



The Southborough Senior Sensation

Volume 23* Issue 06

November/December 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

*Wishing you the best during the Holiday Season
Pam, Leslie, Cindy, Lorraine, Ellen and Peg*

The Senior Center will be closed on the following dates and times.

November 10th	In Honor of Veterans Day
November 22nd	Center Closes at 12:00pm
November 23rd & 24th	Thanksgiving Day Holiday
December 20th	Center Closes at 11:00am
December 25th & 26th	Christmas Holiday
January 1st	Happy New Year

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 canceled. 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!



Included in this newsletter for Southborough Residents is an insert with valuable town information, please keep it handy as the next few months and start of the new year come around.

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.

Check the board in the kitchen area for possible impromptu fun additions!

FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

2024 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 2024

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 balance 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.

Director's Corner:

Hi,

You've probably noticed the construction of our new room is coming along. The addition will give us space for people to hang out and spend some time watching TV, a movie, doing a puzzle, or chatting with friends. Also the room will allow for some needed additional activity space.

You have probably also noticed that the center is getting even busier lately. We have added as many new programs as space, time, and money allow and have tried to fine tune our registration process as fair and as smooth as possible. Along with that has come an issue where people sign up for programs and then cancel out right before the event. This is difficult for a number of reasons. One being that we often have waiting lists to get into programs. The other issue is financial, so I just want to explain how things work so everyone understands. Program and class costs are supplemented financially by either the Senior Center budget and/or funding from the Friends of the Council on Aging.

For example: Bus trips. We are very fortunate that we have funding in our town budget to cover about 8 bus trips a year. That means that we don't have to include the cost of the bus in what the cost is to you (which would be at least an additional \$26 - \$30). Then we add the cost of the meal/activity/ticket and work with the Friends of the COA who supplement those costs to make the trips very reasonable so everyone can afford to go if they want to. (If you still have difficulty affording an activity please see Cindy or Pam). Another example is: Luncheon Events. Often these events have the presenter/entertainer paid for through the Senior Center budget and then the Friends supplement the catering cost of the food.

FYI: The average cost of a box lunch is between \$14 and \$16. The average cost of a bus is \$1200-\$1400. The average cost of an offsite catered event is \$30 per person - not including entertainment cost. An onsite catered luncheon/party is about \$20 per person - not including entertainment cost/supplies. Please treat signing up for an event as an RSVP to a wedding. The cost of the wedding is committed well before the day, so if you cancel the bride and groom still have to pay for your meal.

We do understand that people get sick and unavoidable things happen, but I just wanted everyone to understand how much support we get from the town and the Friends of the COA to make our programs and activities affordable.

Thank you for your participation and I hope you continue to enjoy the activities here at the Senior Center.

Pam

Technology Help is Here! Tuesdays, November 14th & December 12th – 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.

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

Senior Center—Wednesdays, November 15th and December 13th from 10:30am to 12:30pm
Colonial Gardens—Wednesdays, November 15th and December 13th from 1:00pm to 2:00pm

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
		08:30a Walking Group 03:00p Trailblazers Meeting	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	
5	6	7	8	9	10	11
08:30a Walking Group 10:15a Stretch Class	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	08:30a Walking Group 10:00a Phone Legal Advice 12:00p Veterans Day Recognition Celebration	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	08:30a Center Closed in Observance of Veterans Day	
12	13	14	15	16	17	18
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 Strength Class 09:45a Adv Tai Chi 10:00a Health Clinic 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group 09:30a Coffee with the Superintendent 10:30a Fat Daddy Produce Bus - Senior Center 12:30p Movie Matinee 01:00p Fat Daddys Produce Bus - Colonial Gardens	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 11:00a Publick House Lunch 12:30p Chair Yoga	10:00a Dull Mens Club 11:15a Canasta 01:00p Book Club	
19	20	21	22	23	24	25
	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 Adult Coloring 12:00p Bridge	08:30a Walking Group 12:00p Senior Center Closed for the Day	08:30a Closed for the Thanksgiving Holiday	08:30a Closed for the Thanksgiving Holiday	
26	27	28	29	30		
	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 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		



Southborough Senior Center

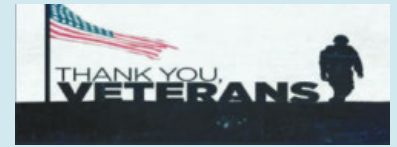
December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
01:00p Reagle Music Theatre Christmas Time Show	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 Bridge 12:00p Health Clinic	08:30a Walking Group 12:30p Holiday Party 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 01:00p Tina Bernis	
3	4	5	6	7	8	9
	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 Bridge 12:00p Health Clinic	08:30a Walking Group 12:30p Holiday Party 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	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 10:00a Phone Legal Advice 10:30a Fat Daddy Produce Bus - Senior Center 12:30p Movie Matinee 01:00p Fat Daddys Produce Bus - Colonial Gardens	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	
17	18	19	20	21	22	23
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 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 11:00a Center Closed for the Day	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	
24	25	26	27	28	29	30
08:30a Closed in Observance of the Holiday	08:30a Closed in Observance of the Holiday	08:30a Closed in Observance of the Holiday	08:30a Walking Group	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	
31						



Veterans Day Celebration

Wednesday, November 8th—12:00pm — Suggested Donation \$6.00
Veterans - No Charge



Join us in celebrating our most Honored Veterans. Enjoy a tasty Stuffed Pork Chop luncheon brought to us by TJ's Spirits of Ashland. Following lunch, our Master of Ceremonies, Bill Harrington will open the program. Steve Whynot, one of our local honored Veterans, will lead the Color Guard Flag Ceremony. Our talented Southborough Songsters, led by Jim Duncan, will then perform many Patriotic Songs including a tribute to all of the Armed Forces. We hope you be able to attend this wonderful program. Please call on Registration day to sign up. Southborough Residents will take priority.

Movie Matinees - Throw Backs with New Versions

Father of the Bride (new version came out in 2022)

Wednesday, November 15th

This movie has been done a few times – this version has a lot of heart and is extremely funny at times. We can all use a few good belly laughs. It's about a father coming to grips with his daughters upcoming wedding through the prism of multiple relationships within a big, sprawling Cuban-American clan. Romance, Comedy – Starring Andy Garcia and Gloria Estefan. This movie is 2 hours long and is Rated PG-13.

A Christmas Story Christmas

Wednesday, December 13th

(new version came out in 2022 with Ralphie all grown up)

The sequel takes place in the 1970s, with the adult Ralphie taking his family to his childhood home on Cleveland Street to deliver his kids a magical Christmas like the one he had growing up. Ralphie will reconnect with childhood friends, reconcile the passing of his Old Man, and sow the seeds for the origins of the beloved holiday classic. This movie is 1 hour and 40 minutes long and is rated PG.

We will be serving lunch at 12:00pm before each movie. November – your choice of Ham & Swiss sandwich or Greek Salad with Chicken from Roche Bros. For December, offering Cheese Tortellini, Antipasto Salad and Garlic Bread from Plum Tomato of Marlborough.

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, November 21st and December 19th — 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. All supplies will be available or feel free to bring your own. This will be a nice time to have lunch, socialize and enjoy coloring together. There are lots of conversations and laughter. Give it a try. We would love to have you participate.

Lunch in November, we will serve Macaroni and Cheese and Chef Salad from Plum Tomato in Marlborough, and December serving a Cranberry Walnut Chicken Salad Sandwich from Kennedy's of Marlborough

Suggested Donation—\$3.00

Coffee with our Southborough School Superintendent

Wednesday, November 15th at 9:30am

Mr. Greg Martineau, The Public Schools of Southborough Superintendent, will be visiting the Southborough Senior Center on November 15, 2023, from 9:30 AM to 10:30 PM to share updates on the school system, provide an overview of the Fiscal Year 2025 budget process, answer questions, and hear directly from citizens. Please sign up to attend this very informative presentation for Southborough Residents.

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. Call the Senior Center for details on any of the classes listed below and to make sure there is space available. Check the calendar for scheduling updates.

***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	12:30pm	Rebecca Reber
Yoga	Tuesday	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 open 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

The Public Schools of Northborough and Southborough are still accepting applications for substitute teachers and food services staff. These are great opportunities to work part-time or on a daily basis. Please apply on our website at: <https://www.nsboro.k12.ma.us/human-resources/human-resources/employment-opportunities>

FUEL ASSISTANCE

Winter is right around the corner and with it will be the heating bills. You may possibly be eligible for a program that provides some help toward your heating costs. The Massachusetts Home Energy Assistance Program (LIHEAP) may help. Eligibility is determined by household size and gross annual income of each household member over the age of 18. For example, for the year 2023-24, the gross annual income threshold for a household of 1, is \$45,392 and \$59,359 for a household of 2. Payments are made for actual usage between November 1st and April 30th. These payments are made directly to the vendor. For more information about the required documents that must accompany an application, or to make an appointment to apply, please call Cindy at the senior center. 508-229-4453. You can also apply online at <https://www.toapply.org/SMOC>.

Bus Trips

Historic Publick House Luncheon Thursday, November 16th Suggested Donation—\$25.00

Bus will leave the Senior Center at 11:00am and return at approximately 3:00pm

Sign up for a nice afternoon enjoying a luncheon at the Historic Publick House Restaurant located in Sturbridge, MA. When signing up please choose from the following meals; Roasted Native Turkey, Yankee Pot Roast or Pan-Roasted Salmon. Also included are Rolls, Caesar Salad and House-Made Biscuits with Strawberries and Whipped Cream for dessert. Reserve your spot by calling the front desk or stopping by on Registration day.

Reagle Theatre Christmas Time Show Sunday, December 3rd Suggested Donation—\$35.00

Bus will leave the Senior Center at 1:00 and return at approximately 5:15pm

Haul out the holly! Reagle's beloved Christmas extravaganza returns to the stage. Featuring a cast of more than 100 performers and a live orchestra, the 2023 edition of Christmas Time includes precision dancers, a living nativity a visit to the North Pole, a glimpse of Victorian Christmas in Boston, and more than twenty yuletide tunes. Reserve your spot by calling the front desk or stopping by 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. When you sign up, please let us know if you are coming to the Senior Center or would prefer to get picked up at Colonial Gardens.

Southborough Residents will take priority.

HEALTHBEAT

By: Leslie Chamberlin R.N.

Nurses Clinic : Tuesday & Friday 10 - 2

No Health Clinic: November 17th & December 29th

CIRCULATION IS KEY - FOODS TO HELP IMPROVE YOUR CIRCULATION

A healthy diet in addition to exercise, hydration and weight management, optimizes your blood flow carrying nutrients and oxygen to your organs muscles and skin. Some specific foods such as:

CAYENNE PEPPER - which contains capsaicin help your arteries work well.

Capsaicin relaxes muscles in the blood vessels which is good for your blood pressure.

BEETS - contain nitrate, which converts to nitric oxide and helps to loosen up blood vessels and improve blood flow.

BERRIES - are rich in anthocyanin, an antioxidant that protects the walls of your arteries from becoming stiff.

FATTY FISH - salmon, mackerel, trout and halibut are full of omega-3 fatty acids

Eating fish helps keep arteries unclogged and lowers resting blood pressure.

GARLIC - due to a compound called allicin, garlic relaxes blood vessels assisting blood flow throughout the body.

WALNUTS - contain omega-3-fatty acid which helps blood vessels stay elastic and healthy.

GRAPES - the antioxidants in grapes curb inflammatory and other molecules in the blood that could make blood sticky, slowing circulation.

SPINACH - a diet rich in spinach enlarges blood vessels and keep arteries flexible assisting with keeping blood pressure lower.

CITRUS FRUIT - antioxidants found in fruit lowers inflammation, prevents blood clots, and improves circulation. Regularly drinking orange juice can help lower blood pressure. Drink up!!

See you soon, Leslie

Bingo

Wednesday, November 29th 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. When we have multiple winners for a game, your Bingo Leader 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!

Succulent Tree PlaqueTina Bemis—Friday, December 1st - 1:00pm

Suggested Donation—\$20.00

Use succulents and botanicals to create a living tree for your wall. Perfect for those with limited space or a desire not to have a big tree. They are just adorable.

Holiday Party

December 6th at 12:30pm

Suggested Donation—\$6.00



We will begin this Holiday Celebration with a Stuffed Chicken Breast Luncheon from TJ's in Ashland. Following our meal, we will be entertained by the Elderly Brothers Band for a very fun Christmas Show with a Sing Along at the end. We will be singing and dancing and enjoying the Holiday Season. Hope to see you there. Sign up on registration day and let's all enjoy this afternoon together!

Space is limited—Southborough Residents will take priority.

Medicare Open Enrollment SHINE can help!

Call soon to schedule your appointment through December 7, 2023



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2024. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! Trained SHINE (Serving Health Insurance Needs of Everyone on Medicare) volunteers offer free, confidential and unbiased counseling on Medicare options. To schedule an appointment with our Southborough SHINE counselor, Carolyn MacLeod, call the Senior Center at (508) 229-4453.

MCOA Walk MA Challenge 2022-2023

Congratulations to all the Walkers participating in the MCOA Walk MA Challenge that ended October 31. In early November MCOA will hold random drawings for winners throughout Massachusetts who will receive various gift cards. There will also be a drawing for Senior Centers to win prizes of \$1000, \$500 and \$250 for programming. Let's hope Southborough has winners in both of those categories! Thank you all for your participation in the Walk Challenge. You're all winners for challenging yourselves!

And now, are you ready for the Winter Walkers program that runs November 1, 2023 through April 30, 2024? Our Senior Center program continues to get us off the couch and out the door, to keep those feet and muscles moving. Please email me to register at skiess2@verizon.net. Grab a friend or two or even a furry four-footed companion, maybe your earbuds - whatever and wherever you choose, and keep moving!

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

Medicare Package

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

Probably nothing is more important to a senior than health insurance, which means some combination of Medicare and private insurance. You need to revisit all of this every year. Learn how to approach this big topic with big financial implications for you.

'Tis the Season for Tax Planning and Gifting

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

December is a great time to think about the gifts you want to make right now, and the ones you want to make at death. Learn steps for developing your gifting strategy with a focus on minimizing taxes.

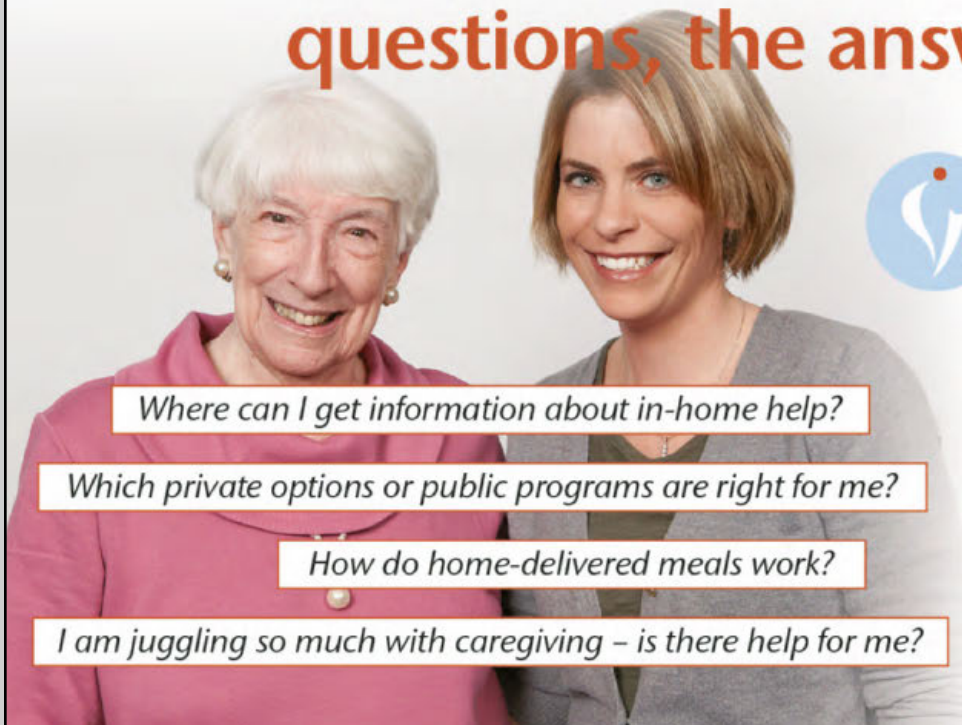
Legal Phone Advice from Attorney Arthur Bergeron

Wednesdays, November 8th & December 13th -- 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.

Westborough Community Chorus Presents "Merry Movie Melodies" Saturday, December 2nd at 7:30pm and Sunday, December 3rd at 2:00pm. Tickets available at www.westborocommunitychorus.com or at the door. For more information or questions call Ellen Kluge at (508) 485-4469. Gibbons Middle School, Fisher St. WB.

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

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Southborough, MA

Scott A. Johnston, Director

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& Payment Plans

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www.morrisjohnstonfh.com

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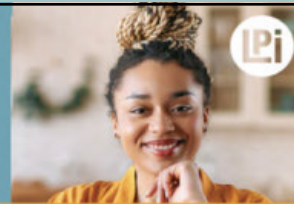
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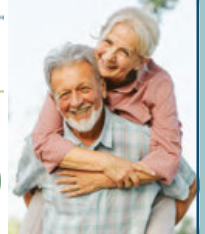
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Programs and More: *Peg Leonard*

Hard to believe we are already heading into the Holiday Season. In saying that, we are moving into the season of giving. I would like to run the annual "Toys for Tot's" Drive again this year. As we know donating to this cause puts a HUGE smile on a child's face. If you would like to donate, please bring an unwrapped toy to the Senior Center starting December 1st. I will continue to collect items until Friday, December 15th.

Another group accepting donations is the "Fresh Start Furniture Bank". Fresh Start distributes donated household items, bed linens and furniture to qualified low income families. The furniture bank is staffed by volunteers and depends on the generosity of the community. There is a box at the Senior Center for your donations. For more information please log onto www.FreshStartFurnitureBank.org.

With the Thanksgiving Holiday fast approaching, the Southborough Food Pantry is looking for some help with the following: Turkey/Chicken Stuffing, Cranberry Sauce: Jellied and Whole, Bread Mixes, Dill or Bread and Butter Pickles, Olives; Green or Black, Cream of Mushroom Soup, Crackers (Club, Town House, Ritz, Wheat Thins, Triscuits) and Assorted Canned Nuts. There are totes behind the Pilgrim Church as well as collection areas at St. Anne's and St. Matthew's if you would like to donate.

Lorraine and Sue are working very hard on the "Gift Shop". Take a look around and if you are downsizing with your Holiday items, they would love to add them to our gift shop. As always, donations of gently used items will be appreciated. If you have any questions about what is excepted, please call (508) 229-4453. Stop by and take a look at what's on display.

If you are in the mood for relaxing and watching a movie at home, check out our DVD collection in the office area. There are many current movies as well as the added benefit of a Holiday Movie Shelf.

FRIENDS OF THE
SOUTHBOROUGH COUNCIL ON AGING
CALENDAR YEAR 2024
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 2024

Membership is a Suggested Donation of
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