



The Southborough Senior Sensation

VOLUME 20* ISSUE 06

November/December 2020

CLOSED AT THIS TIME

SENIOR CENTER

9 Cordaville Rd.
Southborough, MA
01772
(508) 229-4453
Fax (508) 229-1753
www.southboroughseniors.com

OPERATING HOURS

Monday – Friday
8:30am – 3:00pm

Saturdays
(unstructured activities)
9:00am—12:00pm

Pam Le Francois
Director

Cynthia Beard
Outreach Coordinator

Peg Leonard
Program Manager

Leslie Chamberlin
Clinic Nurse

Lorraine Caporale
Administrative Assistant

Doug Peck
COA Chairperson

Bob Myers
FRIENDS President

Bay Path
Meals on Wheels
508-573-7200

MWRTA
DIAL-A-RIDE
TRANSPORTATION
508-820-4650

A Very Special Thank You to Bill Harrington for the numerous years he has served as the COA Chairperson, conducting COA meetings, attending Town Meetings in support of the Senior Center, guiding us through many projects, supplying us with a multitude of ideas for the center and programs and of course, just being Bill.

With Much Appreciation Bill – We All Thank You!

Director's Corner By Pam LeFrancois

I hope everyone is doing well and enjoying our cable, zoom, and drive through programs. I am writing this at the beginning of October so by the time you receive this newsletter things may have changed so please bear with me. Please let us know if you or someone you know could use a phone call from the Senior Center just to check in or if you are in need of financial assistance, groceries, medication pick up etc. Even though the Senior Center remains closed to the public the staff is still available to speak with you. Please leave a message and we will call you back as soon as possible. If we are not in the office and you leave a message, the message gets forwarded immediately to our e-mail which we check regularly. As always if you have an emergency situation please call 911. I look forward to the day when we can all be back together. We miss you all.

2020 Autumn Fair Cancelled

It is with much sadness that the Southborough Friends of the COA will be cancelling the 2020 Autumn Fair. We would like to thank all the volunteers and donors from previous years and look forward to their return for next year's Autumn Fair celebration. Wishing everyone a healthy and safe year until we meet again!

~~Mary Ann Anderson



Town Voting Information:

Southborough Voters have three options to vote:



Election Day—November 3rd—6:30am to 8:00pm - Trottier Middle School (Gym)

In Person Early Voting—October 17-October 30 — 10:00am to 4:00pm at the Senior Center—Rear Entrance—all ages (Please review 2 ballot questions)

There will be COVID safety measures in place at both the above locations.

Vote By Mail — If you already requested a Vote by Mail ballot you should have already received it.

Call The Town Clerk's office if you have any questions (508) 485-0710 x3005

Date for Registering for Programs:

Starting at 10:00am: - - - - ->

Please do not leave any registrations on voicemail. You must connect with a staff member to register for all programs. If you leave a message, we will return your call. ~~Thank You

PROGRAMS AND MORE: ~ Peg Leonard

I hope you are all doing well. As I have been saying, I really miss seeing you at the Senior Center. We were very pleased with the success of our drive through programs we held in September and October. It was nice to see so many of you come through to say a quick "Hello". I will be looking forward to hearing from those that signed up for our two fitness Zoom classes, Zoom Sing Along and the Zoom Memory Presentation along with those of you that viewed our two History Cable Shows. Please give me a call or an email with your experiences or thoughts. (508) 229-4453 or pleonard@southboroughma.com.

I would like to mention this again—Please stop by Falconi's Shell Gas Station at 29 Boston Road (Route 30), Southborough to purchase your gas. This is a full service gas station with 3 grades of quality gasoline. Open 7 days a week, Monday through Friday 6:30am to 7:30pm, Saturday and Sunday 8:00am to 4:00pm. Spread the word to your friends and families. Mr. Falconi donates 2 cents of every gallon purchased on Tuesdays to the Senior Center. It's a wonderful gesture by Mr. Falconi. Tuesday is now "GAS" day!

Please note that programs may be subject to change due to the many different rules and regulations set by our Governor as each week approaches.

Even though we cannot gather for our annual Holiday Luncheon, I would like to continue with our Donations to the "Toys for Tots" Program. If you would like to donate this year and put a HUGE smile on a child's face—please bring your unwrapped gift to the Senior Center Parking lot on Friday, December 4th from 11:00 to 12:00—I will be there stationed as you leave the parking lot to collect your gift. You will not have to leave your car. As always, thank you for donating at this time in our lives, it gives special meaning.

Since the Thanksgiving Holiday is fast approaching, the Southborough Food Pantry is looking for some help the following: Gravy, Green Beans, Stuffing, Cranberry Sauce and Gift Cards. There are totes behind Pilgrim Church where donated items can be dropped off. Gift cards can be mailed to Southborough Food Pantry, PO Box 281, Southborough. Thank You! (Pilgrim Church is located at 15 Common Street)

*** We would like to start dropping off little goodie bags to our homebound Southborough seniors. We do have names listed of our homebound seniors here at the Senior Center, but if you know of someone that is newly homebound or just want to double check if the person you are thinking of is on our list, give us a call at the senior center and we will add the name or check to see if we already have it. (508) 229-4453 or email at pleonard@southboroughma.com.

The Best to All of You During This Time Away! Thinking of You Always ~Peg

HEALTHBEAT

By: Leslie Chamberlin R.N.

No Clinic hours at this time. Call me at 508-229-4453

Leave a message and I will call you back.

TAKE ADVANTAGE OF THE SUNSHINE VITAMIN – VITAMIN D

Vitamin D is called the sunshine vitamin because our bodies can naturally create it in the skin when exposed to sunlight. Just a few minutes a day on your hands and face, or an average of 20 to 30 minutes three times a week for fair skinned people, is usually enough for the body to make it.

Vitamin D supports healthy bones, digestion, blood cells and your immune system. Since a well functioning immune system is always great to have on our side, it is especially important this year with Covid 19 already here, and Influenza right around the corner.

Fatigue, painful bones and frequent illness are all indicators that you might be low in Vitamin D. Many of you have already had your Vitamin D blood levels checked, because as we age, our skin and kidneys do not make it as easily. Other risk factors for Low Vitamin D are : darker skin because it does not convert sunlight easily. Obesity, this is due to the fat trapping Vitamin D and preventing it from getting into your bloodstream.

Normal levels are anything higher than 20 nanograms per milliliter. Vitamin D supplements are available and should be taken under the guidance of your primary care doctor, since it is possible to over do the recommended amount. Some foods rich in Vitamin D include, Salmon, Tunafish, Milk, Yogurt, Portabella mushrooms, Rainbow Trout and Orange juice.

I miss everyone, but hope to see you at our upcoming drive-throughs. Stay Well Leslie

FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

NOW ACCEPTING 2021 ANNUAL MEMBERSHIP

The Friends of the COA is a non-profit fundraising group that supports our Senior Center. They help to pay for many of the events held at the senior center and help purchase supplies and furnishings. This is a very small group of people who work very hard to make the Falconi Golf Tournament and Autumn Fair a success (*which will hopefully return in 2021*). If you are interested in helping out with these or other fundraising events, please contact the President of the Friends, Bob Myers at the Senior Center.

Membership is \$15.00 per year—form is on the back page

Senior Center Programs

The Senior Center programs are often subsidized or funded through the town budget and/or the Friends of the Council on Aging. Suggested donations are voluntary contributions to the Friends of the Council on Aging. All donations made to the Friends are always used to support the Senior Center. Please sign up for all programs starting with the date and time on the front page of the newsletter. Make your check(s) out to Friends of the Southborough COA.

Program Registration Policy

- * Payment for programs needs to be made one week after signing up or unfortunately you will be taken off the list.
- * Cancellation for programs requires *one full weeks'* notice or we are unable to give refunds.
- * Cancellations for Bus Trips require *two full weeks'* notice or we are unable to give refunds.
- * We are obligated to prepay all the costs to our caterers, presenters, buses and tickets, etc. for all our programs.

Please Note:

Every effort is made during the writing and production of this newsletter to assure the accuracy of the information included. There are times when we inadvertently leave something out, make an error or the information we received has changed after the printing. Always feel free to contact the Senior Center if you have any questions regarding a program. (508) 229-4453

Program Payment Policy


We understand writing separate checks for each program is not ideal. But due to our accounting system and check and balance requirements, it is the way we must continue to proceed. We ask for your understanding by continually to assist us in this process.

REACHING OUT

By Cindy Beard

It is that time of year that the air has a little bit of nip and the nights are getting chilly. You've probably turned the heat on by now. So, let's talk about how to get help with the cost of oil. If your annual gross income is less than \$39,105 or for a couple, \$51,137 you would may be eligible for some amount of fuel assistance. If you are interested in applying for fuel assistance, you can call the senior center and leave a message for me and I will call you back. I will mail or email you the required documents (Identification requirements, income verifications, fuel and electric bills, property tax bill, etc.) and once you have gathered that information, we can set up an appointment to do the application by phone. Once the application is complete and documents are gathered and copied, everything is sent into SMOC. They then determine eligibility and depending on your income, the amount of your benefit. So, although the process may be a little different this year due to COVID, I am available to answer any questions you might have and make sure anyone who is in need of assistance gets that help.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	2 10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	3 08:00a Election Day 01:00p Cable - Musical 02:00p Cable-Legal Seminar 04:00p Cable - Pilgrims	4 10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	5 01:00p Cable - Musical 01:00p Zoom Chair Yoga 02:00p Cable-Legal Seminar 04:00p Cable - Pilgrims	6 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	7 01:00p Cable - Musical 02:00p Cable-Legal Seminar 04:00p Cable - Pilgrims
8 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	9 10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	10 12:00p Veterans Day Drive Through 01:00p Cable - Musical 02:00p Cable-Legal Seminar 04:00p Cable - Pilgrims	11 08:30a Closed in Observance of Veteran's Day 10:00a Virtual Legal Advice Seminar 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	12 01:00p Cable - Musical 01:00p Zoom Chair Yoga 02:00p Cable-Legal Seminar 04:00p Cable - Pilgrims	13 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	14 01:00p Cable - Musical 02:00p Cable-Legal Seminar 04:00p Cable - Pilgrims
15 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	16 10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	17 01:00p Cable - Musical 02:00p Cable-Legal Seminar 04:00p Cable - Pilgrims	18 10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	19 01:00p Cable - Musical 01:00p Zoom Chair Yoga 02:00p Cable-Legal Seminar 04:00p Cable - Pilgrims	20 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	21 01:00p Cable - Musical 02:00p Cable-Legal Seminar 04:00p Cable - Pilgrims
22 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	23 10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	24 01:00p Cable - Musical 02:00p Cable-Legal Seminar 04:00p Cable - Pilgrims	25 10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	26 08:30a Closed for the Thanksgiving Holiday 01:00p Cable - Musical 02:00p Cable-Legal Seminar 04:00p Cable - Pilgrims	27 08:30a Closed for the Thanksgiving Holiday 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	28 01:00p Cable - Musical 02:00p Cable-Legal Seminar 04:00p Cable - Pilgrims
29 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical	30 10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Pilgrims 04:00p Cable - Musical					



Michelle Jandrué Horan, Realtor®
If you are interested in selling or buying a home in Southborough please visit
MySouthboroughHome.com
 774-258-0423

Ask about our Senior Citizen Discount!



PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM

\$29.95/MO **BILLED QUARTERLY**

PLUS SPECIAL OFFER

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
11:00a Cable - Legal Seminar 01:00p Cable-Christmas Truce 04:00p Cable - Musical	10:30a Breakfast Drive Through 01:00p Cable - Musical 02:00p Cable-Legal Seminar 04:00p Cable-Christmas Truce	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable-Christmas Truce 04:00p Cable - Musical	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable-Christmas Truce 04:00p Cable - Musical	01:00p Cable - Musical 01:00p Zoom Chair Yoga 02:00p Cable-Legal Seminar 04:00p Cable-Christmas Truce	11:00a Cable - Legal Seminar 11:00a Toys for Tots Drop Off 01:00p Cable-Christmas Truce 04:00p Cable - Musical	01:00p Cable - Musical 02:00p Cable-Legal Seminar 04:00p Cable-Christmas Truce
6	7	8	9	10	11	12
11:00a Cable - Legal Seminar 01:00p Cable-Christmas Truce 04:00p Cable - Musical	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable-Christmas Truce 04:00p Cable - Musical	12:00p Holiday Themed Drive Through 01:00p Cable - Musical 02:00p Cable-Legal Seminar 04:00p Cable-Christmas Truce	10:00a Virtual Legal Advice 10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable-Christmas Truce 04:00p Cable - Musical	01:00p Cable - Musical 01:00p Zoom Chair Yoga 02:00p Cable-Legal Seminar 04:00p Cable-Christmas Truce	11:00a Cable - Legal Seminar 01:00p Cable-Christmas Truce 04:00p Cable - Musical	01:00p Cable - Musical 02:00p Cable-Legal Seminar 04:00p Cable-Christmas Truce
13	14	15	16	17	18	19
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Southborough Access Media Station (S.A.M.) Programs
Verizon FIOS Channel 38 and Charter Channel 191
Times for viewing are listed with each program – No Charge

Put your local Cable station on for two informative and entertaining presentations by Historian John Horrigan. John was the host, writer and co-creator of a nine-time Boston/New England Emmy® Award-winning Television program entitled "The Folklorist" that was produced in Newton, MA from 2011-2016. With over 150 different historical lectures in his portfolio, Horrigan has spoken at over 1,000 different universities, historical societies, conferences, banquets, associations, libraries, schools and senior living communities for more than twenty-five years. Some of his commissions included presenting at the Boston Public Library, the Massachusetts State House, IEEE at M.I.T., the Lexington Minuteman and the Massachusetts Association for the Blind Low Vision Support Groups. Enjoy the presentations.

Pilgrims: 400 Years After

This program will air daily during the month of November on Monday, Wednesday, Friday and Sunday at 1:00pm and Tuesday, Thursday and Saturday at 4:00pm

Five-time Boston/New England Emmy Award-winning folklorist John Horrigan talks about the Pilgrims' journey 400 years ago by visiting the spots where they first landed on Cape Cod and the settlement at Plymouth Plantation. He also will talk about the Great Dying, the First Thanksgiving and early conflicts such as the Wessagusset Massacre and the Nemasket Raid.

The Christmas Truce

This program will air daily during the month of December on Monday, Wednesday, Friday and Sunday at 1:00pm and Tuesday, Thursday and Saturday at 4:00pm

Five-time Boston/New England Emmy Award-winning folklorist John Horrigan talks about a cease fire on Christmas Eve in 1914 as all along the Western Front the guns fell silent. Enemies became friends for a day by singing and fraternizing together, despite the reprimand from their commanders.

Cable Shows will continue on page 7



Virtual Legal Advice from Attorney Arthur Bergeron



Wednesdays, November 11th & December 9th – 10:00am to 12:00pm

Elder Law Attorney Arthur Bergeron, who has given seminars at the Senior Center on a wide variety of elder law topics, will now offer free services by phone or through ZOOM, Wednesday, November 11th (Attorney Bergeron will be open on Veterans Day) & Wednesday, December 9th from 10:00am to 12:00pm. Attorney Bergeron will "see" interested Southborough seniors, either by phone or by scheduling a live remote meeting via Zoom to give you free individualized legal advice. If you would like to sign up, please call the senior center at (508) 229-4453 to book a 15-minute advice time slot. Attorney Bergeron will follow up the conversation with a letter to you discussing your meeting and will, if necessary, follow up with additional advice, free of charge. Attorney Bergeron will continue these Virtual Legal Advice sessions the 2nd Wednesday of each month. Registration begins with the date and time listed on the bottom of the front page.

The Southborough Senior Center would like to welcome Doug Peck as our new COA Chairperson. Thank You Doug, we are looking forward to your expertise and knowledge in this position.

Cable Shows Continued from Page 6

Two Musical shows by well known Roger Tincknell who has been performing for children, families, and seniors in the U.S., Canada and Europe for over 40 years. His strong, expressive vocal styles, show stopping yodeling and masterful instrumental skills bring a warmth and versatility to his performances. With a background as a classroom teacher and music specialist, Roger has pioneered programs in multicultural, environmental and special needs education and curriculum development.

Pete Seeger to Peter, Paul and Mary

Songs from the '60s Folk Music Revival!

This program will air daily during the month of November on Monday, Wednesday, Friday and Sunday at 4:00pm and Tuesday, Thursday and Saturday at 1:00pm

This program includes many of the memorable traditional, original and topical folk songs from the vibrant American folk music scene that extended from the late 1950s throughout the 1960's. Songs styles ranging from traditional English ballads to international folk, classic American folksongs to original topical, protest and love songs are included. Songs by well known folksingers such as Burl Ives, Pete Seeger, Woody Guthrie, The Kingston Trio, Joan Baez, Judy Collins, Odetta, Dave Van Ronk, Bob Dylan, Peter Paul and Mary, Harry Bellefonte, Phil Ochs, Donovan and others may be heard. Requests are always welcome!

Send Roger an email at roger@rogerincknell.com or call 413.259.1146 (h) 413.210.0239 (m)

Christmas and Seasonal Songs

This program will air daily during the month of December on Monday, Wednesday, Friday and Sunday at 4:00pm and Tuesday, Thursday and Saturday at 1:00pm

Please join me for this festive seasonal celebration which includes many lovely traditional Christmas carols, spirituals, Chanukah songs, plus a variety of familiar seasonal sing-alongs. These include favorites such as: *Deck the Halls, Let it Snow, Silver Bells, Winter Wonderland, The Wassailing Song, Feliz Navidad, Jingle Bell Rock, The Holly and the Ivy, We Wish You a Merry Christmas, Greensleeves* and many more! *Christmas and Seasonal Songs* is performed on a variety of instruments that may include: guitar, banjo, mandolin, ukulele, Russian balalaika, harmonica, and Irish bodhran. Audience participation may include singing, dancing, and playing Latin percussion instruments.

Send Roger an email at roger@rogerincknell.com or call 413.259.1146 (h) 413.210.0239 (m)

Mirick O'Connell Legal Clinics

Presented by Attorney Arthur Bergeron

This program will air daily during the month of November on Monday, Wednesday, Friday and Sunday at 11:00am and Tuesday, Thursday and Saturday at 2:00pm

It's that time of year again. Time to review your Medicare Plan options: Does your current plan still cover your drug needs? Will your needs be changing in 2021? I will discuss Medicare D, the Medicare Supplemental Plan, and the Medicare Advantage Plan (called Medicare C). Planning ahead, understanding your options and shopping wisely now could save you time, money and headaches in 2021!

This program will air daily during the month of December on Monday, Wednesday, Friday and Sunday at 11:00am and Tuesday, Thursday and Saturday at 2:00pm

Tis the Season, or is it? Gifting may help you avoid probate, avoid estate taxes, and protect your assets if you later need nursing home care; but you may be giving the recipient increased tax liability, and the gifts may need to be given back later if you get sick. In this seminar elder law Attorney Arthur Bergeron will discuss the advantages and disadvantages of gifting to help you determine the best approach for you.



ZOOM Programs



By now with the Pandemic, I am sure most of us have heard or even used ZOOM as a way of communicating with family and friends, attending a meeting, taking a class, or joining into some type of interactive session. For those of you that have not, we will help you through the process. You will need to register for each Zoom program supplying your email address and phone number. Closer to the program date, you will receive an email with the link to access the program you signed up for confirming your attendance, program name, date and time. The Zoom Programs are offered below.

To sign up, please call the Senior Center on the date and time listed at the bottom of the FRONT PAGE. Please send in your payment to the Senior Center by check prior to the program you plan to attend. Checks should be made out to Friends of the Southborough COA.

Please Note: Only Current Friends Members can sign up for the programs in this newsletter.

SEATED CHAIR YOGA

Thursdays at 1:00pm

7 week class – Thursday, November 5th through December 31st

Suggested Donation for the seven week session is \$21.00 (7 classes at \$3.00 per class)

Instructor Rebecca Reber has been practicing yoga for about 15 years. In this one hour class you will stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Rebecca will combine this with inhales and exhales as we work with props to get the most out of every movement. The hour session will end in a relaxing Savasana. This class is for beginners to more experienced yogis as any type of movement is wonderful. Come and have fun while enjoying the benefits of movement, with calming the mind and relaxation. This class begins with a meditation and gentle warm-up to an easy flow of postures in which choices will be given depending on experience level and then ending in a final relaxation or Savasana. Rebecca has received her 200 certification three years ago and teaches at local COA. To find out more about her please visit www.rebeccareberyoga.com. Space is limited so please sign up early.

STRETCH BREAK CLASS

Monday and Wednesdays at 10:15am

9 week class – Starting Monday, November 2nd – Wednesday, December 30th

Suggested Donation for the nine week session is \$51.00 (17 classes at \$3.00 per class)

Sharon Longo has been teaching and training for over 30 years. Currently working with the senior population, she has found her passion with this generation. Seeing this generation becoming stronger and more flexible has been very rewarding. The “Stretch Break” class (45 minutes) consists of mat based (and standing as well), flexibility, mobility and stability exercises. If participants have a chair, pillow or strap (can be a necktie or belt), Sharon will be utilizing these as props for a complete and total body functional class. This class can be taken by anyone at any fitness level. You will need to be able to get onto the floor/mat and back up. Also weight bearing on hands and knees in a “tabletop” position. If you have any orthopedic issues, it’s best to discuss them with Sharon before taking this class so she can adapt any modifications for you if necessary. If you would like to talk to Sharon before signing up, let us know as we can get you in touch with her to discuss any concerns.

It’s That Time of Year Again

Open Enrollment is from October 15th through December 7th. This allows you to change from your current Medicare coverage to another plan. To review your coverage with our certified SHINE Counselor, Carolyn MacLeod, call as soon as possible to schedule an appointment (508) 229-4453. Due to the pandemic, all appointments will be conducted via phone or phone/zoom.

We would like to thank Kennedy’s Pub from Marlborough (247 Maple Street – 508-485-5800) and TJ’s Spirits from Ashland (355 W. Union Street – 508-881-1565) for catering our Drive Throughs these past few months. The Staff would like you to know that these two restaurants will be open during the winter for indoor seating, catering and pick up ordering. If you find yourself wanting to go out for a bite to eat – please think about these two establishments as your choice. They have been very good to us at the Senior Center.

Senior Center Drive Through Programs

The following programs will be drive through only. Unfortunately there will be no stopping to enter the building at this time. We hope that will change in the near future, but for now, this is our New Normal. We request that you wear your facemasks when attending the following programs. And Please drive up to the table slowly following the guidelines of our road signs. Thank You-

To sign up, please call the Senior Center on the date and time listed at the bottom of the FRONT PAGE. The times for the drive through programs and suggested donations are listed for each program below. Please send in your payment to the Senior Center by check prior to the program you plan to attend. A separate check is needed for each program.

Please Note: Only Current Friends Members can sign up for the programs in this newsletter.

*In the event the weather is not cooperating, we will call you with a rain date.
(Keep your fingers crossed for hopefully reasonable early winter temperatures)*

Veterans Day Luncheon Drive Through

Tuesday, November 10th

Sign up for a Drive Through Luncheon honoring our Veterans. You will enjoy a Stuffed Pork Dinner from TJ's Spirits of Ashland. Drive through will be from 12:00pm to 1:00pm. Please sign up early.

Our Most Honored Veterans are free.

Suggestion Donation: \$5:00

Breakfast Drive Through

Tuesday, December 1st

Sign up for this yummy breakfast drive through. You will receive a breakfast Bagel Sandwich, Fruit Cup and Juice from Marlborough's Kennedys Pub Restaurant. Drive through will be from 10:30am to 11:30am.

Suggestion Donation: \$2:00

Holiday Themed Luncheon Drive Through

Tuesday, December 8th

Sign up for a Drive through Luncheon that will add a little Holiday Spirit during this time when we cannot have an indoor luncheon celebration. You will enjoy a wonderful Holiday Roasted Turkey Dinner from TJ's Spirits of Ashland. Drive through will be from 12:00pm to 1:00pm.

Suggestion Donation: \$5:00

Walk Challenge 2020

Last spring 43 people signed up for the Walk Challenge 2020. As of September 30th, thirty of those people had recorded a total of 13,394.8 miles! Congratulations and drum roll please for Nancy Karmelek with 1,253.5 miles followed by Gene Karmelek with 1131.2 miles! Many thanks and congratulations to everyone for getting out regularly to walk, burn calories, tone muscles and relieve stresses. On October 6 a random drawing of participants names found 10 lucky winners of gift cards for Kennedy's Market and Welly's Restaurant. Enjoy!

Winter Walkers Challenge

Are you ready, Walkers, for a winter challenge? This will cover November 1 through March 31, 2021 with the same requirements of walking one mile a day, three times a week. We all have our regular walking places but some off-road locations would be the Trottier track during non-school times, the town cemetery, the playground area on Central Street, Mooney Field by Finn School if the grass is dry (walk the perimeter of the field, including sidewalk), Hopkinton State Park, trails around the community. It may be a lot colder but we are hardy New Englanders and know how to dress. As always, it is necessary to pay attention to weather and road conditions before heading out to stay safe. If you are interested in participating contact Sandy Kiess at skiess2@verizon.net to sign up.

A very Special Thanks to Sandy for keeping us all motivated—her messages make us want to get out and take that walk.

Nutrition Tips from Heidi

Heidi McIndoo, is a registered dietitian with Hannaford Supermarkets. She's been helping people eat healthier for more than 25 years. She loves helping people realize that eating nutritiously doesn't have to mean sacrificing flavor and pleasure. And, that giving up favorite foods is not a must.

As summer heat disappears, drinking enough fluids is still important. Aim for a total of 6-8 (8 oz) servings of liquid per day (enough so your urine isn't dark--could vary person to person). Fluids can come in the way of water, various milks, 100% fruit juice, tea, coffee, soups, watery fruits and veggies like lettuce, cucumber, watermelon.

As the days get cooler, soups are a great vehicle to help boost your veggie intake. Load up homemade soups with assorted vegetables. Or you can also add leftover cooked vegetables, drained canned vegetables, or frozen vegetables to canned soups to increase fiber and nutrients but also help make one can of soup go further.

Heidi McIndoo, MS RD LDN

www.foodiemomrd.com Food & Nutrition Expert, Writer & Spokesperson

Closed on the following dates:

November 11th	In Honor of Veterans Day
November 26th & 27th	Thanksgiving Day Holiday
December 24th & 25th	Christmas Holiday
January 1st	New Years Day

Enjoy your Holidays

A very successful, informative ZOOM presentation with Dr. Andrew Budson, author of *Seven Steps to Managing Your Memory* was held in September. We have purchased a few copies of Dr. Budson's book to have at the Senior Center to sign out if you are interested. Please call (508) 229-4453 or email Peg at pleonard@southboroughma.com if you would like to reserve a copy. (I now know it's OK to run down to the basement and forget why I went down).

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**Elder Law with Frank and Mary
by Arthur P. Bergeron**

Arthur P. Bergeron is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell

THE COUPLES GUIDE TO QUALIFYING FOR MASSHEALTH

If you're married and need MassHealth because you need nursing home care or need a lot of care at home, you can always qualify for MassHealth.

If you're married and need MassHealth, while you are not allowed to have more than \$2,000 in countable assets, your spouse can own the home and can have other cash or cash equivalent assets up to \$128,640. If you own assets, or own them jointly with your spouse, you may transfer them to your spouse and qualify for MassHealth the very next day. There is no lookback period regarding transfers to spouses.

If your spouse has more than \$128,640 they can purchase a special kind of annuity. The day after your spouse buys the annuity, thereby reducing assets below \$128,640, you can qualify for MassHealth. Usually you will need to pay your income to the nursing home, and MassHealth will pay the rest.

There's a boatload of other details that go into restructuring your assets and qualifying for MassHealth. You should always talk to an elder law attorney before starting down that road. If you have any questions or would like more information; please feel free to contact me at (508) 860-1470 or abergeron@mirickoconnell.com. Visit Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary and your local cable station during COVID-19, for this virtual seminar, as well as, Frank and Mary's weekly local cable TV shows, where many common issues facing seniors and the resources available during the pandemic are addressed.

**FRIENDS OF THE SOUTHBOROUGH
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2021 ANNUAL MEMBERSHIP**

The Friends of the COA is a non-profit fundraising group that supports our Senior Center. They help to pay for many of the events held at the Senior Center and help purchase supplies and furnishings. To become a "Friend of the Southborough COA" member, please complete the form on the right. Priority for certain special limited seating events may be given to Southborough residents regardless of "Friends" membership status. Please call (508) 229-4453 if you have any questions.

Membership is \$15.00 per year.

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