

COA NEWSLETTER



September/October
2023



Boylston Council on Aging

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

Message from the COA

Hello everyone! It's hard to believe that fall is right around the corner! I hope everyone has had a wonderful summer. Fall is a busy time at the COA. Medicare open enrollment is October 15th through December 7th. Our wonderful SHINE (Serving the Health Insurance Needs of Everyone) volunteer will be available to meet with you on Wednesdays In October & November at the Town House. All volunteers are extensively trained & offer non-biased advice on Medicare and health plans. More details can be found inside. The Senior Citizen Society will be holding their first meeting on September 11th. Elvis will be providing entertainment. We have added a new fitness class to our schedule –Mediative Yoga is led by Kristin Higgins (our TaijiFit instructor). The class is every Wednesday at 1:30—2:15pm at the Town House. Class is offered in person as well as via Zoom. If you have an email address & haven't already signed up to receive the COA's weekly email update, please consider doing so. The email is sent out Sunday evenings (sometimes Monday morning). It contains updated COA information & miscellaneous town happenings, as well as any cancellations for the week. Please remember to contact the office with any changes to your email address.

Lastly, I am pleased to announce that I have become your new COA Coordinator. I am very excited at the opportunity to continue serving our senior population for many years. I would like to thank the COA Board for their support, as well as all of you! As always, please contact the office if you have any questions or concerns. Thank you! Kathy

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 Coordinator
coa@boylston-ma.gov
(508) 869-6022
(508) 869-6132

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

COA Programs

COA VAN INFORMATION

The Boylston COA van is looking for riders! **Please help spread the word!** Save your gas money & let us take you to your medical appts, 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

DROP-IN TECH HELP



Do you have trouble navigating your cell phone, tablet or laptop? Are you interested in learning more about what your smartphone can do? Drop in the COA Office for some one-on-one guidance! We will have a drop-in session on

Monday, October 2nd, at 4:30pm –5:30pm. No need to RSVP, just stop by with your device.



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>

**** NEW CLASS ** Mindfulness Yoga with Kristin Higgins, Wednesdays at 1:30pm (In-person & Zoom).** Kristin will be covering basic yoga positions ending with a short meditative period at the end of class. Beginners welcome & chair use is encouraged. *Meeting ID: 464 740 8340 Passcode: 8340*

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.

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. Refreshments served after the meeting. Our new year will start September 11th with award winner Robert Black back as Elvis! October 9th, we welcome Atty. Jennifer Arnieri, Estate Planning & Probate, Presentation/Q&A session. November 11th we host the Singing Trooper & present "Quilts of Valor" with the Central Community Grange. *All entertainment is free for paid members only.* Dues are still only \$5 for the year & payable at the September 11th meeting. Dues cover the entertainment for the entire year! What a bargain! If you would rather not join, you are still welcome to see Elvis for \$5 at the door. If you have any questions, please contact David at (508) 869-2024. Leave a message & he will return your call asap.

Pitch & Cribbage!

Cribbage-Tuesdays @ 1pm

Pitch-Thursdays @ 1 pm

Town House, 599 Main St.

BEGINNERS WELCOME!



DROP-IN

Blood Pressure Clinic
Monday, September

11th
at 10am

Town House
599
Main St.



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.

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 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:** Sept. 13th—Nancy Gage, sing-a-long; Sept. 27th—Mel Stiller, singer/pianist; Oct. 11th—Aimee Phaneuf, singer/pianist; Oct. 25th—Kathryn Pontes will discuss Talking Books for those with memory impairment & LouAnne Crosby, ukulele player/singer. **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 any books, puzzles, or magazines, we would love to have them.

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 LABOR DAY OFFICE & VAN CLOSED	5 9:30am-Zumba Gold 1:00pm-Cribbage	6 10:30am-Strength, Stretch & Stamina 1:30pm—Mindfulness Yoga *NEW*	7 9:30am-Flex & Tone 1:00pm-Pitch
11 10am - BP Clinic 10:30am - TaijiFit (downstairs) 10:30am –Senior Citizen Society Meeting	12 9:30am-Zumba Gold 1:00pm-Cribbage	13 10:30am-Strength, Stretch & Stamina 11am-COA Board Mtg. 1:30pm—Mindfulness Yoga *NEW*	14 9:30am-Flex & Tone 1pm-Pitch
18 10:30am - TaijiFit	19 9:30am-Zumba Gold 1:00pm-Cribbage	20 10:30am-Strength, Stretch & Stamina 1:30pm—Mindfulness Yoga *NEW*	21 9:30am-Flex & Tone 1pm-Pitch
25 10:30am - TaijiFit 4:30pm - Drop-In Tech Help help	26 9:30am-Zumba Gold 1:00pm-Cribbage	27 10:30am-Strength, Stretch & Stamina 1:30pm—Mindfulness Yoga *NEW*	28 9:30am-Flex & Tone 1pm-Pitch

OCTOBER 2023

2 10:30am - TaijiFit	3 9:30am-Zumba Gold 1:00pm-Cribbage	4 10:30am-Strength, Stretch & Stamina 1:30pm—Mindfulness Yoga *NEW*	5 9:30am-Flex & Tone 1pm-Pitch
9 COLUMBUS DAY – OFFICE & VAN CLOSED 10:30 am –Senior Citizen Society Meeting	10 9:30am-Zumba Gold 1:00pm-Cribbage	11 10:30am-Strength, Stretch & Stamina 1:30pm—Mindfulness Yoga *NEW*	12 9:30am-Flex & Tone 1pm-Pitch
16 10:30am-TaijiFit (Tai Chi) -DOWNSTAIRS	17 9:30am-Zumba Gold 1:00pm-Cribbage	18 10:30am-Strength, Stretch & Stamina 1:30pm—Mindfulness Yoga *NEW*	19 9:30am-Flex & Tone 1pm-Pitch
23 10am - Drop-In Blood Pressure Clinic 10:30am-TaijiFit (Tai Chi)	24 9:30am-Zumba Gold 1:00pm-Cribbage 1:00pm-SHINE Informa- tional Presentation	25 10:30am-Strength, Stretch & Stamina 1:30pm—Mindfulness Yoga *NEW*	26 9:30am-Flex & Tone 1pm-Pitch
30 10:30am-TaijiFit (Tai Chi)	31 9:30am-Zumba Gold 1:00pm-Cribbage		

Low Income Programs to Help with Your Monthly Costs

The Worcester Community Action Council (WCAC) provides assistance with a number of low income programs that can help you defray your monthly costs of heat and/or food -

The Fuel Assistance Program is designed to provide relief to those households that are struggling with high home heating costs. Massachusetts' Low Income Home Energy Assistance Program (LIHEAP) provides assistance to households with low incomes & high energy costs. The LIHEAP is intended to help defray the cost of heat during the winter months, November 1st—April 30th of each year. For assistance with LIHEAP, please email liweap@wcac.net or call the WCAC at 508-754-1176.

You may be eligible for the Supplemental Nutrition Assistance Program (SNAP—formerly food stamps). The Department of Transitional Assistance (DTA) administers SNAP benefits. SNAP provides a monthly benefit to buy nutritious foods. To get SNAP, you must be low income & be a US Citizen or legal noncitizen (restrictions apply). Eligibility for SNAP benefits depends on financial & nonfinancial criteria. To contact DTA about SNAP, call the DTA Assistance Line at 877-382-2363 or the WCAC at 508-754-1176 ext. 124.

MEDICARE OPEN ENROLLMENT



October 7th—December 15th

Are you new to Medicare or do you simply want to review your coverage to confirm that it is the best plan to fit your latest medical needs? Our SHINE (Serving the Health Insurance Needs of Everyone) volunteer will be hosting an informational program on October 24th, 1pm at the Town House, upper floor. Our volunteer will also be available on Wednesdays starting October 18th through November 29th. Appointments are required & will be held at the Town House. Please contact the office at (508) 869-6022 or email coa@boylston-ma.gov to set up a meeting. Let the office know your email address so our volunteer can email some information to you prior to your appointment. Please bring your current insurance cards & a list of your medicines. Contact the office for more information.

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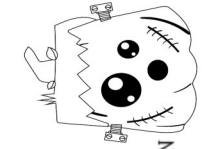
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