

THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

August 2026

Council on Aging

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Pizza Party



Come in out of the heat and enjoy a Pizza Party at the **Community Center** on **Wednesday, August 12** at **noon**. The event is sponsored by the Boxborough Conservation Trust, an all-volunteer, private, non-profit land trust founded to preserve Boxborough's rural character and natural resources through land preservation, engaging the community, and stewardship. Please **RSVP** by Friday, August 7.

A Cultural Review of the 1940s Through Music

Let's go back in time for a cultural review of the 1940s through music on **Thursday, August 20** at **1:30 PM** in the **Community Center**. In this one-hour presentation, music is used to highlight the major events in politics, entertainment, science, and even the fads of the decade. Popular artists of the day included Bing Crosby, Cab Calloway, Jimmy Dorsey, Glenn Miller, and Frank Sinatra. This multimedia presentation includes rare audio and video clips coupled with live music and singalongs. In addition, audience members who answer trivia questions correctly can win a prize. The presenter is Fran Hart, founding member of the Beatles tribute band 4EverFab.

Please **RSVP** by Tuesday, August 18.

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

Out to Lunch



August's Out to Lunch destination will be at **Nan's Kitchen**, at 160 Littleton Road, Unit 6 in Westford on **Friday, August 21** at **11:30 AM**. This location provides easy access. Come enjoy farm-to-table fried chicken dishes as well as sandwiches, soups, and salad bowls. Teas, lemonade and smoothies are also available. Please note that table service is not available. Go to bit.ly/4pmcH8u to see the full menu with prices.

Please **RSVP** by Wednesday, August 19.

*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

Hello Everyone,
I'm excited to announce that we will begin registration on August 17 for a fun new class starting Monday, September 14 at 10:30 AM: DL Dance Line Dancing with Lyndsey Quigley. She will begin her eight-class session with an introduction of a variety line dances with music genres including oldies, country, and popular music. Beginners and experienced line dancers are welcome. Mindfulness and Meditation with Erin returns on Tuesday, September 8 at 10 AM, with registration beginning Tuesday, August 18. Please see the registration information for these classes on page 3. Registration for Fall Yoga and Fitness classes will be in September.

Beat the heat and have a good time socializing with others at our enjoyable COA programs at the air-conditioned Community Center.

Hope to see you soon at the Community Center or in the COA Office on the second floor of Town Hall.

Best,
Kim

Well Adult Clinic



The Nashoba Associated Boards of Health will hold their monthly Well Adult Clinic on **Wednesday, August 12** from **1 to 2 PM** at the **Community Center**. Public

Health Nurse, Sandi Richard, LPN, will take your blood pressure and answer your health-related questions. Drop in and say hello, reservations are not required.

Podiatry Clinic

Alissa Kuzinas, DPM, will host her next podiatry clinic at the **Community Center** on **Wednesday, September 16** from **10:30 AM to 3:30 PM**. Her fee is \$45 for a 15-minute appointment to treat calluses, cut toenails, and consult about other concerns with your feet. Please call the COA office to make an appointment.



Public Safety

Call 911 if you feel like you are having a heat emergency!

Prevent, identify, and first steps for heat-related illnesses.

Heat exhaustion

- feeling tired or weak
- fast or weak pulse
- cold, pale, and clammy skin
- nausea or vomiting
- headache
- dizziness
- irritability
- Seek medical attention if symptoms are getting worse or last longer than one hour, especially if the person has heart problems, high blood pressure or medical conditions like asthma or diabetes.

Heat stroke

Call 911 if person has

- a body temperature higher than 103F
- throbbing headache
- seizures
- altered mental state or confusion
- unconsciousness (passing out)
- apply cool wet towels

Heat cramps

- lots of sweating
- muscle cramps
- immediately get into a cool area if possible

Look at the Town's website or the Fire Department's Facebook page for information on cooling centers during severe heat waves.

FF/EMT- *Courtney Panaro*

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

- August 9
- September 13
- October 11



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

What Families Wish They Knew Before a Crisis Happens

Come to the **Community Center** on **Thursday, August 13** at **1:30 PM** to learn about senior living options before a crisis happens. Patricia from Oasis Senior Advisors will share practical insight into preparing for the unexpected. Many families first explore senior living during a hospital stay or sudden health change. This talk discusses common challenges that arise during these moments and how early planning can prevent rushed or stressful decisions. **RSVP** by Monday, August 10.

Reiki with Rama

Experience the benefits of the non-invasive, Japanese energy healing practice of Reiki with Rama Putcha, Certified Reiki Practitioner on **Thursday, August 27** in the Veteran's Office located in the Morse/Hilberg Room on the second floor of **Town Hall**. She offers four free 30-minute sessions from **1:30 to 3:30 PM**.

Please call the COA Office to make an appointment.

August Field Trip

Enjoy a summer stroll at the **Bonsai West Garden** at 100 Great Road, Littleton at **12:45 PM** on **Friday, August 28**. This peaceful beautiful outdoor garden and greenhouses showcase some of the finest award-winning Bonsai available in the country. Please be aware that there are stairs, some uneven terrain, and no public restrooms. Bonsai West Garden was also featured on Boston's WBZ news channel! Please **RSVP** by August 26.

Mindfulness and Meditation with Erin

Erin LoPorto returns to lead the fall session of Mindfulness and Meditation beginning on **Tuesday, September 8** at **10 AM** at the **Community Center** and running through **Tuesday, November 24**. Registration begins on Tuesday, August 18 for Boxborough residents and Tuesday, September 1 for non-residents. Fee is \$48 for 12 sessions. These classes can contribute to a sense of calmness, and help relieve stress and anxiety.

DL Dance Line Dancing

Lindsey Quigley of DL Dance will lead an upbeat line dancing class with easy-to-follow steps and great music of all kinds. It will get your body moving and improve your balance and coordination. It can also support memory, focus, and overall cognitive functioning while learning a variety of dance patterns. Join the fun, laughter, and community connection in a relaxed and welcoming environment. Partners or previous dance experience are not needed. The 8-class session is \$32 and will begin at **10:30 AM** at the **Community Center** on **Monday, September 14** and run through **Monday, November 9**. Registration for Boxborough residents begins on Monday, August 17 and on Monday, September 1 for non-residents.



COA Fall 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.

August 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 10:30-noon FreeBee Food Only on UCC Church lawn
2	3 9-Fitness w/Holly	4 11:30-Yoga w/Megan 1-Game Day 1-4 Gelli Plate printing Workshop at library 3-Grief Support Group at library	5 9-Fitness w/Holly 11-Ask a Lawyer at Town Hall 2-Knitting Group	6 10:30- Yoga w/Megan	7 9-Fitness w/Holly Via Zoom	8 10:30-noon FreeBee Food Only on UCC Church lawn
9 2-4 Boxborough Museum	10 9-Fitness w/Holly 2-COA Board Meeting	11 11-30-Yoga w/Megan 1-Game Day 6-8 PM Gaming for Grownups at library	12 9-Fitness w/Holly Noon- Pizza Party Sponsor: Conservation Trust 1-Well Adult Clinic 2-Knitting Group	13 10:30- Yoga w/Megan 1:30 'What Families Wish They Knew Before Crisis Happens' by Patricia from Oasis Senior Advisors 5-7 PM End of Summer Party at library	14 9-Fitness w/Holly Via Zoom	15 10:30-noon FreeBee Large Community Market
16	17 9-Fitness w/Holly	18 11:30-Yoga w/Megan 1-Game Day 6:30-7:30 Third Tuesday Book Club at library	19 9-Fitness w/Holly 10:15 FCOA Meeting at library 2-Knitting Group	20 10:30- Yoga w/Megan 1:30 - 1940s Music and culture multimedia event by Fran Hart	21 9-Fitness w/Holly Via Zoom 11:30-Out to Lunch at Nan's Kitchen in Westford	22 10:30-noon FreeBee Food Only on UCC Church lawn
23	24 9-Fitness w/Holly	25 11:30-Yoga w/Megan 1-Game Day 6-8 PM Gaming for Grownups at library	26 9-Fitness w/Holly 2-Knitting Group	27 10:30-Yoga w/Eleanora 1:30-Reiki with Rama at Town Hall	28 9-Fitness w/Holly Via Zoom 12:45-Field Trip to Bonsai West in Littleton	29 10:30-noon FreeBee Food Only on UCC Church lawn
30	31 9-Fitness w/Holly					

Out of Town Mt Calvary Church, Acton

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

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 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. To learn more and register for this new emergency alert system. Visit the town website at boxborough-ma.gov or go to bit.ly/4clDR9K.

Library News

Our library offers these in-person programs in August:

- Tuesday, August 4 from 1 to 4 PM - Gelli Plate Printing Workshop: Join painter, sculptor, and craft designer Kimberly Stoney in exploring the magical world of printmaking using a "Gelli" plate.
- Tuesdays, August 11 and August 25 from 6 to 8 PM - Gaming For Grownups: This program offers you the unique opportunity to learn and play games.
- Thursday, August 13 from 5 to 7 PM - End of Summer Party. Everyone is invited, whether or not you participate in Summer Reading, so bring your friends and celebrate with us.
- Tuesday, August 18 from 6:30 to 7:30 PM - The Third Tuesday Book Club may be just right for you! Join the library in Summer Picks for Adults from June 29 through August 13.

Read a book, come in and fill out a review, and get a sticker. Adults can have summer reading too.



Safe Medicine Disposal at BPD

Is your medicine cabinet harboring expired drugs or medications you no longer use? Drugs and meds should not be placed in the trash nor flushed down the drain. The safest way to dispose of most meds is through a drug take-back program. The Boxborough Police Department offers residents a safe way to dispose of expired, unwanted' and unused medicines via a disposal bin the police station lobby. Accepted are prescription patches, medications, ointments, vitamins, pet medications, and over-the-counter meds. The disposal bin is accessible 24/7.

Ask A Lawyer

Attorney Kitty O'Connor of Ekel, Hoag, & O'Connor will offer free 15-minute consultations on **Wednesday, August 5** from **11 AM to 1 PM**. Private consultations are in the Veteran's Office on the second floor of Town Hall in the Morse/Hilberg Room. Attorney Cathleen Summers of Generations Law Group will offer free consultations on **Wednesday, September 2**.

Please call the COA to make an appointment on either of these dates.

Farmers Markets Coupons



The COA has received five \$25 coupons for local Farmers Markets through Minuteman Senior Services. These can be distributed to Boxborough seniors aged 60+ whose income level is \$29,526 per year or less for a one-person household, or \$40,034 per year or less for a two-person household. Please contact Kim at 978-264-1717 if you qualify and would like to receive one of these coupons.

August FreeBee Saturdays

- August 1, 8, 22, 29 – Food only
 - August 15 – Community Market – Theme: Back to School
-

No Holidays in August

**Submit items for the September 2026 issue by Wednesday, August 5, 2026
to boxboroughbuzz@gmail.com**



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