



BOLTON

SENIOR CENTER

CENTER HOURS:

Tues, Wed, & Thurs
9AM-2PM

600 Main St (Rt 117)
Bolton, MA 01740

Phone: 978-779-3313



@ Bolton COA

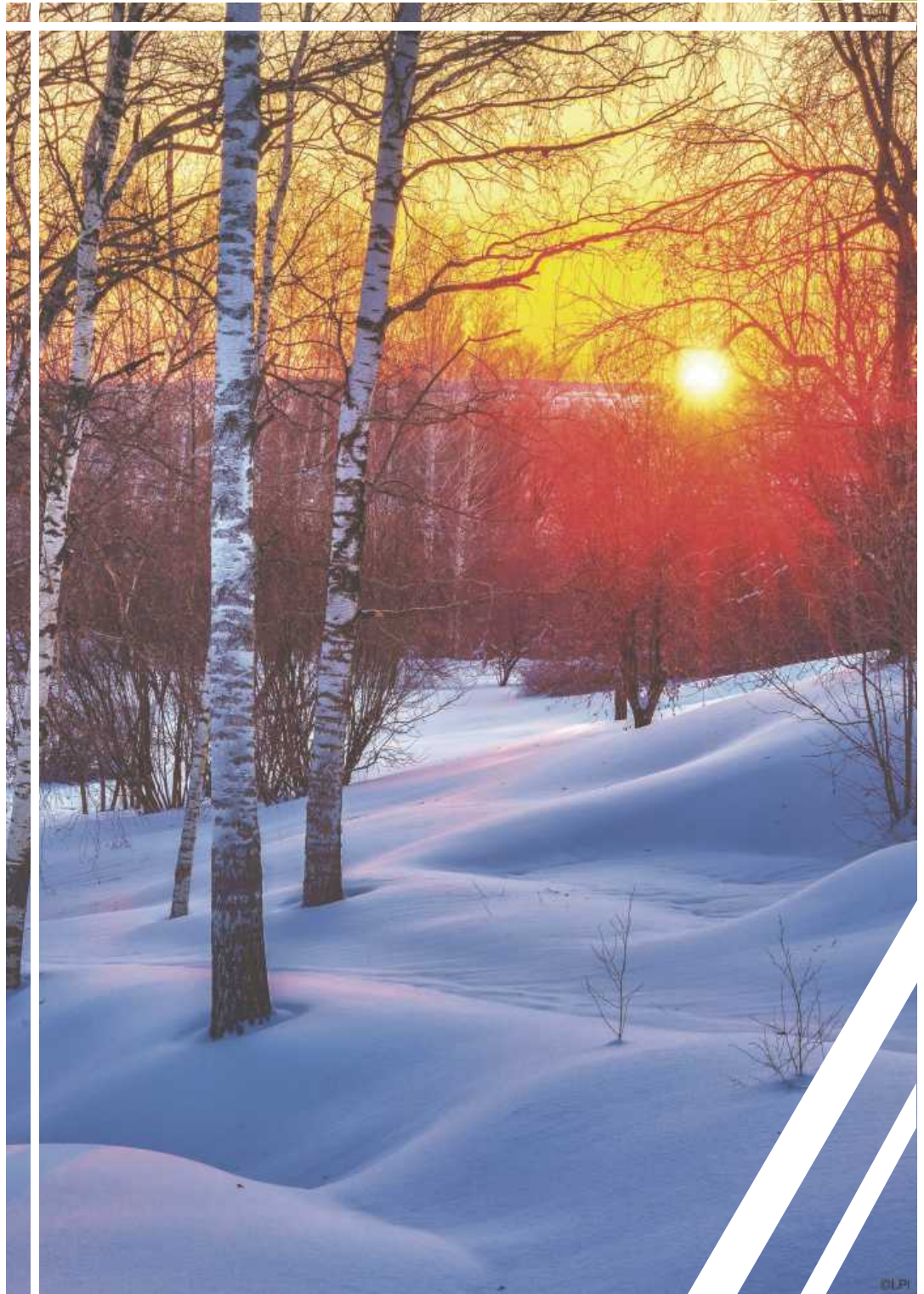
WHAT'S INSIDE

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[www.townofbolton.com](http://www.townofbolton.com/council-aging)
/council-aging

DECEMBER 2019



WELCOME TO OUR CENTER; COME SEE WHAT WE'RE ABOUT!

ISSUE 01

STAFF, CONTACTS & CENTER INFO

LIVE YOUR LIFE AND FORGET YOUR AGE.

—Norman Vincent Peale

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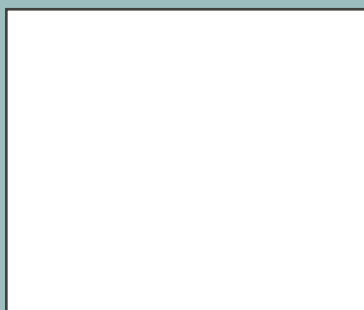
The Senior Center is located within the Bolton Country Manor building. The main door is kept locked, however, there is a door bell to the right of the door that alerts the COA office that a guest is here.

If the Nashoba School District closes due to inclement weather, the Senior Center will also be closed. If the center is closed, the MART Van will not run that day. If you have any question, we suggest you call first!



PARKING: There are designated Visitor parking spaces around the sides of the building. If those spaces are filled, please use the overflow lot, just past the building. Handicapped spaces are available for anyone with a placard.

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- Wills and Trusts
- Health Care Proxies and Powers of Attorney
- Estate Tax Planning
- Life Care & Elder Care Planning



EXERCISE CLASSES

All of our fitness classes are open to seniors of all ages and levels. They are drop-in and registration is not required. If you are unable to pay for any of the classes, please speak with the COA Director and arrangements will be made confidentially.



STRETCH

GENTLE YOGA

Located at the Senior Center: Gentle Yoga for all levels. (In a chair, or standing or on the ground- whatever you are comfortable with!)

Wednesdays | 9:30 AM
\$3 per class

FITNESS

TAIJIFIT CLASS

Located at the Bolton Public Library: TaijiFit incorporates Tai Chi, Strength, Balance, and Stretching. It is a fun way to exercise! Coordination is not required, a sense of humor is!

Thursdays | 10 AM - 10:45 AM
\$3 per class

RELAXATION

RELAX WITH REIKI

Reiki is a system of hands-on healing that allows you to feel relaxed, calm and peaceful. Linda, your reiki practitioner, works on the head and shoulders. Each individual session lasts about 15 minutes. Appointments are required.

First Wednesday of the month |
Cost Free

GAMES AND ACTIVITIES

MY MOTHER USED TO SAY, 'THE OLDER YOU GET,
THE BETTER YOU GET ... UNLESS YOU'RE A BANANA.'
BETTY WHITE



Local History Discussion Group

With Roger Breeze meets on the first and second Wednesday of each month at 1 PM at the Bolton Public Library.

Genealogy Instruction

The third Wednesday of each month, at 1 PM at the Bolton Public Library.



Senior Book Club

Bolton Public Library on **December 19th**, at 7 PM. Book: *Lord of the Flies*

To plan ahead, the Book Club meets the 4th Thursday of every month. All are welcome!

For more information, call Shirley Shefton at (978) 779-2216.

Art Class

Thursdays at 1 PM at the Houghton Building.

Cost for the two hour session is \$6.00 per student with the balance subsidized by the COA. If interested in attending, please call (978)779-3313 to sign up.

(No class in December)



Skip Bo!

Come laugh and learn the card game Skip Bo on Tuesday & Thursdays from 9 -2. New players always welcome!

Cribbage

All Wednesdays at 10:30 AM; if you have any time or interest in playing or learning, please join us!

Needlework Club

Held Wednesdays from 11-1. Bring in your project, or just come socialize with the group



Reflexology.

Veronica Thompson of Great Kneads offers pedicures, manicures or reflexology of the head and neck. To book an appt call (978)779-3314.

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Bolton Council on Aging - Bolton, MA

06-5355



A NOTE FROM OUR REP.

Rep Kate Hogan's SENIOR NEWS

Holiday celebrations in Bolton shine the spotlight on our area's rich history and vibrant cultural resources. House tours and craft fairs deck the halls (and the calendars) and opportunities to engage with the arts abound. As volunteers and performers, artists and archivists, our seniors are helping to make sure this holiday season is another one to remember.

As a champion for the arts, I know all this creativity on display means a lot of fun for our town-but also so much more. I was proud to join the legislature last spring in securing 18.2 million for the Massachusetts Cultural Council (MCC) in the state budget, an increase of 2 million over the previous fiscal year. Promoting engagement with the arts right here in our community, the MCC allocated \$5, 000 this year for the Bolton Cultural Council.

'Tis the Season at the Bolton Historical Society— Featuring the best of Bolton's artists and artisans, past and present, the Bolton Historical Society rings in the season with a series of celebrations that could not take place anywhere else but here. For more information on either of the events below, call (978)779-6392 or email mary@boltonhistoricalsociety.org.

Holiday Wreath Festival and Auction- This truly unique event features wreaths designed by Bolton's own creative community. Kick off the holiday season by seeing some of these beautiful wreaths for yourself at the Historical Society's festival and auction on December 1st at the Sawyer House Barn from 12-5pm.

Bolton Holiday House Tour— On Sunday December 8th from 1-4pm, Bolton's historic homes will open their doors for a rare glimpse inside our local architectural treasures as part of the Historical Society's Holiday House Tour. Tickets are \$25; a map and historical information will be provided for a self-guided tour.

Whatever traditions mark your celebration of light and family this winter, be sure to count engaging with the arts among them. Get involved. Catch a show. Share your talents.

Happy Holidays,

Kate Hogan

Rep Hogan's Office Hours— Please call the State House at (617)722-2199 to schedule an appointment for Rep. Hogan's December office hours. Staff is also available at the District Office on Thursdays from 10am-3pm.

RESOURCES FOR SENIORS

State resources: www.eldercaredirectory.org
Alzheimer's resources: www.alz.org

Montachusett Home Care: www.montachusetthomecare.org
End of life resources: www.growthhouse.org

MART Van: The MART van is available to seniors and handicapped persons for appointments, shopping, meals, etc. Monday through Friday from 9 AM to 4 PM. Reservations are preferred at least 48 hours in advance. Call (978) 779-3313.



Mondays- 1st & 3rd, Market Basket (Hudson) 2nd & 4th, Hannafords & Walgreens, CVS or Rite Aid (Clinton). Pick ups begin at 10:30 AM.

Tuesdays- Leominster Appointments- between 10:30-12.

Wednesdays- Marlboro Appointments- between 10-12.

Thursdays- Worcester Appointments- between 10:30-12.

Fridays- Acton Appointments- between 11-12.

No trips on 3rd Fridays.

BOOKS TO GO: A great service for homebound Bolton Residents. If you, or someone you know would benefit from this FREE monthly book delivery program, please contact the Bolton Public Library for more information.

Contact (978)779-2839 and speak to Kelly

MEDICAL EQUIPMENT: The Clinton Senior Center keeps gently used medical equipment on hand.

Contact (978)733-4747 for more information

FUEL ASSISTANCE: The Town of Bolton administers a fund made possible through private donations to deliver 100 gallons of heating oil to qualified seniors. For more information contact Heather Contact (978)779-3314 or email hgoodsell@townofbolton.com

You may also qualify for federally funded fuel assistance. To apply for federal assistance, contact New England Farm Workers Council, 473 Main St. 3rd Fl. Fitchburg, MA or (978)342-4520



HEALTH NEWS

Town Nurse Visit

Tamara or Suzanne will be at the center on Thursday, December 19th from 9:30-11:30am to do wellness checks. No appointment is necessary! For immediate assistance, call Tamara at (978)772-3335 ext 340.

VNA Nurse Visit

Meg will be here for her monthly Keep Well Clinic on December 26th from 12-2pm. Stop in for a blood pressure check or to ask a question you may have.

FRIENDS OF THE BOLTON SENIORS

Tuesday Connections offers great programs that will keep you engaged. They feature a variety of entertaining programs that all will enjoy. Tuesday Connections Programs are *drop-in and begin at 11 am* with lunch prepared by the friends immediately following.

December 17 Annual Holiday Sing-A-Long

January 21 TED Talk-"What Makes a Good Life? Lessons from the Longest Study on Happiness." w/ psychiatrist Robert Waldinger. Discussion to follow.

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 like food or medication because of a financial crisis or unforeseen emergency. If you, or someone you know is in need, we can help. For more information, contact Mary at (978)779-5145 or fobsma@gmail.com



NEVER MISS A NEWSLETTER !

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



DECEMBER HAPPENINGS



Art Exhibit at the Bolton Library

The COA Art Class will have their works displayed through the month of December at the Bolton Public Library, 737 Main St. Bolton. There will be an artist reception on *Thursday, December 5th* from 6:30-8pm.

Stop by and meet our local artists and learn what inspires them! If you have ever thought about exploring our art class, this is a great opportunity to meet the instructor and group!

Holiday Wreath Making

Come get crafty and make a beautiful, simple, holiday wreath! This easy project will take place on Tuesday, December 10th at 10:30am.

Cost for supplies is \$10.

You must register for this event by 12/5.



"Noon" Year's Eve Party

Join us on Tuesday, December 31 as we count down the minutes till 12(pm)! Party begins at 11am, there will be fun, games, appetizers and a sparkling cider toast! Don't miss the fun!



Nashoba High School Holiday Concert

Please join us for a holiday chorus and band concert and brunch at the Nashoba Regional High School in Bolton. This event will be held on Thursday, December 12 at 11 am. Doors open at 10:15am. This event is FREE and transportation can be provided by calling the Senior Center.

Let's Talk Diabetes

MonaLisa from EpicWellness Home Health Care will be here to discuss Diabetes and how to live a healthy life now and in the future while managing your diabetes. This presentation will take place December 4th at 11 am.



Understanding Dementia

Thursday, December 5th at 11am

The dementia experience thrusts you into the daily life of someone with dementia by simulating the physical ailments affecting many seniors and creating the frustration, confusion and anxiety that accompanies cognitive impairment. At some point, someone in our lives will be affected by dementia, come learn a little more about this disease. This event is open to the public. RSVP is suggested, but not required.

Liberty Bones Holiday Show

Liberty Bones, our favorite all trombone band, will be here to play Holiday songs on Thursday December 19th at 10:30am followed by a light lunch and an optional \$10 yankee swap. Please RSVP by December 17th.



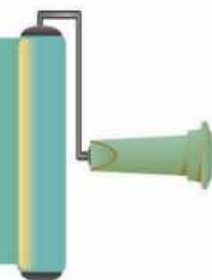
Fun Friday

On Friday, December 20th at 10:30 am we will head to Christmas Tree Shop for any last minute gifts, decorations or "stuff" you may need! Space is limited, so call the senior center ASAP.

We suggest calling to register for all of our programs, however drop in's are welcome unless it is stated that a RSVP is required. You can sign up for any program by calling 978-779-3314 or emailing Heather @ hgoodsell@townofbolton.com








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DECEMBER CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 02 - 	- 03 - 10:00 COA Meeting 10:00 Skip Bo Card Games	- 04 - By Appt SHINE Counselor Appointments By Appt Reiki 9:30 Gentle Yoga 11:00 Let's Talk Diabetes	- 05 - 10:00 TaijiFit Class 10:00 Skip Bo 11:00 Understanding Dementia 6:30 Art Show Reception	- 06 -
- 09 - 11:30 Holiday Luncheon	- 10 - 10:00 Skip Bo 10:30 Holiday Wreath Making	- 11 - By Appt Reflexology 9:30 Gentle Yoga	- 12 - 10:00 TaijiFit Class 10:00 Skip Bo 11:00 Concert & Brunch @ NRHS	- 13 - 
- 16 -	- 17 - 10:00 Skip Bo 11:00 Tuesday Connections	- 18 - By Appt Reflexology 9:30 Gentle Yoga	- 19 - 9:30-11:30 Town Nurse Visit 10:00 TaijiFit Class 10:00 Skip Bo 10:30 Liberty Bones Concert	- 20 - 10:30 Fun Friday Trip
- 23 - 	- 24 - 10:00 Skip Bo	- 25 - 	- 26 - 10:00 TaijiFit Class 10:00 Skip Bo	- 27 -
- 30 -	- 31 - 10:00 Skip Bo 11:00 "Noon" Year's Eve Party	- 01 - 	- 02 - 10:00 TaijiFit Class 10:00 Skip Bo 1:00 Art Lessons *Save the date Einstein Performance Time TBD	- 03 -