



Boylston Council on Aging

599 Main Street, Boylston, MA 01505

(508) 869-6022

Message from the COA

Happy spring!! Warm weather is quickly approaching. Hope everyone survived the winter in good shape! At least this winter was a relatively mild one. Don't forget to spring forward an hour on March 12th! Won't longer days of sunshine be wonderful??

The COA is very excited to announce that our board has two new members! We would like to welcome Lydia Cerce & Eileen Melican to the COA board! Lydia is a retired RN. Eileen is a retired Occupational Therapist. Both Lydia & Eileen have lots of experience helping others & we look forward to working with them! The COA Board meeting time has changed to Tuesdays at 3:30pm. The meetings are open to the public. The COA welcomes any feedback and/or suggestions regarding our services & programs.

Did you know that the Worcester Regional Transit Authority offers ride service to people age 60+ & people of any age with a disability? (This service is provided through the WRTA, **NOT** the Boylston COA)

Service for Boylston is available on Tuesdays & Thursdays. The Boylston WRTA Van Schedule will be posted on the town of Boylston website (www.boylston-ma.gov) COA page soon. Please call (508) 752-9283 to register for service & to schedule a ride. All trips are fare-free through June 30th & must be made 24 hours in advance.

Our Police Chief Annunziata has began an "Are You OK?" program to serve Boylston Seniors. If you would like to participate in this free service, please fill out & return the enclosed form. If you sign up for the program, you will receive a daily phone call at a predesignated time from a Boylston Police Officer to make sure all is well. You may return the form to the police station or the COA office & we will make sure it gets to Chief Annunziata.

Thank you, Chief Annunziata, for bringing this service to Boylston.

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:

Kathy Lohnes, COA Assistant & Van Scheduler,

coavan@boylston-ma.gov

(508) 869-6132

If you have requested the weekly email updates but haven't received it, please contact Kathy

COA Programs

COA Van Information

The Boylston COA van is looking for riders!

Save your gas money and 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. Please call the COA for further information. 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
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 @ 7:30pm

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 entryway to the Town Hall. If Monday is a state holiday, the food pantry will be open on Tuesday, 10-12pm.

THE BOYLSTON COUNCIL ON AGING (COA) & THE BOYLSTON SENIOR CITIZENS' SOCIETY (SCS)

Many of you have asked "what is the difference between the COA & the Senior Citizen Society"? While there are many similarities; the two groups are separate. Nonetheless, both groups are intertwined as they both serve the needs of seniors. However, funding is different, as are board members, meetings, activities & programs. The COA has an annual budget provided by the town & state. The SCS receives funds through dues, donations & fundraisers. While donations are accepted, there is no fee to participate in COA activities. If you would like more clarification, please contact the COA.

Covid-19 Pandemic Update

If you need help getting a Covid vaccine or booster, please contact the COA office and we will do our best to assist you. For a Fire Department administered Covid test, please call ahead on their non-emergency line, (508) 869-2342. Make sure to wear a mask. Free at-home Covid tests are available at the COA Office.

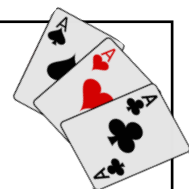
Blood Pressure Clinics

March 14th, 12pm &
April 10th, 10am



**Drop-ins
welcome**
*Town
House*

Pitch & Cribbage Card Games!



Thursdays @1 pm
Town House: 599 Main St.
Beginners Welcome!

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.

Days & times: For Novices and new players to the Boylston program. Other times available upon request. **Tuesdays from 12-2 pm** (location at the Hillside Gym attached to town hall).

\$3 fee and completion of a waiver is required to play.

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, April 10th, 10:30am –Johnny Diamond, singer songs of the 50's & 60's

The BSCS would like to thank the Clinton Savings Bank in Boylston for their generous donation!

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: March 10th-Shelly Otis, harpist; March 24th-Bill Swift, sings & plays ukulele/guitar; April 14th-Dennis Pimento-magician; April 28th-Jack Radcliffe, sings & plays ragtime 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) 756-1545.

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) 756-1545.

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 Elders) 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 (508) 852-5539 & leave your name, town & contact information.

Free Narcan Training

Boylston Town House
March 14, 2023
1pm-1:30pm



REGISTRATION REQUIRED:

Please call or visit Boylston's (COA) Counsel on Aging (508) 869-6132

Saving lives means staying informed!
Help keep our community safe.

Fentanyl is the deadliest drug threat our country has ever faced and is being seized in all 50 states.

You will receive training on how to recognize an opioid overdose, when and how to use Narcan and facts on Fentanyl and other opioids.

All participants receive a free kit with the following:

- 2 doses of Narcan
- Fentanyl test strips with instructions
- Face shield
- Instructions on Narcan administration
- Recovery resource guide

NEARLY 40% OF OVERDOSE DEATHS OCCUR WHILE A BYSTANDER IS PRESENT. NARCAN ACCESS FOR BYSTANDERS CAN HELP SAVE LIVES.

Narcan facts:

- Brand name of the generic naloxone
- Can be a life-saving medication when given in time
- Reverses an overdose from opioids- including heroin, fentanyl, and prescription opioid medications
- NO side effects or potential for abuse
- Does NOT harm the person if they have not used opioids



Greater Boroughs Partnership for Health

Please join us for a free Narcan Training program at the Town House on March 14th, 1pm—1:30pm provided by the Greater Borough's Partnership for Health. Though it may seem that the opioid crisis doesn't affect the senior population, someone you know may someday need help—a neighbor, a friend, a young relative, a stranger ... someone who can't afford their meds & bought them cheaper online but couldn't know the drugs could be dangerously tainted. As we age, the body processes drugs differently—you never know. You could save a life one day!

MARCH 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

** ALL EVENTS ARE HELD AT THE TOWN HOUSE UNLESS OTHERWISE NOTED **		1 10:30am-Strength, Stretch & Stamina	2 9:30am-Flex & Tone 1:00pm-Pitch
6 10:30am-TaijiFit (Tai Chi)	7 9:30am-Zumba Gold COA Board meeting at 3:30pm	8 10:30am-Strength, Stretch & Stamina	9 9:30am-Flex & Tone 1pm-Pitch
13 10:30am-TaijiFit (Tai Chi)	14 9:30am-Zumba Gold 1pm-Senior Narcan Training	15 10:30am-Strength, Stretch & Stamina	16 9:30am-Flex & Tone 1pm-Pitch
20 10:30am-TaijiFit (Tai Chi)	21 9:30am-Zumba Gold	22 10:30am-Strength, Stretch & Stamina	23 9:30am-Flex & Tone 1pm-Pitch
27 10:30am-TaijiFit (Tai Chi)	28 9:30am-Zumba Gold	29	30

APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 10:30am-TaijiFit (Tai Chi)	4 9:30am-Zumba Gold 11am-Animal Adaptations- Fishers, Beavers & Bears! 3:30pm-COA Board meeting	5 10:30am-Strength, Stretch & Stamina	6 9:30am-Flex & Tone (downstairs- Police Dept. training upstairs) 1pm-Pitch
10 10:30am-TaijiFit (Tai Chi) - downstairs 10:30am-Senior Citizen Soc. Meeting/blood pressure clinic	11 9:30am-Zumba Gold	12 10:30am-Strength, Stretch & Stamina	13 9:30am-Flex & Tone 1pm-Pitch
17 PATRIOTS' DAY COA OFFICE CLOSED NO VAN OR PROGRAMS	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
MAY 1	** ALL EVENTS ARE HELD AT	THE TOWN HOUSE UNLESS	OTHERWISE NOTED **

The Wild Inside

“Animal Adaptations - Fishers, Beavers and Bears!”

**April 4th 2023 at 11 a.m.
Boylston Council on Aging
599 Main St, Boylston**



If you have ever wondered why a Beaver's tail is hairless and oval, and exactly what they do with those felled trees, if a Fisher is a cat or a weasel, or whether Black Bears really have a taste for honey, then we have a program for you!

Join a Nashua River Watershed Association naturalist for an hour of table-top nature exploration with this free traveling program designed for use at senior centers and other adult facilities. Observe science specimens like mounts, skulls, and track prints, ask questions and share your stories. Please call Kathy at the COA Office at (508) 869-6132 or coavan@boylston-ma.gov to register.

This program series is made possible with support from the Community Foundation of North Central Massachusetts.



Senior Spark Program

- Guided Cannabis and CBD Solutions
- Special member benefits
- Hosted shopping days
- Medical Card guidance



Medical Delivery

- Get it right to your door
- Valid MA Medical Card required



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SPRING

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - www.qets.com

Birds	Flowers	Showers
Blossom	Grass	Sprout
Breeze	Grow	Storms
Buds	Newborn	Sunshine
Butterfly	Plant	Thaw
Clouds	Rain	Warming
Cultivate	Rainbow	Wind

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