

THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

November 2025

Council on Aging

Kimberley Dee,
Human Services Director
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COA Board

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

Department and Board Liaisons

John Fallon, FCOA
Maria Neyland, FinCom
Bob Stemple, Select Board –
10:00 Office Hours 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
Tess Summers

November Lunch



lemonade.

Argento Electric is a locally-owned and operated business serving Boxborough for over 50 years.

RSVP by Thursday, November 6. Paper bags and food donations for the Acton Food Pantry are appreciated.

Game Day Live

Have you ever wanted to participate in a live game show such as Wheel of Fortune, Jeopardy, or Family Feud? Well, on **Wednesday, November 19** at **1:30 PM**, you can. Come to the **Community Center** for a fantastic afternoon of game shows. To make it even more fun, we will play in teams. Prizes will be awarded for all the winning team members. Sign up soon. **RSVP** by Monday, November 17.

Kevin Richman will be our host for Live Game Shows.

Concord Traveling Players

We welcome the Concord Traveling Players for a short play, *A Flurry of Birds*, that relates to the 250th Anniversary of the battles of Lexington and Concord. The program is set for **Thursday, November 20** at **1:30 PM** at the **Community Center**. They are excited to bring you this original production.

For many years, The Concord Traveling Players have brought lively entertainment to seniors at centers and living facilities. They are experienced actors and musicians, who treasure the opportunity to perform and engage audiences with good-spirited humor, music, and skits.

RSVP by Tuesday, November 18.

Please note: All Boxborough COA **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

November in New England brings shorter daylight hours, colder temperatures, inclement weather, and the approaching holidays. This time of the year can bring joy, but can also bring feelings of sadness, loneliness, and isolation.

Seasonal changes that affect mood, energy, sleep, and even appetite can often cause Seasonal Affective Disorder (SAD). Consulting a healthcare professional is the best way to get help managing those kinds of feelings and symptoms.

Exposure to bright light, eating a balanced diet, frequent exercise, maintaining a regular sleep schedule, and social interaction commonly reduces some of those effects.

So, join us for some of the programs we offer at the Community Center. You may be surprised how good you feel after getting out, getting some fresh air, and spending time with others. It will be nice to enjoy doing something different.

*Warm Regards,
Kim*

Well Adult Clinic

None this month.

Podiatry Clinic

None this month.

The next podiatry clinic will be on **Tuesday, December 9** at the **Community Center** from **10:30 AM to 3:30 PM**. You may call the COA to make your appointment with Dr. Kuizinas after November 5. She charges \$40 for her services and you can pay her directly with cash or check.



Ask A Lawyer

Attorney Cathleen Summers of Generations Law group offers free 15-minute consultations at the **Community Center** on **Wednesday, November 5** beginning at **10:30 AM**. Please call the COA to reserve a time to speak to her. She will answer your questions or tell you what next steps you need to take to address your legal concerns.

Coffee & Chat with Kim



Join Kim and special guest, our town administrator, Michael Johns for a free cup of coffee, a light snack and conversation. Mark your calendars and come to the **Community Center** on **Wednesday, November 26** at **10:30 AM**.

It will be great to see you!

Public Safety

Just a few quick reminders...

- Going on vacation? Please feel free to visit the Boxborough Police Department website, boxborough-ma.gov/174/Police-Department, and click on "Request for Services" and then "House Check Request" to complete the form. The Boxborough Police Department will conduct extra patrols by your residence when you are away.
- Have some old prescription drugs needing to be disposed of? Come to the lobby of the police station and look for the large green container where prescription drugs can easily be discarded.
- Need a safe place to meet someone to complete an internet transaction? There is a meet-up location in the parking lot, (look for the sign on your left as you drive into the police station parking lot). It is videotaped.

As always, please do not hesitate to contact the Boxborough Police Department if you need assistance.

*In Health,
Chief John Szewczyk*

The Museum will be open

2 to 4 PM Sundays

- **November 9, 2025**
- **December 14, 2025**
- **January 11, 2026**

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



FCOA President's Annual Update

Over the last 12 months older adults in Boxborough have been fortunate as the COA has both maintained its schedule of ongoing programs and also offered a great variety of new trips and programs.

We are fortunate to have Kim Dee and Ami Scheen continue their work in the COA office to keep senior activities in town going and also the strong support for seniors on the part of other town departments.

The Friends continued our commitment to the seniors by funding and staffing three in-person lunches and supporting other endeavors and programs as requested by the COA and the COA Coordinator.

Once again, the Friends are grateful to the COA and Select Boards for their constant support and to donors who provide us with funds for our programs.

If anyone is interested in learning more about the Friends, our next meeting is **Wednesday November 19 at 10:15 AM** in the meeting room of the **Sargent Memorial Library**.

John Fallon, President

Fall Prevention and Home Safety Workshop

Join Neil Garceau, owner of Oakley Home Access of Greater Boston, for an engaging presentation on how to reduce fall risks and promote safety at home. The program will be held on **Thursday, November 13 at 1:30 PM** in the **Community Center**. Learn practical, low-cost modifications that help older adults remain independent, avoid injury, and age in place with confidence. The session walks

(continued next column)

through each area of the home with real-world solutions, sparking important conversations about personal safety. Ideal for seniors, caregivers, and families alike. Don't miss this opportunity to gain insight and take proactive steps toward a safer living environment.

RSVP by Monday, November 10.

Veterans Day Ceremony

The Town of Boxborough cordially invites Boxborough veterans and residents to attend the 2025 Veterans Day Ceremony on **Tuesday, November 11** at the Veterans Tribute Memorial at **Sargent Memorial Library**, 427 Massachusetts Avenue. The ceremony begins promptly at **11 AM**, rain or shine. Light refreshments will follow the ceremony.

Parking is available at the Library and at Blanchard Memorial School. If you park at the school, use the bridge walkway to get to the ceremony site. The Veterans Day ceremony recognizes the commitment and dedication of Boxborough veterans and their families. The town looks forward to honoring all those who have served in our Armed Forces.

Information about Boxborough's veterans services is available for you at boxborough-ma.gov/281/Veterans-Services. Boxborough Veterans' Services Officer James MacRae (978-929-6614) has office hours at **Boxborough Town Hall on Tuesdays from 10 AM to 2 PM**. Appointments are preferred.



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. For further information, rates, and to make reservations call 978-264-1730. Visit our website at bit.ly/3rBYnw5 for details.

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

Presenting Yellowstone

Stephen Kent is a photographer whose images have appeared in *Wild Bird* magazine, *Galapagos Conservancy* calendars, and the British tabloid, *The Sun*. He has photographed wildlife on seven continents. His website, beenthereshotthat.us, provides thousands of photos and several videos from his world travels.

This presentation on **Wednesday, November 5** at **1:30 PM** in the **Community Center** illustrates how you can use the current version of iPhone to get beautiful images of geothermal features. The images were captured in June/July 2025 during a trip to Yellowstone Park. The presentation also includes images that require a conventional 35mm camera and super telephoto lens to contrast what types of images cannot be captured at high quality by an iPhone. Steve will bring the camera equipment he used for the non-iPhone images for illustrative purposes.

Out to Lunch

Join your friends at **Legends Café** for our November Out to Lunch gathering. We will meet at **11:30 AM** at 5A Spruce Street, Acton on **Friday, November 14**. The café menu includes sandwiches, wraps, burgers and hot dogs from the grill. Breakfast items and delicious salads are also available. Please **RSVP** by Wednesday, November 12. Individual checks will be provided.



Library News

The library is pleased to announce the following programs for November.

- How to Create a Standout Resume on Wednesday, November 12 from 9:30 to 10:30 AM. This is a virtual program that will take place via Zoom.
- A Recipe for Indian(-ish) Cookbook Club on Thursday, November 13 from 6:15 to 7:45 PM. Get in the kitchen with Priya Krishna and her mom as they share recipes and antics.
- Third Tuesday Book Club will be on Tuesday, November 18 from 6:30 to 7:30 PM. This month's book is *Homegoing* by Yaa Gyasi.
- Adult Craft Time - Get crafty with us on Thursday, November 20 from 6 to 7 PM. This month's craft is Sharpie Dyed Tile Coasters.

Registration for these programs is required through the library's website: www.boxlib.org.

Fall Library Used Book Sale

The Friends of the Boxborough Library Fall Used Book Sale will start with a **Preview Sale** for members on **Friday, November 7** from **5 to 7 PM**. (Memberships will be available at the door). The **Main Sale** will take place on **Saturday, November 8** from **9 AM to 2 PM**. The **Everything Must Go Sale** will be held on **Sunday, November 9** from **2 to 4 PM**. Standard size bags will be provided for the Sunday sale; pay \$5 to fill each bag however you like. The sale will take place in the meeting room of the **Sargent Memorial Library**, 427 Massachusetts Avenue. Proceeds from the sale will go toward additional Library programs and museum passes. Cash and checks only.

Please support this sale by attending and by donating your gently used hard covers, paperbacks, music, audiovisual items, and also puzzles and board games in complete and as new condition. Donations will be accepted from Monday, November 3 through Thursday, November 6 at the Library during regular Library hours. Please no VCR tapes, magazines or any material in really poor condition.

Attention Cribbage Players!

Please come to the **Community Center** on **Tuesdays** at **1 PM** to join fellow cribbage players for a game or two at our weekly Game Day.



Thanksgiving Puzzle:

What is your favorite Thanksgiving left-over food?

How many words can you make from the phrase:

Turkey Soup

Plurals don't count!

For 3 letter words score 1 point each,
for 4-letter words score 2 points each,
for 5-letter ones, 3 points each,
for 5-or more-letter ones, 4 points each,
Count up your score.

30 points – Word Winner

40 points – Word Expert

50 or more points – Word Wizard

Merrie Christmas Fair and Silent Auction

Kick off the holiday season by joining your friends and neighbors at Boxborough's **United Church of Christ**, 723 Massachusetts Avenue on **Saturday, November 22** from **9 AM to 1 PM**. The Fair features a variety of items to purchase, including handmade items, jewelry, holiday greens, gifts, knits, and baked goods. Other features include "Attic Treasures," a children's crafts and gifts table, and a snack bar. Expect a visit from Santa Claus and enjoy holiday music throughout the fair.

The Fair's Silent Auction, which is now online, is generously supported by local residents and businesses through donations of merchandise, services, and gift certificates. You can browse these items and submit your bids between **8 AM on Wednesday, November 12** and **6 PM on Saturday, November 22** at bit.ly/48BCLX5.

Ten percent (10%) of the fair proceeds will be donated to the Acton Food Pantry Building Fund. With demand at record levels, the Food Pantry is moving to a larger, more accessible space with expanded storage and service hours.

For additional information, please call the church office at 978-263-7387.



Field Trip

There is no Trip scheduled for November.

Spa Day

There is no Spa Day scheduled for November

**Boxborough News**
Our town. our news. our voices

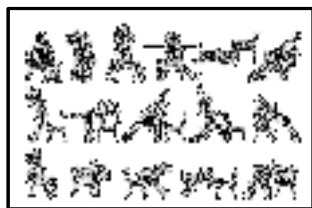
Published every Friday on
BoxboroughNews.org



- Independent source of town news and information
- Delivered to email inboxes weekly via free subscription
- Also inside the Action Unlimited, delivered to all Boxborough residences



Questions? Comments?
Contact us at BoxboroughNews@gmail.com



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, 10:30 AM – 12:30 PM at the Community Center. Please contact the COA for appointments. Next meetings: Wednesday, November 5 and Wednesday, December 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, November 26.

Field Trip: Once a month to attractions within one hour driving distance. Entry fees vary.

Fitness with Holly, in-person: Class meets at the Community Center, Mondays and Wednesdays, 9 AM. Next session begins Monday, January 5, 2026.

Fitness with Holly, via Zoom: Class meets on Fridays, 9 AM on Zoom. Next session begins Friday, January 9, 2026.

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 meetings: November 4 and December 2.

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 annemcne@comcast.net.

Mindfulness and Meditation: Meets Tuesdays at 10 AM in the Community Center. Next session begins Tuesday, December 2.

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 Friday, November 12.

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 \$40. The next clinic is Tuesday, December 9.

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 November 14.

Yoga-Mat, in-person: floor and standing yoga poses, and strength exercises, for stretching and flexibility. Meets at the Community Center on Thursdays, 10:30 AM. Next session begins Thursday, January 8, 2026.

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 _____

November 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
						¹ Turn clocks back 1 hour.
² Daylight saving time ends	³ 9-Fitness w/Holly	⁴ 10-Mindfulness & Meditation 1-Game Day 3-Grief Support Group at Library	⁵ 9-Fitness w/Holly 10:30-Ask a Lawyer 1:30-Presenting Yellowstone by Stephen Kent 2-Knitting Group	⁶ 10:30-Mat Yoga 12-Dance Exercise 1:30 SHINE Medicare Presentation	⁷ 9-Fitness w/Holly via Zoom 5-7 PM-Library Book Sale- (Members' Preview)	⁸ 9 AM – 2 PM Library Book Sale
⁹ 2-4 PM 'Everything Must Go' Book Sale at Library 2-4 PM Boxborough Museum	¹⁰ 9-Fitness w/Holly 2-COA Board Meeting	¹¹ Veterans Day Town offices and Library closed. 11- Veterans Day Ceremony at Veterans Tribute Memorial at Library	¹² 9-Fitness w/Holly 9:30- via Zoom-How to Create a Resume - Register through Library website Noon-COA Luncheon Sponsor: Argento Electric 2-Knitting Group	¹³ 10:30-Mat Yoga 12-Dance Exercise 1:30 Fall Prevention & Home Safety Workshop 6:15-Recipe for Indian Cookbook Club at Library	¹⁴ 9-Fitness w/Holly via Zoom 11:30 Out to Lunch at Legends Café in Acton	¹⁵
¹⁶	¹⁷ 9-Fitness w/Holly	¹⁸ 10-Mindfulness & Meditation 1-Game Day 6:30-Third Tuesday Book Club at Library	¹⁹ 9-Fitness w/Holly 1:30-Game Day Live with Kevin Richman 2-Knitting Group	²⁰ 10:30-Mat Yoga 12-Dance Exercise 1:30 'A Flurry of Birds' Concord Traveling Players 6-Adult Craft at Library	²¹ 9-Fitness w/Holly via Zoom	²² 9 AM-1 PM Merrie Christmas Fair at Boxboro UCC.
²³	²⁴ 9-Fitness w/Holly	²⁵ 10-Mindfulness & Meditation 1-Game Day	²⁶ 9-Fitness w/Holly 10:30-Coffee and Chat with Kim. Sp. Guest: Town Administrator Michael Johns 2-Knitting Group	²⁷ Thanksgiving Day Town offices and Library closed	²⁸	²⁹
³⁰						

Out of Town Mt. Calvary Church, Acton

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

Reminder: SHINE Medicare Presentation – November 6 at 1:30 PM at the Community Center

Note: Individual SHINE counselor appointments are made through the Acton COA at 978-929-6652.

Save the Dates:

- Registration for Yoga begins Thursday, December 4 for residents
 - Holiday Tree Lighting – Saturday, December 6 – 4PM at the Fire Station
 - Special Town Meeting – Monday, December 15 and Tuesday, December 16, 2025 at the Boxboro Regency
-

**Submit items for the December 2025 issue by Friday, November 7, 2025
to boxboroughbuzz@gmail.com**



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