

THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

January 2026

Council on Aging

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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 AM 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
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Buzz Production Team

Tina Bhatia
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January Lunch



The United Church of Christ, Boxborough, is sponsoring our January luncheon at the **Community Center on Wednesday, January 14 at noon**. The menu includes grilled lemon pepper chicken breast, pesto roasted vegetables, steamed broccoli, and a brownie/whoopie pie tray. All Boxborough residents age 60 and up are welcome. Please join us for a delicious meal and to socialize with friends.

Donations of shelf stable food and paper bags are accepted but not required. They will go to the Acton Food Pantry and the Little Food Pantry outside the UCC Church. Please **RSVP** beginning Monday, January 5 and no later than Thursday, January 8.

Musical Ventriloquist

Boston-based musical ventriloquist, Kevin Driscoll, will present "Paul Revere & Friends", a show designed to entertain while involving the audience. This program features humorous dialogue and character driven songs that celebrate local history and community spirit. Join us on **Wednesday, January 21 at 1:30 PM** at the **Community Center** for a lively, music-infused presentation of puppetry and comedy. Please **RSVP** by Thursday, January 15 to reserve your spot.



Game Day Live - Rescheduled

Have you ever wanted to participate in a "LIVE" game show like Wheel of Fortune, Jeopardy, or Family Feud? Well, on **Thursday, January 22 at 1:30 PM** you can! Come to the Boxborough **Community Center** for a fantastic afternoon of "LIVE" game shows. We'll play as teams to make it even more fun. Prizes will be awarded for all the winning team members. Sign up soon!

Kevin Richman will be our host for Live Game Shows. Please **RSVP** by Thursday, January 15 to attend this program.

*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

Happy New Year 2026! As I mentioned last month, remember to be aware of the RSVP dates in most of our program articles. We make decisions whether or not to hold our programs based on numbers of people and weather conditions. If you suspect the possibility of a cancellation, feel free to call us before you head out.

We rescheduled "Game Day Live" from November to January. Please consider joining us on Thursday, January 22. It should be a lot of fun!

The free Ask a Lawyer program, on the first Wednesday of the month is now being held in the Veteran's Agent's office in the Morse/Hilberg Room on the second floor at Town Hall. To help you plan in advance, we publish the dates for 2 months.

Wishing you the best in the coming year,
Kim

Well Adult Clinic Returns

The Nashoba Associated Boards of Health returns to the Boxborough **Community Center** on **Wednesday, January 14** at **11:15 AM** to **12:15 PM** to offer their monthly Well Adult Clinic, just prior to our monthly COA Lunch. Their registered nurse will check your blood pressure and answer medical questions. RSVP is not needed as it is drop in only.

Podiatry Clinic

Our next Podiatry Clinic with Alissa Kuzinas, DPM is scheduled for **Wednesday, January 28** at the **Community Center**. Appointments are scheduled every 15 minutes from 10:30 AM to 3:30 PM.

Please call the COA beginning January 5 to make an appointment. Space is limited. Her fee is now \$45 paid directly to her with cash or check, at the time of the appointment.



The Museum will be open
2 to 4 PM Sundays



- **January 11**
- **February 8**
- **March 8**

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

Coffee & Chat with Kim



Every month I invite Boxborough residents age 60 and above to the **Community Center** to enjoy a cup of coffee, tea, or hot cocoa, a light snack, and casual conversation. It affords us a chance to socialize in a way that does not involve a scheduled program. I occasionally invite special guests to give people an opportunity to talk to Town department heads and others about their specialties. This month I am pleased to welcome our Town Administrator, Michael Johns, to join us on **Wednesday, January 21** at **10:30 AM**. RSVP is not needed but welcomed. Hope to see you there,

Thank You, Friends of the Council on Aging

Together with the COA, I would like to thank the Friends of the Council on Aging for their continued financial support, help at events, and for their trip suggestions. Their suggested trip to the Alpaca Ranch in Harvard was the most well attended trip this past year. They partially funded the field trip to the Night Lights in December. They sponsor three of our monthly lunches and pay for the paper goods, coffee, and name tags. Thank you for helping setup, serve, and cleanup at many of our events, also.

We are very fortunate to have their support. Please join me in expressing appreciation to their members: John Fallon, President; Susan Bak, Vice President; Barbara Birt, Recording Secretary; Patty Gayowski, Treasurer; Alan Rohwer, Corresponding Secretary; members Susie Boast, Loretta Grushecky, Mary Nadwairski, and Karen Whitcomb.

A special thanks to President John Fallon for his tireless help in all that he does for us!

Sincerely,
Kim Dee

January Out to Lunch

Viking Bistro will be happy to host this month's Out to Lunch. Let the students from **Nashoba Valley Technical High School** at 100 Littleton Road, Westford serve you one of their creations. The menu changes on a weekly basis and offers soups, salads, entrees as well as delicious desserts. Go to bit.ly/4gf04XJ for sample menu and prices. Meeting time will be **11:30 AM** on **Friday, January 30**. Please **RSVP** by Wednesday, January 28.

Movement Series

The Well-Being Committee, along with Community Services, is sponsoring a **FREE** Movement Series on several **Saturdays** in January and February at **10 AM** in the Meeting Room at the **Sargent Memorial Library**. All ages are encouraged to bring the entire family.

Registration is through the library. You will need a separate registration for each class. The classes are as follows:

- January 24 – Jazzercise/Stretch Combo
- January 31 – Yoga with Sound
- February 7 – Hip Hop/Zumba Combo
- February 21 – Line Dancing
- February 28 – Mindfulness

Message from Fire Chief, John Kivlan

The holiday season is here and many homes are using extra lights, decorations, and heaters. We're reminding everyone to please take electrical safety seriously.

Electrical Safety Tips

- Only use UL-listed and properly rated extension cords.
- Never plug space heaters into extension cords or power strips — they must be plugged directly into a wall outlet.
- Avoid overloading cords with multiple devices.
- Check cords regularly for heat, damage, or discoloration.
- Replace any damaged or worn cords immediately.

During a recent home visit our crew's quick actions prevented a potential fire. Please stay safe. A few extra cautions can prevent a fire. Please stay safe, Boxborough. A few extra seconds of caution can prevent a fire.

Public Safety

As the cold winter months are upon us, please remember to take necessary safety precautions.

- Be prepared for power outages with ample non-perishable food, blankets, batteries, and a flashlight.
- Make sure your car has a reliable battery, safe tires, and the windshield wiper fluid is topped off.
- Ensure that your medications are filled. Inclement weather can lead to cancelled doctor's appointments and delays at the pharmacy.
- Dress in appropriate clothing and layers for winter weather.
- Make sure your footwear has good traction, use handrails, and walk slowly to prevent falls.
- If shoveling snow, take plenty of breaks.

Also, check on your friends and family during the winter months, lack of sunlight can lead to depression for some individuals.

As always, if you have any questions or concerns, please feel free to contact the Boxborough Police Department.

In Health,
Chief John Szewczyk



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 for \$1 each way. Medical rides to Concord are \$1 each way. Medical rides to other towns are subject to availability and rates are based on distance. To book a ride, call 978-264-1730, preferably 2 days in advance.

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.

Ask A Lawyer

Attorney Cathleen Summers of Generations Law Group, Acton, will be offering free 15-minute appointments with Boxborough residents age 60+ at the **Town Hall on Wednesday, January 7 from 11 AM to 1 PM**. She will meet with you in the Veteran's Office in the Morse/Hilberg Room on the second floor. Please call the COA to make an appointment. Next month Attorney, Kitty O'Connor of Ekel, Hoag & O'Connor, Acton will be meeting with residents on **Wednesday, February 4**.

Free Sand-Salt Mixture



Thanks to the folks at Boxborough Public Works, the town again offers residents free sand/salt mixture to sprinkle on your walks and driveways. The material is located at the "old"

DPW site, 577 Mass. Ave. Drive around back, the sand/salt is stored in the open stall, on the left end of the building. Bring your own sturdy bucket to fill (the material is heavy!); a shovel is provided.

Attention Seniors - Annual Street Census

When the Town Clerk's Annual Street Census mailing arrives at your home in January, please complete the form, sign, and either return it by mail or drop it off at Town Hall. It is used to keep track of senior citizens' needs and for certain privileges such as veterans' benefits and jury lists. The local census does not register anyone to vote, but failure to answer the census may result in your name being removed from the voter list.



Library News

Library Layout Rearrangement - The interior of the library will be undergoing a transformation in January. The multimedia collection will be moved to the back of the building, the Young Adult area will be moved into the main hall, and the current young adult room will become a study room, housing two study pods and comfortable reading chairs.

The Library is tentatively set to close on **Thursday, January 8 through Monday, January 12** for the first phase of furniture moving. For more details, please check boxlib.org the Library website.

Adult Learning

ALFA (Adult Learning in the Fitchburg Area) is a lifelong learning program within the school of Graduate, Online, and Continuing Education at Fitchburg State University. ALFA serves older adults in Fitchburg and the surrounding communities.

See their website: fitchburgstate.edu/ALFA for the spring course offerings and registration information or call 978-665-3706 for information. Registration for Spring 2026 begins December 9 and ends on January 23. The classes begin February 2.

Word-Wise Challenge

Time for a word-wise challenge! Using letters only found in "**Winter Snow.**" Set a timer for 8 minutes and jot down as many 3-, 4-, 5-, and 6- (or more) letter words as you can think of. NO points given for plurals.

After time is up, score yourself as follows:
ONE POINT for each 3-letter word
TWO POINTS for each 4-letter word
THREE POINTS for each 5-(or more) letter word.

Then add up your points to find out how word-wise you are.

20-25 pts: **Word-Wise;**

25-40 pts: **Word-Wise Star;**

40 or more pts: **Word-Wise Wizard.**

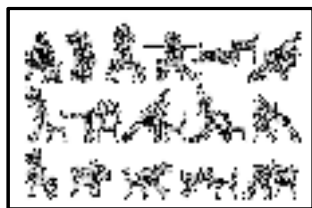
2025 COA Survey Results

Thanks to all who responded to our 2025 COA Program Survey. We will use the results to plan our future programs. Due to space constraints, the "Other Suggestions" could not be included in this article. However, they are very helpful and I will consider them as well.

As always, please share your ideas with us. We would appreciate it if you recommended and shared the contact information of possible instructors or presenters. If you have expertise or knowledge of topics of interest that you would like to share, please consider being one of our presenters.

Best,
Kim

Creative Arts	Crafts (21)	Needlework (16)	Painting (15)	Photography (23)	Other (14)
Educational Speakers	Culture (31)	History (45)	Older Adult Subjects (40)	Travel (35)	Other (1)
Health & Wellness	Emotional (13)	Mental (28)	Physical (44)	Social (22)	Other (4)
Music	Classical (42)	Classic Rock/Pop (39)	Country (36)	Jazz (25)	Other (6)
Performing Arts	Comedy (40)	Dance (24)	Singing (36)	Theater (33)	Other (1)
What Programs do you usually attend?	Entertainment (42)	Fitness/Meditation (28)	Games (10)	Lunches (65)	Talks (34)
Age Range	60s (21)	70s (37)	80s (22)	90s (3)	Total Responses (83)



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, 11 AM to 1 PM at the Town Hall in the Morse/Hilberg Room. Please contact the COA for appointments. Next meetings: Wednesday, January 7 and Wednesday, February 4.

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, January 21.

Field Trip: Once a month to attractions within one hour driving distance. Entry fees vary. No field trip in January.

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

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

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: January 6 and February 3.

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, January 6.

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, January 30.

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. The next clinic is Wednesday, January 28.

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 Wednesday, January 14.

Yoga: There are two in-person Mat Yoga classes at the Community Center. **Mat Yoga with Megan** is on Tuesdays at 11:30 AM beginning Tuesday, January 6. **Mat Yoga with Eleonora** is on Thursdays at 10:30am beginning on Thursday, January 22.

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 _____

January 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
				New Year Day Town offices and library closed <i>1</i>	9-Fitness w/Holly via Zoom <i>2</i>	10 AM- 2 PM Christmas Tree Pick up <i>3</i>
<i>4</i>	9-Fitness w/Holly 10:30-Brains & Balance <i>5</i>	10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day 3-Grief Support Group at Library <i>6</i>	9-Fitness w/Holly 11-Ask a Lawyer 2-Knitting Group <i>7</i>	Library closed for layout rearrangement 10:30-Mat Yoga w/Eleanora <i>8</i>	Library closed 9-Fitness w/Holly via Zoom <i>9</i>	Library closed <i>10</i>
2-4 PM Boxborough Museum <i>11</i>	9-Fitness w/Holly 10:30-Brains & Balance 2-COA Board Meeting <i>12</i>	10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day <i>13</i>	9-Fitness w/Holly 11:15 Well Adult Clinic Noon-COA Luncheon Sponsor: UCC Church 2-Knitting Group <i>14</i>	10:30-Mat Yoga w/Eleanora <i>15</i>	9-Fitness w/Holly via Zoom <i>16</i>	<i>17</i>
<i>18</i>	MLK Jr. Day Town offices and Library closed <i>19</i>	10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day <i>20</i>	9-Fitness w/Holly 10:30-Coffee and Chat with Kim Sp. Guest: Michaels Johns 1:30- Ventriloquist Kevin Driscoll 'Paul Revere & Friends' 2-Knitting Group <i>21</i>	10:30-Mat Yoga w/Eleanora 1:30- 'Game Day Live' with Kevin Richman <i>22</i>	9-Fitness w/Holly via Zoom <i>23</i>	10 AM Movement Series Jazzercise/Stretch Combo at Library <i>24</i>
<i>25</i>	9-Fitness w/Holly 10:30-Brains & Balance <i>26</i>	10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day <i>27</i>	9-Fitness w/Holly 10:30 Podiatry Clinic 2-Knitting Group <i>28</i>	10:30-Mat Yoga w/Eleanora <i>29</i>	9-Fitness w/Holly via Zoom 11:30 Out to Lunch at Nashoba Valley Tech High School in Westford <i>30</i>	10 AM Movement Series Yoga with Sound at Library <i>31</i>

Out of Town Mt. Calvary Church, Acton

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

January 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
				¹ New Year Day Town offices and library closed	² 9-Fitness w/Holly via Zoom	³ 10 AM- 2 PM Christmas Tree Pick up
⁴	⁵ 9-Fitness w/Holly 10:30-Brains & Balance	⁶ 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day 3-Grief Support Group at Library	⁷ 9-Fitness w/Holly 11-Ask a Lawyer 2-Knitting Group	⁸ Library closed for layout rearrangement 10:30-Mat Yoga w/Eleanora	⁹ Library closed for layout rearrangement 9-Fitness w/Holly via Zoom	¹⁰ Library closed for layout rearrangement
¹¹ Library closed for layout rearrangement 2-4 PM Boxborough Museum	¹² Library closed for layout rearrangement 9-Fitness w/Holly 10:30-Brains & Balance 2-COA Board Meeting	¹³ 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day	¹⁴ 9-Fitness w/Holly 11:15 Well Adult Clinic Noon-COA Luncheon Sponsor: UCC Church 2-Knitting Group	¹⁵ 10:30-Mat Yoga w/Eleanora	¹⁶ 9-Fitness w/Holly via Zoom	¹⁷
¹⁸	¹⁹ MLK Jr. Day Town offices and Library closed	²⁰ 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day	²¹ 9-Fitness w/Holly 10:30-Coffee and Chat with Kim Sp. Guest: Michaels Johns 1:30- Ventriloquist Kevin Driscoll ‘Paul Revere & Friends’ 2-Knitting Group	²² 10:30-Mat Yoga w/Eleanora 1:30- ‘Game Day Live’ with Kevin Richman	²³ 9-Fitness w/Holly via Zoom	²⁴ 10 AM Movement Series Jazzercise/Stretch Combo at Library
²⁵	²⁶ 9-Fitness w/Holly 10:30-Brains & Balance	²⁷ 10-Mindfulness & Meditation 11:30-Mat Yoga w/Megan 1-Game Day	²⁸ 9-Fitness w/Holly 10:30 Podiatry Clinic 2-Knitting Group	²⁹ 10:30-Mat Yoga w/Eleanora	³⁰ 9-Fitness w/Holly via Zoom 11:30 Out to Lunch at Nashoba Valley Tech High School in Westford	³¹ 10 AM Movement Series Yoga with Sound at Library

Out of Town Mt. Calvary Church, Acton

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

Reminder: Boxborough Minutemen Christmas tree disposal Saturday, January 3. Sign-up forms for pickup at boxboroughminutemen.org. Drop-off at "old" Boxborough DPW facility located at 577 Massachusetts Avenue (Route 111) between 10 AM and 2 PM for a fee of \$10.

Help us save money by reducing paper and postage expense. Receive "The Buzz" online, contact the COA with your email address.

**Submit items for the February 2026 issue by Monday, January 5, 2026
to boxboroughbuzz@gmail.com**



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