

THE BOXBOROUGH BUZZZ

SENIOR NEWS YOU CAN USE

June 2026

Council on Aging

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

June Lunch



Please join us for this fun gathering to kick off the summer season and celebrate the anniversary of the Friends of the Council on Aging (FCOA). This picnic themed lunch is sponsored by the FCOA on **Wednesday, June 10** at **noon** at the **Community Center**. The menu is assorted finger and deli sandwiches and wraps, (veggie wraps included), potato and macaroni salads, coleslaw, potato chips, mini desserts, cookies, brownies, lemonade and iced tea. Please **RSVP** beginning Monday, June 1.

The FCOA is a non-profit group that supports the Boxborough Council on Aging and its seniors with funds for lunches, transportation, and defraying the cost of some classes and events. Please contact John Fallon at 978-264-0069 if interested in joining the group.

Reminder: We collect shelf stable food donations for the Acton Food Pantry at all our lunches.



Music of McCartney

Enjoy the music of one of the world's most successful songwriters performed by Dan Kirouac on **Thursday, June 18** at **1:30 PM** at the **Community Center**. Dan will explore the music of Paul McCartney from the Beatles through Wings years and into the 1980s, highlighted by informational commentary. He will cover the piano parts and share the vocals.

Dan is a 40-year veteran of the New England music scene and has appeared in two regional award-winning Beatles tribute bands, Yellow Submarine 2000-2006 and Beatles For Sale 2007-2022. Please **RSVP** by Tuesday, June 16.

Out to Lunch



Come join us for a summer treat on **Monday, June 15** at **11:30 AM** at **Kimball Farm**, 400 Littleton Road, Westford. Enjoy a lobster roll, seafood, salad, or something from the grill, and finish off your meal with Kimball's famous ice cream. The atmosphere is casual with picnic tables under a tent – perfect for a meal with friends. Please **RSVP** by Thursday, June 11.

Please note: All **Council on Aging 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

Dolan Geneau, our COA van driver of seven years, recently resigned. We wish him well in this new chapter of his life, (re-retirement) and we already miss him.

The COA Board needs another member. Could it be you? Your primary commitment would be to attend our monthly meetings for a 3-year term.

If you or anyone you know may be interested in driving the COA van one or two days a week or serving on the COA Board, please let me know.

Although not an official holiday, June 14, is Flag Day every year. So, fly your flags proudly, as this year we celebrate the 250th anniversary of our independence!

Remembering the date of June 19, 1865, was not something we were taught in school. However, observing the federal holiday of Juneteenth now, we remember the importance of that date as it essentially marked the end of slavery in the United States.

This year Father's Day falls on the first day of Summer, Sunday, June 21. Wishing all fathers, grandfathers, and great-grandfathers a very Happy Father's Day!

Wishing you all a healthy, safe and enjoyable summer!

Best,
Kim

Well Adult Clinic



The Nashoba Associated Boards of Health will be offering their Well Adult Clinic on **Wednesday, June 10** from **11:15 AM** to **12:15 PM** at the **Community Center** to accommodate you just prior to our monthly lunch. Sandi Richard, LPN, one of our town and public health nurses will be happy to answer your health questions and take your blood pressure. Reservations are not required as it is a drop-in clinic.

Podiatry Clinic



Please call the COA after June 1, to make an appointment to see our podiatrist, Alissa Kuzinas, DPM, on **Wednesday, June 17** at the **Community Center**. She charges \$45 (paid directly to her, by cash or check) for each 15-minute appointment. The first appointment is at **10:30 AM**, and the last appointment begins at **3:30 PM**.

Coffee & Chat with Kim

I am inviting you to join me for a free cup of coffee or tea, a mid-morning snack, and some casual conversation on **Wednesday, June 24**, at **10:30 AM** in the **Community Center**. This gives us an opportunity to get to know each other a little better and discuss whatever comes up with the people who attend. This is a drop-in event, but feel free to let us know if you plan to join us.

Hope to see you soon,
Kim

Public Safety

It is important to note that Open Burning Season has now ended.

Here are a few tips for outdoor grilling:

- Always grill outdoors.
- Grills cannot be used on a porch, balcony, or deck with a roof or any overhang.
- Place grills 10 feet away from the house and deck railings.
- Store propane tanks outdoors, upright, and 20 feet away from intake vents and ignition sources.
- Always turn off the burners and close the propane cylinder when done cooking.
- Never leave a burning grill unattended.
- Clean the grease trap every time you grill.

For more grilling safety information, visit the mass.gov grilling safety page.

Happy Summer,
FF Courtney Panaro

Presentation on Diabetes: Eating Well for Better Health

Minuteman Senior Services Dietitian Deborah McLean, MS, RD, LDN, will present Diabetes: Eating Well for Better Health on **Wednesday, June 24**, at **1:30 PM** in the **Community Center**. Please **RSVP** by Thursday, June 18.

McLean's presentation will provide an easy-to-understand overview of diabetes and how it impacts your health. Additionally, she will share some simple nutrition tips to help manage blood sugar. She will also provide information about the availability of individualized, in-home nutritional counseling and Medical Nutrition Therapy consultations.

Transfer Station Fee

At the April 27 Select Board meeting, the Select Board heard several options for changing the fees that the town collects for using the Transfer Station. With input from a few concerned residents, including the COA Board chair, Bill Litant, they decided to keep the current fees at \$150.00 for anyone under 65 years of age and free for residents age 65 and older through the next fiscal year, FY27, ending June 30, 2028.

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

- **June 14**
- **July 12**
- **August 9**



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

Ask A Lawyer

Do you want to ask a lawyer something but do not want to be charged for a simple question?

Call the COA and make a free 15-minute appointment with one of our attorneys on the first Wednesday of the month. The appointments are offered in person, beginning at **11 AM**, in the Veteran's office on the second floor of Town Hall. However, the lawyer may opt to conduct phone consultations if there are only a few appointments made on that date.

Attorney Kitty O'Connor of Ekel, Hoag, and O'Connor, Acton, will meet with you on **Wednesday, June 3** and Attorney Cathleen Summers of Generations Law Group, Acton, will meet with you on **Wednesday, July 1**.

Harvard Alpaca Ranch

For June's field trip, let's visit **Harvard Alpaca Ranch**, owned and operated by Matthew and Amy Varrell. Tour the ranch located at 58 Old Mill Road, Harvard on **Friday, June 12** at **1 PM**. You will meet the alpacas in their different surroundings and learn about their personalities. Their newest addition was born in October, two more are due in July. A \$10 donation is appreciated. Please **RSVP** by Wednesday June 10.



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 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.

COA Summer Classes at the Community Center

- Adults age 60+ are welcome to all our classes at the Community Center or on Zoom.
- 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 COA office before the first class.
- Please make checks payable to the **Town of Boxborough**.
- Class sizes are limited.
- Registration dates are listed with each class.
- Admission is based on first come, first served with respect to registration dates.

Fitness with Holly

Classes begin **Monday, July 6** and run through **Friday, September 25** at **9 AM**. Monday and Wednesday classes are in person at the **Community Center**. Friday classes are held via **Zoom**. Registration begins **Monday, June 15** for Boxborough residents, and **Monday, June 29** for non-residents. Fees are \$44 for 11 Monday classes; \$48 for 12 Wednesday classes; and \$48 for 12 Friday classes. You can register for one, two, or three days of fitness. There are no Fitness with Holly classes the week of June 29 through July 4. There will be no class on Labor Day, Monday, September 7.

Mindfulness and Meditation with Debbie

Debbie Ward will lead the summer session of Mindfulness and Meditation, while Erin LoPorto is on vacation. Debbie has been practicing yoga and meditation since 2009 and has been teaching groups in those practices since 2018. She finds that these practices help maintain calmness, relieve stress, and can contribute to wellness. The summer session begins on **Tuesday, July 7** and runs through **Tuesday, September 22** at **10 AM** at the **Community Center**. Registration begins on **Tuesday, June 16** for Boxborough residents and **Tuesday, June 30** for non-residents. Fee is \$48 for 12 sessions.



Yoga with Megan

Megan will lead yoga classes for a variety of ability levels on **Tuesdays** at **11:30 AM** at the **Community Center** beginning on **July 7** running through **September 22**. Registration begins on **Tuesday, June 16** for Boxborough residents, and **Tuesday, June 30** for non-residents. Fee is \$48 for 12 classes.

Yoga with Megan and Eleonora

Yoga classes with Megan and Eleonora begin on **Thursday, July 2** and run through **Thursday, September 24** at **10:30 AM**. Registration begins on **Thursday, June 11** for Boxborough residents and **Thursday, June 25** for non-residents. Fee is \$52 for 13 classes. Megan is teaching from July 2 to August 20. Eleonora returns from vacation to teach from August 27 to September 24.

Reiki with Rama

Reiki is a Japanese originated wellness treatment that works alongside conventional medicine. It is a non-invasive energy-healing therapy that promotes deep relaxation, stress reduction, and triggers the body's natural healing mechanisms. Practitioners gently place hands on or just above a clothed recipient.

Certified Reiki Master, Rama Patcha, will offer four free, 30-minute sessions of the Japanese practice of Reiki in the **Veteran's office** in the Morse/Hilberg Room on the second floor of Town Hall from **1:30 PM** to **3:30 PM** on **Thursday, June 25**. Waitlisted people will have first preference on next months' appointments.

Call the COA for an appointment.

June Library News

Please welcome Jessica Archer to the library as our new Information Services Librarian. She oversees promotion, outreach, and programming at the Library. Jessica is restarting the monthly adult craft time.

The events scheduled for June at the Sargent Memorial Library are:

- Dots with Bindu - Thursday, June 4, at 5 PM Bindu will present a Dot Mandala Workshop. Join us for a 2-hour workshop and learn to paint your own dot mandala. This relaxing and fun activity requires no prior artistic ability. Dot mandala painting is a traditional art form that uses the pointillism technique to create beautiful, symmetrical designs. It is a meditative and therapeutic practice known to increase concentration and calm the mind. Registration is required.
- Adult Craft - Thursday, June 18, 6:15 PM
- Adult Craft - Tuesday, June 23, 1 PM

For the most up to date Library announcements, please visit the Library website at boxlib.org.

Boxborough Fifer's Day

The 2026 Fifer's Day will be held **Saturday, June 20** at **Flerra Meadows** on Stow Road. Fifer's Day is jointly sponsored by the Boxborough District Minuteman Company and the Town of Boxborough's Public Celebrations and Ceremonies Committee. The festivities begin at **9:30 AM** with the Fifer's four-mile Road Race. This is followed by a parade from the Blanchard School to Flerra Meadows at **11 AM** and then presentation of the Golden Fife and Parade Marshall awards.

The Fair will feature food, including barbecue and a vegetarian option, children's games and activities, volleyball tournament, booths representing Town organizations, and a craft fair. There will be live music throughout the afternoon.

For more information or to sign up for a booth, road race, or volleyball, go to fifersday.org. If you would like to help plan Fifer's Day or help at the fair, please contact the Boxborough Minutemen Company website at boxboroughminutemen.org/contact-us.

Nara Park Senior Stroll

Come join seniors from Boxborough, Acton, and Littleton for conversation, coffee, and a stroll around Acton's Nara Park, 25 Ledgerock Way, Acton on Fridays through June 26, 10 AM to 11 AM. Meet the group at the Boathouse Pavilion off the main parking lot.

Please contact the sponsor, Acton Nursing Services, with any questions at nursing@acton-ma.gov or 978-929-6650 and to RSVP. Registration is required.

R U Okay?

Did you know that the COA has a free program called R U Okay? This program is designed to reassure older residents, their families, and friends that someone will check on them on a regular basis. We hope this will enhance the quality of life for people who live alone, may be lonely, at risk for falls, or for concerning medical episodes. Calls will be made by a COA volunteer in the mornings, Monday through Friday, except for holidays.

You can choose to have calls one day a week or up to five days a week. The caller will greet you by name and ask if you are okay. They will determine if there is a concern and will respond according to our protocol. Please call the COA for more information and to register for the program.

Spring Project

Are you thinking about doing some cleaning out? If that's true, here are a few suggestions that will help you and others:

- Medicine cabinet - bring old medicines to the drop box at the Police Department.
- Spices - dispose of outdated spices and other foods.
- Clothes and shoes (There are many locations where you can donate these items, such as the AB Exchange or the textile bin at the Library, etc.)
- Furniture and household items (Donate to Household Goods or The Swap Shed at the transfer station.)

These projects will give you some extra space and help others with your donations.

June 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 9-Fitness w/Holly 10:30 Brains & Balance	2 Annual Town Election 7 AM – 8 PM 10-Mindfulness & Meditation 11:30-Yoga w/Megan 1-Game Day 3-Grief Support Group at Library	3 9-Fitness w/Holly 11-Ask a Lawyer at Town Hall 2-Knitting Group	4 10:30-Yoga w/Eleanora 5-Dots with Bindu at Library	5 9-Fitness w/Holly Via Zoom 10-Nara Park Senior Stroll	6
7	8 9-Fitness w/Holly 10:30-Brains & Balance 2-COA Board Meeting	9 10-Mindfulness & Meditation 11:30-Yoga w/Megan 1-Game Day	10 9-Fitness w/Holly 11:15-Well Adult Clinic Noon-COA Luncheon Sponsor: Friends of Council on Aging 2-Knitting Group	11 10:30-Yoga w/Eleanora	12 9-Fitness w/Holly Via Zoom 10-Nara Park Senior Stroll 1-Field Trip to Harvard Alpaca Ranch	13
14 2-4 Boxborough Museum Flag Day	15 9-Fitness w/Holly 11:30 Out to Lunch at Kimballs in Westford	16 10-Mindfulness & Meditation 11-30-Yoga w/Megan 1-Game Day	17 9-Fitness w/Holly 10:30-Podiatry Clinic 2-Knitting Group	18 10:30-Yoga w/Eleanora 1:30-Music of McCartney 6:15-Adult Craft at Library	19 Juneteenth Town Hall and Library closed	20 Fifer's Day at Flerra Meadows Starts at 9:30 AM
21 Fathers' Day	22 9-Fitness w/Holly	23 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day 1-Adult Craft at Library	24 9-Fitness w/Holly 10:30-Coffee & Chat with Kim 1:30-Eat Healthier with Diabetes 2-Knitting Group	25 10:30-Yoga w/Eleanora 1:30-Reiki with Rama at Town Hall	26 9-Fitness w/Holly Via Zoom 10-Nara Park Senior Stroll	27
28	29 No Fitness with Holly - vacation	30 10-Mindfulness & Meditation 11:30-Yoga w/Megan 1-Game Day				

Out of Town Mt Calvary Church, Acton

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



Ongoing Programs

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, June 3 and Wednesday, July 1.

Coffee & Chat with Kim: Join Kim and others for free coffee, tea, snack, and casual conversation, at 10:30 AM at the Community Center. This month's chat will be on Wednesday, June 24.

Field Trip: Once a month to attractions within one half hour driving distance. Entry fees vary. This month is on Friday, June 12.

Fitness with Holly, in-person: Class meets at the Community Center, Mondays and Wednesdays, 9 AM. The current session runs through Wednesday, June 22. Holly is on vacation June 29 – July 5.

Fitness with Holly, via Zoom: Class meets on Fridays, 9 AM on Zoom. The current 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: June 2 and July 7.

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

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. The current 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 at noon sponsored by a variety of groups.

Out to Lunch: Monthly gatherings at local restaurants where you choose from the menu, pay for your own lunch, and socialize with others. This month's lunch is Monday, June 15.

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. This month's 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. This month's clinic will be on Wednesday, June 10.

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 10:30am 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 _____

Save the Dates:

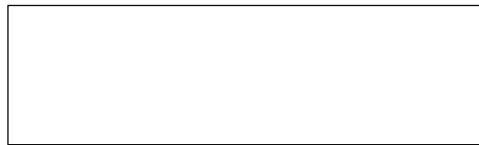
- June 2 Town Election 7 AM to 8 PM at Boxborough Town Hall
- July 11 FreeBee Market will begin

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

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



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Pre-Sort
Standard
U.S. Postage Paid
Acton, MA
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Boxborough Council on Aging
Boxborough Town Hall
29 Middle Road
Boxborough, MA 01719
Change Service Requested