

# THE BOLTON BEE BUZZ



April  
2022

Bee informed

• Bee connected

• Keep beesy

## WHAT'S INSIDE

03 HEALTH & WELLNESS

05 APRIL EVENTS &  
ACTIVITIES

06 FOBS CORNER

07 APRIL CALENDAR

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

Shirley Sefton

Carol O'Loughlin

Corinne Mackie

Tom Byron

Alice Roemer

Janet Smith

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

hello  
SPRING

Spring is here and we are ready! There is more sunshine, more day light and more to do.

Just a few of the fun *April activities* are listed below. Please look inside for more programs and all the important details.

April 6th– Virtual Travel to Japan for the Cherry Blossom Festival.

April 13th– Real Estate Downsizing Workshop with RHR Real Estate

April 14th– Easter “Egg”stravaganza

April 19th– Tuesday Connections, Spring Wreath Making

April 21st– Taste of China with Dave from Therapy Gardens

April 26th– Brain Healthy Cooking with Nashoba Park

©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.

## BOLTON ACCESS TV

### 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 April 3rd

- 3PM- Nashoba Symphonic at Mechanic's Hall
- 4PM- Senior Speak NH- How to Build Your Emotional Pension

#### Week of April 10th

- 3PM - Estate Planning Talk at the COA
- 4PM - The Garden Doctor

#### Week of April 17th

- 3PM - COA Aging in Place Presentation (2018)
- 4PM - Bookbinding- How to Make a Simple Style Book

#### Week of April 24

- 3PM - Square Foot Gardening with Bolton Local
- 4PM - Berry Growing for the Home Gardener- Ben Waterman of Waterman Orchards

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



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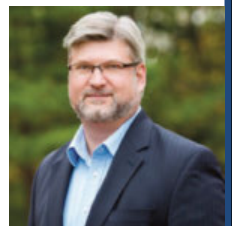
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06-5355

# HEALTH & FITNESS



**Fitness Classes**— During the uncertain weather 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](mailto: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 Checks

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



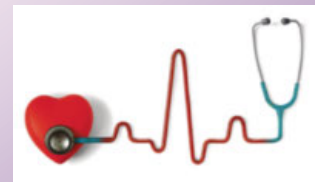
## TaijiFit

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 Checks

Town Nurse, Sue Hoag, will be available for Wellness Checks on *April 21st from 10-11AM*. Please call to make your appointment!



# RESOURCE OF THE MONTH

## Helpful hints for decluttering and organizing

\*Plan ahead. Have plastic garbage bags and empty boxes on hand to move things from room to room as needed, and to package up items you want to recycle, donate, or need to trash.

\*Pick one small area at a time to work on so it's not overwhelming and you can quickly see and feel your accomplishments.

\*Enlist help! Involve your family and friends as appropriate. Children as young as 4 years old can actively participate and learn.

\*The best order to do the work in is to unclutter, then organize, then figure out how to stay organized (this is often the hardest part).

\*When someone gives you a present, it's yours - you get to decide whether to keep it or give it away. Just make sure you properly thank the gift giver!

\*If you tackle small areas at a time and keep at it, you can accomplish a lot. It takes more time than you probably imagine, though. Remember, your clutter probably didn't happen overnight.

\*If you have a lot to tackle, focus on what you have done and accomplished, rather than thinking "oh but there's so much more to do."

\*If you move things around, make sure everyone in your household knows where the new location is.

Keeping your sense of humor always helps.

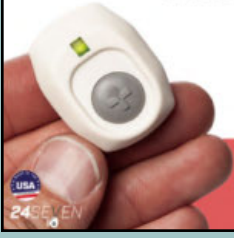
Celebrate your hard work and successes!

Suggestions provided by Carol Ehrlich, Professional Organizer,

978-779-5439, [boltonorganizingandstaging.com](http://boltonorganizingandstaging.com).



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# APRIL PROGRAMS & EVENTS

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

**Taste of China with Dave from Therapy Gardens-** Come learn about contemporary life in China on *Thursday, April 21st at 1PM*. Pictures from rural areas and cities featuring cuisine and daily life will be featured. Sample some authentic Chinese food and learn how to use chopsticks! Please RSVP to Heather by 4/19.



## 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.

*April 8th @ 9:30AM-* Breakfast/Brunch @ Mountainside Bakery & Cafe

*April 15th @ 11:30AM-* Lunch at Cheesecake Factory

*April 22nd @ 10AM-* Wrentham Outlets & Cracker Barrel Lunch

*April 29th @ 11 AM-* Worcester Public Market

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



## Blue Cross Blue Shield Wellness Webinars

*April 11th @ 2 PM-* Food and It's Healing Effects

*April 27th @ 10AM-* 8 Happiness Boosting Strategies

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



## Virtual Travel Zoom



## Cherry Blossoms in Japan

On our 1 hour and 15-minute online experience, we will share Sakura (Cherry Blossom time) in Japan from a local's perspective. You will get to hear about the history and culture as well as stories, fun facts, trivia, and play some unique Cherry Blossom games together online. This presentation is on *Wednesday, April 6th at 10:30AM*.

Call or email Heather for the Zoom link.

## RHR Real Estate Downsizing Workshop

Thinking about selling your home?

Mike Roy from RHR Real Estate, Realtor, Senior Real Estate Specialist will be at the Bolton Senior Center on *Wednesday, April 13th at 12PM*. RHR Real Estate is excited to offer the Fix It to List It Program. If your home needs a little or a lot of work, this is the program for you. Their professional trades persons will help get your home ready for sale.



*Join us for lunch and a great presentation.* Please RSVP to Heather by 4/11.

## 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.



**Boost Your Brain Health by Eating Well-** Nashoba Park Assisted Living will be here on *Tuesday, April 26th at 1PM* to teach us about how making more healthful and mindful choices can benefit you, then we will learn how you can cook "brain healthy" at home. RSVP is required, light refreshments will be served!



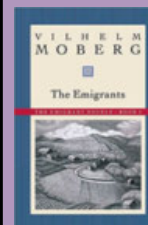
## Senior Book Club

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 April 28th.*

April's Book Selection-

"The Emigrants- Book 1" by Wilhelm Moberg



May's Book Selection-

"The Midnight Library" by Matt Haig



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



## Easter "Egg"stravaganza!

Join us on *Thursday, April 14th at 11AM* as we have some Easter fun! We will be coloring eggs (it's not just for the kids!), having an egg hunt, and playing games. We also invite you to bring your favorite Easter recipe to share! (We will make photocopies when you get here.) Lunch and dessert will be served! RSVP to Heather by 4/12 if you would like to attend.



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

# FRIENDS OF BOLTON SENIORS

## TUESDAY CONNECTIONS

April 19th from 11:00AM to 1:00PM at the Senior Center

~Wreath decorating workshop~

Spring is finally here so bring a little color and cheer to your front door with a wreath of your own creation. Lunch of soup and sandwiches will follow. To reserve your spot contact the Council On Aging at 978-779-3313 or 978-779-3314 by April 14th.



As part of our Senior Appreciation Month Celebration we will be hosting a *Health Fair* on Tuesday, May 17th at the Senior Center. There will be many great organizations to help you stay healthy, happy and independent! More details will be in the May newsletter.

### 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)



# April 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
<p>3- Nashoba Symphonic 4- Senior Speak</p>	4	5 	6 10-Zumba 10:30-Virtual Travel	7 10-TaijiFit 11-Silver Sneakers	8 9:30- Breakfast Trip	9 
<p>10 3- Estate Planning 4- Garden Doctor</p>	11 	12 10- COA Meeting 12- VNA Nurse	13 10-Zumba 12:45 WHEAT Food Pantry 12- Downsizing Workshop	14 10-TaijiFit 11-Silver Sneakers 11- Easter "Egg"stravaganza	15 11:30- Cheesecake Factory Lunch	16
<p>17 3- Aging in Place 4- Bookbinding</p>	18 	19 11-Tuesday Connections	20 10-Zumba	21 10- Town Nurse 10-TaijiFit 11-Silver Sneakers 1- Taste of China	22 10- Wrentham Outlets	23 
<p>24 3- Sq. Foot. Gardening 4- Berry Growing</p>	25 	26 1PM- Brain Healthy Cooking	27 10-Zumba	28 10-TaijiFit 11-Silver Sneakers 7- Book Club	29 11- Worcester Market	30

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**Bolton Council on Aging**  
600 Main St.  
Bolton, MA 01740

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

## BOLTON HISTORY

### A Woodland Walk

This handwritten anonymous poem, found in a folder at the Bolton Historical Society, may rouse in some unpleasant memories of a walk through the woods:

Ah, What a woodland walk!  
How gay.  
The poison-ivy decked the way!  
And in the glade the fair nightshade  
Its dainty bloom and fruit displayed.

The deadly sumac is gorgeous red.  
Raised waving banners overhead.  
Like wine the air! All nature bright.  
To win the pore and charm the sight.

I like to tell the tale, and yet  
That woodland walk I would forget!  
It may not be! In bandage still  
I work to earn my doctor's bill.

All ye who to the forest fare  
To seek the glowing foliage there.  
A word of warning take from me!  
First study up on botany!

Leaves of three, let them be!



We hope you can enjoy a walk outside this spring! Visit <https://www.townofbolton.com/conservation-commission/pages/trail-maps>, for a list of all the trails in town!