

COA NEWSLETTER



JULY/AUGUST

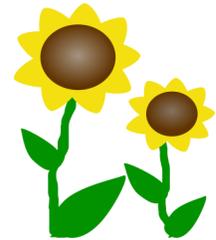
2023



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, Mem-
ber
Warren Leach, Member
Ed MacDonald, Member
Karen Carter, Member
Merrie Gerber, Member
Lydia Cerce, Member
Eileen Melican, Member

Staff:

Kathy Lohnes, COA Assis-
tant & 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

Hello everyone! Hope you are having a wonderful summer! Please remember as the hot & humid weather is upon us, always stay hydrated & make sure to wear sunscreen.

Things are generally slower for the COA at this time of the year. If you have been thinking about trying out the COA's van service, this is a great time to do so! Please call Kathy at the COA Office, (508) 869-6132 to schedule your ride. The van is a shared service on a first come, first served basis. However, doctor appointments always take priority.

In other COA news, Jessica has decided to leave the COA Coordinator position. The COA wishes Jessica lots of luck and thanks her for the time she spent with us.

Have you heard of the Attorney General's Elder Hotline? (888) 243-5337, Monday-Friday, 10am—4pm. "The Attorney General's Office can help with elder issues including financial exploitation, scam prevention, long-term care, housing and more." Their staff is available to answer questions & is dedicated to helping seniors and their families connect with resources.

There is still time to sign up for the Boylston Fire Station's Senior Fire Safety Program. Firemen will visit your home, check that your detectors are placed appropriately, check/replace the batteries or give you new smoke detectors if yours are over 10 years old. There are also carbon monoxide detectors available. Contact Kathy at (508) 869-6132 for more information or to sign up for an appointment.

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

DROP-IN TECH HELP



Do you have trouble navigating your cell phone or tablet? Are you interested in learning more about what your smartphone can do?

Drop in the COA Office for some guidance! We will have a drop-in session on Monday, July 24th at 4:30pm –5:30pm. If there is a lot of interest, this may become a regular event.



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 (most pause meetings for the summer), 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.

Pitch & Cribbage !



Cribbage-Tuesdays

@ 1pm

Pitch-Thursdays @1 pm

Town House

599 Main St.

BEGINNERS WELCOME!

VOLUNTEERS LAWYERS PROJECT

The [Volunteers Lawyers Project](#) provides free legal information & referral services to MA residents who are 60 years of age and older. If you need a referral to an attorney, you can call the Massachusetts Senior Legal Helpline at (800) 342-5297.



DROP-IN

Blood Pressure Clinics

July 17th, 10am &

August 21st, 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.

Boylston Senior Citizens' Society

The BSCS would like to thank Clinton Savings Bank for generously donating pizzas for our last meeting. Our new year will start September 11th with Robert Black back as Elvis! October 9th, we welcome Atty. Jennifer Arneri, 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.

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: July 11th—Patrick Durkin—pianist/vocalist. July 26—Perry Blue—keyboard/vocalist/horn. **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 (<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.

JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 <u>NO TaijiFit</u>	4 HAPPY JULY 4th Office/van closed 	5 10:30am-Strength, Stretch & Stamina	6 <u>NO Flex & Tone</u> 1:00pm-Pitch
8 <u>NO TaijiFit</u>	9 9:30am-Zumba Gold 1:00pm-Cribbage	10 10:30am-Strength, Stretch & Stamina	11 9:30am-Flex & Tone 1pm-Pitch
17 10am - Blood Pressure Clinic 10:30am - TaijiFit	18 9:30am-Zumba Gold 1:00pm-Cribbage	19 10:30am-Strength, Stretch & Stamina	20 9:30am-Flex & Tone 1pm-Pitch
24 10:30am - TaijiFit 4:30pm - Drop-In Tech Help help	25 9:30am-Zumba Gold 1:00pm-Cribbage	26 10:30am-Strength, Stretch & Stamina	27 9:30am-Flex & Tone 1pm-Pitch
31 10:30am - TaijiFit (Tai Chi)	** ALL EVENTS ARE	HELD AT THE TOWN HOUSE	UNLESS OTHERWISE NOTED **

AUGUST 2023

	1 9:30am-Zumba Gold 1:00pm-Cribbage	2 10:30am-Strength, Stretch & Stamina	3 9:30am-Flex & Tone 1pm-Pitch
7 10:30am-TaijiFit	8 9:30am-Zumba Gold 1:00pm-Cribbage	9 10:30am-Strength, Stretch & Stamina	10 9:30am-Flex & Tone 1pm-Pitch
14 10:30am-TaijiFit (Tai Chi)	15 9:30am-Zumba Gold 1:00pm-Cribbage	16 10:30am-Strength, Stretch & Stamina	17 <u>No Flex & Tone</u> 1pm-Pitch
21 10am - Drop-In Blood Pressure Clinic 10:30am-TaijiFit (Tai Chi)	22 9:30am-Zumba Gold 1:00pm-Cribbage	23 10:30am-Strength, Stretch & Stamina	24 9:30am-Flex & Tone 1pm-Pitch
28 10:30am-TaijiFit (Tai Chi)	29 9:30am-Zumba Gold 1:00pm-Cribbage	30 10:30am-Strength, Stretch & Stamina	31 9:30am-Flex & Tone 1pm-Pitch

CPA TAX RELIEF FOR LOW TO MODERATE-INCOME SENIORS

If you are a Boylston homeowner aged 60 or older, you may be eligible for a total exemption from your 2024 Community Preservation Act property tax surcharge if you meet certain basic criteria:

Applicant must own and occupy the property as of January 1st, 2023.

At least one owner of the property must be 60 years of age or older as of January 1st, 2023.

You must apply to the Board of Assessors each year for this exemption.

The applicant's annual gross 2022 household income must not exceed the following limits:

Household Size	Annual Gross Income
1 person	\$80,080
2 persons	\$91,520
3 persons	\$102,960
4 persons	\$114,400

(A chart for larger households, as well as full exemption criteria, is available from the Boylston Assessor's Office)

Important Note: You will not be asked to reveal your assets when applying for a Senior Citizen CPA exemption. The decision on whether you qualify for the exemption is based solely on your annual household income; assets are not considered. You will, however, be asked to verify your income by providing a copy of your 2022 tax return. All information provided will be kept confidential.

Applications will be available in late summer on the Assessors' page of the Town of Boylston's website or at the Assessors' Office. Completed applications will be accepted starting September 1st and are due by April 1st at the absolute latest. The Assessors' Office at the Town Hall is open Monday – Thursday, 8am to 2pm. Phone number (508) 869-6543.

Help is available to complete your application.

The Boylston Council on Aging will help you determine if you qualify for the exemption and assist you in completing the application. Call the COA Office at (508) 869-6022.

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4th of July

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F	D	E	C	L	A	R	A	T	I	O	N	R	F
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