

THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

July 2026

Council on Aging

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Classic Country Music Review



Join us at the **Community Center** on **Thursday, July 16 at 1:30 PM** when longtime, New England musician/author Matt York will perform the songs of classic country artists and tell stories of their careers. Starting with artists like Hank Williams, Patsy Cline, and Johnny Cash, York will discuss the origins of Western Swing music and the heroes of the Texas and Nashville honky-tonks. York has twice been nominated for the Boston Music Award for Best Country Artist, and he recently released his second book, *The Wisdom of Willie Nelson*.

Please **RSVP** by Tuesday, July 14.

This program is sponsored in part by a grant from the Acton-Boxborough Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.

Ice Cream Social

Immediately following toe tapping, knee slapping, and hand clapping with Matt York's Classic Country music, stick around for the ice cream social. You will be able to create your own sundae with vanilla and chocolate ice cream, topped with chocolate and caramel sauces, whipped cream, cherries, and nuts. Please **RSVP** by Tuesday, July 14.

Out to Lunch



July's Out to Lunch will be **Friday, July 24 at 11:30 AM** at **Tiny's Restaurant**, located at 2 Groton School Road, Ayer. Tiny's is famous for its generous portions. From their haddock dinner, to their fish n' chips and onion rings, the menu offers a wide variety including vegetarian dishes, hot and cold sandwiches, as well as deli, steak, and Italian dishes. Individual checks will be provided. Please **RSVP** by Monday July 21.

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

Join us for some fun programs and enjoy the air-conditioned Community Center. The Library is also a good place to visit when the heat rises. Bring a water bottle and relax in the air conditioning. To keep your house as cool as possible during the summer months, close windows, shades, and curtains during the heat of the day and open them during the cool evening hours. Use fans to bring the cool air in at night or to circulate the air and cool you off. It helps to slow down, stay out of the sun, and sip water throughout the day, even if you don't feel thirsty, to prevent heat related illnesses. Be safe and have a great summer!

Happy Fourth of July! Happy 250th Anniversary, USA!

Best,
Kim

Well Adult Clinic



The Nashoba Associated Boards of Health will be holding their walk-in Well Adult Clinics on the second Wednesday of the month from **1 to 2 PM** at the **Community Center**

beginning **Wednesday, July 8**. Public Health Nurse, Sandi Richard, LPN, can offer blood pressure checks, medication reviews, diet/nutrition information, answer your medical questions and/or advise you to seek out other medical assistance.

Podiatry Clinic

Beginning Wednesday, July 1, you can call the COA to make your appointment with Podiatrist, Alissa Kuizinas, DPM for her next podiatry clinic on **Wednesday, July 29** from **10:30 AM to 3:30 PM** at the **Community Center**. The cost is \$45 and is paid directly to her at the time of the appointment.



Coffee & Chat with Kim



Join Kim and some of your fellow Boxborough residents on **Wednesday, July 22** at **10:30 AM** in the air-conditioned **Community Center** for a social hour that includes light refreshments and casual

conversation. Drop by and say hello. We'd love to see you! Reservations are not required but appreciated to plan for snacks and drinks.

Public Safety

Summer has finally arrived. Please enjoy the terrific weather and numerous outdoor activities Massachusetts has to offer. Here are a few quick reminders for the summer months.

- Always wear sunscreen of SPF 30 or higher when outside for any extended period.
- Stay hydrated by drinking ample water, especially when participating in physical activities.
- Always be aware of your surroundings and keep your possessions in close proximity when at large public gatherings such as fireworks celebrations.
- Also, don't forget to check for road closures and detours when traveling, especially to busy areas like the beach.

Summertime is often the most exciting time of the year for many. Please be safe and enjoy the weather.

And always remember, if you are out of town for an extended period, please feel free to notify the Boxborough Police Department and we can provide extra property checks.

In Health,
John Szewczyk, Boxborough Chief of Police

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

- July 12
- August 9
- September 13



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

Grab n' Go Ice Cream Truck

Life Care Centers of Acton and of Nashoba Valley are sponsoring our annual **COA Ice Cream Truck** event this year. Novelty ice creams will be served to Boxborough seniors (age 60 and up) at the Town Hall on **Wednesday, July 22** from **1 to 1:45 PM**. Beginning July 1, please be sure to **RSVP** as supplies are limited.

Pickup times are by last name: A through H, 1 PM; I through P, 1:15 PM; and Q through Z, 1:30 PM. We hope you'll come for a free ice cream treat and meet a representative from Life Care Centers. There are two nearby locations, Life Care Center of Acton, One Great Road, Acton, and Life Care Center of Nashoba Valley, 191 Foster Street, Littleton.

Dedicated teams at both Life Care sites offer short-term rehabilitation and 24/7 skilled nursing services, providing high-quality clinical care. The Littleton location also features an all-female memory care unit. The Acton campus is in a beautiful, wooded area with inviting outdoor spaces, convenient to many community events. The Littleton location offers a scenic, farm-like setting with alpacas, bunnies, sheep, and goats. The centers are committed to compassionate, quality care, honoring those who have taken care of us.



Household Goods Field Trip

Join us on **Tuesday, July 14** at **10 AM** for a tour of **Household Goods** located at 530 Main Street, Acton.

Household Goods provides a full-range of quality donated furniture and household items free of charge to 3,000 families in need each year. This is due to the incredible support of their volunteers plus people and businesses who thoughtfully donate furniture and household items that meet the guidelines. As you tour the center, you will see how items are accepted, inspected, and showcased. You'll see the inventory that ensures clients can obtain everything they need to turn their dwellings into their homes. Please **RSVP** by Thursday July 9 and join us onsite!

Ask A Lawyer

Here's your chance to talk to a lawyer for free. Call the COA to make an appointment with Attorney Cathleen Summers of Generations Law Group on **Wednesday, July 1** from **11 AM to 1 PM** in the Morse/Hillberg Room on the second floor of Town Hall in **the Veterans Office**.

Next month Attorney Kitty O'Connor of Ekel, O'Connor & Hoag will meet with you on **Wednesday, August 8**.

These two lawyers donate their time to give older adults in Boxborough free 15-minute appointments to answer your questions or advise you as to what steps to take to get your questions answered or potential legal problems addressed.

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.

July 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 No Fitness with Holly - vacation Bob Stemple will have no office hour this month. 11-1-Ask a Lawyer at Town Hall 2-Knitting Group	2 10:30-Yoga w/Megan	3 July 4th Observed Town Hall and Library closed	4 Independence Day
5	6 9-Fitness w/Holly 7-8 PM-Celebrating America's 250 th : Iron in the Water with Adventurer in History Virtual at Library website	7 10-Mindfulness & Meditation 11:30-Yoga w/Megan 1-Game Day 3-Grief Support Group at Library	8 9-Fitness w/Holly 1-Well Adult Clinic 2-Knitting Group	9 10:30-Yoga w/Megan 6:15-7:45 PM Mediterranean Cooking at Library	10 9-Fitness w/Holly Via Zoom	11 10:30-noon Freebee Community Market
12 2-4 Boxborough Museum	13 9-Fitness w/Holly 10:30-Brains & Balance 2-COA Board Meeting 7-8 PM Celebrating America's 250 th - Everyday lives of people of the era. Virtual at Library website	14 10-Field Trip to Household Goods in Acton 10-Mindfulness & Meditation 11:30-Yoga w/Megan 1-Game Day 6-8 PM Gaming for Grownups at Library	15 9-Fitness w/Holly 2-Knitting Group	16 10:30-Yoga w/Megan 1:30-Classic Country with Matt York 2:30- Ice Cream Social 6 PM Adult Painting Class at Library	17 9-Fitness w/Holly Via Zoom	18 10:30-noon Freebee Market
19	20 9-Fitness w/Holly 7-8 PM-Celebrating America's 250 th : The Black Experience of the Revolution Virtual at Library website	21 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day 6:30-3 rd Tuesday Book Club at Library	22 9-Fitness w/Holly 10:30-Coffee & Chat with Kim 1-1:45 Grab n' Go Ice cream Truck at Town Hall Sponsor: Life Care Center 2-Knitting Group	23 10:30-Yoga w/Megan 1:30-Reiki with Rama at Town Hall	24 9-Fitness w/Holly Via Zoom 11:30-Out to Lunch at Tiny's in Ayer	25 10:30-noon Freebee Market
26	27 9-Fitness w/Holly	28 10-Mindfulness & Meditation 11:30-Yoga w/Megan 1-Game Day 6-8 PM Gaming for Grownups at Library	29 9-Fitness w/Holly 10:30-Podiatry Clinic 2-Knitting Group	30 10:30-Yoga w/Megan	31 9-Fitness w/Holly Via Zoom	

Out of Town Mt Calvary Church, Acton

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

Library News

The Sargent Memorial Library will host three virtual programs on "Celebrating America's 250th." All programs start at 7 PM.

- July 6: Iron in the Water - the importance of the Hudson River
- July 13: Everyday lives of people who lived through this era
- July 20: The Black experience of the Revolution

The following programs are in person at the Library:

- July 9, 6:15 PM: "A Recipe for... Garlic, Olive Oil + Everything Mediterranean" Cookbook Club
- July 14 and July 28, 6 PM: Gaming For Grownups
- July 16, 6 PM Adult Painting Class
- July 21, 6:30 PM 3rd Tuesday Book Club

Visit the Library website boxlib.org for more information on all events.

Local Farmers Markets

Summer is here and so are the Farmers Markets. What an enjoyable way to shop for fresh vegetables and fruits, meats, breads, cheese, honey, and crafts. Please bring your own bags and carry small bills when paying in cash. Thank you for supporting local farmers and small businesses. Here are a few.

Acton-Boxborough Farmers Market

19 Elm Street, West Acton

Sundays, 10 AM to 1 PM through October 11

Maynard Community Farmers Market

Mill and Main Street, Clock Tower Place parking lot

Saturdays, 9 AM to 1 PM through September 26

Stow Community Farmers Market

Community Church of Stow, 1567 Pilgrim Dr.
Saturdays, 9 AM to 12:30 PM until October 3

FreeBee Market

FreeBee Market, Boxborough's volunteer-run food rescue initiative, will launch its sixth season on **Saturday, July 11 at 10:30 AM at UCC Boxborough** on Mass Ave./Middle Road. This year's season features a later start date due to positive shifts in the regional food security network. Many of our partnering food resources are experiencing higher demand and have new storage in place, meaning there is less poised-for-waste food to rescue. This is actually a good thing.

To ensure a consistent supply, FreeBee is partnering with the Acton-based Boston Area Gleaners (BAG). Funded through a charitable subscription sponsored by a local resident, the partnership allows FreeBee to source fresh, locally grown food for Boxborough residents throughout the season. Additionally, the FreeBee Garden Team is actively cultivating local community plots to supplement the markets with town-grown produce. Residents interested in volunteering, joining the garden team, or learning more about the program can contact organizers at freebeecommunity@gmail.com

Reiki with Rama

Certified Reiki Master, Rama Putcha, offers four free 30-minute Reiki sessions, usually the last Thursday of the month, in the Morse/Hilberg Room on the second floor of **Town Hall** in the Veterans Office from **1:30 PM to 3:30 PM**. People on the waitlist or those that did not have a Reiki treatment the previous month will have priority over those serviced the month prior. The non-invasive practice of Reiki is known to reduce stress, promote deep relaxation and trigger the body's natural healing mechanisms. Please call the COA beginning July 1 to make your appointment for **Thursday, July 23**.

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 _____

Please note: The monthly office hour with Bob Stemple, Select Board Chair, is cancelled for Wednesday, July 1.

July Holidays:

- Saturday, July 4 - Independence Day
-

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

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



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**Boxborough Council on Aging
Boxborough Town Hall
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