



The Southborough Senior Sensation

Volume 23* Issue 02

March/April 2023

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

Joan Guerrant
FRIENDS President

Bay Path
Meals on Wheels
508-573-7200

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



Happy Spring



Director's Corner

Hi,

Well since this is our March/April newsletter I hope spring is right around the corner. During the winter months we try very hard to provide you with a variety of activities to help keep you active and get out of the house if possible. We did some short easy bus trips Wayside Inn, Encore, and in March lunch at Keefe Tech that I hope you've enjoyed. Spring weather makes planning bus trips much easier and I hope that you find something that you like. If you have suggestions for other programs please give us a call or stop by to see us. Also don't forget if you are in need of assistance Leslie and Cindy are here to help and provide you with any assistance that is available. I hope to see you soon.

Pam

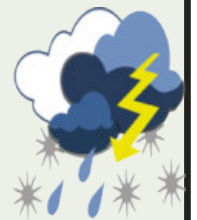
The Senior Center will be closed on the following date

March 1st
April 17th

Center will close at 11:00am
Patriots Day

Please Be Advised

If the Southborough Schools are Closed or Delayed due to inclement weather conditions, the Senior Center is closed that day and all programs will be cancelled. Please 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 you to be safe!



Date for Registering for

"ALL" 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 the programs in this newsletter, please review our Program Registration Policy on page 2.

FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

2023 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 our events, please contact the President of the Friends, Bob Myers at the Senior Center.

This current membership is for the calendar year January—December 2023

Membership is \$15.00 per year (per person) —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.
- * Cancellations 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.



St. Patrick's Day Party



Wednesday, March 15th

Suggested Donation— Friends Members—\$6.00

Time: 12:00pm (lunch will be served)

Enjoy an Irish Meal of Corn Beef and Cabbage with all the fixings!

(Baked Stuffed Chicken upon request)

Provided by our friends at TJ's Spirits of Ashland



Entertaining us this year is a former member of the "Jug O' Punch" band. Sadly the Jug O' Punch band is no longer, but we have Eddie Biggins, his son and another band member with their new band called, "The Boston Harbor Bhoys". We are happy to welcome them to our Senior Center and know you will enjoy their music. Eddie is thrilled to come back and host this wonderful celebration. We are so happy to celebrate at our center, the first time since 2019. So let's do it up and enjoy the day, a terrific luncheon, listen to great music and sing along with friends.

Wear your green!

Southborough Residents take priority

Scam Presentation

Wednesday, March 22nd at 12:30

Suggested Donation—\$3.00

Sign up to spend time with our Southborough Police Liaison, Officer Julia Fontana along with Chief Ryan Newall for a very important presentation on the many active SCAMS that are currently taking people for extreme financial hardships. This will be a valuable presentation to educate all of us on what to be aware of if you receive a phone call or a knock at the door. Please come with questions and sadly any scams you may have experienced or know someone that has been a victim.

Prior to the presentation we will be offering a boxed lunch from Roche Bros., please choose from either a Roast Beef Sandwich or Asian Chicken Wrap.

Climate Change: Simple, Serious, Solvable

Wednesday, March 29th at 1:00

Featuring Meteorologist—Harvey Leonard

Suggested Donation—\$3.00



We are so excited to have Harvey Leonard come to the Southborough Senior Center to host his informative presentation on Climate Change. Harvey Leonard is WCVB Channel 5's chief meteorologist emeritus. After a 50-year career in Meteorology, with more than 45 of those years forecasting weather in New England and 20 of those at WCVB, Harvey retired from the helm of StormTeam 5 in May 2022 and transitioned into his emeritus role. With so much to say about Harvey as a Meteorologist, his background during his career and what he is doing now—I decided to share an information sheet which will be located in our racks in the kitchen. Stop by and grab a copy. He is quite an interesting person. We will be serving refreshments after the presentation.

Tina Bemis—Wednesday, April 5th - 1:00pm

Flowering Easter Basket

Suggested Donation \$20.00



Filled with pansies, violas and spring-flowering bulbs, create this colorful basket just in time to celebrate the holiday. Also makes a great hostess gift.

SPRING BULB SALE FUNDRAISER

🌸 for the Friends of Council on Aging! 🌸

Information is on the enclosed insert and will be posted at the Senior Center (Kitchen Racks). Check it out and support your Friends of COA.



Southborough Senior Center

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
		08:30a Walking Group 11:00a Center Closed for the Day 03:00p Trailblazers Meeting	08:30a Walking Group 11:00a Phone Legal Advice 12:30p Movie Matinee	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	
5	6	7	8	9	10	11
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 11:00a Songsters 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 12:30p Movie Matinee	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 11:15a Canasta	
12	13	14	15	16	17	18
	08:30a Walking Group 10:15a Stretch Class	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge 11:00p Blood Sugar Screening	08:30a Walking Group 12:00p St. Patrick's Day Party	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	
19	20	21	22	23	24	25
	08:30a Walking Group 10:15a Stretch Class 01:00p Bereavement Support Group 01:00p Knitting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge	08:30a Walking Group 12:30p Scam Presentation	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 11:00a Keefe Tech Luncheon 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
26	27	28	29	30	31	
	08:30a Walking Group 10:15a Stretch Class	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group 01:00p Weather Presentation	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	



Southborough Senior Center

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 08:30a Tax Work Off Reg. 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 11:00a Songsters 12:00p Bridge	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 01:00p Tina Bernis 03:00p Trailblazers Meeting	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	
9	10	11	12	13	14	15
08:30a Walking Group 10:15a Stretch Class 01:00p Bereavement Support Group	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 12:30p Movie Matinee	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	
16	17	18	19	20	21	22
08:30a Center Closed in Observance of Patriots Day	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Health Clinic 11:00a Songsters 12:00p Bridge	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Health Clinic 11:00a Songsters 12:00p Bridge	08:30a Walking Group 01:00p Tune Timers Band	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	
23	24	25	26	27	28	29
08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 10:00a Technical Assistance 12:00p Bridge	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group 01:00p Bingo	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga 12:30p Worcester Art Museum Bus Trip	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
30						



Movie Matinee

Elvis

Wednesday, March 8th

As one of the most iconic rock stars of all time, Elvis Presley (played by Austin Butler) rose to the top of the music charts like a rocket. The film follows the life of the rock and roll icon, singer, and actor, Elvis Presley, told from the perspective of his manager, Colonel Tom Parker (played by Tom Hanks), whose financial abuse of him is a major focus of the film. Rated PG-13 and is 2 hours and 40 minutes long.

Ticket to Paradise

Wednesday, April 12th

Ticket to Paradise is the story of a former married couple, played by Julia Roberts and George Clooney, who travel to Bali to prevent their daughter, Lily (played by Kaitlyn Dever), from marrying a guy she's just met. She's head over heels in love with him and her parents believe that she's about to make a big mistake. Rated PG-13 and is 1 hour and 44 minutes long.

We will be serving lunch at 12:00pm before each movie. March — Offering a Nantucket Chicken Salad Sandwich on Wheat Bread or Egg Salad Wrap brought to us by Festive Breads of Northborough, and in April we will offer your choice of Cranberry Walnut Chicken Salad sandwich on a roll or Tuna Melt on whole grain wheat bread from Kennedy's Market of Marlborough.

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



Adult Coloring & Lunch — Tuesday, April 11th—12:00pm



Lunch will be Chicken Parmesan and Meatball Sliders with Caesars Salad from TJ's Spirits of Ashland
Suggested Donation—\$3.00

Come join our fun Adult Coloring group beginning with a nice lunch. You will have a variety of books to choose 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 enjoy lunch, chat and enjoy coloring together. There are lots of conversations and laughter. Give it a try. We would love to have you participate.

Bereavement Support Group

Mondays. March 20th & April 10th

The Bereavement Group will meet from 1:00pm to 2:00pm once a month. This group is open to all grieving the loss of a loved one. Please call the Senior Center if you have any questions. (508) 229-4453

Need Help Paying Heating Costs???

Help is available! The Fuel Assistance Program helps income eligible households pay a portion of their heating costs. If your gross income falls within the limits shown below, you may be eligible! You may also qualify for electricity discounts and weatherization programs. Deadline to apply is April 30, 2023. For a single household, the maximum gross income is \$42,411. For a household of two, the maximum gross income is \$55,461. To apply make an appointment with Cindy Beard call 508-229-4453.



Technology Help is Here!

Tuesdays, March 28th & April 25th — 5 one hour time slots

These sessions will be one on one with a Sayva Technology Specialist

Appointments will begin at 10:00am — No Charge



Are you getting the most out 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 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.

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 and to make sure there is space available.

***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><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 & Thursday	8:30am	Sharon Gallant
Chair Yoga	Thursday	12:30pm	Rebecca Reber
Advanced Tai Chi	Tuesday & Thursday	9:45am	Jeanne Friswell
Yoga	Tuesday (no class 3/21/& 4/18)	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, Book Club and Billiard Play

The following programs are opened to all. Please review the calendar in case of any changes and to see what programs are on-going, weekly, bi-weekly or monthly.

<u><i>Program</i></u>	<u><i>Day of the Week</i></u>	<u><i>Time</i></u>
Bridge (Judy Stento)	Tuesday	12:00pm
Senior Songsters (Jim Duncan)	Tuesday	11:00pm
Mah Jongg (Sandy Campbell)	Thursday	10:00am
Canasta (Elaine Yetman)	Friday	11:15am
Book Club (Doug Peck)	Friday	1:00pm
Billiard (Pool) Play	Daily (not on large program dates)	8:30am – 3:00pm
Knitting Club (Dr. Heather Alker)	Monday	1:00pm
Dull Men's Club (Bill Harrington)	Friday	10:00am
Walking Group (Sandy Kiess)	Monday (Trottier Track) &	8:30am
<u><i>(Depending on Weather Conditions)</i></u>	Wednesday (Southborough Cemetery)	8:30am

Hello, Spring!

Welcome, even if Winter continues its torment with chilling winds and teasing forecasts. We're enjoying more daylight hours, warming temperatures and here come the first buds - crocuses, daffodils, forsythias, and more. Time to clean up the gardens to get ready for new blooms. To join Nature's Present native garden maintenance team, email Carol Yozzo at cay0131@verizon.net.

Programs and More: ~Peg Leonard

It's so nice to see the word "*Spring*" used a few times in this newsletter. I hope you find programs that will interest you—so happy to have Southborough PD at the Center informing us on the dangers of scams as well as Harvey Leonard come and discuss weather around New England. Bringing back our St. Patrick's Day Party after 3 years is another highlight. Along with a fun afternoon of band music, movies and bingo. Also, start planning on collecting your documents to shred. I am planning a shred day sometime during the May/June timeframe. Looking forward to seeing all of you during these programs and around the Senior Center.

Bus Trips

Keefe Tech Luncheon

Thursday, March 23rd

Suggested Donation — \$10.00

Bus will leave the Senior Center at 11:00am and return at approximately 2:00-2:30pm

Sign up and enjoy a luncheon at Keefe Technical School's Culinary Arts East Side Restaurant, located in Framingham. We always enjoy supporting our local schools and they love having us visit. When signing up on registration day, please choose from Baked Stuffed Chicken or Baked Haddock. Meals will include warm fresh rolls, soup, dessert and beverage. We will also have the opportunity to visit their bakery counter before we depart back to the senior center.

Worcester Art Museum

Thursday, April 27th

Suggested Donation — \$10.00

Bus will leave the Senior Center at 12:30pm and return at approximately 4:00pm

Sign up to visit the well known Worcester Art Museum. We will start with a docent-led Highlights tour at 1:15pm offering you a trip through the museum galleries to discover highlights of their vast collection. These highlights represent the significant art, artists, and cultures presented throughout WAM's galleries. Requests to view a particular work of art or area will be honored wherever possible. Our exhibition, Frontiers of Impressionism, will be on show during your visit. You will have time to stop by the Museum Gift Shop as well. We will leave the museum at 3:30pm to return to the Senior Center.

Town Information from Southborough Town Clerk, James Hegarty

- * The Annual Town Meeting will be held in the auditorium of the Trottier Middle School on Saturday, March 25, 2023. The afternoon session will run from 1:00pm to 5:00PM, and the evening session will begin at 7:00pm.
- * The Annual Town Election will be held in the gymnasium of the Trottier Middle School on Tuesday, May 9, 2023, from 6:30AM to 8:00PM. For this election, there won't be any in-person Early Voting but anyone can request a ballot be mailed to them so they can Vote by Mail! Go to 01772clerk.com to download an application or call us at (508)485-0710 x 3005 and we'll mail an application to you.
- * **New!!!** Voters with disabilities preventing them from independently marking a paper ballot can mark and return their ballot electronically for all elections. Call the Town Clerk's office for more information (508) 485-0710 x 3005.

MCOA Walk MA Challenge 2022-2023

WINTER WALKERS: The days are getting longer, hopefully warmer, and we're well on our way to welcoming Spring! The Senior Center Winter Walkers currently have 35 participants and we want you to join us! Walk at your own time and pace, on your favorite streets or trails, with friends or on your own. Get out and get moving for more flexible joints, fresh air for your lungs and a boost to your heart health. You are also welcome to join our regular walking group. We meet at 8:30 at the Trottier School track on Mondays or the Town Cemetery by the Senior Center on Wednesdays. Both are loop trails so if you can't quite make it at 8:30 just follow the loop and you're sure to run into someone. Walking journals to record your miles are available by email. To register email Sandy Kiess at skiess2@verizon.net. Thanks, and hope to see you around the town!

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. James Falconi donates 5 cents of every gallon purchased on Tuesdays to the Senior Center.

Thank You Mr. Falconi

Tuesday is now "GAS" day!



TUNE TIMERS BIG BAND

Wednesday, April 19th at 1:00pm to 3:30pm

Suggested Donation—\$3.00



Come and enjoy the music of the Tune Timers, a big band playing music that we enjoyed during our younger years. They will be playing music to listen to, but also for you get up and dance. Their music includes ballads, upbeat music, polkas, waltzes, and Latin music and line dances. During the second half of the program, some of the Senior Songsters will have an opportunity to sing with the band. During the band's intermission, refreshments will be available. The Tune Timers play every Friday at the Holliston Senior Center at 1:00 PM. Bring your ears and dancing shoes for a great afternoon of music by the Tune Timers.

Bingo

Wednesday, April 26th at 1:00pm

Come join us for a wonderful afternoon of Bingo, fun, and prizes. Our Bingo Leaders, Bill Harrington and Peter Rowe will start selling cards promptly at 1:00pm. We have had a few moments recently where there were multiple winners per game—we have decided that when this happens we will do a raffle and the winner will get the prize—we will have smaller prizes for the other multiple winners—we hope you understand—that way we can keep our prize values as they have been.

Snacks will be provided at break time!

HEALTHBEAT

*****NEW** Nurse Clinic Hours*****

By: Leslie Chamberlin R.N.

TUESDAY and Friday 10 -2 (no clinic on March 10th)

BLOOD SUGAR SCREENING:

Held in my office Tuesday March 14th 11AM - 12 Walk in, and No need to fast.

BE FRIENDLY TO YOUR BLOOD SUGAR!

Carbohydrates that SPIKE your blood sugar raise your risk of Type 2 Diabetes, weight gain and heart disease. Here is some surprising advice about.

CHOCOLATE – Despite its high sugar, chocolate has a low glycemic index, it does not cause a sharp increase in blood sugar due to fat.

BREAD – Some whole grain breads spike sugar as much as white bread. Smart choices are coarse, dense bread, pumpernickel and sourdough.

JUICE - Unsweetened fruit juices are best, ¾ cup is sufficient. Better yet, eat the whole fruit which is a good fiber source.

VEGETABLES - All fresh fruits and vegetables, except potatoes have a low glycemic index and provide several nutrients.

SALAD DRESSINGS - All vinegar based and lemon juice salad dressings suppress blood sugar.

I hope to see you at the blood sugar screening. Leslie



Free "Zoom" Program - Route 9: A Journey Through Time

Sunday, March 5th—3:00pm



From its start in 1810 as a toll road from Brookline to Worcester, Route 9 has undergone many transformations to become the bustling roadway that we know today. Follow along as local history experts from Newton, Wellesley, Natick, and Framingham take you through its development, from toll houses and street cars to shopping malls and roadside entertainment. Learn about the evolution of transportation and commerce, and the political forces that helped shape the east-west road that remains essential to our communities. Please use the following link to register—<http://www.framinghamhistory.org>—scroll down to March programs to find the option to register. This is not a Senior Center sponsored program.

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

Dealing with your 70's.

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

Typically when we hit our 70's, we think about our living situation and consider either moving or adapting our homes to prepare for possible frailty down the road. We may also update our estate plan to protect our assets should we need to qualify for MassHealth. This month, Attorney Arthur Bergeron will talk about reverse mortgages and HELOCs to provide equity for home repairs or home health assistance; moving options, including assisted living facilities; withdrawing tax-deferred funds faster than required by RMD; geriatric care managers, ASAP, and other available programs; and asset protection strategies.

Don't be Taxed by Taxes – Be in the Know!

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

April is all about taxes! Elder Law Attorney Arthur Bergeron and his colleague, Attorney Allen Falke, who specializes in tax law will join me this month to discuss important tax considerations for seniors. This is one you don't want to miss!

Virtual Legal Phone Advice from Attorney Arthur Bergeron

Wednesdays, March 12th & April 8th -- 10:00am to 10:45am (4–15 minute sessions)

Attorney Arthur Bergeron is offering free services by phone from 10:00am to 10:45am. Attorney Bergeron will talk with interested Southborough seniors 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.



BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell.

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Learn more at
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Southborough Senior Ctr., Southborough, MA

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

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

Town of Southborough

Senior Property Tax Work Program FY 2023-2024

Applications will be available March 13th at the Senior Center, Assessors Office, and on the town website (www.southboroughtown.com). Applications will be accepted at the Senior Center beginning April 4th.

There will be a box at the front door. Please have your application in a sealed envelope and leave it in the box.

The program offers senior homeowners an opportunity to trade volunteer work hours for town departments with a reduction of their property tax bill of up to \$1500. Seniors have worked at the Senior Center, Library, Assessor's Office, Building Department, Board of Health, Town Clerk's Office, Selectmen's Office, DPW, and in various schools. Example include: data entry, receptionist at town hall, office assistant at the Board of Health, assisting in classrooms at the schools, and building maintenance. We will also try to match any special areas of expertise that a senior might bring to the appropriate department.

To qualify for the program a senior must be 60 years of age or older when signing up for the program, be a Southborough resident, a homeowner or spouse of a homeowner, and own and occupy the property to which the tax credit will be applied. Applicants can complete the entire 70 hours of work for a \$1000 credit or 105 hours of work for a \$1500 credit. Hours must be completed by March 1, 2024.

***No applications will be accepted in advance of April 4th**

We urge all interested seniors to apply regardless of income; if we have less than 30 applicants the income requirement will be waived. Those who have household incomes under \$45,000 will be considered first.

FRIENDS OF THE
SOUTHBOROUGH COUNCIL ON AGING
CALENDAR YEAR 2023
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 2023

Membership is a Suggested Donation of
\$15.00 per year. Per Person

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Friends 2023 Membership Donation _____

Date _____