21**. Please join us at **7 PM** at **Blanchard Memorial School**, 493 Massachusetts Avenue.

## Transportation to Town Meeting

The COA is offering free, door-to-door, MART van service for adults age 60 and older to attend the Annual Town Meeting.

### Dates:

- Tuesday, May 19, 2026
- Wednesday, May 20, 2026 (if needed)
- Thursday, May 21, 2026 (if needed)

### Van Service:

- Pick-up window: 6 to 7 PM
- Return trips: 8:30 PM, 9:30 PM, and 10:30 PM

Please call Ami 978-264-1730 or Kim 978-264-1717 to schedule your ride.

## 2026 Annual Town Election

The Annual Town Election will be on **Tuesday, June 2** from **7 AM to 8 PM** at **Boxborough Town Hall**, 29 Middle Road.

### Other Key Dates:

- **May 9**, last day to register to vote at Town Meeting and Town Election.
- **May 26**, last day to apply for a Vote by Mail Ballot
- **June 1**, last day for in-person absentee voting by noon at Town Hall.

*Please note: All **Council on Aging** **RSVPs** should be made to: Ami at [ascheen@boxborough-ma.gov](mailto:ascheen@boxborough-ma.gov) or 978-264-1730 or to Kim at [kdee@boxborough-ma.gov](mailto:kdee@boxborough-ma.gov) or 978-264-1717.*

## Kim's Corner

Happy May Day to those of you who remember dancing around a May pole or sneaking up to put a May basket on your neighbor's door step. Happy Cinco de Mayo for those of you who like to have a good time celebrating Mexican heritage on May 5. Happy Mothers' Day on Sunday, May 10 to all you mothers, grandmothers and great-grandmothers. I hope you are remembered in a special way by all of your loved ones. Lastly, I wish you all a Happy Memorial Day on Monday, May 25. It is a day that we remember our fallen soldiers, who made the ultimate sacrifice, fighting for the freedoms that we all enjoy. On this day, we also remember our loved ones who served in the military or whom we hold close in our hearts and the wonderful memories that they left behind.

Best,  
Kim



## Well Adult Clinic



The Nashoba Associated Boards of Health will hold their monthly Well Adult Clinic at the **Community Center** on **Wednesday, May 13**

at **11:15 AM to 12:15 PM**. As our town and public health nurse, Sandi Richard, LPN offers a drop-in clinic for one-to-one service that includes blood pressure checks, diet/nutrition information, medication review, and more.

## Podiatry Clinic



The next Podiatry clinic is on **Wednesday, June 17**. Please call to make an appointment beginning Monday, June 1.

## Coffee & Chat with Kim



This month we invited our Police Chief John Szewczyk to join us for some casual conversation and a cup of coffee or tea, and a light snack on **Wednesday, May 27** at **10:30 AM** at the **Community**

**Center**. Please stop by with your questions for the chief and to enjoy the company of other Boxborough residents.

## Public Safety

After a brutal Winter, Spring has finally arrived.

The following safety tips are recommended:

- Stretch before exercising.
- Wear reflective or light-colored clothing when walking or running on roadways, especially during dawn and dusk.
- Pay attention to your surroundings. Using a phone while walking on the roads can be distracting and dangerous.
- It is always best to hike with a partner.
- Tell someone where you are going to hike and take water, a cell phone, and emergency supplies.
- Take breaks during strenuous activities like pickleball, jogging, or working out, to prevent overexertion.
- Consult your doctor before any new training regime or diet.
- Finally, if you ever feel faint or have shortness of breath, call 911. Don't hesitate. Your health and safety are paramount.

Enjoy the beautiful Spring weather.

In health and safety,  
*Chief John Szewczyk*

The Museum will be open on Sundays  
From **2 to 4 PM**.

- **May 17**
- **June 14**
- **July 12**



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

### **Spring Birding with Becky**

Ornithologist, conservation biologist, and our wonderful Town Clerk, Becky Harris, will lead participants on a walk as she identifies local birds. The walk will take place at **Flerra Meadows Field**, 340 Stow Road on **Thursday, May 14 at 8:30 AM**. Be sure to wear comfortable walking shoes that you won't mind getting wet (due to morning dew) and bring binoculars if you have them. Please **RSVP** by May 7. This event is subject to the weather. Check with the COA before going there if the weather is questionable.

### **Out to Lunch**

Join us on **Wednesday, May 20 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 \$3.25. Bring exact change.
- Do not bring purses, wallets 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 and keys.

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 May 15.

### **Critical Home Repair Program**

Diana Sinkus, Community Outreach Coordinator for Habitat for Humanity, will share information about their Critical Home Repair Program. Please join us on **Thursday, May 21 at 1:30 PM** in the **Community Center**.

This program provides needed interior and exterior repairs for low-income homeowners to maintain a safe, secure, and accessible place to live. Learn about the application process, income requirements, and monies to cover roof and gutter replacement, an energy-efficient furnace, porch repair, and much more. Habitat is here to lend a helping hand to age in place with confidence. **RSVP** by Monday May 18.

### **Salisbury Mansion Field Trip**

May's field trip is to the **Salisbury Mansion and Museum**, at 30 Elm Street in Worcester on **Friday, May 15 at 11 AM**.

The Mansion was built in 1772 by Stephen Salisbury with an attached storehouse from which he sold imported goods. This is the only remaining historic house museum in Worcester. There is no elevator to the second floor and interior doorways limit access to first floor spaces and restrooms.

Tickets are \$10 for the Museum or Mansion, \$15 to visit both, and \$2 if EBT, WIC, or ConnectorCare. You must request the discount at check-in. The van will leave Town Hall at 10:15 AM for a \$2 per person round trip fee.

Please **RSVP** by Tuesday May 12. This could be a great Mother's Day gift!

### **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](http://bit.ly/3rBYnw5) for details.

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

## Indian Meditation and Lunch

Come to Indian Meditation and Lunch with Buddha Purnima celebration on **Thursday, May 28** from **1 to 3 PM** in the **Community Center**. The event begins with a meditation session followed by a warm vegetarian Indian lunch. The menu is garlic naan (bread), navratan korma (mild curry), tadka dal (lentil dish), rice, samosa (filled pastry), gulab jamun (dessert), and salad. There is a \$3 donation.

**RSVP** by May 25 at: [thefisco.org/event-details/boxborough-meditation-lunch-05-28-2026](https://thefisco.org/event-details/boxborough-meditation-lunch-05-28-2026) or the COA.

*This event is sponsored by Minuteman Senior Services, the Friends of Indian Senior Citizens Organization (FISCO) and the Boxborough Council on Aging.*

## Ask A Lawyer

You have an opportunity to meet with a lawyer for a free 15-minute consultation the first Wednesday of every month from **11 AM to 1 PM** in the **Morse/Hilberg Room** on the second floor at Town Hall. Attorney Cathleen Summers of Generations Law Group will meet with residents on **Wednesday, May 6**. Attorney Kitty O'Connor of Ekel, Hoag and O'Connor will meet with residents on **Wednesday, June 3**.

They can answer your legal questions or recommend options on how to move forward with your concerns.

Please call the COA to make an appointment.

## Game Day Live

This entertaining program is returning by popular demand. Participate in a "LIVE" game show like Wheel of Fortune, Jeopardy or Family Feud on **Wednesday, May 27** at **1:30 PM**. Come to **Community Center** for a fantastic afternoon of "LIVE" game shows. We'll play as teams to make it even more fun. Prizes will be awarded for all the winning team members. Sign up soon.

Kevin Richman will be our host for Live Game Shows. **RSVP** by Monday, May 25.

## Reiki with Rama

Certified Reiki Master, Rama Patcha will be offering 4 free, 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** on **Thursday, May 28**. Waitlisted people will have first preference on next months' appointments. Call the COA for an appointment.

## SMART 911: RAVE

Boxborough has a new Emergency Alert System called RAVE. You might think of it as a reverse 911 system where the town can send out emergency alerts and general town updates to you, as opposed to you calling 911 to report an emergency. All residents are encouraged to sign up for the RAVE system. 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. Visit the town website at [boxborough-ma.gov](https://boxborough-ma.gov) or go to [bit.ly/4cIDR9K](https://bit.ly/4cIDR9K) to learn more and register for this new emergency alert system.

## Movement Series

Made possible by a grant from the Acton-Boxborough Cultural Council, the Well-Being Committee and Community Services are sponsoring a free Movement Series on several Saturdays in May. Each class will take place at **10 AM** at the **Sargent Memorial Library** (outdoors weather permitting, otherwise in the Meeting Room). All ages are welcome, and families are encouraged to attend together.

Registration is required through the Library, [boxlib.org](https://boxlib.org) and a separate registration is needed for each of the following classes:

- **May 2** – Jazzercise/Stretch Combo
- **May 9** – Line Dancing
- **May 16** – Tai Chi/Qigong
- **May 30** – Bollywood Dance

Please contact Wendy Trinks at [wtrinks@boxborough-ma.gov](mailto:wtrinks@boxborough-ma.gov) if you have any questions.

## May Library News

Join other seniors in Gaming for Grownups in May. The games played are tabletop games using boards and cards. Dates are **May 12** and **May 26** at **6 PM** at the **Library**. These sessions will focus on playing the game Savage World. Game playing is relationship-forming and is a great way to form social connections. Registration is required. See the library website (boxlib.org) for more details.

## Boxborough 1857 Schoolhouse #2

Every May, Freedom's Way, a consortium of 45 cities and towns that were involved in the events of April 1775, sponsors a "Hidden Treasures" event to highlight notable items and places in each municipality. This year Boxborough's Hidden Treasure is the 1857 **School House #2** which will be open to the public on **Sunday, May 17** from **2 to 4 PM**. With kind permission of Nancy (Robinson) Morrison, who co-owns the property with her sister, Jane Sawisch, you will be able to visit Schoolhouse #2 at 339 Picnic Street (corner of Hill Road) and tour the 1857 building and exhibits.

The **Boxborough Museum** at 575 Middle Road will also be open from **2 to 4 PM** so you can see some of Boxborough's many treasures. The Museum will also provide an alternative to the outhouses behind the Schoolhouse! Reservations are not needed and there is no charge for either venue.

## Elder Law Presentation

The Massachusetts Bar Association conducts yearly programs to discuss elder law issues. This year's program includes Veteran Affairs Financial Benefits, how to protect your home and assets, power of attorney and healthcare proxies, reverse mortgages, homestead and life estates, Medicare/Medicaid changes, and alternatives to nursing home care.

Please join us for this presentation by Attorney Tiffany A. Kudravetz, Esq. of Aegis Estate Planning & Elder Law, Sudbury, on **Wednesday, May 20** at **1:30 PM** at the **Community Center**. There will be time for questions at the end. **RSVP** by Monday, May 18.

## Boxborough Memorial Day Parade

On **Monday, May 25**, the Town of Boxborough will hold its annual **Memorial Day Parade** to honor soldiers who died in service and all veterans buried in Boxborough cemeteries.

The parade will begin at **8:30 AM** at the **corner of Hill Road and Wetherbee Lane**, proceed on Hill Road to North Cemetery, turn left down Middle Road to Town Hall, proceed from Town Hall across Route 111 (Mass Ave), and continue down Stow Road to South Cemetery. As participants march, they will pause for ceremonies at North Cemetery, Town Hall, and South Cemetery. The Boxborough Minutemen will conduct a musket salute at both cemeteries after the names of veterans buried in the cemeteries are read.

Parking for the parade will be available across from Town Hall on Middle Road and near South Cemetery on Burroughs and Stow Roads. There is no parking at North Cemetery, so those not in the parade who want to watch North Cemetery ceremonies should park at Town Hall, the UCC church, or on Burroughs Road east of South Cemetery.

All are welcome to watch or follow behind the parade and attend the three ceremonies. All town veterans are invited to join the parade by either marching or riding in a car available for veterans. For more information, contact the Boxborough Public Celebrations and Ceremonies Committee (PCCC) at [pccc@boxborough-ma.gov](mailto:pccc@boxborough-ma.gov). Veterans needing to ride in the parade should contact the PCCC by May 18.

## Tick Talk

There are many tick-borne illnesses that are commonly found in our communities. Increase your awareness of these illnesses and receive guidance on recommended personal protection tips to prevent diseases on **Wednesday, May 13** at **1 PM** at the **Community Center** following the COA lunch.

The presenter, Sandi Richard, LPN of Nashoba Associated Boards of Health, will talk about the local species of ticks, the diseases they may carry, teach you how to identify and remove ticks safely, and review the steps you should take if bitten by a tick. **RSVP** by Monday, May 11.



## 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, May 6 and Wednesday, June 3.

**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, May 27.

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

**Fitness with Holly, in-person:** Class meets at the Community Center, Mondays and Wednesdays, 9 AM. This session runs through Wednesday, June 22.

**Fitness with Holly, via Zoom:** Class meets on Fridays, 9 AM on Zoom. This session runs 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: May 5 and June 2.

**Reiki with Rama:** Four, free, 30-minute sessions on the last Thursday of month at 1:30 PM. This month is on May 28.

**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. This session runs 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. This month's lunch is Wednesday, May 20.

**Podiatry Clinic:** Dr. Alissa Kuizinas holds a podiatry clinic every 6-8 weeks at the Community Center, 10:30 AM to 3:45 PM. Her fee is \$45. The next clinic is Wednesday, June 17. Registration opens Monday, June 1.

**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, May 13.

**Yoga:** There are two in-person Mat Yoga classes at the Community Center. **Yoga with Megan** is on Tuesdays at 11:30 AM. This session runs through Tuesday, June 30. **Yoga with Eleonora** is on Thursdays at 10:30 AM. This session runs 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 \_\_\_\_\_

## May 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 9-Fitness w/Holly Via Zoom	2 10 AM- Movement; Jazzercise at Library
3	4 9-Fitness w/Holly 1:30-Brains & Balance	5 10-Mindfulness & Meditation 1:30-Mat Yoga w/Megan 1-Game Day 3-Grief Support Group at Library	6 9-Fitness w/Holly 11-Ask a Lawyer at Town Hall 2-Knitting Group	7 10:30-Mat Yoga w/Eleanora	8 9-Fitness w/Holly Via Zoom	9 10 AM- Movement: Line Dancing at Library
10 <b>Mothers' Day</b>	11 9-Fitness w/Holly 1:30-Brains & Balance 2-COA Board Meeting	12 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day 6 PM-Gaming for Grownups at Library	13 9-Fitness w/Holly 11:15-Well Adult Clinic <b>Noon-COA Luncheon Sponsor: Boxborough Police Dept/Union</b> <b>1-Tick Talk</b> 2-Knitting Group	14 <b>8:30-Spring Birding with Becky</b> 10:30-Mat Yoga w/Eleanora	15 9-Fitness w/Holly Via Zoom <b>11AM-Field Trip: Salisbury Mansion, Worcester</b>	16 10 AM- Movement: Tai Chi/Qigong at Library
17 2 to 4 Box.1897 Schoolhouse #2 open 2 to 4 Boxborough Museum open	18 9-Fitness w/Holly 1:30-Brains & Balance	19 10-Mindfulness & Meditation 1:30-Mat Yoga w/Megan 1-Game Day <b>7-Annual Town Meeting at Blanchard School</b>	20 9-Fitness w/Holly <b>11:30-Out to Lunch at Fife and Drum Restaurant in West Concord</b> <b>1:30-Elder Law Presentation</b> 2-Knitting Group <b>7-Annual Town Meeting cont.</b>	21 10:30-Mat Yoga w/Eleanora <b>1:30-Habitat for Humanity-Critical Home Repair</b> <b>7-Annual Town Meeting (Possibly continued)</b>	22 9-Fitness w/Holly Via Zoom	23
24	25 <b>Memorial Day</b> <b>Town Hall and Library closed</b> 8:30-Memorial Day Parade	26 10-Mindfulness & Meditation 1:30-Mat Yoga w/Megan 1-Game Day 6 PM-Gaming for Grownups at Library	27 9-Fitness w/Holly <b>10:30 Coffee &amp; Chat with Kim Sp. Guest Police Chief John Szewczyk</b> <b>1:30 Game Day Live</b> 2-Knitting Group	28 10:30-Mat Yoga w/Eleanora <b>1-3-Indian Meditation and Lunch by FISCO</b> 1:30-Reiki with Rama at Town Hall	29 9-Fitness w/Holly Via Zoom	30 10 AM- Movement: Bollywood at Library
31						

Out of Town Mt Calvary Church, Acton

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

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**Save the Date:** Fifers Day, Saturday, June 20.

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**May Holidays:**

- May Day, Friday May 1
  - Cinco de Mayo, Tuesday May 5
  - Mother's Day, Sunday May 10
  - Memorial Day, Monday May 25
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**IT Help:** Free help with technology devices can be obtained by calling the COA.

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

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**Submit items for the June 2026 issue by Monday, May 4, 2026  
to [boxboroughbuzz@gmail.com](mailto:boxboroughbuzz@gmail.com)**



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