



# The Southborough Senior Sensation

VOLUME 22\* ISSUE 05

September/October 2022

## Senior Center

9 Cordaville Rd.  
Southborough, MA  
01772  
(508) 229-4453  
Fax (508) 229-1783  
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

Hi Everyone!

Well so much for construction planning.....we thought that construction of the new room might begin in the summer but that doesn't seem to be happening (at least not as of the writing of this article in August). Hopefully things will be happening soon and we will have some more space to do activities and programs. In the mean time I hope that you enjoyed some of our summer events. This fall we are planning a number of interesting programs. If you have suggestions of specific things that you would like us to do please let Peg or I know what they are and we will do our best to get them on the agenda.

See you soon, Pam

## New Southborough Police Senior Liaison Offices

The Southborough Police Department is excited to announce their newest commitment to the senior citizens of Southborough. Officers Jeff Norton & Julia Fontana both put in for the open position by submitting very persuasive Letters of Interest to Acting Police Chief Ryan Newell. A decision was made that both, Officer Norton and Officer Fontana, would be a perfect fit for the position. Officer Norton is currently working straight dayshifts and Officer Fontana is currently working straight Evening shifts. Their shift schedules will provide more coverage and accessibility to assist our senior citizens. Congratulations to Officers Norton and Fontana! The Senior Center is looking forward to our new relationship with you both! Thank you for wanting to be a part of our Senior Community, we are thrilled.



As most of you know, Lieutenant Chris Dano is our Fire Department Liaison. Lieutenant Dano has been an extreme help to us many times over the past years. Thank you to Lieutenant Dano for everything you do for our Southborough Members.



Our town is very lucky to have such dedicated individuals working for the better of Southborough.

## Flu Clinic - Southborough Residents

Wednesday, October 19th 10:00am to 12:30pm

Southborough Seniors 60 years of age or older

Please see all detailed information on the insert included in this newsletter.

## Date for Registering for Programs:

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

Do not leave any Program Registrations on Voicemail, please connect with a staff member to register for all programs at all times.

*~Thank You For Your Understanding~  
(when signing up for programs—please review our policies on page 2)*

## 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 checks and balances requirements, it is the way we must continue to proceed. We ask for your understanding by continually assisting us in this process.

### Important Notice—Please Read

- \* We require a call if you have signed up for a program and find you are unable to attend.
- \* We appreciate your consideration so there are not "*the day of the event empty seats*" due to no shows (this happens a great deal, especially "No Charge" programs.)
- \* We understand there are times when things come up on the day of the event and make it difficult for you to attend (but please do your best to let us know).
- \* There are continuous waiting lists for all our programs. Knowing you are not attending a program will give us the opportunity to call the next person on the waiting list who would be thrilled to attend. Thank you for your understanding.

*A Matter of Balance: Balance and Fall Prevention*

Monday's, September 12, 19, 26, October 3, 17 & 24      1:00pm to 2:00pm

Suggested Donation - \$25.00

Dr. Cheryl S. Abelow, PT, DPT, MS, owner and clinical director of FYZICAL Therapy and Balance Centers of Metrowest will teach a 6 week class on balance. This series will include investigating the fear of falling, challenging and overcoming our fears, as well as learning and performing balance exercises which will allow you to move about your day. It doesn't matter if you use a cane or walker, or no assistive device - this class will address all levels of balance. Lots of audience participation and discussion (as well as fancy socks and sneakers) welcomed during this 6 class series! Call or stop by to sign up on Registration Day.

*Bus Trips*

*Museum of Science*

*Friday, September 30th*

*Suggested Donation—\$20.00*

*Bus will leave the Senior Center at 9:00am and return at approximately 3:00pm*

Sign up and enjoy a trip to Boston's well known *Museum of Science*. You will be free to tour all exhibits throughout the Museum. You will also be given a ticket to the 11:30am show at the Planetarium. The show is called *Destination Mars*; join a team of scientists and astronauts who are working to make one of humanity's oldest dreams come true, Life on Mars. Along with the many interesting exhibits and large gift shop, there is the very spacious Riverside Café overlooking the Charles River for lunch on your own. We will meet at 2:15pm at the designated location to board the bus back to the Senior Center.

*The Old Mill Restaurant*

*Friday, October 28th*

*Suggested Donation—\$20.00*

*Bus will leave the Senior Center at 10:30am and return at approximately 3:00/3:30pm*

Enjoy a lovely lunch at the quaint 1761 *Old Mill Restaurant* in Westminster, MA. We will arrive and be escorted into their dining room. When signing up, please choose either Yankee Pot Roast with Jardiniere Gravy or Baked Salmon. Meals will include a potato, vegetable, corn fritter and coffee/tea. There is a cash bar available for purchase. We will enjoy Homemade Apple Crisp with Whipped Cream for dessert. After leaving the restaurant we will take a trip to Bolton Orchards for a wide variety of produce and a lovely gift shop area. After the Orchard we will return back to the Senior Center approximately 3:00/3:30.

*Town Information from Southborough Town Clerk, James Hegarty*

The State Election will be held on Tuesday November 8. You have three options for how you can vote: 1) IN PERSON - November 8 from 6:30AM to 8:00PM at the Trottier Middle School gym. 2)VOTE by MAIL - If you are one of the many people who returned postcards in July asking for a Vote by Mail ballot, that ballot will be mailed to you in early October. 3) EARLY VOTE in PERSON - You also have the option to Early Vote in person at the Town House every day from October 29 through November 4. Please call the Town Clerk's office if you have any questions. (508) 485-0710 x3005.

*Reaching Out*    By Cindy Beard

Looking for a hairdresser who will come to your home? Looking for someone to provide gravesite care and maintenance? Looking for someone to do housecleaning? Looking for someone to provide in-home caregiving? I do keep lists of services as a convenience for seniors however this is not a recommendation or endorsement. It is up to the consumer to thoroughly research credentials and obtain references before making a selection. I am happy to furnish the lists upon request.

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~~      *Tuesday is now "GAS" day!*

# Southborough Senior Center

# September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	08:30a COA Board Meeting 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
4	5	6	7	8	9	10
08:30a Closed in Observance of Labor Day	08:30a Strength Class 09:45a Adv Tai Chi 12:00p Bridge	08:30a Walking Group 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
11	12	13	14	15	16	17
08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class 01:00p Balance Class	08:30a Strength Class 09:00a Technical Assistance 09:45a Adv Tai Chi 12:00p Bridge	08:30a Walking Group 10:00a Virtual Legal Advice 12:30p Movie Matinee	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta 01:00p Book Club	
18	19	20	21	22	23	24
08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class 01:00p Balance Class 01:00p Bereavement Support Group	08:30a Strength Class 09:45a Adv Tai Chi 11:00a Songsters 12:00p Bridge	08:30a Walking Group 12:00p The Joys of Nature	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
25	26	27	28	29	30	
08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class 01:00p Balance Class	08:30a Strength Class 09:45a Adv Tai Chi 11:00a Songsters 12:00p Bridge	08:30a Walking Group 12:00p Get On Board	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	09:00a Bus Trip 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	

**Southborough Senior Center**

**October 2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class 01:00p Balance Class	4 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 11:00a Songsters 12:00p Bridge	5 08:30a Walking Group 12:00p The Joys of Nature 03:00p Trailblazers Meeting	6 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	7 08:30a COA Board Meeting 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	8
9	10 08:30a Closed in Observance of Columbus Day	11 08:30a Strength Class 09:00a Technical Assistance 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 12:00p Bridge	12 08:30a Walking Group 10:00a Virtual Legal Advice 12:30p Movie Matinee	13 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	14 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta 01:00p Tina Bemis	15
16	17 08:30a Walking Group 10:15a Stretch Class 01:00p Balance Class 01:00p Bereavement Support Group	18 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 11:00a Songsters 12:00p Bridge	19 08:30a Walking Group 10:00a Flu Clinic	20 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	21 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta 01:00p Book Club	22
23	24 08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class 01:00p Balance Class	25 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 12:00p Adult Coloring 12:00p Bridge	26 08:30a Walking Group 01:00p Bingo	27 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	28 10:00a Dull Mens Club 10:00a Health Clinic 10:30a Bus Trip 11:15a Canasta	29
30	31 08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class					

PROGRAMS AND MORE ~ Peg Leonard

Hello Everyone,

First I would like to extend an apology to Pam McDonald, recently recognized by the Rotary Club for her "Good Neighbor" service to many seniors in Southborough for spelling her last name incorrectly in the past newsletter. Pam, please accept my apology and I will do my best to not let that happen again. (It's Mc not Mac) Your recognition is well deserved!

Thank you to all who braved the extreme heat and enjoyed a wonderful dinner with music at Kennedy's Restaurant in July—as I am writing this—I am keeping my fingers crossed the weather will be a lot nicer for our summer BBQ. Since space is extremely limited with so much information to share in this newsletter, I will keep it brief. Looking forward to spending the fall season with all of you.

*Fitness at the Senior Center*

Please sign up for the following classes on Registration Day. There is a Suggested Donation of \$3.00 per class. A basket will be in the room for your donation. Please call the Senior Center for details on any of the classes listed below.

\*\*\*Many Medical Insurance companies offer a Fitness reimbursement for classes attended during the year. Please see Pam LeFrancois at the end of your yearly enrollment period to have this form signed. If you are new to any of our fitness programs – please stop by the front desk to fill out a registration form.

<u>Class</u>	<u>Day of the Week</u>	<u>Time</u>	<u>Instructor</u>
Stretch Break	Monday	10:15am	Sharon Gallant
Strength	Tuesday & Thursday	8:30am	Sharon Gallant
Chair Yoga	Thursday (no class 9/1)	12:30pm	Rebecca Reber
Advanced Tai Chi	Tuesday & Thursday	9:45am	Jeanne Friswell
Yoga	Tuesday (starting 10/4)	9:30am	Michelle Landes

(The Yoga class above will take place at the Pilgrim Church, 15 Common Street, Southborough)

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

The following programs are opened to all. Please review the calendar in case of any changes.

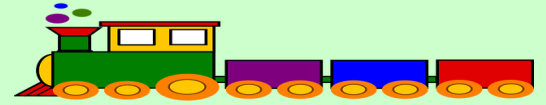
<u>Program</u>	<u>Day of the Week</u>	<u>Time</u>
Bridge	Tuesday	12:00pm
Knitting Club	Tuesday (please call for dates)	1:00pm
Senior Songsters	Tuesday	11:00am
Mah Jongg	Thursday	10:00am
Canasta	Friday	11:15am
Billiard (Pool) Play	Daily	8:30am—3:00pm
Dull Men's Club	Friday	10:00am
Walking Group	Monday (Trottier Track) & Wednesday (Southborough Cemetery)	8:30am 8:30am

*Southborough Senior Center Billiards League*

Southborough Senior Center is starting a Billiards League for players (beginner or experienced). The team will play weekly in a MetroWest League against other senior center teams. Matches are once a week from September to November. We play 8 balls. Call the Senior Center for information.

**Get On Board...**

Wednesday, September 28th at 12:00pm  
Suggested Donation—\$6.00



... with *Chief Steven Achilles, Lieutenant Chris Dano* and members of the *Southborough Fire Department* to chat about anything new with the department, any issues, concerns, ideas, general topics or questions. Our Fire Department staff is looking forward to meeting you and share a Roche Bros. boxed lunch with choice of the following: Roast Beef Sandwich, Turkey Sandwich or Caesar Salad. Please let us know your choice for lunch when signing up. *Southborough Residents Only*. Space is limited—sign up early.

**HEALTHBEAT**

By: Leslie Chamberlin R.N.

Nurse Clinic Hours: Monday and Friday 10:00am - 2:00pm  
No Clinic: Monday, October 17th

**HOSPITAL DISCHARGE - Tips to Avoid Readmission**

When a patient is discharged from the hospital, written instructions are given with paperwork that the patient is asked to sign. If you have been admitted to the hospital, it is very important to address any concerns you may have about caring for yourself at home.

Make certain you know what symptoms to watch for; what is normal and what might be a potential problem. Have the name of a contact person at the hospital you can call if problems arise. Obtain written instructions for all follow-up appointments, tests or treatments. Have the names and phone numbers of home healthcare providers such as Visiting Nurses, Physical Therapists, or elder care organizations. Read and understand new medication instructions including the reason you have been started on it.

Always follow-up with your Primary Care Physician (PCP) within a week after leaving the hospital. Your PCP needs to check the status of your recovery, review medication changes, and be aware of any new treatment changes. Although your PCP receives a written discharge summary, the hospitalist (the doctor that cared for you in the hospital), is the one that has most recently evaluated you and potentially initiated changes in your medical plan of care. See you soon, Leslie

**Bereavement Support Group**

*Mondays. September 19th & October 17th*

The Bereavement Group will meet from 1:00pm to-2:00pm. This group is open to all grieving the loss of a loved one. Call the Senior Center to sign up or if you have any questions. (508) 229-4453 No Charge

**Technology Help is Here!**

Tuesdays, September 13th & October 11th – 5 one hour time slots  
(These sessions will be one on one with a Sayva Technology Specialist)  
Sign ups will begin at 9:00am. – No Charge



Are you getting the most of your smartphone, E-Readers, Laptops, Tablets, Alexa or Zoom or just frustrated? No worries, we have help, SayvaServices LLC, a local company, will be coming to help answer all your questions and show you tips and tricks to get the most of your devices. 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 using. Bring your electronic device with you to your session. Feel free to sign up again if you have attended a prior session. Call (508) 229-4453 on Registration Day or after to reserve your spot.

**Bingo**

Wednesday, October 26<sup>th</sup> 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 their cards.

Snacks will be provided at break time!

Sign up on registration day or call (508) 229-4453—space is limited

## Movie Matinees!

### Downton Abbey—A New Era

Wednesday, September 14<sup>th</sup>

The much anticipated cinematic return of Downton Abbey follows the Crawleys and their staff as they welcome a movie crew and their glamorous stars to Downton for the filming of a new silent movie, while other members of the family go on a grand adventure to a villa in the south of France to uncover a mystery about the Dowager Countess and her past. A New Era is packed full of exuberant moments, excitement and humor, tears of joy and sadness and new beginnings for all your favorite characters. Rated PG — 2 hours long.

### Hocus Pocus

Wednesday, October 12<sup>th</sup>

In Disney's Hocus Pocus, follow Bette Midler, Sarah Jessica Parker and Kathy Najimy as three wild witches return from seventeenth century Salem for a night of zany fun and comic chaos. After they're conjured up by unsuspecting pranksters, the tricky trio set out to cast a spell on the town and reclaim their youth. But first they have to outsmart three feisty kids determined to foil their scheme! Filled with bewitching laughs and magic, this hilarious film is perfect for the Halloween season. Rated PG — 1 hour and 30 minutes long

We will be serving lunch at 12:00pm before each movie. September — Offering a combo of Asian Salad and 1/2 Nantucket Chicken Salad Sandwich brought to us by Festive Breads of Northborough, and August we will offer Lasagna with Roasted Vegetables from TJ Spirits of Ashland.

Feel free to bring your own lunch or just come at movie time!

Suggested Donation—\$6.00 for each lunch—served at 12:00pm - no charge for just the movie

Movies will start at 12:30pm

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

### Tina Bemis—Corn Stalk Gnome

Friday, October 14<sup>th</sup>—1:00pm

Suggested Donation—\$20.00

Join Tina with wiring Corn Stalks to a tomato cage. Then embellish with a gourd nose and glue some faux fall leaves on the Gnome's hat. Adorable for decorating during the fall season.



### Calling all Walkers!



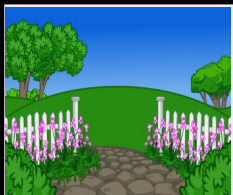
The MCOA Walk MA Challenge offers you the possibility to win a \$50 Visa, \$25 Amazon or \$10 Duncan gift card. Your registration enters our Senior Center into a drawing to possibly win \$1000, \$500 or \$250 awards for fitness programming. Last year 11 Southborough Walkers won awards! You can register at <https://mcoonline.com/programs/keep-moving-walking-clubs/walk-massachusetts/>. This program runs through October 31 and it isn't too late to sign on. Not only will walking benefit your physical health but gives our Senior Center another opportunity to win up to \$1000! After you register with MCOA please notify me at [skiess2@verizon.net](mailto:skiess2@verizon.net). Lace up the sneakers and move them along! Thanks, Sandy Kiess.



### Raised Bed Gardeners



Fall is in the air and it is time to put our raised bed garden to rest. We had a productive season growing radishes, beans, tomatoes, lettuce and kale (although some crops did better than others). We also enjoyed herbs and flowers. The most rewarding part of the harvest was sharing produce and stories. It was fun sharing stories of the gardens our parents and grandparents had. We hope you are enjoying our fall harvest. Thank you everyone for contributing to the success of the raised bed gardens. ~Joyce Macknauskas



### Attention Gardeners & Commemorative Plaques

As it transitions from summer to autumn, Nature's Present garden continues to offer its beautiful blooms for all to enjoy. Many thanks to the Commemorative Plaque program participants for their support. A few spots remain available; to order a plaque, contact Carol Yozzo, [cay0131@verizon.net](mailto:cay0131@verizon.net).





### Nature Program Series

With Joy Marzolf



Suggested Donation for each program is \$6.00

#### Leaping Lizards

Wednesday, September 21st

12:00pm

From a tiny anole and a huge Komodo dragon to the venomous Gila monster, lizards can look very different. How are they similar? How do their differences actually help lizards survive around the world and even here? Find out about some of the amazing abilities of different lizards and don't miss our special lizard guests.

#### Backyard Mammals

Wednesday, October 5th

12:00pm

Various mammals live in and around our backyards. What makes a mammal different from other animals? How do you know which mammals are spending time in your yard? Learn more about our rabbit, chipmunk, squirrel and fox neighbors and learn how to tell by their tracks who is visiting!

We will be enjoying lunch before each presentation. For Leaping Lizards, we will be offering Italian Cold Cut and Turkey Finger Sandwiches with Tortellini Salad from TJ's Spirits in Ashland and for Backyard Mammals we are offering Boxed Lunches from Roche Bros.; choice of Turkey, Caesars Salad, or Mediterranean Vegan (Falafels and Rice) - please let us know your choice when signing up for Backyard Mammals.



### Adult Coloring & Lunch



Tuesday, October 25th – 12:00pm

Lunch will be Ham and Cheese and Vegetable Calzones with Pasta Salad brought to us by TJ's Spirits of Ashland

Come join our fun Adult Coloring group beginning with a nice lunch. You will view a variety of books to pick out your coloring option 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. There are lots of conversations and laughter. Give it a try. We would love to have you. No Charge



### Book Club

Fridays, September 16th & October 21st

1:00pm to 2:30pm



Thank you to Doug Peck for reviving our Southborough Senior Center Book Club. We are thrilled to have this program back in our schedule. This group will meet once a month. The first book for September is The Giver of Stars by JoJo Moyes. Please call the Senior Center to sign up – space is limited. We will give you further information after signing up as to acquiring the book at the Southborough library.

### Southborough Senior Songsters Return

The Southborough Senior Songsters will once again bring singing and music to our center! They will return on Tuesdays at 11:00am, please check the calendar for the exact dates. All are welcome to join (no audition required) or just come to listen to our rehearsals. The group will also have shows at other venues. We sing songs from the Great American Songbook as well as entertaining music from Broadway. Please call Jim Duncan, leader of the group at (508) 366-2091 or e-mail at [Jamesfduncan@msn.com](mailto:Jamesfduncan@msn.com) if you have any questions about our sing-alongs.



***Mirick O'Connell Legal Clinic****Southborough Access Media Station (S.A.M.) Programs****Presented by Attorney Arthur Bergeron****Verizon FIOS Channel 38 and Charter Channel 191***YOUR LAST YEAR**

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

You may be living the last year of your life right now. Learn about the people and programs who can help you deal with the frailty that often precedes death, and with the things you need to take care of before you die.

**STAYING IN CONTROL**

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

Make sure you have the people in place (through your Power of Attorney and Health Care Proxy) to help you with things if you become incapacitated, and that you have made it clear how you want things to be handled if you can't handle them. Elder law attorney Arthur Bergeron gives you the horror stories and the ways to prevent them.

**Virtual Legal Advice from Attorney Arthur Bergeron**

Wednesdays, September 14th & October 12th – –10:00am to 10:45am (4–15 minute sessions)

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, from 10:00am to 10:45am. 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.

Friends of Southborough's Council on Aging  
9 Cordaville Road  
Southborough, MA 01772

PRSRT  
STANDARD MAIL  
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SOUTHBOROUGH, MA  
PERMIT NO. 10

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

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.



**HAVE YOU PLANNED FOR YOUR LAST YEAR?**  
**ARE YOU LIVING IT RIGHT NOW?**

As seniors, we understand that everyone eventually dies, and we know, for us, it may be sooner rather than later. Beyond that, it's all speculation. In the meantime, here are a few tips to help you get some sleep rather than staying awake worrying about all this.

**Make sure you have a health care proxy.** If you end up losing the capacity to make medical decisions, you need someone you can trust to make them for you. **Make sure he/she understands your wishes. Don't wait, communicate while you still can.**

**Make sure you have a Power of Attorney agent.** Without a Power of Attorney agent to handle your financial affairs, things can go south in a hurry.

**Talk to your Power of Attorney agent about gifting.** One strategy to avoid probate and/or to avoid or reduce the Massachusetts estate tax is to give things away before you pass away. Make sure your Power of Attorney agent understands your wishes.

**Don't leave things undone.** If there are things that are important to you or that you might be able to resolve prior to passing away, do them now. Don't wait.

**Go out and live.** Live each day as if it's your last.

For more information, visit Frank and Mary's YouTube channel, [www.youtube.com/elderlawfrankandmary](http://www.youtube.com/elderlawfrankandmary). These programs also air on SAM (Verizon 38; Charter 191), along with "Frank and Mary in Southborough," where Doug Peck and I address common issues facing seniors and available resources.

If you have any questions, please contact me at (508) 860-1470 or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com)

**Festival of Illumination at Southwick Zoo**

A cultural and artistic expression like you have never experienced before, an extraordinary and memorable event for guests of all ages! The **Festival of Illumination** fully engages in maintaining the charm of the century-old traditions, while integrating technologies and craftsmanship, resulting in a most unique and amazing display. Travel on your own to this extraordinary walk through exhibit. Open September 1<sup>st</sup> through November 23<sup>rd</sup> at 5:30pm. Discounted tickets which are subsidized by the Friends of the COA can be purchased at the Senior Center for \$10 each. (the regular price of this ticket is \$32) These tickets are for Festival of Illumination only and do not include the zoo.

**Alice's Gift Shop**

Lorraine and Sue are accepting donations of glassware, jewelry, and gently used items to add to Alice's Gift Shop. They work very hard to keep the gift shop stocked and well maintained. Lorraine and Sue will be thrilled with more items to stock the shelves. Please stop by and take a look.