

COA NEWSLETTER



March/April
2024

hello
SPRING

Boylston Council on Aging

599 Main Street, Boylston, MA 01505
(508) 869-6022



HOURS:

Monday-Thursday
8am—2pm

CLOSED:

Fridays, weekends,
holidays

COA Board Members:

Dennis Goguen
Chairperson

Deborah Goodrich, Member
Warren Leach, Member
Ed MacDonald, Member
Karen Carter, Member
Merrie Gerber, Member
Lydia Cerce, Member
Eileen Melican, Member

Staff:

Kathy Lohnes
COA Coordinator
coa@boylston-ma.gov
(508) 869-6022

Donna LoConte
COA Assistant
coavan@boylston-ma.gov
(508) 869-6132

**If you have requested the weekly email update but haven't received it, please contact the office. **

Message from the COA Board

The Council on Aging has been hard at work as a member of the Boylston Feasibility Committee to develop a proposal to create a Senior Center for our town residents. Many options have been discussed over the past two years. Currently, the town is partnering with the Hillside Renovation Plan & the Fuller Foundation to utilize the Gough House for this purpose. An architect experienced in small town needs & historical renovation has been chosen to complete a feasibility study. The goal is to present an article on the Town Warrant at Town meeting in May to vote. The article would be for the remodeling work to make the Gough House an ADA compliant senior center.

Currently there are over 1,600 seniors living in Boylston whose wellbeing, vitality & health would be greatly improved by this center. Isolation & loneliness negatively impact longevity & quality of life for all seniors. By providing opportunities for socialization through robust daily programming which will include health screenings, congregate meals, fitness classes, social events, and education on a wide range of topics, seniors will be able to build & strengthen connections with each other & the community at large. The COA needs your help to make this proposal a reality. We would greatly appreciate your vote on Monday, May 6th to let the town know that you support the creation of the Boylston Senior Center. For further information & discussion, please consider attending an upcoming coffee chat.

COA Programs

COA VAN INFORMATION

The Boylston COA van is available to help you get where you need to go! The van is handicapped accessible.

The van operates Mon-Thurs, 8am-2pm. Please make your reservation 48 hours in advance. Medical appts. are always a priority. \$4 donation per day is appreciated **but not required!** Check donations made out to the "Town of Boylston" are preferred over cash. Please call the COA for further info. Available for Boylston residents over 60 & those under 60 with a disability.

Call: (508) 869-6132

PITCH!!

Come & enjoy a friendly game of Pitch!

BEGINNERS WELCOME!!!

Thursdays @12:30 pm

Town House, 599 Main St.



DROP-IN

Blood Pressure Clinic

Monday, April 8th

at 10am

Upstairs at the Town House
599 Main St.



FITNESS CLASSES

In-person at the Town House: 599 Main St. Boylston. TaijiFit (Tai Chi) & Strength, Stretch & Stamina are also available virtually via Zoom. A \$3 donation requested, but not required. Please consider a check for any donations. **All fitness equipment is available to borrow during class or bring your own. Please note: Zoom information remains the same for each class unless otherwise noted.**

Please call the COA Office with any questions. Thank you!

TaijiFit (Tai Chi) with Kristin Higgins, Mondays at 10:30am (In-person & Zoom). TaijiFit combines fitness, meditation & Tai Chi to connect the mind & body. It helps improve balance, mobility, endurance, flexibility, breathing & coordination in a gentle way. *Passcode: 8340*

<https://us02web.zoom.us/j/4647408340>

Zumba Gold with Rita Vazquez-Torres, Tuesdays at 9:30am (In-person only). This is a low impact dance fitness program that introduces easy-to-follow Zumba choreography that focuses on balance, range of motion & coordination.

Strength, Stretch & Stamina with Julianna Record, Wednesdays at 10:30am (In-person & Zoom).

This class is a combination of strengthening, stretching & increasing stamina by combining yoga, Pilates, barre, strength training & mindfulness. This class uses light weights, resistance bands, balls, etc.

<https://zoom.us/j/897753659>

Flex & Tone with Caitlin Borsini, Thursdays at 9:30am (In-person only). Strengthen muscles & provide support to joints with resistance training & allow joint mobility. We will use resistance props like light hand weights or resistance bands & bodyweight during class. Recommended items: Kitchen or dining chair with a back, light hand weights, light resistance band, water & sneakers. Optional items: yoga mat, yoga strap.

WBAC Classes:

Below is the exercise program line-up for Charter Channel 191 in Boylston. Just tune in to the station on the scheduled day & time —no sign in information is required.

Mondays at 2pm: Low Impact Exercise; Wednesdays at 2pm: Zumba Gold; Saturdays at 2pm: Chair Yoga.

In The Community

Community Clubs

Town House, 599 Main St.

Boylston Senior Citizens' Society

Second Monday of the month @ 10:30am

Central Community Grange

First & Third Tuesday of the month @
7:30pm

Boylston Legion Post 398

Second Thursday of the month @ 7:00pm

Garden Club

Second Tuesday of the month @ 7:00pm

Boylston Food Pantry



The Boylston Food Pantry is a great community resource in town. Residents who are on a limited income & in need of supplemental food can visit the food pantry which is located in the Boylston Town Hall (lower level). The Council on Aging van is available to provide rides to the food pantry. The Food Pantry is open Mondays from 10am-12pm. Looking to donate? Donations can be left in the shopping cart in the entry-way to the Town Hall. If Monday is a state holiday, the food pantry will be open on Tuesday, 10-12pm.

Boylston Senior Citizens' Society

All events are held at the
Town House, 599 Main St.
unless otherwise noted.

Meetings are the second Monday of the month at 10:30am. Refreshments served after the meeting. *All entertainment is free for paid members only.* Dues are still only \$5 for the year. You may join at any point during the year. Dues cover the entertainment for the entire year! What a bargain!

If you have any questions, please contact David at (508) 869-2024. Leave a message & he will return your call asap.

On April 8th, the SCS will welcome puppeteer, Amanda Gibson.

WORCESTER REGISTRY OF DEEDS PRESENTATION

April 9th, 1—2pm

Town House, 599 Main St.

Please join us as the Worcester Registry of Deeds Registers present how the Registry of Deeds & Probate Court work together for MA residents. We will learn about Trusts, Estates, Deeds & Homesteads. Join the dialogue about land ownership & how probate issues can legally affect what happens to your property.

Please RSVP: Kathy, (508) 869-6132

Pickleball

Are you a senior looking to get some exercise, socialize & have fun at the same time? Come & try Pickleball! Pickleball is the fastest growing sport in the USA which combines many of the elements of tennis, badminton & ping pong. Both novice & experienced players welcome. Interested in finding out more about Boylston Pickleball? Contact Mark Anttila at (508) 958-6189 or anttila-mark@gmail.com. **Day & time:** for new players, **Thursdays, 9:30am-11:30am; for experienced players, Thursdays, 11:30am-1:30pm** (location at the Hillside Gym attached to Town Hall). Other times available upon request. **You must sign up through:**
Boylstonma.myrec.com

In the Community

LIBRARY NEWS

The Boylston Public Library offers home delivery to any Boylston resident for whom visiting the library is a hardship. Delivery of library materials & craft kits is available to those who request it. We can order specific materials for you, or make selections for you based on your preferences!

Please call the library at (508) 869-2371 or email publiclibrary@boylston-ma.gov for info.

MEMORY LANE CAFÉ

At the Shrewsbury Senior Center, 98 Maple Ave.

The Memory Lane Café is a bi-monthly gathering that offers those with dementia & their caregivers a place to meet friends, alleviate isolation, have fun & feel part of a community. Each café includes time for socialization, a free lunch & an interactive program. Come get to know others who are in your situation in a fun & friendly atmosphere. You do not have to be a Shrewsbury resident to attend. Cafés are the 2nd & 4th Wednesdays of each month from 11:15am—1pm. **Upcoming programs:** March 13th—Lynne Canavan-Violinist; March 27th—Betty Machete & the Jumping Fleas—a ukulele band; April 10th—Glen Hillard & Brain—pianist, singer & harmonica; April 24th—Perry Blue—keyboardist & horn. **RSVPs are required** by the Monday morning prior to the date of the program by emailing merrie_gerber@mac.com or by calling the Shrewsbury Senior Center at (508) 841-8640. *COA van service is available to & from the café.

Meals-on-Wheels Services

Meals are delivered by community volunteers to the homebound Monday through Friday. This program is provided by the ESWA Nutrition Program.

A minimal donation for the meal is requested. For more information call (508) 852-3205.

Senior Luncheon & Social

The Elder Services of Worcester Area (ESWA) Nutrition Program provides lunch at the Boylston Town House on Tuesdays & Thursdays at 12:00pm.

Reservations are required 48 hours in advance by calling ESWA at (508) 852-3205.

Suggested donation is \$2.50 per meal. Everyone is welcome regardless of income.

Van transportation is available through the Boylston COA by calling (508) 869-6132.

Medical Equipment Program

The COA provides durable medical equipment for loan; equipment may include walkers, wheelchairs, canes, shower chairs, etc. We also accept donations of gently used equipment if you would like to donate. Please call the COA for more information.

SHINE (Serving the Health Insurance Needs of Everyone) (<https://shinema.org>)

SHINE provides free, unbiased insurance counseling to seniors through volunteers trained by the Executive Office of Elder Affairs. To set up a SHINE appointment, please call the COA office at (508) 869-6022 & we will put you in touch with our SHINE volunteer.

COA Borrowing Bookcase

Outside of the COA Office (bottom floor of the Town House), across from the women's bathroom, we have started a book/puzzle/magazine swap/borrowing bookcase. If you would like to borrow anything from the bookcase, please do so. If you'd like to donate books, puzzles, or magazines, we would love to have them.

MARCH 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

4 10:30am-TaijiFit	5 9:30am-Zumba Gold	6 10:30am-Strength, Stretch & Stamina	7 9:30am-Flex & Tone 12:30pm-Pitch
11 10:30am-TaijiFit	12 9:30am-Zumba Gold	13 10:30am-Strength, Stretch & Stamina	14 9:30am-Flex & Tone 12:30pm-Pitch
18 10:30am-TaijiFit	19 9:30am-Zumba Gold	20 10:30am-Strength, Stretch & Stamina	21 9:30am-Flex & Tone 12:30pm-Pitch
25 10:30am-TaijiFit	26 9:30am-Zumba Gold	27 10:30am-Strength, Stretch & Stamina	28 9:30am-Flex & Tone 12:30pm-Pitch

APRIL 2024

1 10:30am-TaijiFit (Tai Chi)	2 9:30am-Zumba Gold	3 10:30am-Strength, Stretch & Stamina	4 9:30am-Flex & Tone 12:30pm-Pitch
8 10am-Blood Pressure Clinic 10:30am-TaijiFit (Tai Chi) - (downstairs) 10:30am-Senior Citizen Society Meeting (upstairs)	9 9:30am-Zumba Gold 1pm- Worcester Registry of Deeds –ESTATE PLAN-NING	10 10:30am-Strength, Stretch & Stamina	11 9:30am-Flex & Tone 12:30pm-Pitch
15 VAN & OFFICE CLOSED	16 9:30am-Zumba Gold	17 10:30am-Strength, Stretch & Stamina	18 9:30am-Flex & Tone 10:30am-Coffee Chat 12:30pm-Pitch
22 10:30am-TaijiFit (Tai Chi)	23 9:30am-Zumba Gold	24 10:30am-Strength, Stretch & Stamina	25 9:30am-Flex & Tone 12:30pm-Pitch
29 10:30am-TaijiFit (Tai Chi)	30 9:30am-Zumba Gold		

From the desk of ... Ann Marie Muckentrom, BSN RN, Town Nurse ...

It is important to incorporate healthy lifestyle habits to maintain your overall health. The following items I will discuss can be a sensitive subject, but remember there is help available. This article, I will guide you with information on Nutrition and Alcohol/Substance Abuse. It's not a handout if you require assistance, it's a hand up. Life happens and the following resources are available.

Nutrition is an important part of everyone's daily regime to maintain health and wellness. A balanced diet is a necessity to maintain health. In Boylston there are resources available: Boylston Food Pantry; Boylston Senior Congregate Meal; Meals on Wheels from Elder Services of Worcester; SNAP—Supplemental Nutrition Assistance Program; Boylston Food Pantry. Contact the COA Office for more information.

Alcohol/Substance Abuse—Mass.gov is an official state government website of the Commonwealth of Massachusetts. In the search area of the website type in The Bureau of Substance Addiction services (BSAS). Office hours are Monday—Friday, 9am—5pm, (800) 327-5050. AA Meetings: Meetings near you. Online/in-person meetings. 24 hour information on addiction. (617) 862-2390. All calls are 100% confidential.

-Ann Marie Muckenstrom, BSN RN, Town Nurse



PLEASE HELP!! SURVEY RESPONSES NEEDED!!!

The Town of Boylston is in the process of updating its Hazard Mitigation Plan (HMP) & is requesting input from residents to inform this plan. An updated HMP will help the Town assess & reduce community risk from natural hazards.

You are invited to submit your thoughts on natural hazards, such as flooding, snowstorms, or thunderstorms in the Boylston Hazard Mitigation Plan Community Survey. Link to the survey: <https://www.surveymonkey.com/r/Z8C7NK9>

Paper copies of the survey are available in the COA Office. Please contact the office at (508) 869-6022 if you prefer a paper copy. Make your voice heard!!

SENIOR CENTER COFFEE CHAT

Please stop by the COA Office at the Town House

Discuss plans for a future senior center!

Refreshments will be served.

Thursday, April 18th at 10:30am



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