



The Southborough Senior Sensation

Volume 23* Issue 04

July/August 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 Summer!



Director's Corner

Summer is here and the Senior Center is in full swing. Most of our classes will continue through the summer. Come and stay cool, play cards, shoot pool, or catch a movie. Please let us know if there is an activity, class, or bus trip that you would like us to look into. We are always happy to hear new ideas!

Pam

The Senior Center will be closed on the following date:

July 4th Independence Day Recognition

The following programs will be taking the summer off and will resume in in September with the exception of Tuesday's 9:30 Yoga class which will resume in October.

Songsters

Book Club—Call the Senior Center for September's book title

Tuesday's Yoga (Pilgrim Church) - will start back up in October

Tuesday's Advanced Tai Chi Class

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 require *one full week's* 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.



Make a Beautiful Summer Flower Arrangement

With Our Own Southborough Gardeners

Wednesday, July 12th at 9:30am

No Charge



This workshop is funded by the Southborough Gardeners Club

Learn some basic principles of flower arranging with the Southborough Gardeners and enjoy a morning with friends. Bring your favorite small to medium sized vase to create a summer flower arrangement with guidance from the Southborough Gardeners. We will provide all floral material and extra containers. If you have clippers, please bring them. Go home with a beautiful arrangement that you created. Sign up on Registration Day or after – space is limited.



Raised Garden Beds



The raised beds have been planted. We had several people join in the planting and adding to our crops and flowers. Thank you to them and to all who visit the gardens during the Summer. It would really help if you watered remembering to turn the hose off when you are finished. So far we have beans, kale, tomatoes, lettuce and arugula. We also planted parsley from seed. Sounds like the making of a wonderful salad - the garden is for all. Enjoy. If you have any questions, please leave a message at the Senior Center for Joyce Macknauskas.



Nature's Present Native Garden

Inviting you to stop by Nature's Present Native Garden by the flagpole. Carol has been working very hard in maintaining its beauty. To join Nature's Present Native Garden maintenance team, email Carol Yozzo at cay0131@verizon.net. Please stop by and spend some time.

Want a great way to feel better, doing something that helps your heart, muscles, joints, brain? Something that doesn't cost you money, that can make you feel better. Something that can be social. **THINK WALKING!** Think of being out in the fresh air observing nature, meeting people along your walking paths, moving your body. If you are interested in group walking we meet at the Trottier Track Mondays and the cemetery beside the Senior Center on Wednesdays at 8.30 a.m. Both are loops. Come by and join other walking seniors. Or walk in your neighborhood with friends/family, 2 footed or 4 footed, on your own time.

Also, the MA Council on Aging sponsors a Walk MA Challenge through October. Register at <https://mcoaonline.com/programs/keep-moving-walking-clubs/>. MCOA will be awarding 85 randomly drawn prizes of \$50 Visa, \$25 Amazon or \$10 Dunkin gift cards to participants at the end of this program. For each participant, our Senior Center will be entered in a drawing for \$1000, \$500 and \$250 for programing! As of this date we have registered 25 Walkers. Come join us! If you have any questions contact Sandy Kiess at skiess2@verizon.net. Please notify Sandy when you register. You will need to keep track of your miles walked.

Always accepting donations for our Gift Shop – please stop by and view all the items for sale

Southborough Senior Center

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
	08:30a Walking Group 10:15a Stretch Class	08:30a Center closed in Observance of Independence Day	08:30a Walking Group 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	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 Knitting Club	08:30a Strength Class 10:00a Health Clinic 12:00p Bridge	08:30a Walking Group 09:30a Southborough Gardeners 10:00a Phone Legal Advice	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 Walking Group	10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group	09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga 02:45p Plainridge Casino Bus Trip	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
23	24	25	26	27	28	29
	08:30a Walking Group 10:15a Stretch Class	08:30a Strength Class 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 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	
30	31					
	08:30a Walking Group 10:15a Stretch Class					

SUPPORT OUR ADVERTISERS!

Southborough Senior Center

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 08:30a Strength Class 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	2 08:30a Walking Group 03:00p Trailblazers Meeting	3 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	4 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	5
6	7	8 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	9 08:30a Walking Group 10:00a Phone Legal Advice 11:00a Game Day	10 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	11 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	12
13	14	15 08:30a Walking Group 10:15a Stretch Class	16 08:30a Walking Group 10:30a WooSox Bus Trip	17 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	18 10:00a Dull Mens Club 11:15a Canasta	19
20	21	22 08:30a Walking Group 10:15a Stretch Class 01:00p QPR Gatekeeper Training	23 08:30a Walking Group 12:30p Movie Matinee	24 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	25 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	26
27	28	29 08:30a Walking Group 10:15a Stretch Class	30 08:30a Walking Group 01:00p Bingo	31 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga		



Movie Matinees

80 for Brady

Wednesday, July 26th

The movie is inspired by the true story of 4 best friends, avid New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero Tom Brady play, and the chaos that ensues as they navigate the wilds of the biggest sporting event in the country. This movie stars Jane Fonda, Rita Moreno, Sally Field, Lily Tomlin and of course Tom Brady. The movie is 1 hour and 40 minutes long and is Rated PG-13. A comedy and sports genre.

Mrs. Harris Goes To Paris

Wednesday, August 23rd

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior. This is a true story, but romanticized. The movie is 2 hours long and is Rated PG.

We will be serving lunch at 12:00pm before each movie. July – Offering your choice of Nantucket Chicken Salad sandwich (does contain walnuts) or PamAsian Salad (with chicken) brought to us by Festive Breads of Northborough, and in August we will offer your choice of Grilled Chicken Sandwich or Garden Salad from Chick-fil-A 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 – July 25th and August 29th – 12:00pm

Lunch in July will be Chicken Strips and Garden Salad from Chick-fil-A (Marlborough) and August will be your choice of Cranberry Walnut Sandwich on Bulky roll or Traditional mixed greens salad brought to us by Kennedy Market from Marlborough

Suggested Donation – \$3.00

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

Knitting Club

July 10th & August 7th 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.

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, July 18th & August 22nd – 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. If you are enrolled in the class but cannot come any longer, please let us know, some classes do have a waiting list.

***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 (no Class 7/17)	10:15am	Sharon Gallant
Strength	Tuesday & Thursday (no classes 7/18&20)	8:30am	Sharon Gallant
Chair Yoga	Thursday (no classes on 7/6 & 8/10&17)	12:30pm	Rebecca Reber
Advanced Tai Chi	Thursday (no Tuesday class)	9:45am	Jeanne Friswell

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
Mah Jongg (Sandy Campbell)	Thursday	10:00am
Canasta (Elaine Yetman)	Friday	11:15am
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

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!

General Information



At the time of writing this newsletter, there are plans to break ground for our addition off the kitchen into the front lawn. Due to this, we are unsure of what we can plan outdoors. Please check the advertising board in the kitchen for some possible impromptu programs. We will know more as July comes around. Thank you for your patience. This will all be worth the wait, we are excited.

Bus Trips

Plainridge Casino

Thursday, July 20th

Suggested Donation — \$15.00

Bus will leave the Senior Center at 2:45pm and return at approximately 9:15pm

Sign up for a fun evening visiting the Plainridge Casino and Racetrack. You will enjoy many slot machines at the Casino and of course the horse races which start at 4:00pm and run approximately every 15 minutes. The last race will run approximately 7:30pm to 8:00pm. If you have a Marquee Rewards Card from previous visits, definitely bring it with you. It is not needed to play in the casino or racetrack, but the card collects points for possible special offers. You can get one if you would like when we arrive. Everyone needs to bring your Drivers License or Mass ID Card if you would like to get a Marquee Rewards Card or if you win BIG! The Casino is giving each of us a \$20.00 Free Slot Play Packages (you will need a Marquee Card for this Free Slot Package) and thanks to our *Friends of the COA*, you will receive a \$20.00 gift card to use at Slack's Oyster House & Grill Restaurant or any fast food eatery at the food court. Please sign up on Registration Day listed on the front page.

WooSox Baseball Game

Wednesday, August 16th

Suggested Donation — \$30.00

Bus will leave the Senior Center at 10:30am and return at approximately 3:30/4:00pm

Off to Polar Park in Worcester to hear the crack of the bat. We will be sitting in the third base area with use of the Shaw's 3rd base bullpen terrace which will include an all you can eat food buffet from a preset menu. We will have access to the terrace space for the entire game, and the food buffet will be available from 12:00pm to 2:00pm. Included in the Buffet is a Hot Dog Bar, Burger Bar, Macaroni and Cheese, Loaded Potato Salad, Kettle Chips, cookies along with water, lemonade and tea. A Cash Bar will also be available. Let's have a great afternoon watching and cheering on our local WooSox Baseball Team. Reserve your space by calling the front desk on Registration day or after.



Game Day at the Senior Center

Wednesday, August 9th

11:00am — \$6.00



Sign up for Game Day at the Senior Center. Game options will include Corn Hole, Pool, Ladder Toss, Card Games, Board games (Cribbage, Chess, Checkers, Scrabble, Pinnacle) and more (if you have a game you would like to share — just let us know). Pub Food will arrive from TJ's Spirits of Ashland to enjoy while playing in your favorite game. Let's hope for a beautiful day out on the lawn for some of our games without rain or construction. Most games will be inside.

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-embedded, 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.

Bingo

Wednesday, August 30th 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.

Clinic Hours: Tuesday and Friday 10:00-2:00

No Clinic: July 18th, August 15th, August 18th

The ABCDE's of MELANOMA- American academy of Pediatrics

Skin cancer can develop anywhere on the skin. Ask someone for help when checking your skin, especially in hard to see places. If you notice a mole that is different from others, or that changes, itches or bleeds (even if it is small) you should see a dermatologist.

A = Asymmetry, one half unlike the other half.

B= Border, irregular, scalloped or poorly defined border.

C= Color, varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.

D= Diameter, while melanomas are usually bigger than the size of a pencil eraser when diagnosed, they can be smaller.

E= EVOLVING, a mole or skin lesion that looks different from the rest or is changing in size, shape or color.

Enjoy the nice summer weather, with hats and sunscreen!

See you soon, Leslie

Legal Phone Advice from Attorney Arthur Bergeron

Wednesdays, July 12th & August 9th -- 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.

QPR Training: Question, Persuade, Refer

Suicide Prevention

Presented by Youth & Family Services

Monday, August 21st at 1:00pm

No Charge



They are the three simple steps anyone can learn to do when a loved one is having a crisis. Join Shannon from Southborough Youth and Family Services for this informative workshop that will teach you how to support your community and offer the gift of hope. Suicide can be a scary topic but this workshop is presented in a way that will make you feel both comfortable and competent. Questions before registering? Call Shannon at 508-481-5676 or email her at skinayman@southboroughma.com

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

The Last Year of Your Life

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

We should all live like there's no tomorrow! However, as we grow older, the reality that there may not be a tomorrow becomes a more immediate reality. There are some key issues that often come up that we need to face during the last year of our life. Some of the more common ones are applying for the hospice benefit; home adaptations and the medical deduction; paying for that last year; and, things that you really need to do before you pass away such as having a Power of Attorney; gifting away belongings (especially the car), asset restructuring, and gifting the remaining interest in our home. This month, join elder law attorney Arthur Bergeron as he dives into these topics.

Post-mortem To Do List

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

Not surprising, there are things that must be taken care after someone passes away. There's dealing with the remains, the funeral, life insurance policies, etc. There's also the probate process, which can be very daunting for our loved ones. This month, elder law Attorney Arthur Bergeron will discuss preparation and strategy; explain how the probate process works; how to avoid it; and how a trust might work. Don't leave it to your children or loved ones to deal with it, have a plan in place.



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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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.

Programs and More: Peg Leonard

In June we were able to personally thank our Volunteers for all they do for our members and our Center. We are so thankful to all of you for making our Center the best place around (at least we think so). For those of you that were unable to make it, please know you were truly thought of during this event as well as all of you year round. So many times, I think to myself, what we do with out all of you and I am very happy I will not know that feeling.

A reminder that "Shred Day" is scheduled for Saturday, September 23rd. Mark your calendars, you now have plenty of time to start saving your paperwork and documents for this day. This will be advertised in the next newsletter.

One thing to note—people are sometimes confused on our cancellation policy regarding our programs. Please review policies on page 2 regarding the timeframes to receive refunds.

Wishing you all a wonderful summer and hope to see you here at the Center.

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*

Name _____

Address _____

Phone _____

E-mail (s) _____

Friends 2023 Membership Donation _____

Date _____