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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 or find us on Facebook @BoltonCOA

STAFF

Director:

Lisa D'Eon
(978)779-3313
Email-
ldeon@townofbolton.com

Programs/Outreach/ Transportation:

Heather Goodsell
(978)779-3314
Email-
hgoodsell@townofbolton.com

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

March

marzo

Upcoming Events

The days are getting longer and the weather is getting warmer. We hope the start of spring will give us the push we need to have the motivation and energy to get more active. Hopefully we will see you soon!

Friends of Bolton Seniors Meatloaf Lunch Drive Thru– Tuesday, March 15th from 12-1PM at the Bolton Town Common. Delivery is available.

Become a Soup Master– Wednesday, March 16th at 11:30AM. (Location will be given when registering)

Blue Cross Blue Shield, Planning for Medicare– Tuesday, March 22nd at 6:30PM. (Zoom)

Beeyonder Virtual Travel to Argentina– Wednesday, March 23rd at 3:30PM (Zoom)

Senior Book Club– Thursday, March 24th at 7PM (Bolton Library)

Look inside for more information on fitness classes, nurse visits, fun Friday trips, and more!

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



RESOURCE OF THE MONTH

ZOOM Peer Grief Support Group

Grandparents Raising Granchildren

who are bereaved due to substance use



1st Weds. of the Month
6:30 - 7:30

Pre-Register @
TheSunWillRise.org



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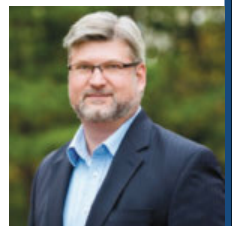
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06-5355

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: \$2

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!

★ *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.*

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.

VNA Nurse Visits

VNA Nurse, Amy Roberts, will be available for *Wellness Checks on March 8th from 12:-2PM*. For the time being, appointments are required, please call Heather to schedule yours! (978-779-3314)



TaijiFit

TaijiFit incorporates Tai Chi, strength and balance and stretching. It is a fun way to exercise. Coordination is not required, but a sense of humor is! This is a low impact, gentle class.



Town Nurse Visits

Town Nurse, Sue Hoag, will be available *March 17th from 10-11AM*. Please call to make your appointment!

In March Susan will be doing blood sugar checks as part of Diabetes Awareness Month.



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 March 7th

3PM— FOBS Stamp Talk

4PM— Sr. Center Presents— Senior Theater (Steve Henderson)

Week of March 14h

3PM - Master Plan Public Forum

4PM - Sr. Safety w/ Plymouth County DA Tim Cruz

Week of March 21st

3PM - Wellesley Choral Society Compilation

4PM - Sr. Center Presents— Shopping Rights

Week of March 28th

3PM - Wild Edibles of the Northeast

4PM - Sr. Center Presents— Dementia Effective Communication

*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. Applications 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

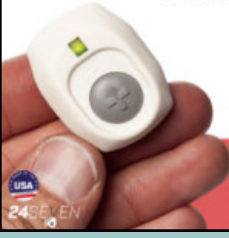
Greg Frick— 978-353-9669

**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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MARCH PROGRAMS & EVENTS

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

Become a Soup Master— *In memory and honor of our friend Flora Wilson we would like to invite everyone to become half the soup master that Flo was.* Dave from Therapy Gardens will lead this program on **Wednesday, March 16th at 11:30 AM**. What's better than simmering a pot of soup or stew on a cold day? Come sample homemade soups and stews and learn how to make them yourself using fresh and healthy ingredients.



Fun Friday Trips

Each Friday we will go on an adventure on the MART Van! The van ride is free, each person is responsible for their meal, tip, ticket, etc.

March 4th @ 12PM— Lunch at Emma's Café in Stow

March 11th— O'Neil's Cinemas in Littleton, Time TBD

March 18th @12PM— Lunch at O'Connor's in Worcester

March 25th @ 9:30AM— Breakfast at Sandee's in Lancaster and exploring The Cider Mill in Sterling

All trips depart from the Senior Center, unless you need the van to pick you up at home!



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 a stunning winter painting. First class will be **on Wednesday, March 9th 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 3/7, space is limited.



To RSVP— Call Heather @ 978-779-3314 or email @ hgoodsell@townofbolton.com

Blue Cross Blue Shield Wellness Webinars

March 17th @ 10AM— Active Aging Nutrition Insights

March 29th @ 10AM— Calming Anxiety

Both webinars are free to ALL and held virtually. Please call Heather to receive the link via email.



Virtual Travel Zoom

Argentina

We have teamed up with Beeyond to offer this real time travel presentation.

On **Wednesday, March 23rd from 3:30-4:30 PM** we will travel to Argentina/Buenos Aires!

Join us on this experience where you will see the best Sunday activity for Buenos Aires people, an adventure at Rosedal Park. You will see roses, lakes, ducks and more! This experience is ideal for those who have an interest in nature and vegetation.

Call or email Heather for the Zoom link.



Painting Classes

Ellen Caless will be holding Painting Classes on **Thursdays from 10AM-12PM**. 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!**

BCBS Planning for Medicare Zoom

March 22nd at 6:30PM.

Planning for Medicare is a presentation and discussion led by a Blue Cross Blue Shield of Massachusetts representative. It's geared towards individuals approaching Medicare Eligibility. Topics covered include health insurance information outside of employer sponsored coverage, such as an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans and programs available to early retirees, and COBRA. This is a great presentation for seniors who may still be working and looking to transition.

Co-ed Bridge Group

The Harvard Bridge group is looking for players! They meet **every Wednesday from 12:30-3PM** at The Hildrith House in Harvard. Call Dina Hattes at 978-434-7580 for more information or to sign up.



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 March 24th.*

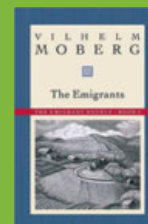
March's Book Selection-

"The Nightingale" by Kristin Hannah



April's Book Selection-

"The Emigrants— Book 1" by Wilhelm Moberg



Contact Shirley Sefton at 978-779-2216 or sassyj555@gmail.com if you have any questions!

FRIENDS OF BOLTON SENIORS



FOBS Homemade Meatloaf Lunch To-Go Drive Thru

**March 15th from 12:00 to 1:00 PM at the
Bolton Town Common**

Come by the Bolton Town Common on Tuesday, March 15th from 12PM to 1:00PM to pick up your individually packaged homemade meatloaf dinner with mashed potatoes, string beans, salad and cookies. (Made by Cormier Catering) *For Bolton seniors only. Call the Council On Aging at 978-779-3313 or 978-779-3314 to reserve your dinner by March 10th. Delivery is available for homebound seniors.

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. You can also reach out to Lisa or Heather at the Senior Center for more information.







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to you at www.mycommunityonline.com



March 2022

Programs are held at various locations, including the Houghton Building & 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	2 10-Zumba 10- Learn to Paint	3 10-Art Class 10-TaijiFit 11-Silver Sneakers	4 12- Lunch Trip	5
6 3- Stamp Talk 4- Senior Theater	7 	8 10- COA Meeting 12- VNA Nurse	9 10-Learn to Paint 10-Zumba	10 10-Art Class 10-TaijiFit 11-Silver Sneakers	11 Movies Bus Trip	12 
13 3- Master Plan Forum 4- Senior Safety	14	15 12-Drive Thru Lunch	16 10-Zumba 10-Learn to Paint 11:30- Soup Workshop 12:45 WHEAT Food Pantry	17 9-Town Nurse 10-Art Class 10-TaijiFit 11-Silver Sneakers	18 12- Lunch @ O'Connor's	19
20 3- Wellesley Choral 4- Shopping Rights	21 	22 6:30-BCBS Medicare Zoom	23 10-Zumba 10-Learn to Paint 3:30- Virtual Argentina Tour	24 10- Art Class 10-TaijiFit 11- Silver Sneakers 7- Book Club	25 9:30-Breakfast & Cider Mill	26 
27 3-Wild Edibles 4- Dementia Communication	28	29 	30 10-Learn to Paint 10-Zumba	31 10-Art Class 10-TaijiFit 11-Silver Sneakers		

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

BOLTON HISTORY

Dog Days

March is dog license month in Bolton; a yearly tradition that began 164 years ago. Licensing dogs originally stemmed from the need to protect farmers against the loss or damage of livestock or other animals from dogs, as well as a way to control the spread of “canine madness” (rabies). Being a rural farming town, Bolton was in need of such laws and voted so in 1858. The new bylaws called for the selectmen to grant licenses at \$1.00 per dog per year, required all dogs to wear a collar with an identification tag attached, and prohibited dogs from roaming free (muzzles were to be provided for dogs who did so). A committee of five men was even established to enforce the muzzling of stray dogs. The first person to license his dog in Bolton was Roswell Barrett, followed by 45 others. An 1859 document lists Bolton’s dog owners, along with each dog’s name, sex, age, and breed. The first dog on the list was a male named Sport, who was owned by Silas Holman.

Dog licenses today cost \$10.00 for male dogs neutered or female dogs spayed; \$15.00 if not.

