

COA NEWSLETTER



MAY/JUNE
2023



Boylston Council on Aging

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

HOURS:

Monday-Thursday
9am—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:

Jessica Hernandez,
COA Outreach Coordinator,
coa@boylston-ma.gov
(508) 869-6022

Kathy Lohnes, COA Assistant
& Van Scheduler,
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

Hi there, folks! There is exciting news happening at the COA office: the Outreach Coordinator position has been filled by Jessica Hernandez. I come to you with a lot of experience in the ASAP (Aging Services Access Point) world. I am a well-rounded person who has done a remarkable job working and advocating for older adults' needs in their communities, including self-care to maintain independence. I live in town and am eager to get to know our residents, find innovative ways to engage more people and see how the COA can support and serve areas of unmet need. Please feel free to stop by, share a little about yourself, and provide feedback on what you would like to see with groups at the Town House.

On another note, the Sheriff's Office will be hosting its senior picnic on Saturday, June 20th, between 11 a.m. and 1 p.m. It is important to note that an RSVP is required. More details are inside. Also, don't forget the "Are You Ok?" program run by our Police Chief. Please reach out to our office to get signed up if you haven't already.

Coming soon is the Healthy Initiative Program through SNAP DTA for local farmers' markets to be started in June 2023. This is a program that you automatically have if you qualify for SNAP benefits, and it is extra on top of what you receive monthly. If you would like more information on how it works and scheduling van time to be brought, please reach out.

-Jessica

COA Programs

COA Van Information

The Boylston COA van is looking for riders!
Save your gas money & let us take you to your medical appointments, pharmacy runs, food pantry, hair appts, grocery shopping, etc.

Our van operates Mon-Thurs, 8am-2pm.

We request you make your reservation a minimum of 48 hours in advance. Medical appts. are always a priority. \$4 donation per day is appreciated but not required! Please call the COA for further info.

Available for Boylston residents over 60 & those under 60 with a disability.

Call: (508) 869-6132

COA Per Diem Van Drivers Needed

Are you interested in helping others in the Boylston community?

Standard Class D Driver's License required. Training is compensated & provided by the MA Transit Assistance Program.

Contact Kathy, (508) 869-6132

Or email

coavan@boylston-ma.gov



Fitness Classes

In-person at the Town House: 599 Main St. Boylston. TaijiFit (Tai Chi) & Strength, Stretch & Stamina are also available virtually via Zoom! If you are interested in a class, please call or email the COA for up-to-date information. \$3 donation requested, but NOT required. **All fitness equipment is available to borrow during class or bring your own.**

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. *Meeting ID: 464 740 8340 Passcode: 8340*

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 @ 7:30 pm

Boylston Legion Post 398

Second Thursday of the month @ 7:00pm

Garden Club

Second Tuesday of the month @ 7:00 pm

Boylston Food Pantry



The Boylston Food Pantry is a great community resource in town. Residents who are on a limited income and 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 to 12pm. Looking to donate? Donations can be left in the shopping cart in the entryway to the town hall. If Monday is a state holiday, the food pantry will be open on Tuesday from 10am to 12pm.

Pitch & Cribbage !



Cribbage—

Tuesdays @ 1pm

Pitch - Thursdays @ 1 pm

Town House: 599 Main St.

Beginners Welcome!

Drop -ins

Blood Pressure Clinics

May 8th, 10am &

June 10th, 10am

Town

House

599 Main St.



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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 anttilamark@gmail.com.

Day & time: For novices & new players to the Boylston program: **Tuesdays from 11-1 pm** (location at the Hillside Gym attached to Town Hall). Other times available upon request.

You must sign up through Boylston Parks & Rec.

Boylston Senior Citizens' Society

If you are a senior, come & join a great group for social events, community & activities!

Town House, 599 Main St

Monday, May 8th, 10:30am –Regular meeting, bingo, and Memorial Day planning

Monday, June 12th, 10:30am— Annual picnic, details to follow

In the Community

Boylston Public Library News

The Boylston Public Library offers home delivery to any Boylston resident for whom visiting the library is a hardship. Contactless 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 meets the 2nd & 4th Fridays of each month, 11am –1pm. The meeting includes time for socialization & support, a free lunch & an interactive program. Memory Cafés help alleviate isolation for people with dementia & their care partners & allows friendships to develop. Please come & get to know others who are in your situation in a fun & friendly environment! You do not have to be a Shrewsbury resident to attend. **Upcoming programs:** May 12th-Rob Shain sings with his Golden Retriever. May 26th-Shades of Grey-a Civil War Band. June 9th– Kalifornia Karl-Joyful Noise Music. June 23rd-Glen Hillard-Honky Tonk Music. **RSVPs are required** by the Wednesday morning prior to each program. Email merrie_gerber@mac.com or call Shrewsbury Sr. Center at 508-841-8640 for more info or to RSVP.

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 (<https://shinema.org>)

SHINE (Serving the Health Insurance Needs of Everyone) 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.

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 10:30am-TaijiFit (Tai Chi)	2 9:30am-Zumba Gold 1:00pm-Cribbage	3 10:30am-Strength, Stretch & Stamina	4 9:30am-Flex & Tone 1:00pm-Pitch
8 10:30am-TaijiFit (Tai Chi)	9 9:30am-Zumba Gold COA Board meeting at 3:30pm 1:00pm-Cribbage	10 10:30am-Strength, Stretch & Stamina	11 9:30am-Flex & Tone 1pm-Pitch
15 10:30am-TaijiFit (Tai Chi)	16 9:30am-Zumba Gold 12pm-BP Clinic 1pm-Cribbage	17 10:30am-Strength, Stretch & Stamina	18 9:30am-Flex & Tone 1pm-Pitch
22 10:30am-TaijiFit (Tai Chi)	23 9:30am-Zumba Gold 1pm-Cribbage	24 10:30am-Strength, Stretch & Stamina	25 9:30am-Flex & Tone 1pm-Pitch
29 MEMORIAL DAY NO PROGRAMS OR VAN RIDES	30 9:30am-Zumba Gold 1pm-Cribbage	31 10:30am-Strength, Stretch & Stamina	** ALL EVENTS ARE HELD AT THE TOWN HOUSE UNLESS OTHERWISE NOTED **

JUNE 2023

5 10:30am-TaijiFit (Tai Chi)	6 9:30am-Zumba Gold 3:30pm-COA Board meeting	7 10:30am-Strength, Stretch & Stamina	8 9:30am-Flex & Tone (downstairs) 1pm-Pitch
12 10:30am-TaijiFit - downstairs 10:30am-Senior Citizen Soc./blood pressure clinic	13 9:30am-Zumba Gold	14 10:30am-Strength, Stretch & Stamina	15 9:30am-Flex & Tone 1pm-Pitch
19 10:30am-TaijiFit (Tai Chi)	18 9:30am-Zumba Gold	19 10:30am-Strength, Stretch & Stamina	20 9:30am-Flex & Tone 1pm-Pitch
24 10:30am-TaijiFit (Tai Chi)	25 9:30am-Zumba Gold	26 10:30am-Strength, Stretch & Stamina	27 9:30am-Flex & Tone 1pm-Pitch



JOIN US FOR THE
**2023 SHERIFF'S
ANNUAL**



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SATURDAY, JUNE 10, 2023

11 AM - 1 PM

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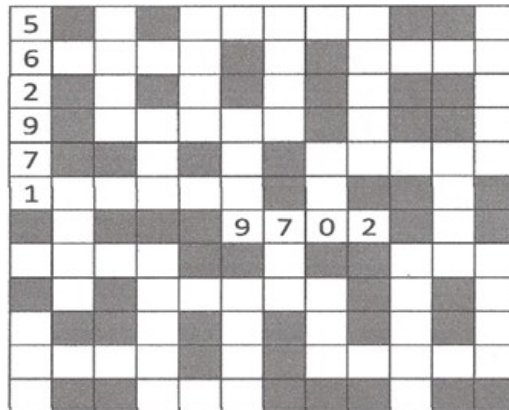


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NUMBER FILL IN PUZZLE 3

Work out which of the numbers goes in each space in the puzzle below.
One of the numbers has been done for you.



3 DIGITS	4 DIGITS		5 DIGITS		6 DIGITS
187	1098	6279	18091	53784	159304
260	1947	7386	23765	67037	562971
365	3265	7649	25971	87197	
705	4671	8063	35876	94102	
729	5069	9702	39678	95471	
963	5934	9746			
973					

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