



Boylston Council on Aging

221 Main Street

Boylston, MA 01505

Hours:

Monday-Thursday

9am—2pm

CLOSED:

Fridays, Weekends, Holidays

COA Board Members:

Dennis Goguen, Chairperson

Deborah Goodrich, Member

Warren Leach, Member

Ed Macdonald, Member

Ozzie Sauer, Member

David Wheeler, Member

Staff:

Laura Susanin, Coordinator and Outreach Worker

coa@boylston-ma.gov

508-869-6022

Kathy Lohnes, COA Assistant and Van Scheduler

COA Van:

coavan@boylston-ma.gov

508-869-6132

Message from Laura, COA Coordinator

We hope that everyone had a wonderful summer. It is hard to believe how quickly it went! The COA has some great programs coming up this fall to provide important education and information to town residents. We will be having a presentation from the YMCA about the Medicare Diabetes Prevention Program which has classes starting this fall. In October, there will also be a presentation from the SHINE (Serving the Health Information Needs of Elders) organization. Medicare open enrollment is from October 15th to December 7th so this is a great opportunity to learn more about Medicare benefits and what SHINE can do for you. We will also have a SHINE counselor available to meet individually with residents by appointment. Please contact the COA directly for a SHINE appointment. We hope to see many of you at our programs this fall.

Community Resources

- **Senior Lunch:** Tuesdays and Thursdays at 12pm at the Town House. Suggested donation is \$2.50. Call 508-869-6040 between 9am-1pm Tues/Thurs to make a reservation.
- **Food Pantry:** Mondays 10am-12pm, located in the lower level of the Town Hall (please call if another pickup time is needed).
- **SHINE:** Free health insurance information, counseling and assistance to Massachusetts residents with Medicare. Call the COA to set up an appointment.
- If you need assistance paying your bills, please call Michelle Simone from Elder Services at 508-756-1545 ext 489.

Medicare Diabetes Prevention Program

Thursday, September 26th at 11:30am, Boylston Library, 695 Main St, Boylston

The Boylston Council on Aging and the Boylston Library are excited to host an information session about the YMCA and the Medicare Diabetes Prevention Program, which is now enrolling for fall classes. This program, which is offered through the Hockomock Area YMCA in Partnership with the YMCA of Central Massachusetts, is designed to support adults with prediabetes in reducing their risk for developing type 2 diabetes. This is accomplished through 25 sessions that follow a Center for Disease Control and Prevention (CDC)-approved curriculum in the CDC's Diabetes Prevention Recognition Program. In a welcoming, small-group environment, participants work together with a trained Lifestyle Coach to learn about eating healthier and increasing their physical activity. Local classes that began last winter have shown positive results, with the classes experiencing an average weight loss of 5.5% in just the first 6 months of the program. Program participants have reported reductions in health indicators such as blood sugar, blood pressure and cholesterol levels as well as improved sleep. To register for this information session, please call the Boylston Library at 508-869-2371 or the Boylston Council on Aging at 508-869-6022.

Annual Medicare Update Meeting

Wednesday, October 23 at 11:30am at the Boylston Library, 695 Main St, Boylston

Medicare's Part C (Medicare Advantage) and Part D (Medicare Prescription) Open Enrollment Period begins on October 15th and ends December 7th for 2019 plan choices. The Central Mass SHINE (Serving the Health Insurance Needs of Everyone) Program is offering community presentations to explain Medicare coverage options, plus plan costs and changes for 2019. Presentations will run approximately one hour, including time for questions. SHINE Counselors are available at local senior centers and other locations across central Massachusetts to provide free and unbiased one on one counseling for Medicare beneficiaries, their family members, caregivers and representatives. Please register for this informational meeting by calling the Boylston Library at 508-869-2371 or the Boylston Council on Aging at 508-869-6022.

Library News and Events

Library Hours:

Tuesday —Thursday 10am to 8pm

Friday—Saturday 10am to 5pm

The library offers delivery of materials for homebound residents. Please call 508-869-2371 for more information.

COA Van Information

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

Call: 508-869-6132 or

email: coavan@boylston-ma.gov

Days/Hours: Mondays– Thursdays

8:30am—2:00pm

48 hour notice required for reservations

The COA van is closed on all holidays.

The Artist's Corner, Wednesdays, September 11th and October 9th, Town House, Lower Level, 599 Main St.

Come tap into your inner artist using watercolors and acrylic paints. This class offers a fun, low-key environment to be creative. Whether you are just beginning or experienced, this class is for you! Instructor: Gwen Ford. Materials are supplied. Class size is limited. For questions or to RSVP for a class, please call the COA at 508-869-6022.



To the left is a beautiful watercolor art piece made by one of our participating residents. Demonstrations are made by instructor Gwen Ford but each participant brings a unique point of view to each painting.

Tech Tips

Does technology interest you but drive you *crazy* at the same time? You are not alone! The COA is looking to match seniors with teens who can help teach the ins and outs of technology. If this may be a program that you are interested in, please call the COA at 508-869-6022. If there is interest, we will look to match seniors with tech savvy students!

Fitness, Fitness, Fitness...Check Out the Calendars for Dates and Times

We are asking for a suggested donation of \$3 for the Strength, Stretch and Stamina class.

Tai Chi with Kristin Higgins. Mondays at 10:30am at the Town House, upper level. We make traditional Tai Chi, yoga and meditation more fun and accessible and focus on strength and balance. It is Tai Chi with a modern twist, and a sense of humor.

Flex and Tone with Rebecca Reber. Mondays at 1pm at the Town House, upper level. Stretching is one of the most neglected health components. This class uses blocks and straps, etc. to improve flexibility, range of motion, promote circulation and improve strength.

Zumba Gold with Rita Vazquez-Torres. Tuesdays at 9:30am at the Town House, upper level. This is a low impact dance fitness program that introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

Yoga with Kristin Higgins. Tuesdays at 10:30am at the Town House, upper level. Yoga is for *Every Body!* This is a slower-moving class designed for seniors and can be done both standing and seated! No experience needed!

Strength, Stretch and Stamina with Julianna Record. Wednesdays at 9:00am at the Town House, upper level. \$3 suggested donation. This class is a combination of strengthening, stretching and increasing stamina by combining yoga, Pilates, barre, strength training and mindfulness. This class uses light weights, resistance bands, balls, etc.

Walking Club with Kathy Lohnes, Wednesdays at 1pm. The Walking Club is back! Come and walk your way to a healthier you with the COA. Walk at your own pace while enjoying good company and the cooler weather. Call/email the COA for meeting locations.

Super Seniors with Laura Susanin. Thursdays at 9:30am at the Town House, upper level. Become a "super senior" with a full body workout. Gain balance and muscular strength and feel better overall. The class is open to all levels of fitness.

September 2019

Mon	Tue	Wed	Thu
2 Labor Day No COA Programs or Van	3 9:30am Zumba Gold 10:30am Yoga 12:00pm Senior Lunch: Meatloaf	4 9:00am Strength, Stretch and Stamina 1pm Walking Club	5 9:30am Super Sen- iors 12:00pm Senior Lunch: Baked Ham
9 10:30am Senior Citizens Society (upstairs) 10:30am Tai Chi (downstairs) 1pm Flex and Tone	10 9:30am Zumba Gold 10:30am Yoga 12:00pm Senior Lunch: Swedish Meatballs	11 9:00am Strength, Stretch and Stamina 10:30am Artist's Corner (Town House, lower level) 1pm Walking Club	12 9:30am Super Sen- iors 12:00pm Senior Lunch: Chicken Cac- ciatore
16 10:30am Tai Chi 1pm Flex and Tone	17 9:30am Zumba Gold 10:30am Yoga 12:00pm Senior Lunch: Spaghetti and Meatballs	18 9:00am Strength, Stretch and Stamina 1pm Walking Club	19 9:30am Super Sen- iors 12:00pm Senior Lunch: Mac and Cheese
23 10:30am Tai Chi 1pm Flex and Tone	24 9:30am Zumba Gold 10:30am Yoga 12:00pm Senior Lunch: Chicken Mornay	25 9:00am Strength, Stretch and Stamina 1pm Walking Club	26 9:30am Super Sen- iors 11:30am Diabetes Prevention Program Info Session (library) 12:00pm Senior Lunch: Stuffed Pepper Casserole
30 10:30am Tai Chi 1pm Flex and Tone			

***All COA programs are located at the Town House, upper level unless otherwise noted on the calendar.*
The Senior Lunch is located at the Town House, lower level.**

October 2019

Mon	Tue	Wed	Thu
	1 9:30am Zumba Gold 10:30am Yoga 12:00pm Senior Lunch: Burger	2 9:00am Strength, Stretch and Stamina 1pm Walking Club	3 9:30am Super Seniors 12:00pm Senior Lunch: Turkey Supreme
7 10:30am Tai Chi 1pm Flex and Tone	8 9:30am Zumba Gold 10:30am Yoga 12:00pm Senior Lunch: Chicken Picatta	9 9:00am Strength, Stretch and Stamina 10:30am Artist's Corner (Town House, lower level) 1pm Walking Club	10 9:30am Super Seniors 12:00pm Senior Lunch: American Chop Suey
14 Columbus Day No COA Programs or Van 10:30am Senior Citizens Society (upstairs)	15 9:30am Zumba Gold 10:30am Yoga 12:00pm Senior Lunch: Vegetable Cheese Bake	16 9:00am Strength, Stretch and Stamina 1pm Walking Club	17 9:30am Super Seniors 12:00pm Senior Lunch: Salisbury Steak
21 10:30am Tai Chi 1pm Flex and Tone	22 9:30am Zumba Gold 10:30am Yoga 12:00pm Senior Lunch: Meatballs w/ Onion Gra- vy	23 9:00am Strength, Stretch and Stamina 11:30am SHINE Infor- mation Session, Library 1pm Walking Club	24 9:30am Super Seniors 12:00pm Senior Lunch: Frittata
28 10:30am Tai Chi 1pm Flex and Tone	29 9:30am Zumba Gold 10:30am Yoga 12:00pm Senior Lunch: Chicken Fajitas	30 9:00am Strength, Stretch and Stamina 1pm Walking Club	31 Happy Halloween 9:30am Super Seniors 12:00pm Senior Lunch: Beef Patty w/ Onions and Peppers

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Programs and Trips

Green Mountain Foliage Escape: Monday, October 21, 2019

offered by the **Boylston Senior Citizens Society**

Come and enjoy Vermont in all its splendor! Our destination is the beautiful village of Manchester, stopping first at Lincoln's Hildene Estate. After a guided tour of the estate, we will dine at Vermont's premier village inn, The Equinox. After lunch, we will visit The Vermont Country Store offering cheeses, syrups, unique gifts, handmade kitchenware and clothing. On our way home, we will take a scenic drive through the heart of the Green Mountains National Forest followed by a stop at the Vermont Distillers to sample unique liqueurs. **Cost: \$110 per person (includes taxes and gratuities).** For more information, please call **Wilson McLaren at 508-869-2451 or email macgpc@aol.com.**

Bucket List Travelers is offering the following trips for your enjoyment in 2019 & 2020:

Bucket List Travelers and Collette Travel will have an informational presentation on Wednesday, September 18 at 3pm at the Shrewsbury Senior Center, 98 Maple Ave., Shrewsbury.

"Discover America's Music Cities" (Oct. 13 – 20, 2019)

"Rome, Florence & Venice" (Dec. 5 – 12, 2019)

"Bluegrass Country & Smoky Mountains" (Apr. 22 - 30, 2020)

"Classic Danube" River Cruise (Sept. 25 – Oct. 5, 2020) \$400 Early Booking Discount.

"Alpine Explorer & Oberammergau" (June 2020). This includes the famous Passion Play presented by the townspeople of Oberammergau once every 10 years. It is a "once in a lifetime" opportunity to experience. Please call Dave today to request a brochure of this exciting tour through Switzerland.

For more information, please call Dave Stevens at 508-869-6830 or email at davemts@charter.net. Check our web site at www.bltofma.com.

Senior Citizens Society

The Senior Citizens Society meets the 2nd Monday of the month from September to June. Meetings take place at the Town House at 10:30am but there are also outings to celebrate various holidays. For info call Wilson McLaren at 508-869-2451. Upcoming meetings:

Monday, September 9th: First meeting of the year—this is a planning meeting with a game.

Monday, October 14th: Doug Schmolze, who is both a tenor and guitarist from Great Barrington, will be performing.

Boylston Garden Club

Do you have an interest in gardening? Come join a great group that keeps Boylston looking beautiful by planting and maintaining many of the public gardens in town. All Ages are welcome.

Meetings are held at 7pm, the 2nd Tuesday of each month, September through June, downstairs at the Town House (599 Main St)

'Vegetable Soup' Word Search

Find the names of vegetables hidden in the puzzle.

M S W I S S C H A R D J T W D W D
C E N B A K S P I N A C H P E C R
A A T P R D U Z E L V L V V J H H
U X Y E Y P A S C G A W W A U A M
L T N A L P G G E C A W X B P R L
I V A X Q R Y K A Y U B A N S K E
F T D K T E S X J K W R B Y P O T
L O D D P P U O R T B V N A B F T
O L Y C U P G Q C E L E R Y C H U
W L N A M E A O R D M T U G V S C
E A M E P P R E K O H C I T R A E
R H D Z K R A Q G L E E K W B I H
Z S Z I I A P J P T O M M R G T Q
H V O E N V S S O I P T O H L R H
D Q P G Z Q A R C O N C A R L M O
M U U I U B R I T W C S J M A B S
J N Y A N A L A V O Q D R Y O S F
E G S H C R T C L P B E O A T T L
O H A S A O U I E H U U G J P B X
A Y F G D L P T X Q N O I N O T O

ARTICHOKE
ASPARAGUS
BROCCOLI
CABBAGE
CARROT
CAULIFLOWER
CELERY
EGGPLANT
GARLIC
LEEK
LETTUCE
OKRA
ONION
PARSNIP
PEPPER
POTATO
PUMPKIN
RHUBARB
SHALLOT
SPINACH
SQUASH
SWISSCHARD
TOMATO
TURNIP
YAM

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