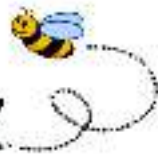


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

September 2026

Council on Aging

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978-264-1717
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ma.gov
Bill Litant, COA Board Chair,
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COA Board

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

Department and Board Liaisons

John Fallon, FCOA
Maria Neyland, FinCom
Bob Stemple, Select Board
Courtney Panaro, Fire Dept.
Chief John Szewczyk,
Police Dept.

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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

September Lunch



Many thanks to our advocates, the Friends of the Boxborough Council on Aging (FCOA), for sponsoring lunch on **Wednesday, September 9** at **noon** at the **Community Center**. The menu includes stuffed chicken breast, mashed potatoes, green beans almondine, garden salad, and cider, followed by gourmet brownies and cookies.

Alert! Due to Labor Day weekend, please **RSVP** by Thursday, September 3.

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 remember your donations for the Food Pantry.

Threshold Singers

The Threshold Singers of Groton Hill Music honor Groton Hill's commitment to give music generously where there is need. Hear the inspirational story of their founding; relax as you experience songs of peace; learn about their mission to comfort those who are ill and in hospice; and find out how you can support this important community service. There will also be an opportunity to ask questions, learn a song, and harmonize together on **Thursday, September 17** at **1:30 PM** at the **Community Center**.

Light refreshments will be served at the end of the program. Please **RSVP** by Tuesday, September 15.

Celia the Belly Dancer

Get ready for a fun afternoon of belly dancing on **Thursday, September 24** at **1:30 PM** at the **Community Center**. The first half of the hour-long program consists of a show, during which she performs belly dances to a variety of rhythms from Egypt, Lebanon, Greece, and other parts of the world. Many of her dances feature exciting props like veils and sword balancing. During the second half of the program, you will get the chance to dress up in a colorful hip scarf and learn fun beginner moves. Please **RSVP** by Monday, September 21.

Please note: All **Council on Aging RSVPs** should be made to:
Kim at kdee@boxborough-ma.gov or 978-264-1717.

Kim's Corner

I have been told that some of you are interested in playing Bingo. Contrary to the belief that all COAs offer is Bingo, our COA has never had a Bingo program. However, we are going to give it a try in September. See the article on this page.

We are now offering a Line Dancing Class (not just Country Line Dancing) that begins on September 14. We mentioned it last month. If you are interested, please let me know as soon as possible, because if we do not get at least six participants, we will not be able to offer it.

We are also hosting a demonstration of the Groton Music Center's Threshold Singers on Thursday, September 17, and Celia the Belly Dancer returns to demonstrate her expertise. Everyone who saw her program last year raved about it.

Mark your calendars and **RSVP** for all these great events. *Hope to see you soon, Kim*

Well Adult Clinic



The September Well Adult Clinic will be held on **Wednesday, September 9** starting at **1 PM** at the **Community Center**. Public Health Nurse, Sandi Richard, LPN,

can offer blood pressure checks, medication reviews, diet/nutrition information, answer your medical questions, or advise you to seek out other medical assistance.

Podiatry Clinic

Podiatrist, Alissa Kuizinas, DPM, will be available for appointments on **Wednesday, September 16** beginning at **10:30 AM** at the **Community Center**. The cost is \$45 and is paid directly to her at the time of the appointment.



Bob Stemple's Office hour will be at **10 AM** on **Monday, September 9** in the Morse/Hilberg Room.

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

- September 13
- October 11
- November 8



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

Bingo with Kim

You will not believe how much fun you can have playing Bingo until you try! Join us on **Monday, September 28** at **1:30 PM** at the **Community Center**. There is no charge to play. We will provide you with Bingo cards that have sliding windows. We will attempt to play 10 games with 10 different patterns. Winners of each round can choose from a variety of prizes that include snacks and small items like pens, mechanical pencils, word games, and packages of pocket tissues.

Please **RSVP** by Wednesday, September 23.

Public Safety

Can you believe the days are getting shorter and summer is winding down? As the festive fall season approaches and we enjoy football, pumpkin pie, and changing leaves, it is important to remember to take safety precautions in our daily lives.

- Take walks earlier in the day.
- Wear reflective clothing when walking on the roads at any time of day
- Always be aware of slippery leaves and ensure your walking shoes are comfortable and properly maintained.
- Consider having your heating system serviced before the winter months.
- Service your vehicle ensuring the tires are safe and can handle the upcoming winter snow.
- Check the batteries on the smoke alarms and carbon monoxide detectors in your home.

As always, please feel free to call or stop by the Police Department if you have any questions or concerns. We are always here to help.

In Health,
Chief of Police John Szewczyk

Ask A Lawyer

Attorney Cathleen Summers of Generations Law Group will offer free 15-minute consultations on **Wednesday, September 2** from **11 AM to 1 PM**. Attorney Kitty O'Connor of Eckel, Hoag & O'Connor will offer consultations on **Wednesday, October 7**. Private consultations are in the Veteran's Office on the second floor of **Town Hall** in the Morse/Hilberg Room. Please call the COA to make an appointment on either of these dates.

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.

Fall 2026 Fitness with Holly

Registration begins **Tuesday, September 8** for Boxborough residents. If space is available, non-residents may register beginning **Monday, September 21**.

- **Monday** classes begin September 28 and run through December 21.
- **Wednesday** classes begin on September 30 and run through December 23.
- **Friday** classes begin on October 16 and run through December 18.
- **All classes** start at **9 AM**.
- Monday and Wednesday classes are held at the **Community Center**.
- **Friday** classes are held via **Zoom**.
- The fees are: 12 Monday classes: \$48; 12 Wednesday classes \$48; and 9 Friday classes: \$36.

There are no classes on Monday, October 12, Columbus/Indigenous Peoples Day, Wednesday, November 11, Veterans Day, and Friday, November 27, the day after Thanksgiving.

Fall Yoga with Megan

Registration will begin on **Tuesday, September 8** for Boxborough residents, and **Tuesday, September 22** for non-residents.

The fee is \$56 for 14 classes. Megan Willwerth from Cultivate Yoga will offer the class for all abilities at the **Community Center** on **Tuesdays** at **11:30 AM** beginning on September 29 running through December 29.

Fall 2026 Yoga with Eleonora

Registration begins on **Thursday, September 10** for Boxborough residents. If space is available, non-residents may register beginning **Thursday, September 24**.

Yoga classes with Eleonora are for all abilities, and begin on Thursday, October 1 and run through Thursday, December 31 at the **Community Center**. The class starts at **10:30 AM**. The fee for these 13 classes is \$52.

There will be no class on Thursday, November 26 for Thanksgiving.

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(one) month in advance. Reservations for local rides can be made 1 (one) week in advance.

Reiki with Rama

Experience the benefits of the non-invasive, Japanese energy healing practice of Reiki with Rama Putcha, Certified Reiki Practitioner, on **Thursday, September 24** 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**.

R U OK?

Do you know that the COA has a free program called R U OK? This 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 receive 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 at 978-275-1717 for more information and to register for the program.

Out to Lunch

September's Out to Lunch will be at **Oscar's Burritos** on **Friday, September 18** at **11:30 AM** on the **Acton/Boxborough line, Route 111**. There you will find authentic Mexican food that is fresh and homemade by Oscar, who is in the kitchen daily. Oscar's features burritos, quesadillas, tacos, soups and salads, and nachos. If you haven't tried this Boxborough restaurant you are in for a treat. Oscar's is a family-friendly, fast-casual Mexican Grill, and a terrific value! Please **RSVP** by Wednesday, September 16.

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!

Information Technology Assistance

Several Boxborough residents have volunteered to support seniors with their Information Technology (IT) issues. They offer assistance with computer, cell phone, and internet problems or questions. If you need IT help, call 978-264-1717 to be put in contact with a knowledgeable volunteer, who will then contact you to set up a time to meet at the Community Center, Town Hall, or on the phone. If it is outside their area of expertise, they will let you know that you will need to contact your internet or cell phone provider or other service.

September Library News

Lots of activities for seniors at the library in September.

- Third Tuesday Book Club: **Tuesday, September 15, 6:30 to 7:30 PM**. This month's book is *Everyone in My Family Has Killed Someone* by Benjamin Stevenson. Copies of the book are available for pickup at the Library.
- Adult Craft Time: **Thursday, September 17, 6 to 7 PM** and **Tuesday, September 22, 1 to 2 PM**. Craft supplies are provided. Create a Fall Vision Board.
- *A Recipe For ... Super Simple* Cookbook Club: **Thursday, September 24, 6:15 to 7:45 PM**. Enjoy the recipes and photos of Tieghan Gerard, a popular recipe blogger.
- *Nothing More of This Land*: **Tuesday, September 29, 5 PM**. This is a community discussion followed by virtual Q&A with author Joseph Lee about the search for indigenous identity.

Registration is required for all events. Additional information is on the Library's website (boxlib.org).

Donation: \$5 _____ \$10 _____ Other _____
Name _____
Address _____
In Memory of _____
In Recognition of _____

September 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 11:30-Yoga w/Megan 1-Game Day	2 9-Fitness w/Holly 11-Ask a Lawyer at Town Hall 2-Knitting Group	3 10:30- Yoga w/Eleonora	4 9-Fitness w/Holly Via Zoom	5 10:30-Noon Freebee Food Only on UCC Church lawn
6	7 Labor Day Town offices and library closed	8 10-Mindful/Meditation 11:30-Yoga w/Megan 1-Game Day	9 9-Fitness w/Holly 10-SB Member - Bob Stemple meeting hour at Town Hall Noon: COA Lunch Sponsor: FCOA 1-Well Adult Clinic 2-Knitting Group	10 10:30-Yoga w/Eleonora	11 9-Fitness w/Holly Via Zoom	12 10:30-Noon FreeBee Community Market on UCC Church lawn
13 2-4 Boxborough Museum	14 9-Fitness w/Holly space 10:30-Line Dancing 2-COA Board Meeting	15 10-Mindful/Meditation 11:30-Yoga w/Megan 1-Game Day 6:30-7:30 Third Tuesday Book Club at Library	16 9-Fitness w/Holly 10:30-Podiatry Clinic 2-Knitting Group	17 10:30-Yoga w/Eleonora 1:30-Threshold Singers 6-7 PM-Adult Craft Time: Fall Vision Board at Library	18 9-Fitness w/Holly Via Zoom 11:30-Out to Lunch at Oscar's Burritos	19 10:30-Noon Freebee Food Only on UCC Church lawn
20	21 9-Fitness w/Holly space 10:30-Line Dancing	22 <i>First day of autumn/fall</i> 10-Mindful/Meditation 11:30-Yoga w/Megan 1-Game Day 1-Adult Craft Time: Fall Vision Board at Library	23 9-Fitness w/Holly 2-Knitting Group	24 10:30-Yoga w/Eleonora 1:30-Celia the Belly Dancer 1:30-Reiki with Rama at Town Hall 6:15-Cooking Club at Library	25 9-Fitness w/Holly Via Zoom	26 10:30-Noon Freebee Food Only on UCC Church lawn
27	28 9-Fitness w/Holly space 10:30-Line Dancing 1:30-Bingo with Kim	29 10-Mindful/Meditation 11:30-Yoga w/Megan 1-Game Day 5-7 PM 'Nothing More of This Land' Community Discussion and Q&A with author Joseph Lee at Library	30 9-Fitness w/Holly 2-Knitting Group			

Out of Town Mt Calvary Church, Acton

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

Boxborough Notice: for your calendar -

Fall Town Meeting at Blanchard Memorial School, starting on Monday, November 16 at 7 PM.

September FreeBee Dates: Saturdays:

September 5, 19, 26 – Food Only

September 12 – Community Market – Theme: Harvest Market

September Holidays:

- **Labor Day - Monday, September 7**
 - **Patriot Day – Friday, September 11 (Remembering 9/11/2001)**
 - **Grandparents Day – Sunday, September 13**
-

**Submit items for the October 2026 issue by Friday, September 4, 2026
to boxboroughbuzz@gmail.com**



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