



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

Happy spring!! I hope this newsletter finds you well. Boylston's Annual Town Meeting will be taking place on Monday, May 6th at 7pm at the Tahanto Regional Middle/High School Auditorium, 1001 Main St., Boylston. The meeting will be ADA accessible. You should have received the town warrant in the mail which lists the subjects that will be acted upon during the meeting. Please know that important voting takes place and many decisions are made that night. If only a small number of residents attend, only a small number of residents make important town wide decisions. Please do not hesitate to contact the Town Clerk at (508) 869- 2234 with any questions.

The Worcester Sheriff's Office will be hosting their annual drive through picnic again this summer. It will be Saturday, June 8th at 11am-1pm. To RSVP, please call either the COA Office or the Sheriff's Office directly. See page 6 for more information.

The Parks and Recs office has a couple of accessible flower bed rentals available. The beds are in the community gardens located beside the Town Hall. Please note that while the soil is included, you are responsible for tending to your flowers/plants –watering, weeding, etc. Water is available at the Town Hall but please bring your own watering can. Bed rental is \$10. Contact Parks & Rec for more information at (774) 317-9254 for more information or to rent a plot.

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, May 13th

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 May 13th, comic Brian Shikes

Comic Performance

Brian Shikes

Monday, May 13th, 10:30am

Boylston Town House

599 Main St.

Come & enjoy the comedy of Brian Shikes. Brian will be performing during the Senior Citizen Society meeting.

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 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 more 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. Café's are the 2nd & 4th Wednesdays of each month from 11:15am—1pm. **Upcoming programs:** May 8th-Kalifornia Karl, singer; May 22nd-Lou Anne Crosby-singer, plays ukulele; June 12th-Mel Stiller, singer pianist; June 26th-Patrick Durkin-singer, keyboard. **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. At the current time, we are not accepting donations. We will reassess this decision in the fall. 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 or puzzles, we would love to have them.

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 10:30am-Strength, Stretch & Stamina	2 9:30am-Flex & Tone 12:30pm-Pitch
6 10:30am-TaijiFit	7 9:30am-Zumba Gold	8 10:30am-Strength, Stretch & Stamina	9 9:30am-Flex & Tone 12:30pm-Pitch
13 10:30am-TaijiFit— via ZOOM ONLY 10:30am-Sr. Citizen Society—Brian Shikes, comic	14 9:30am-Zumba Gold	15 10:30am-Strength, Stretch & Stamina	16 9:30am-Flex & Tone 12:30pm-Pitch
20 NO TAIJIFIT CLASS TODAY!	21 9:30am-Zumba Gold	22 10:30am-Strength, Stretch & Stamina	23 9:30am-Flex & Tone 12:30pm-Pitch
27 MEMORIAL DAY OFFICE & VAN CLOSED	28 9:30am-Zumba Gold	29 10:30am-Strength, Stretch & Stamina	30 9:30am-Flex & Tone 12:30pm-Pitch

JUNE 2024

3 10:30am-TaijiFit (Tai Chi)	4 9:30am-Zumba Gold	5 10:30am-Strength, Stretch & Stamina	6 9:30am-Flex & Tone 12:30pm-Pitch
10 10am-Blood Pressure Clinic 10:30am-TaijiFit (Tai Chi) - via ZOOM ONLY 10:30am-Senior Citizen Society Meeting (upstairs)	11 9:30am-Zumba Gold	12 10:30am-Strength, Stretch & Stamina	13 9:30am-Flex & Tone 12:30pm-Pitch
17 JUNETEENTH OFFICE & VAN CLOSED	18 9:30am-Zumba Gold	19 10:30am-Strength, Stretch & Stamina	20 9:30am-Flex & Tone 12:30pm-Pitch
21 10:30am-TaijiFit (Tai Chi)	22 9:30am-Zumba Gold	23 10:30am-Strength, Stretch & Stamina	24 9:30am-Flex & Tone 12:30pm-Pitch



JOIN US FOR THE
**2024 SHERIFF'S
ANNUAL**



SENIOR PICNIC

FREE DRIVE THRU EXTRAVAGANZA!

SATURDAY, JUNE 8, 2024

11 AM - 1 PM

SAC PARK

438 LAKE STREET,

SHREWSBURY, MA 01545

**BBQ MEAL | LOTTERY TICKETS | TONS OF
GIVEAWAYS | DESSERTS | RAFFLE BONANZA**

ATTENDEES MUST REGISTER BY MAY 20, 2024

NYDIA@WORCESTERCOUNTYSHERIFF.ORG

508-796-2638

LEAVE MESSAGE WITH NAME, ADDRESS & PHONE

FIRST COME, FIRST SERVE

SORRY, NO EXTRA BAGS TO GO. MUST BE PRESENT TO PARTICIPATE.

FROM THE DESK OF THE TOWN NURSE, ANN MARIE MUCKENSTROM ... Summer is fast approaching. Days are getting longer & warmer. The enticement of outside activities may inhibit addressing health changes or concerns noted during the winter months. The health topic addressed will be Vision & Hearing. It is important to protect your vision & hearing as we get older.

Annual eye exams will detect vision changes. A comprehensive eye exam will note vision changes & evaluate the overall health of your eyes. Conjunctivitis is an example of eye disease that may present as redness, itching, discharge, pain and/or increased tears. Cataracts is an example of a medical issue with structural changes of the eye are caused by aging or chronic disease resulting in decreased vision. Regardless of conditions seek a medical professional for advice prior to any self-diagnosis.

The loss of hearing as we age is known as Presbycusis. During your annual physical exam have your primary care physician check your ears for wax. Hearing loss can have an unpleasant effect on all aspects of your life. Noncommunication can put a strain on your interpersonal relationships. Untreated hearing loss has an increased risk for dementia & depression. Schedule a hearing test if any issues/concerns are noted.

Are You A **Local** Business Owner?



Advertise Today

We connect local businesses with their residents

AD Space for SALE
SENIOR NEWS PUBLICATIONS
603-601-8047
we bring community to you
INFO@SNPNEWSLETTERS.COM
WWW.SNPNEWSLETTERS.COM

SUNNYSIDE

122 A/944 Main Street, Holden, MA
508-829-4333
www.sunnysideford.com

CYSTIC FIBROSIS FOUNDATION

Cystic fibrosis is a genetic disorder that affects close to 40,000 people in the U.S. The Cystic Fibrosis Foundation is the world's leader in the search for a cure for CF, and supports a broad range of research initiatives to tackle the disease from all angles.

**HELP MAKE CF STAND FOR CURE FOUND
DONATE TODAY**

WE ARE IN A RELENTLESS PURSUIT OF A CURE
WWW.CFF.ORG

HELLO RV AND CAMPING COMMUNITY!

792 Mayhew Turnpike Bridgewater NH, 03222
CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER RESERVATIONS FOR THE 2024 SEASON.
RESERVE YOUR RV/CAMPING SEASON!

Check us out at: www.camp-nh.com Or call us at: **603-744-3344**

fullerrv.com **FULLER RV** usamotorhomerentals.com
RENTALS & SALES
150 Shrewsbury St, Boylston, MA 01505, RTE 140

1 (800) 338-2578 Family Owned and Operated Since '84

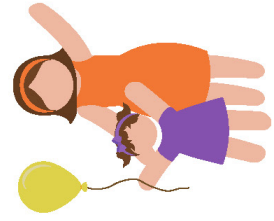
Our 18/65 Checking Account is free of monthly maintenance fees. Additional fees may be waived or discounted for eligible customers.

Stop into our Boylston branch located at 81 Shrewsbury Street to learn more.

Member FDIC
Member DIF
NMLS# 422081 **Clinton Savings Bank**
508-869-3122 | clintonsavings.com

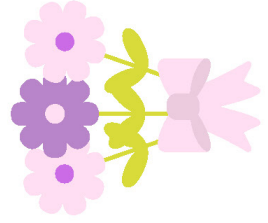
Mother's Day Word Search

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



CARD
 CARING
 CELEBRATE
 CHILDREN
 FAMILY
 FLOWERS

HOLIDAY
 LOVING
 MAY
 MOM
 MOTHER
 PARENT



CRAYONSANDCRAWINGS.COM

Label Here

If you would like your name removed from our mailing list, please contact the COA Office, (508) 869-6022.

Boyston Council on Aging
 599 Main Street
 Boyston, MA 01505

US Postage
PAID
 Permit No. 7
 Boyston, MA
 01505