



# The Southborough Senior Sensation

Volume 24\* Issue 01

January/February 2024

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 a Safe & Healthy New Year~*  
*Pam, Leslie, Cindy, Lorraine, Ellen & Peg*

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

January 1st	New Years Day
January 15th	In Honor of Martin Luther King
February 19th	In Honor of Presidents Day

**If you experiencing any Cold, Flu, or COVID symptoms (even if you are not sure of what you may have) please stay home and visit the Senior Center when you are well. If you have any questions or need assistance, please call us.**

*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!



*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. Be aware of programs listed for Southborough residents only. We will inform you if a program was already filled as soon as possible. (we take the forms as soon as you drop them off starting at 10:00)*

**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 for 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.

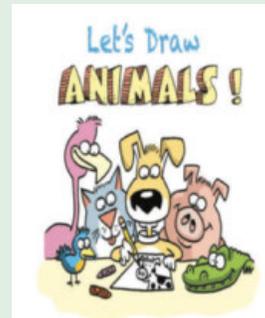
### Important Notice — Please Read

- \* 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.

Let's Draw Animals

Wednesday, January 10th — 10:00 to 11:00am Suggested Donation: - \$3.00

Award winning Cartoonist Rick Stromoski will offer an in-person, hands on cartooning lesson on how to draw a variety of cartoon Animal characters using simple, easy to follow techniques for all ages! Show your family and friends how talented you are after this program. They will be very impressed. All supplies included. Sign up on registration day. Breakfast sandwiches will be provided.

Learn About Dial-A-Ride

Wednesday, January 17th

12:00pm

Inexpensive, door to door transportation for seniors  
 Errands, medical appointments, shopping  
 A representative from the MWTRA will be here to explain it all  
 Catch Cards (formally Charlie cards will also be available)  
 Lunch provided –(finger sandwiches with sides)  
 No Charge.

Technology Help is Here!

Tuesday, January 23rd & February 20th — 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.

Bingo

Wednesday, January 31st 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 there are 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!

Ceramics with Southborough Recreation

Monday, February 5th

1:00pm

Unlock your artistic potential with Southborough Recreation! Join our ceramics class led by Recreation's resident ceramics instructor, Chris. This engaging and instructional program will provide individuals the opportunity to paint/glaze their own mug to keep and use for years to come.



This program is limited to 10 participants. All materials included. Sign up on Registration  
 Class may run for approximately an hour and a half. Suggestion Donation -\$5.00

Now that the Holidays are over, Lorraine and Sue will be stocking the shelves with Non-Holiday goodies; jewelry, glassware and much more. Stop by and take a look. New and gently used items always accepted.

**Southborough Senior Center**

**January 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 08:30a Center Closed Happy New Year	2 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	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	9 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge	10 08:30a Walking Group 10:00a Lets Draw Animals 10:00a Phone Legal Advice	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 Closed in Observance of Martin Luther King Day	16 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge	17 08:30a Walking Group 12:00p MWRTA Presentation	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 10:30a Fat Daddy Produce Bus - Senior Center 11:15a Canasta 01:00p Book Club	20
21	22 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	23 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Technical Assistance 12:00p Bridge	24 08:30a Walking Group	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 Walking Group 10:15a Stretch Class 01:00p Knitting Club	30 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge	31 08:30a Walking Group 01:00p Bingo			



# Southborough Senior Center

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
12:00p Cub Scout Valentine Bingo	08:30a Walking Group 10:15a Stretch Class 01:00p Ceramics Program	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 12:00p Author Presentation 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	
4	5	6	7	8	9	10
12:00p Cub Scout Valentine Bingo	08:30a Walking Group 10:15a Stretch Class 01:00p Ceramics Program	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 12:00p Author Presentation 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	
11	12	13	14	15	16	17
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 10:00a Phone Legal Advice 10:30a Fat Daddy Produce Bus - Senior Center 12:30p Movie Matinee	08:30a Walking Group 10:00a Phone Legal Advice 10:30a Fat Daddy Produce Bus - Senior Center 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 01:00p Book Club	
18	19	20	21	22	23	24
08:30a Center Closed in Observance of Presidents Day	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 09:30a Gate City Casino	08:30a Walking Group 09:30a Gate City Casino	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	
25	26	27	28	29		
08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group	08:30a Walking Group	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga		



## Annual Southborough Cub Scout Valentines Day Bingo Lunch

Sunday February 4th, 12:00pm

Southborough members sign up and enjoy this fun lunch and bingo game sponsored by our Southborough's Cub Scout Pack 26. The Cub Scouts will take your lunch order, their parents will be busy in the kitchen preparing the orders and the cub scout will deliver it for your to enjoy. This will be followed with an enjoyable Bingo game with prizes. The Cub Scouts and Families fundraise during the year for this fun program. (No Charge) *Southborough Residents Only*

### Local Author Bob Ainsworth

Wednesday, February 7th

12:00pm

Suggested Donation—\$6.00

Bob Ainsworth, local Author and member of the Southborough Senior Center, will be presenting a well informed talk on his career as an Author and the books he has researched and written. Please sign up for this extremely interesting program. Bob uncovered two fraud cases during his career. The idea for the Harry Bartlett stories sprang from his Accounting students' positive reactions to fraud anecdotes. He started to write his first story while commuting and then continued after retiring. He has self-published 3 novels-DUPED, CONNED and SCAMMED. A fourth, PONZI'd, is planned for 2024.

### HAS ANYONE SEEN \$500 MILLION IN ART LYING AROUND BOSTON?

An hour or so after the 1990 St. Patrick's Day ended, two men dressed as Boston cops entered the Isabella Stewart Gardner Museum, stayed for about 90 minutes, and left with 13 pieces of art. None of the priceless items have been found. Numerous suspects have been named over the years but none have been arrested. Many are now dead. Bob will talk about the fictional account of the robbery, will review the actual details of the theft, the suspects, and the motives behind the world's most valued art theft. He will also tell of his own brush with the infamous crime.

Lunch will be brought to us by Roche Bros .of Westborough. Please choose from a Garden Salad with Chicken Boxed Lunch or Turkey Sandwich Boxed lunch.

### Movie Matinee

#### Barbie

Wednesday, February 14th

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. This movie is 2 hours long and is rated PG-13.

We will be serving lunch at 12:00pm before the movie, brought to us by Kennedy's Market of Marlborough. Choose from The Vermonter sandwich (turkey, bacon, apple slices and cheese) or Traditional Mixed Green Salad.

*Suggested Donation—\$6.00 for 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—plan on stopping by 10:30am to 12:30pm)*

### Fat Daddy's Produce Bus Coming to the Senior Center



Friday, January 19th & Wednesday, February 14th from 10:30am to 12:30pm



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. We hope you stop by and take advantage of this healthy produce.

Farmers Market coupons accepted.

### *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

### *Now is the Time to Give Dial a Ride a Try*

Free door to door service. January 1 – March 31. Inexpensive transportation available. For more information please contact the MWRTA at [mwrta.com](http://mwrta.com) or the Senior Center. Presentation scheduled for Wednesday, January 17th – sign up required.

### *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 1<sup>st</sup> and April 30<sup>th</sup>. 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 Trip

Gate City Casino

Wednesday, February 21st

Suggested Donation—\$10.00

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

Gate City Casino is located in Nashua New Hampshire. The Casino has one reasonably priced restaurant with Senior Specials on Wednesdays. (we are still working on a possible discount lunch package and/or some free play credits). We will have more information on the arrival of this newsletter. Sign up on Registration day and we will all check this new place out together. If you live at Colonial Gardens and do not have transportation to the Senior Center, let us know and we will have the bus pick you up.

### Falconi Pit Stop

We would like to personally thank Jimmy Falconi for his extremely generous donation to our Senior Center. Jimmy gives us 5 cents for every gallon of gas sold on Tuesday's. He raised over \$7500 from the gas sales and Jimmy and his wife Rena personally and generously kicked in the remainder to make the donation an even \$10,000. The friends are forever grateful to Jimmy and Rena for their now 32 consecutive years of supporting our town's seniors. We are also grateful to the many other individuals and businesses who have contributed to the 2023 fundraiser. A full list of those will be in our next newsletter, but to date include Crystal Clear Cleaning and the recently renovated Fitzgerald's General Store. Please consider supporting these local businesses!

#### HEALTHBEAT

By: Leslie Chamberlin R.N.

Nurses Clinic : Tuesday & Friday 10 - 2

No Health Clinic: Tuesday, January 23rd

#### EMERGENCY ROOM or URGENT CARE.... Do you know where to GO?

The average wait time in the Emergency room in Massachusetts is 3 hours and 35 minutes. One of the main reasons for the long wait times is a shortage of Doctors, Nurses and Ancillary staff. In addition, most patients who are worked up in the E.R. have at least bloodwork, Xrays, and perhaps a CAT scan or MRI. All of these tests require a lot of time to process through the lab and Xray department due to the fact that they are testing for ALL the patients that are in the hospital, not just E.R. patients. The plus side of modern medicine is the advanced technology available to assist physicians with diagnosing the most complex medical conditions. These state of the art technologies often require more time to process results.

If your symptoms are any of the following:

#### GO TO EMERGENCY ROOM

Chest pain  
Shortness of Breath  
Abdominal Pain  
Severe pain / Severe injuries  
Slurring speech / one sided weakness  
Bleeding profusely  
Trouble staying awake  
New onset difficulty walking

#### GO TO URGENT CARE

Cough, cold, sore throat, earache,  
Flu, bronchitis, COVID  
Animal & Insect bites,  
Poison ivy, rashes,  
Urinary tract infections  
Neck, back, headache pain  
Sprains, simple fractures  
Lacerations, cuts, wounds

Fortunately Urgent Cares are plentiful in Metrowest.....by utilizing your physicians office and after hours urgent care, you can decrease your wait time to be treated for relatively minor symptoms. If you need Emergency Room treatment, I hope I have shed some light onto why critically ill patients require so much time to assess.....Maybe that's why we call them PATIENTS!

See you soon, Leslie

Adult Coloring & Lunch – Tuesday, February 27th – 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 will be Pizza and Salad from The Plum Tomato in Marlborough Suggested Donation—\$3.00

Legal Phone Advice from Attorney Arthur Bergeron

Wednesdays, January 10th & February 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.

Medicare Assistance from (SHINE)

Even though Open Enrollment has ended, our SHINE counselor continues to take appointments to assist you through your Medicare questions. To schedule an appointment with our Southborough SHINE counselor, Carolyn MacLeod, call the Senior Center at (508) 229-4453. Thank you Carolyn, as we hear many times throughout the Senior Center, you are a life saver, miracle worker and wonderful friendly easy going person to help with all the daunting questions. We would also like to thank Jonna Zimmerman for assisting with Open Enrollment at our Senior Center. Jonna you were also spoken very highly of by the people who you served. We are so lucky to have you both.

Heads Up

Coming this spring, MassHealth will be lifting the asset requirement for its Medicare Savings Plans/Buy-Ins. If your monthly gross income is below \$2,734 for an individual or \$3,698 for a couple, see our SHINE counselor this Spring to see if you're eligible. Depending on the level of your income, you may be eligible to have your Medicare Part B premiums paid as well as Medicare deductibles and co-pays plus automatic qualification for the federal Extra Help program that covers some drug plan premiums and drug costs.

MCOA Walk MA Challenge 2023

Congratulations and thanks to all 31 MCOA Walk MA Challenge participants. They recorded a total of 17,515.1 miles over the past six months! Southborough had one winner for a Dunkins gift card through MCOA's drawing. Yay Team! Congratulations to Gene Karemelek for being our Southborough Walkers sole winner in the drawing. Enjoy your coffee Gene.

Winter Walkers: You are all invited to participate in the Winter Walkers Program through the Senior Center. From November through April you may choose to walk along the roads and trails, on the track or at the cemetery, a treadmill, up and down your stairs and hallways – all these places have a benefit for your health and well being. Keep track of your activities on a handy walk journal available at the Senior Center or by email at [skuess2@verizon.net](mailto:skuess2@verizon.net). You'll be amazed at how quickly your steps add up. To participate in Southborough Senior Center's Winter Walkers please email me at the above address to register. This is a Senior Center program. Thank you, Sandy – Let's get moving in 2024!

I just wanted to personally thank everyone that donated to the "Toys for Tots" program during the month of December. I was absolutely thrilled with the amount of toys I was able to deliver to the program and they wanted me to thank all of you. You truly enhanced the lives of many children during the Holiday Season. Well Done!

~Peg



**Town Information:***Jim Hegarty, Town Clerk*

**Trivia Question:** In 2000, the national media started consistently using the color red to identify Republican candidates and blue for Democratic candidates. Why does Massachusetts use the opposite colors: red for Democratic ballots and blue for Republican ballots?

**Vote by Mail Postcards** - In early January, the state will mail a postcard to every voter to offer the opportunity to vote by mail for any or all elections in 2024. Simply return the postcard and we'll mail you a ballot for the election.

**Town Census** - The town census forms will be mailed out in early January. Please return it by January 31.

**State Primary Election** - The election will be held at the Trottier Middle School gym on 3/5/24 from 6:30AM to 8:00PM.

**Trivia Answer:** The simple answer is that the Massachusetts Secretary of State Massachusetts chose their color scheme before the national media did, and the state won't change. Go figure!

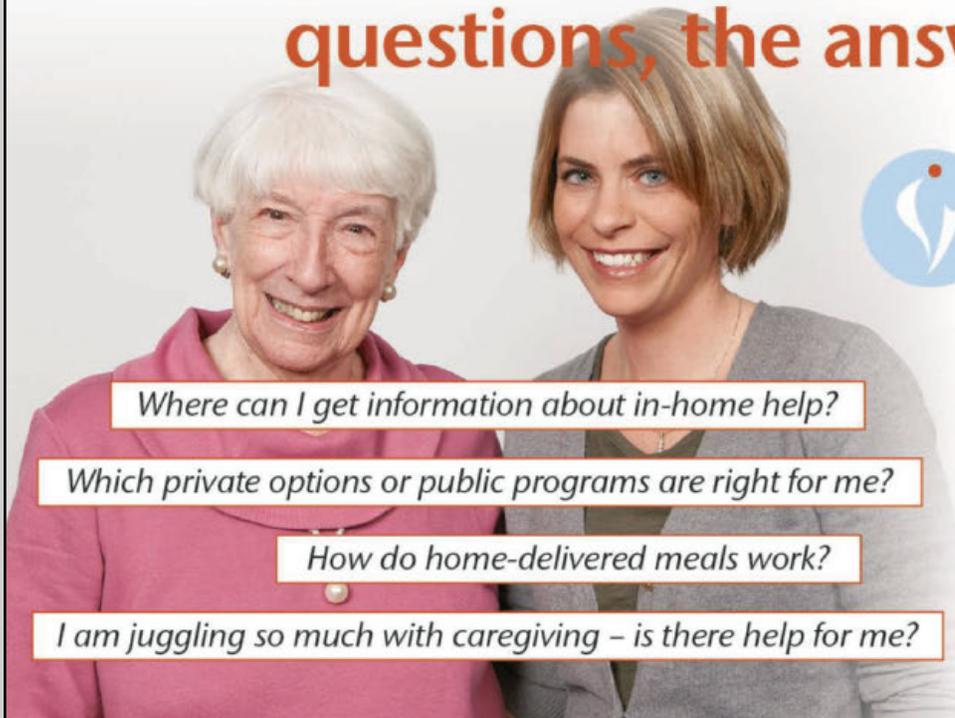
Please contact the Town Clerk's office if you have any questions. (508) 485-0710 x 3005  
[townclerk@southboroughma.com](mailto:townclerk@southboroughma.com)



Tuesday's is Gas Day at Falconi Pit Stop, 29 Boston Rd, Southborough.  
 As mentioned earlier, a percentage sold on Tuesdays goes to the Senior Center.



## 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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RIC RESORT LIFESTYLE COMMUNITIES Pleasant Hill



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Programs and More: Peg Leonard

Happy New Year everyone. I am truly looking forward to spending 2024 with all of you. I had an idea of a "Coupon Drop Off and Pick-Up" exchange basket. If you have coupons you receive in the mail or at stores and do not use them, someone here just might like to take advantage of them (I love The Paper Store coupons—but I promise to share). The basket will be in the kitchen area—feel free to drop them off and then take a look to see if there are any you may like. We can give it a try in January and February to see if it's something you may like to continue. Let's see how it goes.

We have noticed recently that a few members Emergency Forms are outdated. Please stop by the front desk when you are at the Center and take a look at your form to see if anything needs to be updated, your address, phone numbers, emergency contact names, etc. We would really appreciate knowing we have up to date information.

Our Annual Veterans Day Celebration was held in November and was a huge success. We had a record number of Veterans attend which greatly warmed our hearts. I would like to personally thank Steve Why-not for all his help announcing the celebration to our local Veterans who assisted, along with Steve with the Opening Flag Ceremony. Thank you to the Southborough Songsters for the beautiful tributes to each of the Armed Forces. Also, thank you to Bill Harrington, taking on the role of Master of Ceremonies for the day. Our tables were decorated with beautiful centerpieces from our local Girl Scouts.

Wishing you health, safety and happiness in 2024!

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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