

THE BOLTON BEE BUZZ

May
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 or find us on Facebook @BoltonCOA

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COA BOARD

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Panny Gerken

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

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

MAY

May is Senior Appreciation Month here in Bolton as well as Older American's Month nationally. The theme this year is "Age My Way". To elaborate on this theme, Friends of the Bolton Seniors are sponsoring a Health Fair at the Senior Center (located in Bolton Country Manor— 600 Main St.) on Tuesday May 17th from 11AM-1PM.

Below are just some of the groups and agencies that will be here to promote healthy, happy and independent aging.

VNA— will be doing bone density scans.

Growing Places Mobile Farmers Market— will be promoting their mobile farm stand as well as their CSA program.

Worcester Talking Book Library— will be offering information about their free talking book library.

Nashoba Nursing— will be doing blood pressure checks.

Sayva Services— a business that provides tech support, home maintenance & other senior-friendly services.

A brown bag lunch will also be provided. Please RSVP to Heather by 5/12 if you plan to attend.

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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 May 1st

- 3PM- Ed Cohen Variety Show- Nutrition
- 4PM- Ireland to America

Week of May 8th

- 3PM - The Flower & Garden Show- Prepping Your Garden
- 4PM - Harmonies- Grand Honey

Week of May 15th

- 3PM - Ed Cohen Variety Show- Alexandria Connolly
- 4PM - Bolton Through the Years

Week of May 22nd

- 3PM - Thomas Crane Library- Aging Strong
- 4PM - Cathy Neptune's Kitchen- Stuffed Meatloaf

Week of May 29th

- 3PM- Contemporary Science Issues
- 4PM- Concord Band Spring Pops

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



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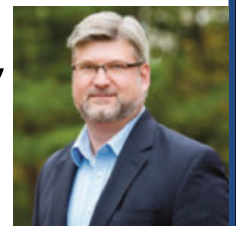
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HEALTH & FITNESS



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 TaijiFit 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 Checks

VNA Nurse, Amy Roberts, will be available for *Wellness Checks on May 10th from 12-2PM*. For the time being, appointments are required, please call Heather to schedule yours! (978-779-3314)



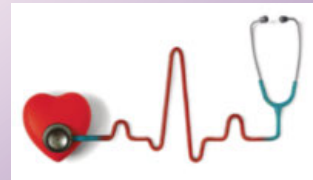
TaijiFit

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 *May 19th from 10-11AM*. Please call to make your appointment!



UPCOMING TRIP

Bolton Council on Aging is heading to HAMPTON BEACH for the Annual Sand Sculpting Classic

Friday, June 17th, 2022

Cost \$25 per person

We will be departing Trinity Church parking lot at 8:45AM and head to Hampton Beach for the 22nd Annual Sand Sculpting Classic. Everyone is on their own for lunch. You can bring a cooler, or there are plenty of options right on the boardwalk. The sand sculptures can be seen without walking on the beach. You are welcome to bring a beach chair. Don't forget the sunscreen! We will depart Hampton around 1:30PM and be back home around 3PM.

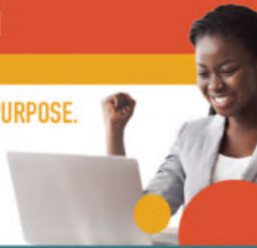
Call Heather at 978-779-3314 to reserve your seat.

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MAY PROGRAMS & EVENTS

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



Musical Baseball Show

Join Howie Newman on *Wednesday, May 18th at 11AM* for lunch and Howie's Musical Baseball show. Howie will sing baseball songs, do some baseball trivia and tell stories about his days as a sportswriter for the Red Sox beat. This will be held outside at the Bolton Common. Lunch will be provided by Rotary Club of Nashoba Valley. This event is free to all seniors! Please RSVP by 5/16.

This program is supported in part by a grant from the Bolton Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



Fun Friday Trips

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

May 6th @ 11AM– Tulip picking at Ferjulian Farms

May 13th @ 12PM– Lunch at The Farmer's Daughter

May 20th @ 10AM– Shopping @ Idylwilde Farm

May 27th @ 12PM– Lunch at Red Ginger

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



Bolton Community Fund– Senior Appreciation Event

Members of the Bolton Community Fund would like to honor Bolton Seniors with lunch on *Thursday, May 12th at 12 PM* at the Senior Center Community Room. Please RSVP to Heather by 5/10 if you would like to attend.



Blue Cross Blue Shield Wellness Webinars

May 11th @ 10AM– Grub & Guts: Eating Well For A Healthier Microbiome

May 26th @ 2PM– Meditation for Busy Minds

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



Virtual Travel Zoom Israel– Wednesday, May 25th @ 10 AM

Welcome to Mount Moriah! Let's visit the holiest place on earth: We will see the Western Wall from an unusual angle, Al-Aqsa mosque, the Golden Dome, and the Golden Gate (Gate of Mercy) where Jesus entered the city on multiple occasions. We will talk about the Jewish, Christian, and Muslim traditions on the mountain and see the strong connection between the three Abrahamic faiths. Call or email

Heather for the Zoom link.



Liberty Bones Concert

They're back! If you have yet to make it to a Liberty Bones concert, this is your chance! (Liberty Bones is an all trombone band.) If you have been to one or many, you know that you don't want to miss it. Join our friends Liberty Bones on *Thursday, May 26th at 12:30 PM* for lunch and a concert at Davis Hall (673 Main St. Bolton). Please RSVP to Heather by 5/24 to save your seat.



Judicial Speaker

On *Tuesday, May 24th at 10AM* we invite you to join us as Hon. Valerie Yarashus speaks on the Judicial System. This is a major effort by judges to build community understanding and trust in the judicial system and the court's commitment to equal access to justice. This program will be held at Davis Hall. Light refreshments will be served. Please RSVP by 5/19.



Senior Book Club

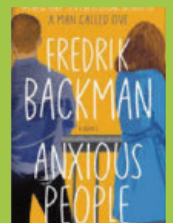
Come, join in the journey of reading with the Senior Book Club!

The book club meets the *4th Thursday of the month at 7PM* at the Bolton Library. *Next meeting is May 26th*



May's Book Selection-

"The Midnight Library" by Matt Haig



June's Book Selection-

Anxious People by Frederick Backman

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

Fraud Squad Performance

Wednesday, May 11th @ 12:30PM

The Fraud Squad Players are a group of volunteer actors who are members of the AmeriCorps Seniors' RSVP. They educate their peers on the warning signs and manipulative ways scammers and frauds present themselves. From Impostor Scams to Financial Exploitation, the Fraud Squad Players bring an engaging twist to educating the community on how to avoid getting scammed. Through educating, viewers are able to recognize scammers quicker, resist the urge to fall victim to these scammers and report scammers to the proper agencies.

To RSVP– Call Heather @ 978-779-3314 or email

FRIENDS OF BOLTON SENIORS

Age my way!



We're celebrating Senior Appreciation Month!

Every May, the Town of Bolton joins the Administration for Community Living in the nation's observance of Older Americans Month. This year's focus is on aging in place – how older adults can plan to stay in their homes and live

independently in their communities for as long as possible. The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways that we can remain in and be involved with our community.

TUESDAY CONNECTIONS:

**Health Fair: May 17th from 11:00AM to 1:00PM at the Senior Center
Stay Healthy, Happy, and Independent!**

At this Health Fair there will be many participating individuals and organizations providing services such as blood pressure checks, balance assessments, and a mobile food market and more. Bagged lunches to-go will be provided.

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.










NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



May 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>1</p> <p>3- Ed Cohen Variety Show</p> <p>4- Ireland to America</p>	<p>2 Listed Sunday are the Senior Spotlight programs for the week. They can be viewed daily on Comcast Ch 8 or online. (See pg. 2)</p>	<p>3</p> 	<p>4</p> <p>10-Zumba</p>	<p>5</p> <p>10-TaijiFit</p> <p>11-Silver Sneakers</p>	<p>6</p> <p>11- Tulip Picking</p>	<p>7</p> 
<p>8</p> <p>3-Prepping Your Garden</p> <p>4- Harmonies-Grand Honey</p>	<p>9</p> 	<p>10</p> <p>10- COA Meeting</p> <p>12- VNA Nurse</p>	<p>11</p> <p>10-Zumba</p> <p>10- BCBS Webinar</p> <p>12:30- Fraud Squad</p>	<p>12</p> <p>10-TaijiFit</p> <p>11-Silver Sneakers</p> <p>12- Lunch with Bolton Community Fund</p>	<p>13</p> <p>12- Lunch Trip (The Farmer's Daughter)</p>	<p>14</p> 
<p>15</p> <p>3- Ed Cohen Variety Show</p> <p>4- Bolton Through the Years</p>	<p>16</p> 	<p>17</p> <p>11-Tuesday Connections/Health Fair</p>	<p>18</p> <p>10-Zumba</p> <p>11- Musical Baseball</p> <p>12:45 WHEAT Food Pantry</p>	<p>19</p> <p>10- Town Nurse</p> <p>10-TaijiFit</p> <p>11-Silver Sneakers</p>	<p>20</p> <p>10- Shopping Trip (Idywilde Farm)</p>	<p>21</p>
<p>22</p> <p>3- Aging Strong</p> <p>4- Stuffed Meatloaf</p>	<p>23</p> 	<p>24</p> <p>10- Judicial Speaker</p>	<p>25</p> <p>10-Zumba</p> <p>10- Virtual Travel</p>	<p>26 10-TaijiFit</p> <p>11-Silver Sneakers</p> <p>12:30 Liberty Bones</p> <p>2- BCBS Webinar</p> <p>7- Book Club</p>	<p>27</p> <p>12- Lunch (Red Ginger)</p>	<p>28</p> 
<p>29</p> <p>3- Contemporary Science Issues</p> <p>4- Concord Band</p>	<p>30</p> <p>Memorial Day</p> 	<p>31</p> <p>10- Veteran's Breakfast</p>	<p>1</p> <p>10-Zumba</p>	<p>2</p> <p>10-TaijiFit</p> <p>11-Silver Sneakers</p>	<p>3</p> 	<p>4</p>

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



Veteran's Breakfast:

We would like to invite all area Veterans to our first of many Veteran's Breakfast. It will be held at the Senior Center on **Tuesday, May 31st at 10AM**. Please RSVP to

Heather by 5/26 if you can join us. The more the merrier!

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

BOLTON HISTORY



Gardening in Bolton

The seed and plant catalogs have arrived in the mail and many a gardener is itching to sink a spade into the ground. In the 19th century, every home in Bolton had a garden. The Shaker community in Harvard sold flower and vegetable seeds in paper packets and we can only imagine that some of those seeds were planted in Bolton gardens. In his 1858 diary, William Stone, then fifteen, recorded daily entries of working in the family garden at 295 Wilder Road. It consisted of more than a dozen different types of vegetables, including tobacco, as well as apple trees. In the early 20th century, Esther Whitcomb fondly remembered

Marshall Walcott's garden on what is now the Town Common. Having retired from farming, Marshall took up residence in the center of town and "planted the most wonderful vegetables...anything you could grow in this climate was there." And back in the 1950's Dorothea Carey ran the Bolton Nursery in her backyard for about a decade or so. Advertised as being "on a quiet (but paved) road in farm and orchard country" the nursery at 299 South Bolton Road sold perennials for \$5 a dozen. The Hosta that grace the front of Sawyer House came from the Bolton Nursery. In the 20th century there was a surge in home gardening due to the COVID-19 pandemic, and only time will tell if this trend continues.



Nashoba Neighbors celebrates and supports all of the older adults in our communities.

Happy Senior Appreciation Month!