



The Southborough Senior Sensation

VOLUME 22* ISSUE 02

March/April 2022

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

Pam Le Francois

Director

Cynthia Beard

Outreach
Coordinator

Peg Leonard

Program Manager

Leslie Chamberlin

Clinic Nurse

Lorraine Caporale

Administrative
Assistant

Ellen Miller

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

Director's Corner

By Pam LeFrancois

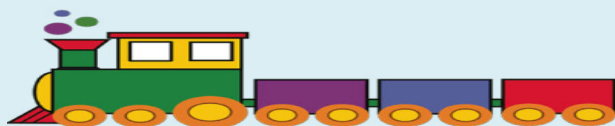
Hi Everyone!

Spring is right around the corner and I can't wait for that to happen! As I am writing this in February, we are back open with programs back in the building. Peg and I spent a lot of time brainstorming about what to plan for March and April which is a real challenge with weather and covid. We try and plan something for everyone so I hope you see things that you like. If not please give us a call with any suggestions. Stay well and I hope to see you soon.

Pam

Get On Board...

Wednesday, April 27th
12:00pm



...Chief Ken Paulhus, Officer James Gallagher and members of the Southborough Police Department to chat about any issues, concerns, ideas, general topics or questions. Our Police staff is looking forward to meeting you and share a luncheon consisting of a BBQ Chicken Melt Sandwich, Cole Slaw, Chips and a Cookie from Kennedy's Market. Space is limited—sign up on Registration Day or anytime after at the front desk or call (508) 229-4453.

Please read the enclosed inserts:

- * Southborough Seniors 2022-2023 Tax Work Off Program
- * Southborough Town Information
- * Mirick O'Connell article, Virtual Legal Advice and Cable announcements



Please Be Advised

If Southborough Schools are CLOSED or DELAYED due to inclement weather, the Senior Center is closed for the day and all programs will be canceled. Take a minute to watch the news or listen to the radio before venturing out! Please do not drive if you are at all concerned with the road conditions—we want to keep you safe!



Date for Registering for Programs:

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

Please do not leave any Voicemail Registrations on this day. You must connect with a staff member to register for all programs. After Registration Day, we can accept voicemails.
~Thank You For Your Understanding~

FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

2022 ANNUAL MEMBERSHIP (*January through December*)

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 small group of people who work very hard on Fundraising Events. If you are interested in helping out with these events, please contact the President of the Friends, Bob Myers at the Senior Center.

This current membership is for the calendar year January – December 2022.

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 current 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

Fuel Assistance

It is now Fuel Assistance season and if you need assistance paying for your heating costs, help is available. If you are income eligible, the Fuel Assistance Program can pay a portion of your costs. If your gross income falls under \$40,951 for a household of 1 or \$53,551 for a household of 2, you may qualify. If you qualify, it may also reduce your electric bill. To learn more about what documents are required please call the senior center to speak with Cindy. Assistance in filling out an application is done by appointment only.



Wishing You a Happy Wednesday
With a St. Patrick's Day Goodie Bag



Wednesday, March 9th
Pick up in the Senior Center kitchen
Time will be assigned

Sign up for a St. Patrick's Day Goodie Bag filled with fun things to celebrate the Luck of the Irish. We love to give you reasons to come and stop by the Senior Center and say "Hi". Due to the limited space in the parking lot and kitchen, we will give you pick up time when you call and register to keep the flow going smoothly. If you come to the following program—wear your Hat—it will make our day! Hope you enjoy the contents of this goodie bag. To sign up, call on Registration Day, the time slots will be between 12:00 and 2:00pm. No Charge



St. Patrick's Day Meal Pick Up

Wednesday, March 16th
(Pick Up Your Meal in the Kitchen)
Suggested Donation—\$5.00



We want to reach out to as many of our members as we can to celebrate St. Patrick's Day—at the time of organizing this newsletter we are limited to the amount of people attending our programs in house—we decided to do a pick up in our kitchen for your favorite Corned Beef and Cabbage Irish meal. We will be staggering pick up times to keep the flow in the parking lot and kitchen at a safe pace. Please call the office on Registration day or after to sign up. You will be given a time to come and pick up your meal and dessert. The meal will be cold for you to cook and enjoy at home. The staff will be looking forward to seeing you to give a quick "St. Patrick's Day Hello!". Time for pickup will be between 12:00 and 2:00pm.



St. Patrick's Day Show—Zoom Style

Thursday, March 17th—2:30pm-3:30pm



Let's join Michael Goodwin with the "The Songs and Stories of Ireland and the Irish". The program is a musical trip through Ireland, along with some history of St. Patrick's Day and the people of Ireland. It's a combination of lecture and singing and video clips, and a lot of fun. Michael usually has lyrics up on the screen, so anyone who knows the songs is always welcome to sing along. Come kiss the Blarney & sing along to some Irish favorites. To sign up, call the Senior Center at (508) 229-4453 and provide your email in order to receive the Zoom invitation. Brighten up your day with the music and stories! Members that joined in last year found it very entertaining. We hope you sign up and enjoy listening to music and stories. Michael is very engaging. No Charge



Let's Draw Cartoons Zoom Style

Wednesday, March 30th
2:00 to 3:00



Sign up for a fun hour of Cartoon Animal drawing with this Virtual Zoom program featuring award winning cartoonist Rick Stromoski. Learn to draw a variety of our furry, hooved and feathered friends in this Fun Interactive and popular program! Rick draws on a digital monitor that can appear on the attendees screens as they follow along. You will need a stack of paper and something you like to draw with. We hope to have Rick come in person someday when the pandemic has subsided. Please call on Registration day or after to sign up with your email so you can receive the Zoom Invite. The last few minutes of the program is devoted to questions and Rick will stress the importance of the art of creative thinking strengthening your problem solving skills along with other life long advantages. If you need paper, please let us know. No Charge

Southborough Senior Center

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3	4	5
	08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Bridge	03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Bridge 01:00p Knitting Club	08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	08:30a COA Board Meeting 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
6	7	8	9	10	11	12
10:00a Health Clinic 10:15a Stretch Class	08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Bridge 01:00p Knitting Club	10:00a Virtual Legal Advice 12:00p St. Patricks Day Goodie Bag	08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic		
13	14	15	16	17	18	19
	10:00a Health Clinic 10:15a Stretch Class	08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Sayva Services Technical Assistance 12:00p Bridge	12:00p St. Patricks Day Meal Pick Up	08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga 02:30p Zoom - St. Patricks	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
20	21	22	23	24	25	26
	10:00a Health Clinic 10:15a Stretch Class	08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Bridge 01:00p Knitting Club	12:30p Movie Matinee	08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
27	28	29	30	31		
	10:00a Health Clinic 10:15a Stretch Class	08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Bridge	02:00p Lets Draw Animals - Zoom	08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga		

SUPPORT OUR ADVERTISERS!



Southborough Senior Center

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					08:30a COA Board Meeting 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
3	4	5	6	7	8	9
10:00a Health Clinic 10:15a Stretch Class	08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Adult Coloring 12:00p Bridge	01:00p Bingo 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
10	11	12	13	14	15	16
10:00a Health Clinic 10:15a Stretch Class	08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Bridge 01:00p Knitting Club 01:00p Tina Bemis	10:00a Virtual Legal Advice 12:30p Movie Matinee	08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
17	18	19	20	21	22	23
	08:30a Center Closed in Observance of Patriots Day	08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Sawva Services Technical Assistance 12:00p Bridge	12:00p Lunch on the Lawn	08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	09:00a Senior Shred Day
24	25	26	27	28	29	30
	10:00a Health Clinic 10:15a Stretch Class	08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Bridge 01:00p Knitting Club	12:00p Get On Board	08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	

SUPPORT OUR ADVERTISERS!



Fitness at the Senior Center

Call the Senior Center to sign up for our Fitness Classes on Registration Day or any time after. Some of these classes are full due to dealing with limited space. If you have already been taking a class – please continue to come, you are all set. Please let us know if you choose to no longer attend a class since we have waiting lists. There is a suggested donation of \$3.00 per class. Enjoy the benefits of exercise while you get stronger, gain balance and improve mindfulness. (508) 229-4453

<u><i>Class</i></u>	<u><i>Day of the Week</i></u>	<u><i>Time</i></u>	<u><i>Instructor</i></u>
Stretch Break	Monday	10:15am	Sharon Gallant
Strength	Tuesday	8:30am	Sharon Gallant
Advanced Tai Chi	Tuesday	9:45am	Jeanne Friswell
Strength	Thursday	8:30am	Sharon Gallant
Advanced Tai Chi	Thursday	9:45am	Jeanne Friswell
Chair Yoga (new time – 12:30pm)	Thursday	12:30pm	Rebecca Reber

Games, Cards, Knitting, Dull Men's Club, Senior Songsters and Billiard Play

The following programs are opened to all.
Please review the calendar. All programs are not weekly.

<u><i>Program</i></u>	<u><i>Day of the Week</i></u>	<u><i>Time</i></u>
Senior Songsters	Tuesday (Taking some time off)	11:00am
Bridge	Tuesday	12:00pm
Knitting Club	Tuesday	1:00pm
Mah Jongg	Thursday	10:00am
Canasta	Friday	10:00am
Billiard (Pool) Play	Daily (Monday – Friday)	8:30am – 3:00pm
Dull Men's Club	Friday	10:00am

If you are new to our Senior Center – please register at the Front Desk – we would love to have you join.



Technology Help is Here!



March 15th & April 19th – 8 one hour time slots

(8 1-hour sessions available – these sessions will be one on one with a Sayva Technology specialist)

Please sign up for a 1 hour time slot – sign ups will begin at 10:00am

Are you getting the most of your smartphone or just frustrated? No worries, we have help, SayvaServices LLC, a local company, will be come to help answer all your questions and show you tips and tricks to get the most of your smartphone. SayvaServices will help answer your questions or just give you ways to navigate different features that you may not know you even have access to on your phone. If you need help with an E-Reader, Laptop or Tablet, Zoom - SayvaServices will also assist you with any questions. Bring your electronic device with you to your session. Feel free to sign up again if you have attended a session in the past.

Call (508) 229-4453 on Registration Day or after to reserve your spot – No Charge

Come view our growing DVD movie collection for signing out to enjoy in the comfort of your own space. Also our Puzzle Table is back in the kitchen – stop by, sit by the window and enjoy being a part of our masterpiece puzzle creations.



Adult Coloring & Lunch



Tuesday, April 5th – 12:00pm

Choose from Chicken Salad Sandwich with Cranberries and Walnuts or a Turkey & Swiss Sandwich, also included will be Potato Salad, Chips and a Cookie – from Kennedy's of Marlborough

Come join in with Adult Coloring beginning with a lunch and then pick your picture to start your creation. All supplies will be available or feel free to bring your own. This will be a nice time to eat, chat and enjoy coloring together. No Charge



Bingo



Wednesday, April 6th at 1:00pm

Come join us for a wonderful afternoon of Bingo, fun, and prizes. Our Bingo Leader, Bob Myers, will start selling cards promptly at 1:00pm. Bingo will begin once everyone has purchased their cards. Snacks will be provided at break time. Sign up at the front desk or call (508) 229-4453.



Tina Bemis – Outdoor Spring Basket



Tuesday, April 12th at 1:00pm

Suggested Donation – \$20.00

Sign up to make a beautiful Spring Basket to decorate your outside area or porch. It will be fun to make your own personal creation to enjoy for many months to come. Sign up by calling the office at (508) 229-4453 or stopping by the front desk.

Let's Celebrate the Spring Weather With Lunch on the Lawn

Wednesday, April 20th, 2022 - 12:00pm

Suggested Donation – \$5.00

Sign up and enjoy lunch on the lawn. We will hopefully take advantage of the nice weather, cheer on the Red Sox, meet up with friends, make new ones and just enjoy a nice time outside. You will be served a Hamburger and French Fry meal from Kennedy's of Marlborough. Feel free to take your meal home if that works better for you. Sign up at the front desk or call (508) 229-4453.

Time to get outside and enjoy the nice weather!



Southborough Senior Center Shred Day



Saturday, April 23rd - 9:00am to 12:00pm (program ends at 12:00)

Registration Required

E. L. Harvey and Sons, Inc will be coming to the senior center parking lot to give us the opportunity to shred all those unwanted household papers & documents you have hanging around. Pull into the parking lot and turn left after the building and you will see the area dedicated and sectioned off with cones. Only paper will be accepted. Your documents can contain staples. To use this service, you will need to sign up at the front desk or call (508) 229-4453 in order for us to monitor the line coming into the parking lot. You will receive a time slot to ease the wait time. No Charge

Movie Matinees!

Waking Ned Devine

Wednesday, March 23rd

When best friends Jackie O'Shea (Ian Bannen) and Michael O'Sullivan (David Kelly) discover someone in their small Irish village has won the lottery, they immediately set off to see if the winner is in a sharing mood. Deducing that Ned Devine is the lucky man, O'Shea and O'Sullivan pay him a visit, only to find him dead from shock. Since Devine is the only one who can claim the prize, the townsfolk band together to convince the claim inspector that O'Sullivan is really Devine, and split the cash. A heartwarming *comedy* with a delightfully light touch that will keep you laughing. The movie is rated PG-13 and is 1 hour and 30 minutes in length.

Respect

Wednesday, April 13th

Based on the life and times of Aretha Franklin, the woman who would come to be known all over the world as the undisputed Queen of Soul. This story follows her beginnings back to when she'd first come out the music scene as a singer in the choir at her father's church when she was a young girl growing up in Detroit. Following many difficulties in her adult life, due to bad marriages and other unwise choices, she still managed to keep contributing her natural talent to the music world, becoming one of the art's most recognizable voices, and producing songs that would be known and enjoyed by many generations. The movie is rated PG-13 and is 2 hours and 25 minutes in length.

We will be serving lunch at 12:00pm before each movie. March will be Baked Macaroni & Cheese, April will be Charbroiled Chicken Sandwich served with Fries. Both lunches brought to us from Kennedys Market of Marlborough. Feel free to bring your own lunch or just come at movie time!

Suggested Donation—\$5.00 for each lunch—served at 12:00pm

Movies will start at 12:30pm

Please sign up at the front desk or call (508) 229-4453

HEALTHBEAT

Nurse Clinic Hours: Monday and Friday 10:00am - 2:00pm

By: Leslie Chamberlin R.N.

LONGEVITY DIET

In addition to staying active and engaged in meaningful activities, here are a few dietary suggestions to help increase longevity.

EAT BEANS - at least one half a cup per day of black, garbanzo or white beans. Beans are not expensive and are a great source of plant based protein. High in fiber, this nutrient is linked to a decreased risk of disease and good for your gut health.

NUTS - snack on 2 small handfuls of nuts during the day. Pistachios, walnuts, almonds and peanuts are heart healthy, rich in protein and are very successful in curbing your appetite.

CRUCIFEROUS VEGETABLES - Broccoli, cauliflower and cabbage are good for your heart and help to ward off some cancers.

DRINK WATER - skip the sugary drinks, decrease sugar intake. Be selective about desserts.

MAKE MEAT A SIDE - Eat smaller portions of meat and make salad, veggies and whole grain breads and rice the centerpiece of your meal.

Excerpts from Web MD

Lets make 2022 a healthy, feel good year!

See you soon, Leslie

Stop by The Falconi Pit Stop on Tuesdays located at 29 Boston Road (Route 30), Southborough to purchase your gas. This is a full service gas station 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 5 cents of every gallon purchased on Tuesdays to the Senior Center.

~~Thank You Mr. Falconi~~



PROGRAMS AND MORE ~ Peg Leonard

Hope you are safe and well as we continue to work through the ever changing rules and regulations regarding COVID issues. As we move into the Spring Season, let's keep our fingers crossed for positive news. When reading the programs being offered in this newsletter and see a few programs on Zoom, please call or email me if you are unsure of how to join the programs. I am happy to walk you through the process, there is one Zoom Program advertised that looks like a lot of fun and I would love to see many of you join in on the creativity as well as a very entertaining St. Patrick's Day show.

If you are looking for 2021 Tax assistance, please call the front desk. We have a list of Tax locations and numbers to share.

As I have mentioned in the past, there are many scams out there and during these uncertain times, they are coming out of the woodwork. Please DO NOT give any personal information to anyone over the phone. Do NOT respond to emails that you are unsure of—even if you get it from someone you know—we have received information that a members computer has been hacked and emails went out in her name requesting the recipient to follow along in ordering some products. That's how easy it is—if you are unsure do not respond. If you have heard or been a part of anything that looks suspicious, please call the Senior Center for us to assist you and we can warn others. Be Safe!

Let me know if you have any ideas, comments or concerns or just want to chat.

~Peg

Calling all Walkers!

Calling all Walkers! If you like being outdoors, fresh air and conversing with other walkers come join our Monday @ 8:30 walk group at the track by Trottier School. The surface is cushioned, pleasing your feet and joints. Also, there is a Wednesday walk at 8:30 at the Southborough cemetery beside the Senior Center. One full loop around is about one mile. In either location you don't need to worry about vehicle traffic and distracted drivers! Both locations are loops so if you arrive at 8:45 people will be walking around the loop and you can join right in. Most walks are for about one hour and you are welcome to continue as long as you like. If you have suggestions for other safe walk areas please share with me at skiess2@verizon.net. Lace up your sneakers and come on along!

~Sandy Kiess

Psst. Raised Bed Gardeners!

Attention fellow gardeners, Spring is on its way. This is a great time to think about what you might like to plant in the Senior Center raised beds. I have heard from one of our gardeners who would like to see cucumbers in the garden. The end of March beginning of April is a great time to plant some seeds in small pots inside. It is fun to see them spring up and when the time is right (usually the end of May) they can be planted in the raised bed garden. Let's get growing. Please let me know if you are interested in assisting with the Raised Beds by emailing me at jmacknauskas@southboroughma.com.

Attention Gardeners

Attention Gardeners, it's Garden time! Soon the plants will be coming back to life, but first there's some work to do, thinning out plants that have outgrown their space and cleaning up the winter's leftovers to make way for new blooms and more. Share in satisfaction as they grow and change, and help care for them through the seasons by joining the garden care team. Contact Carol Yozzo at cay0131@verizon.net. And don't forget to order a commemorative plaque for Nature's Present's border while there are still spaces available. Send your \$50 donation to the Friends of the Council on Aging, designate it for a garden plaque and include your inscription. View the existing ones for inspiration!

BayPath Elder Services' Long Term Care Ombudsman Program

BayPath Services is in need of volunteers to visit Long Term Care facilities *in the Southborough area* to make sure residents are getting the care and service they expect. Volunteers work with residents, staff, and families to achieve this end. The initial time commitment is a certification training that is being held virtually: 2 to 3 hour sessions twice a week for 3 weeks, then additional on-site training. Once training is complete it is asked that you spend up to 2 hours a week in the nursing home seeing residents and advocating on their behalf. There is much flexibility once the training is completed. It is actually encouraged that you visit different days/times to get a better sense of the facility you cover. There is also a monthly volunteer meeting to discuss issues, best practices and receive ongoing training and support. If you have a few hours a week and are interested please contact Mary Brooks, Director of Ombudsman Program at 508-573-7235. Look forward to hearing from you!

Southborough Youth and Family Services is continuing to offer free QPR trainings to the Southborough community. QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a 2 hour educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, case-workers, police officers). The process follows three steps: (1) Question the individual's desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources. Trainees receive a QPR booklet and wallet card as a review and resource tool that includes local referral resources. The training is free. Sign up by visiting <https://tinyurl.com/2p9x3vv2> or by calling Shannon, the QPR trainer for SYFS, at 508-481-5676, ext 3. Ask a question, save a life!

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maryannmorse.org

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Please verify your address label information. If corrections are needed, please call the Senior Center.



Hanover Theatre Presents



"Ringo Starr and His All Starr Band"

Friday, June 3rd at 7:30pm

Suggested Donation – \$40.00

Tickets are valued at \$128.00

(\$88.00 is being supplemented by the Friends of the Council on Aging and the Senior Center)

Ringo Starr and His All Starr Band, featuring Steve Lukather (Toto), Colin Hay (Men At Work), Edgar Winter, Hamish Stuart (Average White Band), Gregg Bissonette (David Lee Roth Band, ELO) and Warren Ham. Gather up all your friends, music lovers and Beatles fans for this one night only performance. Throughout his career, Ringo Starr has received nine Grammy Awards and has twice been inducted into the Rock and Roll Hall of Fame – first as a Beatle and then as solo artist. For all his many creative successes, Ringo is and always will be first and foremost a musician. Ringo's candor, wit and soul are the lifeblood of his music.

The Theatre is requiring that Face Coverings **MUST** be worn, must present Proof of Vaccination or Negative PCR within 72 hours in order to enter Theatre. Please arrive approximately 45 minutes prior to show time to allow for Vax/Test screening as well as ticket screening. We are not scheduling a bus to this event due to the increase in COVID-19 numbers. Please purchase your ticket(s) from the Senior Center and travel to the theater on your own.

FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING CALENDAR YEAR 2022 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. January to December 2022

Membership is \$15.00 Suggested Donation per year.

Name _____

Address _____

Phone _____

E-mail _____

Friends 2022 Membership Donation _____

Date _____