

# THE BOLTON BEE BUZZ

January  
2022

Bee informed

• Bee connected

• Keep beesy

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Bolton Senior Center is located at *Bolton Country Manor*, 600 Main St. Bolton.

Visit our website at [www.townofbolton.com/council-aging](http://www.townofbolton.com/council-aging) or find us on Facebook @BoltonCOA

### STAFF

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### COA BOARD

#### Chairman:

Panny Gerken

#### Board Members:

Barbara Brown  
Charles McCormack  
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Carol O'Loughlin  
Corinne Mackie  
Tom Byron  
Alice Roemer

Meetings are held on the 2nd Tuesday of the month.

## What better way to start the new year than to share some great news with you?

We are excited to announce that the MART van is now available 5 days a week! Our drivers are available to take you to medical appointments, run errands and more. We also have some great mini day trips planned. (See page 4.)

### *Let us introduce you to our drivers-*

**Brian Burgwinkle-** Brian is a lifelong Clintonian. He is a retiree of the Massachusetts Department of Correction. He retired with the rank of Deputy Superintendent (Deputy Warden) after 33 years of service in 2010. In his free time he enjoys reading, physical fitness, and helping others. He spends a great deal of time doing volunteer work with a 12 Step Program helping others overcome substance abuse problems.

**Betty Ann Alphen-** Betty Ann retired early to focus on being a Nana! Her 2 grandsons live upstairs from her in their Lancaster home, which she finds to be a true blessing. They are 3 & 6 years old and have Nana wrapped around their fingers! She loves being able to help others. Betty Ann recently adopted a 16 year old big black cat named Shadow who is a big sweetheart.

Brian and Betty Ann look forward to taking you where you need (and want) to go!

We would like to take a minute to wish each and every one of you a Happy New Year.

We hope 2022 brings you nothing but joy and happiness.

Lisa & Heather

# Happy New Year

©LPi

# TRANSPORTATION FOR SENIORS

Grocery shopping, doctors appointment, running errands? We can help!

The MART van is available for medical appointments & essential trips. To schedule a ride, please call 978-779-3314 at least 3 business days in advance. Our drivers, *Brian & Betty Ann* will be happy to take you where you need to go!

- ⇒ We travel to most towns surrounding Bolton for a minimal fee (\$1-\$5)
- ⇒ Masks are worn by the rider and driver at all times.
- ⇒ The van is thoroughly sanitized between each rider.



# TRANSPORTATION SURVEY

The Town of Bolton is working with other area towns in conducting a *transportation needs survey* of residents and employees who do not currently drive or have access to a car. Your input will help us understand your travel patterns, need for transportation opportunities and will help us plan a solution. Completing the survey should take 5-10 minutes. Feel free to share with others.

Paper copies are available at the Senior Center or in the Planning Department at Town Hall.

Access the survey online by navigating to: <https://www.surveymonkey.com/r/MVMF6KX>



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## Have you been procrastinating? Do you have a Will or Estate Plan?

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# HEALTH & FITNESS



**Winter Fitness Classes**— During the winter months, all fitness classes will be held inside at Davis Hall of First Parish Church, 673 Main St. Bolton. Instructors may opt to use Zoom during inclement weather.

Wednesdays @ 10AM Zumba Gold® w/ Deb Oliva. Cost: \$2

Thursdays @ 10AM Yoga w/ Kris Higgins. Cost: \$3

Thursdays @ 11AM Silver Sneakers® w/ Kris Higgins. Cost: Free for Silver Sneaker Members

Please call or email Heather (978-779-3314 or hgoodsell@townofbolton.com) to register.

## Zumba Gold®

Zumba Gold® is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves at a lower intensity. The design of the class introduces easy to follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepared to leave empowered, and feeling strong!

## Silver Sneakers® Classic

This class is designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

## Gentle Yoga

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.



## VNA Nurse Visits

VNA Nurse, Amy Roberts, will be available for *Wellness Checks on January 11th from 12:-2PM*. No appointment is necessary, simply drop by the Senior Center and be seen!



## Town Nurse Visits

Town Nurse, Sue Hoag, will be at the Senior Center *January 20th from 9-11AM*. Walk-ins welcome!

*Both Nurses are able to do blood pressure checks, answer any health questions you may have or lend some guidance on things you may be experiencing. Please note these are wellness visits. Please contact your PCP if you are not feeling well.*

★ If you would like to be notified of changes to fitness classes, please make sure to register with Heather by calling 978-779-3314 or emailing hgoodsell@townofbolton.com

# WINTER INFORMATION

## Bolton Access TV

Don't miss our prime time lineup of great local programming! Each week Bolton Access TV will be airing shows focused on Senior interests. If you have an idea for a topic, call or email Heather.



### Week of January 2nd

3PM- Concord Band "Prisms" Friday Performance

4PM- For Your Health- All About the Flu Season

### Week of January 9th

3PM - Concord Band "Prisms" Saturday Performance

4PM - Off the Shelf- 52 Simple Ways to be Healthy

### Week of January 16th

3PM - Bond Posters- Bolton Historical Society

4PM - Delicious and Nutritious Mediterranean Chicken

### Week of January 23rd

3PM - Senior Protection Seminar- Stow

4PM - Senior Speak NH- How to Tell Your Story

### Week of January 30th

3PM-Smartphone 101

4PM -Aging Strong and Fall Prevention

\*These programs can be found on Comcast channel 8 or online at BoltonAccess.TV and clicking the "watch" tab.

## Need help paying for heat this winter? You are not alone.

Fuel assistance is available through New England Farm Workers' Council. Application will be taken November 1-April 30th for households applying for the first time. For more information or to start the application process, call New England Farm Workers at 978-342-4520.

The Town of Bolton also has a Fuel Assistance program for low-income Bolton Seniors. For more information, please call Heather at 978-779-3314.

*This winter is predicted to be more challenging than before, these programs are here to help you stay warm!*

## Snow Removal Resources

Below are plow companies that are accepting new clients.

Greg Kane- 978-501-3961

Beyond Yards- 978-201-4588

JRB Landscape- 508-315-7819

Greg Frick- 978-353-9669

*\*If you are a plow service taking on new clients and would like to be listed in our newsletter, please reach out to Heather @ 978-779-3314.*

## Sand for Seniors

Once again the Bolton Volunteer Fire Association has offered to deliver buckets of sand to Bolton Seniors. If you would like a free bucket of sand, please call Heather at 978-779-3314.

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# JANUARY PROGRAMS & EVENTS

Because of space and availability, ALL programs require an RSVP at least 24 hours in advance.

We would love to hear your ideas for the New Year! What programs, activities, events and trips do you want to see happening here in Bolton? Send your ideas to Heather either by emailing [hgoodsell@townofbolton.com](mailto:hgoodsell@townofbolton.com) or calling 978-779-3314.



## Art Classes

Ellen Caless will be holding Art/Painting Classes on **Thursdays from 10AM-12PM**. Classes are now held at the Senior Center. All skill levels welcome. Basic supplies are provided, but you are welcome to bring your own. Cost is \$6 per class. First class is **FREE!**

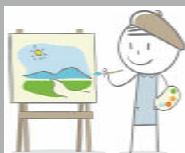


## Lunch Trip

On Friday, **January 7th at noon** the MART van will be heading to **Il Forno in Littleton** for lunch. The van ride is free! You pay for your own dinner. Space is limited, please RSVP to Heather to save your seat!

## Beginner's Painting Lessons

Have you ever thought you would like to give painting a try? Ellen Caless will be instructing a beginners art class. This is a 4 week course where you will learn to paint from a template and create 2 stunning winter paintings. First class will be on **Wednesday, January 5th at 10AM** and will meet each Wednesday at 10AM for the rest of the month. There is a one time \$5 supply fee. RSVP to Heather by 1/4, space is limited.



To RSVP– Call Heather @ 978-779-3314 or email @ [hgoodsell@townofbolton.com](mailto:hgoodsell@townofbolton.com)

## Coffee Social

Join us on **Tuesday, January 25th at 10 AM** for a coffee social. We will have coffee and pastries. Come and chat, meet new friends, see old friends. We can recap the holidays, plan for the spring, the sky's the limit!



## Skip-Bo Card Game

Every **Tuesday and Thursday at 10AM** Skip-Bo is played at the Senior Center.



## BINGO

### Now on TUESDAYS!

In January Bingo will be held on **1/4, 1/11, 1/18 & 1/25 at 1PM**. We have also obtained a Lottery License, so Bingo will now be played for money! **Bring your quarters, 2 cards are .25¢ per round!**



## Monday Funday

On Monday, January 24th at **12:30 PM** we will head on an adventure to **Art on the Rocks** in Leominster to paint pottery. Just pay for the piece you decide to paint. Space is limited.

## Wednesday Movie Matinee

Each **Wednesday at 12PM** we will be showing a movie in the Community Room of the Senior Center.

**January 5th**- Somethings Gotta Give  
**January 12th**- Little Women  
**January 19th**- The Good Lie  
**January 26th**- This Means War



Special "movie" snacks will be provided!

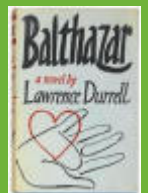
Knitting Group-Calling all yarn lovers! We would love to get our needlecraft group back together! We will be meeting at the Senior Center on **Tuesdays at 10AM**. Dust off the knitting needles and crochet hooks and join us!



## Senior Book Club

Come, join in the journey of reading with the Senior Book Club! The book club meets the **4th Thursday of the month at 7PM** at the Bolton Library. **Next meeting is January 27th.**

January's Book Selection–  
 Alexandrian-Balthazar by  
 Lawrence Durrell



February's Book Selection-  
 Tent Life in Siberia by George  
 Kennan

Contact Shirley Sefton at 978-779-2216 or [sassyj555@gmail.com](mailto:sassyj555@gmail.com) if you have any questions!

# FRIENDS OF BOLTON SENIORS

Happy  
New Year

Wishing you and yours a happy,  
healthy, and abundant 2022

**Tuesday Connections -**  
**January 18<sup>th</sup> at 12:00 PM**

**Edible Wild Plants of the Northeast:** Naturalist John Root is back with another one of his popular nature programs. This *zoom presentation* will entail a comprehensive introduction to the identification and uses of wild plants for food and beverage. Distinguishing characteristics, seasons of availability, habitats, methods of preparation, and nutritional and medicinal value of our region's most common and appealing wild plants will be discussed. This is a zoom presentation, RSVP to Heather (978 779-3314) by January 13<sup>th</sup>.



**SENIOR ASSISTANCE FUND:**

FOBS provides funds to Bolton seniors in need for unforeseen or emergency assistance. No one should have to make the decision to sacrifice essentials such as food or medication because of a financial crisis or unforeseen expenses. If you or someone you know is in need, we can help. For more information contact Mary at 978 779-5145 or at [fobsma@gmail.com](mailto:fobsma@gmail.com). You can also reach out to Lisa or Heather at the Senior Center for more information.





# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed  
to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



# January 2022

Programs are held at various locations, including the Senior Center & the Town Common. Please check the activity description listed in the newsletter to verify the program's location and important details.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Listed below are the Senior Spotlight programs for the week. They can be viewed daily on Comcast Ch 8 or online. (See pg. 7)</p>						1
<p>2 3- Concord Band 4- Flu Season</p>	3	<p>4 10- Cards 10- Yarn Group 1- Bingo</p>	<p>5 10-Learn to Paint 10-Zumba 12-Movie Matinee</p>	<p>6 10-Yoga 11-Silver Sneakers</p>	<p>7 12- Lunch Trip</p>	<p>8</p> 
<p>9 3- Concord Band 4- Ways to be Healthy</p>	<p>10</p> 	<p>11 10-Cards 10- Yarn Group 12- VNA Nurse 1- Bingo</p>	<p>12 10-Learn to Paint 10-Zumba 12-Movie Matinee 12:45 WHEAT Food Pantry</p>	<p>13 10-Art Class 10-Cards 10-Yoga 11-Silver Sneakers</p>	<p>14</p> 	15
<p>16 3- Bond Posters 4-Chicken Cooking</p>	<p>17 Happy Martin Luther King Day</p>	<p>18 10-Cards 10- Yarn Group 12-Zoom Plant Presentation 1-Bingo</p>	<p>19 10-Learn to Paint 10-Zumba 12-Movie Matinee</p>	<p>20 9- Town Nurse 10- Art Class 10-Cards 10-Yoga 11-Silver Sneakers</p>	21	<p>22</p> 
<p>23 3-Senior Protection 4- Senior Speak</p>	<p>24 10-Monday Fun</p>	<p>25 10- Coffee Social 10-Cards 10- Yarn Group 1-Bingo</p>	<p>26 10-Learn to Paint 10-Zumba 12-Movie Matinee</p>	<p>27 10- Art Class 10-Cards 10-Yoga 11-Silver Sneakers 7-Book Club</p>	<p>28</p> 	
<p>29 3 -Smartphone 4-Aging Strong</p>	<p>30</p>					

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## BOLTON HISTORY



### Ice Houses

There was a time when Bolton's ponds were used not only for recreation, but also for a commercial purpose - the harvesting of ice. Farmers were the first to use ice to keep milk for market from spoiling, storing the ice in insulated ice houses on the north side of their barns. It wasn't long before every household was storing ice, either in the cellar or in ice boxes off the kitchen. Made of wood, these ice boxes had metal compartments for a block of ice and space for the storage of food. When ice was needed, a card was placed in the window to notify the ice man. Both West and Little ponds at one time or another had ice making operations. Just off Hudson Road on Little

Pond was Lamson's ice house; it did business for about 30 years. There was also a small ice house on rented land on West Pond (off Long Hill Road), where a neighborhood group stored their ice; it was later bought and expanded by a Mr. Savage of Harvard who delivered ice all over Bolton.

Ice harvesting was a good way for local farmers to make extra money during the winter months. Using specialized tools such as axes, saws, tongs, and picks, they painstakingly cut the ice into blocks and then loaded them onto a horse drawn conveyor belt up to the ice house. The ice blocks were stacked and packed tightly with sawdust or straw in the well-insulated ice houses until they were needed. By the 1930's artificial ice making, and then electric-powered refrigerators, brought the end of what had been a thriving business.

*Thank you to Mary Ciummo and the Bolton Historical Society for this contribution.*