



The Southborough Senior Sensation

Volume 23* Issue 03

May/June 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 Almost Summer!

The Senior Center will be closed on the following dates:

May 29th
June 19th

Memorial Day Recognition
Juneteenth Recognition

Please read the inserts included in this newsletter advertising additional programs and valuable information. Some programs/information may have been added after the printing of this newsletter. Two programs I would like to highlight are titled, Listen with L.O.V.E. and Say it with L.O.V.E sponsored by our Youth and Family Services Department schedule for May 1st and May 8th at 1:00pm. Please read the descriptions included in the insert. Let us know if you would like to attend on Registration day.

Bocce



We would be thrilled to get the Bocce Group back together and playing outside on the lawn. Carol Yozzo is willing to be a Co-Leader to organize and run the group but would like someone to Co-Chair with her. If you are interested, please call the Senior Center.

Please Read

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.

If you are registering in person, please take a form from the table in the hall (outside the office door), fill it out in the kitchen and drop it off with your payment in the box.

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, Joan Guerrant 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 week* notice or we are unable to give refunds.
- * Cancellations for Bus Trips require *two full week's* 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 "*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.

The Decades Project: A Writing Club with Students of the Algonquin Writing Center

Tuesday, May 16th at 3:00pm

The Algonquin Writing Center is a student-led organization of trained writing tutors. To build more connections with the community, the student tutors have organized a collaborative writing club at the Southborough Senior Center, which they've dubbed "The Decades Project." Come work with student tutors to write and preserve your stories and memories. Students will collaborate with you in groups and individually by providing prompts and talking through your ideas, questions, and writing. We hope you'll join us and sign up for the fun Intergenerational Program. Call or stop by on Registration Day or after to sign up.

*Nature Program: Birds in your Backyard*

Wednesday, May 17th – 12:30pm

Suggested Donation – \$6.00



Sign up to enjoy Joy Marzolf in presenting *Birds in your Backyard*. A wide variety of birds may visit backyards in the Greater Boston area. What makes a good backyard habitat? How do you attract those beautiful birds? Who is coming and who is going this time of year? Come find out more about our local birds, as well as occasional visitors, and what brings them to our neighborhoods. Experience the sights and sounds of some of our most beautiful neighbors!

Lunch will be brought to us by TJ Spirits of Ashland. When signing up, let us know your choice of Ham and Cheese Club sandwich or Turkey and Cheese Club sandwich both on Wheat Bread with sides and dessert.

*Spring is Here – Raised Garden Bed Get Together*

May 22nd, 2023 at 10:30am



I am sure you have enjoyed the Raised Bed Gardens and hopefully you have some ideas on how they can be better. Here is your opportunity to meet other gardeners and make the gardens something you enjoy. We will meet outside at the Raised Beds (weather permitting-inside is an option) Please feel free to bring the plants or the bulbs you have purchased from the recent fundraiser. We will discuss where they should go and plant them in the raised beds. A light lunch will be provided Sign up on Registration day with your name, phone number and email address. (You can sign up for this at any time - all are welcome). Contact Joyce Macknauskas or Sandy Kiess with any questions. Feel free to leave a message at the Senior Center.

*Hundredth Town Chorus* - Wednesday, May 24th at 10:30am

The Hundredth Town Chorus is an organization of women who enjoy singing four-part harmony in a relaxing and fun environment. The Chorus was founded in 1949 by the Westborough Women's Club, with a mission to share the joy of music by singing and entertaining at many local venues. They sing classics, Broadway favorites, popular music, folk songs, and an occasional classic number. Sign up to enjoy this entertaining performance. It is approximately 45 minutes with refreshments following the show. No Charge.

*Tina Bemis – Wednesday, June 7th - 10:00am**"Hummingbird Magnet"*

Suggested Donation \$20.00



Make a large planter with colorful Thrillers, Fillers, Chillers, and Spillers designed to attract hummingbirds to your yard. You will love it!

*Knitting Club*Mondays, May 15th & June 5th & 12th
1:00pm

Beginners Welcome – Supplies will be provided, but feel free to bring a creation you may currently be working on. If you are new to the group, sign up on Registration day.

Southborough Senior Center

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 08:30a Walking Group 10:15a Stretch Class 01:00p Listen with L.O.V.E.	2 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Colonial Gardens Health Clinic 11:00a Songsters 12:00p Bridge 12:00p Health Clinic	3 08:30a Walking Group 03:00p Trailblazers Meeting	4 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	5 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	6
7	8 08:30a Walking Group 10:15a Stretch Class 01:00p Say it with L.O.V.E.	9 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	10 08:30a Walking Group 10:00a Phone Legal Advice 11:00a Main Room in Use	11 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	12 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	13
14	15 08:30a Walking Group 10:15a Stretch Class 01:00p Bereavement Support Group 01:00p Knitting Club	16 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 11:00a Songsters 12:00p Bridge 03:00p The Decades Project	17 08:30a Walking Group 12:30p The Joys of Nature	18 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	19 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta 01:00p Book Club	20
21	22 08:30a Walking Group 10:15a Stretch Class 10:30a Raised Garden Bed	23 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 11:00p Blood Sugar Screening	24 08:30a Walking Group 10:30a Hundredth Town Chorus	25 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	26 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	27
28	29 08:30a Center is closed in Observance of Memorial Day	30 08:30a Strength Class 09:00a State House Tour 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 11:00a Songsters 12:00p Bridge	31 08:30a Walking Group 12:30p Movie Matinee			



Southborough Senior Center

June 2023

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 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
4	5	6	7	8	9	10
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 Colonial Gardens Health Clinic 12:00p Adult Coloring 12:00p Bridge 12:00p Health Clinic	08:30a Walking Group 10:00a Tina Bemis 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 10:15a Stretch Class 01:00p Bereavement Support Group 01:00p Knitting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge 01:00p Hearing Presentation 02:00p Hearing Screening	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	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 Center Closed for Juneteenth Recognition Day	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge	08:30a Walking Group 12:30p Vintage Car Presentation	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	08:45a Indian Princess Cruise 10:00a Dull Mens Club 11:15a Canasta	
25	26	27	28	29	30	
08:30a Walking Group 10:15a Stretch Class	08:30a Strength Class 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	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	



Movie Matinees

A Man Called Otto

Wednesday, May 31st

When a lively young family moves in next door to grumpy widower Otto Anderson, he meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down. Otto is a grump who's given up on life following the loss of his wife and wants to end it all. There are some references to suicide. Otto finally realizes the wonderful value of community and his purpose in life. The movie is 2 hours and 6 minutes long and is Rated PG-13.

Top Gun: Maverick

Wednesday, June 14th

After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it. The movie is 2 hours and 11 minutes long and is Rated PG-13. (some strong language)

We will be serving lunch at 12:00pm before each movie. May — Offering a Grilled Chicken Caesar Salad or Zesty Ham & Cheese Sandwich on Wheat Bread brought to us by Festive Breads of Northborough, and in June we will offer your choice of a full sized Garden Salad or Turkey and Swiss on Bulky roll brought to us from Roche Bros in Westborough. 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 — Tuesdays, May 9th and June 6th— 12:00pm

Lunch in May will be Chicken Quesadillas, Mozzarella Sticks and Garden Salad and June will be Chicken Teriyaki Stir Fry with Rice Pilaf 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, May 15th & June 12th

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

Pickleball, Pickleball, Pickleball

We've heard so much about pickleball this past year we thought you might be interested. Pickleball is one of the fastest growing sports in America today and it was started by seniors but it has grown to include all ages. The Senior Center is looking to support a clinic for beginners sometime in the fall if there is enough interest. This would be indoors and take place one morning a week for four or five weeks. The location and pricing are yet to be determined. If you are interested or have an interest in learning more about pickleball, please let the front desk know or call (508) 229-4453

Technology Help is Here!



Tuesdays, May 23rd & June 27th — 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(Full..taking waiting list)	12:30pm	Rebecca Reber
Advanced Tai Chi	Tuesday & Thursday	9:45am	Jeanne Friswell
Yoga	Tuesday (last class June 20th)	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 (last session 5/30)	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!

We're enjoying more daylight hours, warming temperatures and here come the first buds - crocuses, daffodils, forsythias, and more. To join Nature's Present native garden maintenance team, email Carol Yozzo at cay0131@verizon.net. Please stop by and spend some time at Nature's Present Native Garden.

Town Information from Southborough Town Clerk, James Hegarty

This year's only election in Southborough will be held on Tuesday May 9, 2023 at the Trottier Middle School gym, located at 49 Parkerville Road. The doors will open at 6:30am and close at 8:00pm. If you cannot come to vote in person, you can request a Vote by Mail ballot and return it to the Town Clerk's Office, and we'll mail a ballot to you. The deadline to request a Vote by Mail ballot is May 2nd. You can download a form at 01772clerk.com or by calling our office at (508) 485-0710 x 3005.

The Annual Town Meeting was held on Saturday March 25 and 490 people attended the afternoon session. 250 people came back for the evening session.

There will also be a fall Special Town Meeting, but the date as not been set yet.

Bus Trips

State House Tour

Tuesday, May 30th

Suggested Donation — \$15.00

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

Join our new elected State Representative Kate Donaghue and Senator Jamie Eldridge for a visit to our historic State Capital Building. We will enjoy a tour of the State House to find out what's under the Golden Dome, including visits to the House and Senate Chambers. Lunch will be included. Additional details on the tour will be supplied the day of the Trip.

Indian Princess Boat Cruise

Friday, June 23rd

Suggested Donation — \$35.00

Bus will leave the Senior Center at 8:45am and return at approximately 3:00pm

Join us on a trip to Indian Ranch in Webster, MA. We will begin with a cruise around Webster Lake aboard the Indian Princess Riverboat. The Indian Princess is a modern replica of the grand riverboats that navigated the Mississippi River in the late 19th Century — one of the few authentic paddle wheel riverboats still in operations in the United States today. There are 2 decks to enjoy while cruising Webster Lake. The upper deck is partially covered with a canopy and the bottom deck has large viewing windows. We will then walk to Samuel Slater's Waterfront restaurant. It's an easy walk to the Waterfront Room (they do have a golf cart to assist if needed). When signing up please choose one of the following; Baked Cod with Crumb Topping, Chicken Picatta or Steak Tips. We hope you join us for this enjoyable trip.

WANT TO SAVE YOUR MARRIAGE? — GET YOUR SPOUSE OUT OF THE HOUSE?
HAVE SOME TIME TO YOURSELF? — AND ALL FOR FREE!!!



HAVE THEM PLAY POOL!



The Southborough Senior Center's Billiards Team is looking for players, whether you are a pool shark or a minnow. If you're a shark, you can teach us a thing or two with your ivory-imbedded, custom-made pool cue. If you're a minnow, we'll teach you and will provide a more modest wooden cue. We have 2 beautiful, 9-foot tables to play on.

The requirements for membership on the team are simple:

Men and Women — Be prepared to have fun — Attend most of the matches — Practice once in a while

We are part of a regional league that includes Framingham, Hudson, Hopkinton, Marlboro, and Northborough. There are two seasons, one in the Fall and the other in the Spring. Each season has 10 matches that are played on Tuesdays from 10-12 in the town's Senior Centers. Half of the matches are in Southborough.

If you're interested, please call the Senior Center at (508) 229-4453 and leave your name and number.

MCOA Walk MA Challenge 2022-2023

For all Walkers who are looking for a challenge or who just want to be out there walking, enjoying the fresh air and be in support of our Senior Center the MCOA Walkers Challenge begins May 1! Each spring the Massachusetts Council on Aging hosts a Walk MA Challenge with a random drawing offering \$50 visa, \$25 Amazon and \$10 Dunkin gift cards and enrolls our Senior Center in drawings to win up to \$1000 for fitness programming. The Walk MA Challenge is from May 1 to October 31. Enroll: <https://mcoaonline.com/programs/keep-moving-walking-clubs/>. Choose from a selection of six distances to walk by clicking the challenge you hope to achieve. After you have finished registering for the Challenge please email me at skiess2@verizon.net so our Senior Center can cheer you on.

For all our Winter Walkers — YAY for you for challenging yourselves to be out in the cold months, lacing up those sneakers and adding up your miles. Be proud of your accomplishments and walk yourselves right into our next Challenge! Thank you for participating. Sandy Kiess

Vintage Car Presentation

Wednesday, June 21st

12:30pm

Suggested Donation—\$6.00

Take a ride down memory lane with John from Orphan Car Garage. John will highlight some of our most notorious vehicles of the past. From Rambler to Studebaker, Corvair to Vega, enjoy the slideshow and stories. Great for car enthusiasts, history buffs, and anyone who remembers what car life was like back in the day!



Boxed lunches will be brought to us from Roche Bros. Please choose either the Roast Beef Sandwich or Garden Tossed Salad with Chicken.

Bingo

Wednesday, June 28th 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 games recently where there were multiple winners—it has been decided that when this happens we will do a raffle and the winner will get the original prize—there will be smaller prizes for the other multiple winners—we hope you understand—this way we can keep our prize values as they have been. Snacks will be provided at break time!

HEALTHBEAT

By: Leslie Chamberlin R.N.

Nurses Clinic: Tuesday and Friday 10-2

1st Tuesday of the month 10-11:30 at Colonial Gardens - 12-3 Senior Center
No clinic on Tuesdays May 16th and June 23rd

BLOOD SUGAR SCREENING

11 -12 nurses office

Tuesday May 23rd Walk in No appointment, NO FASTING needed.

TIPS FOR A HEALTHY BACK

Ouch my aching back! Odds are, most of you reading this article have suffered with back pain in the course of your lifetime. A few tips for keeping your back healthy and strong (Wellness at work Mass DPH)

STANDING - Take pressure off your back by keeping one foot in front of the other with knees slightly bent.

SITTING - Sit with your knees slightly higher than your hips. This provides good lower back support.

MOVING OBJECTS - Pushing is easier on your back than pulling. Use your arms when you start to push.

SLEEPING - To reduce pressure on your back while sleeping, use pillows under your knees or lie with pillows between your knees.

WEIGHT CONTROL - Extra weight puts strain on your back. Keep your weight within 10 pounds of your ideal weight.

LOWER BACK PAIN can occur because of poor posture, weak supporting abdominal muscles, overuse of muscles, stress and muscle tension, age, osteoporosis, and protruding discs in the spine.

Regular exercise helps keep muscles strong and flexible. In addition, there are specific light abdominal core exercises I can share with you. Stop by my office and I can give you a copy.

See you soon, Leslie



Hearing Presentation

Tuesday, June 13th—1:00pm



Sign up to enjoy this hour long very informative presentation by Darcy Repucci from Hopkinton Audiology on how to read an audiogram, what styles of hearing aids are available and what insurance does/does not cover. Hearing Screenings will take place after the presentation. No Charge

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

Life in your 80's

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

If we are lucky enough to make into our 80's, most of us have come to the realization that we can't necessarily do all the things we used to be able to do; we need to plan for frailty and how to deal with it. This month, elder law attorney Arthur Bergeron will discuss just that. Topics will include the ECOP programs that are designed to help seniors stay at home; real estate tax deferrals; further medical deductions for home care; nursing home care, the medical deduction, and qualifying for MassHealth; and the irrevocable trust.

MassHealth

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

Did you know that you can always qualify for MassHealth?..This month elder law attorney Arthur Bergeron will provide an overview of the tools to make that possible, including Medicaid qualifying annuities, D4c's, and FEW.

Legal Phone Advice from Attorney Arthur Bergeron

Wednesdays, May 10th & June 14th -- 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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9 Cordaville Road
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Programs and More: Peg Leonard

I am sure we are all happy to have the winter season in our rear view mirrors. March and April were quite busy at the Senior Center. We were so happy to have our Southborough Chief of Police Ryan Newall and Police Officers Julia Fontana and Jeff Norton come talk to us about the dangers of scams. The information supplied and the questions asked were invaluable. Also, we hosted Retired Chief Meteorologist Harvey Leonard. It was a treat to meet Harvey and listen to his years of New England weather knowledge and experiences.

One thing I would like to mention going forward is our "Shred Day" is now scheduled for Saturday, September 23rd. They only had summer and fall times available. Mark your calendars, you now have plenty of time to start saving your paperwork and documents for this day. We would like to thank all of you that Donated items for our Gift Shop. Lorraine and Sue have been so excited about the amount of items that have been coming their way. The Gift Shop is stocked and all your donations have been extremely appreciated. Come by and take a look and know that we are always accepting donations. Also keep in mind the program *Fresh Start* has a box here at the Senior Center for Home Goods donations. I am working with Jamie Clark, Music Director at the Trottier Middle School on adding a wonderful concert by Jamie and his extremely talented Big Band—at the time of this printing it was not finalized. I am keeping my fingers crossed the date and time will be decided and you will see it on the insert. Hope you enjoy reading this newsletter, viewing Health, Life, Coloring, Intergenerational, Nature, Music, Gardening, and Vintage Related Programs along with all our regulars. Always feel free to drop off any program suggestions—we will look into each one and assess if it works with our center. Thank you everyone and enjoy your Spring.

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
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