



# The Southborough Senior Sensation

Volume 23\* Issue 05

September/October 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 LeFrancois  
*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

*Summer is Over and We are Back to our Regular Schedule*

*The Senior Center will be closed on the following dates:*

September 4th  
October 9th

Labor Day Recognition  
Columbus Day Recognition

### Director's Corner:

Please keep in mind that I am writing this on the first of August. By the time you receive this newsletter we will have a foundation poured for our new addition to the Senior Center. This room will give us more space for programs and an area for people to spend time watching tv, reading, or just hanging out with friends. Hopefully you have spent some time with us over the summer at our impromptu lunches and cookouts! Please sign up for our fall events in September and October. Our "summer bbq" is planned for September in hopes of weather that is not too hot. The event is going to be held on the patio at Fireflies in Marlboro because of the pending construction of the addition to the front of our building. Hope to see you there! Pam

Included in this newsletter for Southborough Residents only are inserts with valuable information; (1) detailed list of Resources and Contact Information that you can post at home or keep in a safe spot, (2) an insert regarding the new pricing of Senior Transfer Stickers for 2024, (3) updated information regarding the Flu Clinic, the date is Wednesday, October 18th. The final details will be on this insert (the newsletter was printed before some details were finalized). Always call the Senior Center if you have any questions.

### 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, 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* 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 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.

*Fat Daddy's Produce Bus Coming to the Senior Center and Colonial Gardens*  
*"Produce on Wheels"*

Senior Center—Wednesdays, September 13th and October 11th from 10:00am to 12:00pm

Colonial Gardens—Tuesdays, September 12th and October 17th 10:00am to 11:30am

Introducing Fat Daddy's, a small family owned "hydroponic farm" that specializes in lettuce, herbs, greens, microgreens and mushrooms. Everything is custom grown using no pesticides or chemicals of any kind. Erik Jewett will also have baked goods. Erik will be parking his bus during the dates and times above selling his produce for wholesale cost. We are very lucky to have Erik come to the Senior Center and Colonial Gardens, we hope you stop by and take advantage of this healthy produce. Farmers Market coupons accepted.



*BBQ at Firefly's BBQ in Marlborough*

Wednesday, September 20th from 1:00pm to 4:00pm

Suggested Donation—\$10.00



We are so excited to bring our BBQ to Firefly's located at 350 E. Main Street in Marlborough. Sign up to enjoy a wonderful buffet of BBQ Chicken, Sirloin Burgers, Hot Dogs, sides and dessert, along with a Cash Bar. You will also enjoy the acoustic guitar music of Chris Carter. We hope you join us for this fun afternoon with great food, friends and entertaining music. The Senior Center Staff would love to see you at Firefly's! Due to limited seating, preference will be given to Southborough Members.



*Nature Travel Talk: Alaska, Bears and Beyond*

Wednesday, September 27th at 12:00pm

Suggested Donation—\$6.00



Sign up to enjoy Joy Marzolf in presenting, Nature Travel Talk: Alaska, Bears and Beyond. Alaska is often regarded as a last frontier and one of the last places to see numerous large wildlife. Through the Kenai fiords, small boats allow close access to thundering calving glaciers, breaching humpback whales, dozing Steller sea lions and playful sea otters. Along the way bald eagles, puffins, murrets and other sea birds abound. Accessible only by bush plane, the ocean beaches of the Lake Clark National Wildlife Refuge are a little-known area for brown bear viewing. In this open landscape, brown bears can be easily observed fishing, playing, napping and raising their young. Just north of Anchorage, the landscape shifts between fertile valley fields and the majestic views and crystal-clear streams of mountain glaciers. Join us as we tour parts of this diverse state now experiencing increasing change in the modern world.

Lunch will be brought to us by Kennedy's Market in Marlborough—  
 choose either California Turkey Club with avocado and mayo on the side or a Caesar Salad.



*Raised Garden Bed Update*



The growing season is winding down but there are herbs and basil still available for you to snip. The addition of more flowering plants added to the visual appeal and added interest to the back entrance to the Senior Center. We thank you for all your positive comments. It is rewarding to hear how much you are enjoying the gardens and seeing you smile as you walk by. The raised bed gardens are there for you; please visit them and enjoy. Contact Joyce Macknauskas or Sandy Kiess with any questions. Feel free to leave a message at the Senior Center.

Southborough Senior Center

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	08:30a Closed in Observance of Labor Day	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	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	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
3	4	5	6	7	8	9
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Fat Daddys Produce Bus - Colonial Gardens 10:00a Health Clinic 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	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
10	11	12	13	14	15	16
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Fat Daddys Produce Bus - Colonial Gardens 10:00a Health Clinic 12:00p Bridge	08:30a Walking Group 10:00a Fat Daddy Produce Bus - Senior Center 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 01:00p Book Club	
17	18	19	20	21	22	23
	08:30a Walking Group 10:15a Stretch Class	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 01:00p BBQ at Fireflys	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	09:00a Member Shred Day
24	25	26	27	28	29	30
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Health Clinic 10:00a Technical Assistance 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	10:00a Dull Mens Club 10:30a Wrights Farm Bus Trip 11:15a Canasta	



**Southborough Senior Center**

**October 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 08:30a Walking Group 10:15a Stretch Class	3 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	4 08:30a Walking Group 01:30p Ted Reinstein 03:00p Trailblazers Meeting	5 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	6 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	7
8	9 08:30a Closed in Observance of Columbus Day	10 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge	11 08:30a Walking Group 10:00a Fat Daddy Produce Bus - Senior Center 10:00a Phone Legal Advice 12:30p Movie Matinee	12 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	13	14
15	16 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	17 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Fat Daddys Produce Bus - Colonial Gardens 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	18 08:30a Walking Group 10:00a Flu Clinic	19 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	20 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta 01:00p Book Club	21
22	23 08:30a Walking Group 10:15a Stretch Class 01:00p Tina Bemis	24 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	25 08:30a Walking Group 01:00p Bingo	26 08:30a Strength Class 09:45a Adv Tai Chi 09:45a Charles Riverboat Cruise 10:00a Mah Jongg 12:30p Chair Yoga	27	28
29	30 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	31 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge				



### Movie Matinees

#### Book Club: The Next Chapter

Wednesday, September 13th

Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. The movie is 1 hour and 45 minutes long and is Rated PG-13.

#### Air

Wednesday, October 11th

From award-winning director Ben Affleck, Air reveals the unbelievable game-changing partnership between a then-rookie Michael Jordan and Nike's fledgling basketball division, which revolutionized the world of sports, and contemporary culture with the Air Jordan brand. This moving story follows the career-defining gamble of an unconventional team with everything on the line, the uncompromising vision of her son's immense talent, and the basketball phenom who would become the greatest of all time. The movie is 1 hour and 52 minutes long and is Rated R. (strong language)

We will be serving lunch at 12:00pm before each movie. September — Offering a variety of pizza options along with Caesar Salad. For October, offering Anne's Salad (Grilled Bacon, chopped tomato, crumbled feta cheese, in-house homemade croutons on top of crisp chopped Romaine lettuce, blue cheese dressing on the side) or Shanghai Chicken Wrap (Grilled Chicken Breast, mixed greens, mandarin oranges, toasted sliced almonds, crispy noodles, oriental dressing) both options are from Festive Breads of Northborough.

*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*

*(Fat Daddy's Produce Bus will be at the Senior Center both movie days—plan on stopping by 10:00 to 12:00)*

### Adult Coloring & Lunch — Tuesdays, September 19th and October 17th—12:00pm

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 enjoy coloring together. There are lots of conversations and laughter. Give it a try. We would love to have you participate.

Lunch in September will be a Meatball Casserole, Garlic Toast and Greek Salad and October will be a BBQ Chicken lunch with sides both brought to us by TJ's of Ashland. Suggested Donation—\$3.00

### Knitting Club



Mondays, September 11th & 25th and October 16th & 30th

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.

### Technology Help is Here!



Tuesdays, September 26th & October 24th — 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
Advanced Tai Chi	Tuesday & Thursday	9:45am	Jeanne Friswell
Chair Yoga	Thursday (Full..taking waiting list)	12:30pm	Rebecca Reber
Yoga	Tuesday (starts back up on 10/17)	9:30am	Michele Landes

(The Yoga class above will take place at 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
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
<i>(Depending on Weather Conditions)</i>	Wednesday (Southborough Cemetery)	8:30am

**Book Club:** Fridays September 15th & October 20th  
September's Book is *Last Bus to Wisdom*, Ivan Doig  
October's Book is *Fellowship Point*, Alice Elliott Dark.

Southborough Senior Center's Billiards Team is looking for players, whether you are a shark or a minnow. If interested, please call the Senior Center at (508) 229-4452

### *Member Shred Day*

Saturday, September 23rd 9:00am to 12:00pm

I am sure you have all been gathering your documents for our Shred Day. We will have three time slots for signing up. Please call on registration day or anytime after that. We are offering this to our members only. The time slots are anytime from 9:00 to 10:00, 10:00 to 11:00 or 11:00 to 12:00. We are really looking forward to assisting you with your shredding.



We hope you will stop by to see what is new in our Gift Shop.  
Always accepting jewelry and new or gently used items



### Bus Trips

Wright's Farm Restaurant      *Friday, September 29th*      *Suggested Donation—\$15.00*

*Bus will leave the Senior Center at 10:30am and return at approximately 5:00pm*

Sign up for a fun trip to Wright's Farm Restaurant. What's more fun than sitting down to enjoy a meal surrounded by friends in a comfortable and relaxed setting? You will get all that at Wright's Farm. You will be served a hearty, family style home cooked meal of chicken, pasta with marinara sauce, fresh baked rolls, signature french fries, and salad topped with a unique dressing recipe. Dessert, coffee and tea will also be served, how can you beat that? There is also a cash bar. After lunch—there is a wonderful gift shop to enjoy with your 20% off coupon. After leaving Wright's Gift Shop, we will travel to Wright's Dairy Farm & Bakery. So many wonderful items to pick from—maybe pick up a dinner and your day will be complete. Reserve your spot by calling the front desk on Registration day.

Charles Riverboat Company      *Thursday, October 26th*      *Suggested Donation—\$35.00*

*Bus will leave the Senior Center at 9:45am and return at approximately 3:30pm*

Sign up for a wonderful day cruising the Charles River with Fall Foliage viewing. This is a 90 minute cruise along the Charles River to view the beautiful foliage along the Esplanade and the cities of Boston and Cambridge. This tour will depart from CambridgeSide Galleria Mall. After the tour, we will proceed to the Cheesecake Factory for lunch. You will be able to pick your choice of lunch off the menu. It will include a piece of cheesecake and a non alcoholic beverage. The restaurant is approximately 100 yards from the boat departure. Reserve your spot by calling the front desk on Registration day.

Colonial Gardens Residents: We will have the bus stop at Colonial Gardens if residents would like to sign up for the trip and get picked up there. If you are signing up, please let us know if you are coming to the Senior Center or would prefer to get picked up at Colonial Gardens.

### HEALTHBEAT

By: Leslie Chamberlin R.N.

Nurses Clinic: Tuesdays and Fridays 10-2

September 5<sup>th</sup> and October 3<sup>rd</sup> Colonial Gardens 10 -11:30. Senior Ctr. 12-2

No Clinic: Friday September 15<sup>th</sup> & Friday, September 29<sup>th</sup>

### IS IT MORE THAN A COLD?

Cold Symptoms - stuffy nose, sneezing, generally come on gradually where FLU symptoms typically hit your body a lot harder and stronger. Chills are not typical with a cold, they are an early sign of infection and high fever. Fever is a sign your body is fighting an illness or infection and rarely occurs with a cold. Fever is defined as a temperature of 100.5 degrees and may be accompanied by mild body aches. If your fever is higher and the body aches are stronger and last longer, you may have the FLU or infection. Wheezing, when your breathing in and out sounds like a whistle in your chest; it is usually a sign of a serious infection such as bronchitis or pneumonia. A mild sore throat is typical of a cold. A very painful sore throat that comes on quickly, can be a sign of the FLU or Strep throat which requires antibiotics to clear up. Headache and Fatigue is more common with the FLU or sinus infection than a cold. Symptoms that don't go away... FLU symptoms are bad but improve after a couple of days, A cold can last 10 days but symptoms gradually improve. If you have symptoms that stay the same or don't get better, or you develop new symptoms, see your physician so the correct diagnosis can be made. In closing...October is the month most people get a FLU shot. Check the Board of Health website for FLU clinic date, or plan on visiting your pharmacy.

Stay Well, Leslie

### Meals on Wheels Volunteer Drivers Needed for Southborough

Volunteer for a few hours a week for regular delivery route in Southborough or as a backup driver.

Pick up meals at the Westborough Senior Center.

Please contact Meals on Wheels at Springwell Elder Services at 508-573-7200



*Who Knew with Ted Reinstein*

Wednesday, October 4th at 1:30pm

Suggested Donation—\$3.00

Based on Ted's long-running "Who Knew" series on "Chronicle," this 45-minute virtual talk with photos shares with viewers some of Ted's favorite people and places which manage to fly just below the radar for most folks. Ever hear of Guido Nincheri? How about Annie Smith Peck? No? Exactly. Know where to find the Madison Boulder or who winds the South Station clock? No? Join the club. Now, join the smaller club of New Englanders who know some really cool facts and stories about their region. From Boston to the White Mountains, Providence to Salem, Ted turns a spotlight on things that fascinate, amaze, and inspire. Meet the man who faithfully keeps the clock high about South Station running on-time. (Well, actually three minutes fast.) Meet the woman who was an actual real-life Indiana Jones—and has a peak named after her in South America to prove it! Learn that none other than Rudyard Kipling spent four years in the hills of southern Vermont—and find out what drove him out, never to return. And be awed by the "Sistine Chapel of North America"—right there in downtown Woonsocket, Rhode Island. It's all enough to make you say, "Who Knew?" Over and over again. We hope you sign up to meet Ted and hear all about his adventures, proven to be an extremely interesting program. Since 1995, Ted Reinstein has been a reporter for Boston/WCVB's celebrated "Chronicle", the nation's longest-running, locally-produced nightly newsmagazine. He has been a contributing member of the WCVB boards since 2010. More information regarding Ted's Biography will be posted in the Kitchen Racks. Refreshments will be served after the presentation.

*Dried Flower Pumpkin**Tina Bemis—Monday, October 23rd - 1:00pm**Suggested Donation—\$15.00*

Hot glue a selection of colorful dried flowers, locally grown in Spencer, Massachusetts, onto a real pumpkin! Tina from Bemis Farms will help you embellish it with pods and cones to make a long-lasting centerpiece. This is a fresh pumpkin, but we won't cut into it, so it should last on your table from October thru Thanksgiving.

*Bingo*

Wednesday, October 25th 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—this way we can keep our prize values as they have been (which has been really nice). Snacks will be provided at break time!

*MCOA Walk MA Challenge 2022-2023*

The MA Council on Aging (MCOA) Walk MA Challenge is halfway through their program but it is not too late for interested Walkers to register and record your miles. Each Walker who completes their chosen challenge is one more opportunity for our Senior Center to win one of the \$1000, \$500 or \$250 programming prizes. And there may be a personal reward for you, besides the health benefit of your walk. MCOA will draw 85 names from registered Walkers to receive \$50 Visa, \$25 Amazon and \$10 Dunkin gift cards. Register now at <https://mcoonline.com/programs/keep-moving-walking-clubs/walk-massachusetts/> and please let me know at [skiess2@verizon.net](mailto:skiess2@verizon.net).

Thanks, Sandy Kiess

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

Trust Administration

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

This month, Elder Law Attorney Arthur Bergeron will discuss revocable and irrevocable trusts and testamentary trusts, and what happens with each after you pass away, including alternatives that you might consider before you pass away.

It's All About the Kids (and Grandkids)!

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

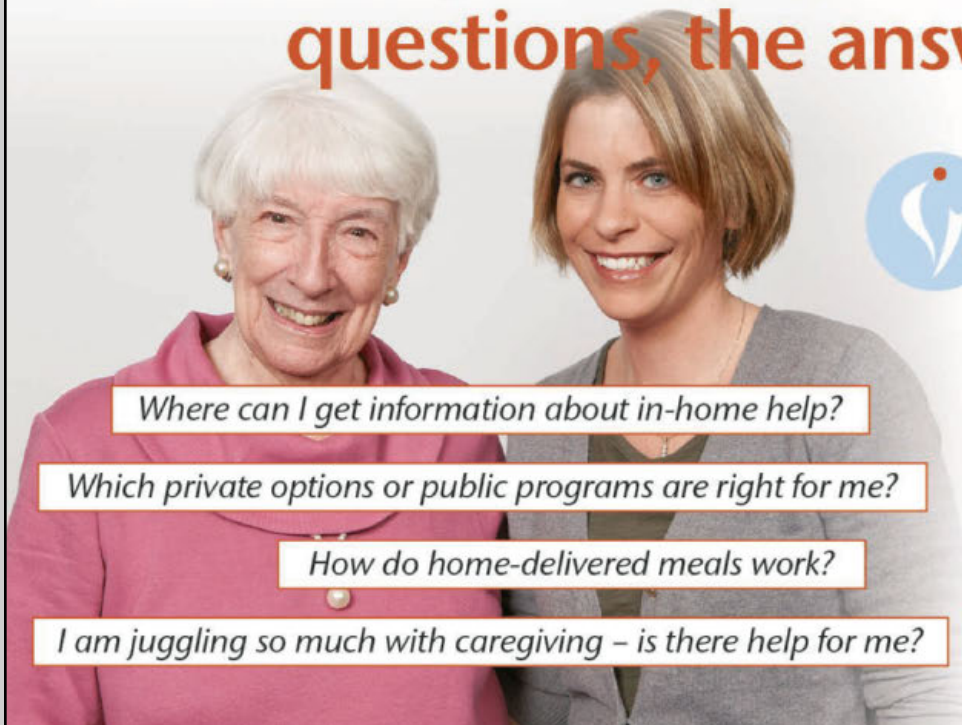
You love your children and grandkids and would like to do all that you can for them, even after you die. There are estate planning strategies to help that wish come true. One such strategy is to distribute things while you're still alive, but it is important to understand the pros and cons of doing so. This month, Elder Law Attorney Arthur Bergeron will focus on the kids as an estate planning matter.

Legal Phone Advice from Attorney Arthur Bergeron

Wednesdays, September 13th & October 11th -- 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.

## For all of your aging and caregiving questions, the answer is...



Where can I get information about in-home help?

Which private options or public programs are right for me?

How do home-delivered meals work?

I am juggling so much with caregiving – is there help for me?



We're a non-profit, community resource for all.

Call us for the answers to your questions.

(617) 926-4100 / Waltham

(508) 573-7200 / Marlborough

[www.springwell.com](http://www.springwell.com)

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Programs and More: Peg Leonard

Happy Fall everyone, my favorite season of the year. I am looking forward to getting back to our regularly scheduled programs, events, trips and Holiday season get togethers in the next 4 months. We had a very enjoyable summer with our regular programs and classes and some fun impromptu events where our wonderful volunteers assisted and put a very special touch on everything they do!

At this time I would like to thank Jim Duncan, our Senior Songsters Leader for all his years of service. Every time Jim came to me to announce his retirement in June for the September return, he would always come back to me during the summers and said he changed his mind, so I was not sure whether I should believe him this time. But he is serious. Jim has been with the Senior Songsters for 20 years conducting rehearsals and sing-alongs with those talented piano fingers. He started at the old Fayville Town Hall and a few of our members have been a part of the Songsters from the beginning. So yes, Jim is retiring but he has told me that he will continue with a few things to keep his musical talent going; one leading our very meaningful Veterans Day Program in November and I am very thankful of that which means I do not have to officially say Good Bye. Jim's wife Linda has also been a big part of many programs and will also be missed. Linda always had great jokes to share. Jim, the staff at the Senior Center, I am sure all the Songsters and all your friends wish you and Linda all the best in your new chapter. To quote Jim, "It is now time to 'hang-up the piano keys' as it is the right thing to do for my well-being" - all the best Jim, you will be missed!



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