



# The Southborough Senior Sensation

Volume 24\* Issue 02

March/April 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

Southborough Senior Tax Work Off Program for the 2024-2025 year will begin with Application pick up at 3 different locations and Application Drop off on April 2nd. All information regarding this program is on page 7. Call the Senior Center if you have any questions.

The Senior Center will be closed on the following date:

April 15th Patriots 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 at (508) 229-4453.

### 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.

### 43rd Senior Conference

Sponsored by Senator Jamie Eldgridge  
Thursday, April 18th, 2024 from 7:30am to 2:00pm  
Assabet Valley Regional Technical High School  
Any Questions - Contact Bianca.DeSousa@masenate.gov

### 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.

HEALTHBEAT

By: Leslie Chamberlin R.N.

Nurses Clinic: Tuesday and Friday 10 - 2

No clinic Tuesday, 4/9, Friday 4/26 and Tuesday, 4/30

Are You Low On Vitamin B12?Symptoms of Vitamin B12 deficiency

Numbness "pins and needles" in your hands ,feet, or legs  
 Feeling cold, especially in your hands and feet  
 Confusion, depression, memory problems, brain fog and dementia  
 Muscle weakness, fatigue, lightheadedness  
 Heart pounding, irregular heartbeat  
 Canker sores on tongue

The recommended daily requirement for Vitamin B12 is 2.4 micrograms per day. Vegetarians and vegans can be low on B12 due to the fact that plants don't have any B12. So if you don't eat animal products, increased consumption of fortified bread, cereal and crackers is recommended. As we age our bodies may not absorb B12 as easily, so if you are experiencing symptoms ask your doctor for a B12 blood test.

*"Navigating Life Through the Occupational Therapy Lens"*, a program which will be presented on Friday April 12th 1-2pm for all of us in our senior years. Light refreshments will be served. No Charge - Sign up on Registration Day, date located on the bottom front of the newsletter or at the front desk.

See you soon, Leslie

DURABLE MEDICAL EQUIPMENT

At this time I am not accepting ANY donations of medical equipment. If you have borrowed a wheelchair, shower chair, OR walker and wish to return it, please inform the front desk you have brought it back to the lobby.

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.

Heads Up

Coming this March, 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.

Fuel Assistance:

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>. *The deadline to submit an application for the fuel assistance program is April 30<sup>th</sup> 2024.*



Tuesday is Gas Day at Falconi Pit Stop, 29 Boston Rd, Southborough.

A percentage sold on Tuesdays goes to the Senior Center.



**Southborough Senior Center**

**March 2024**

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday |
|--|---|---|---|--|---|----------|
| 25   | 26  | 27  | 28  | 29   | 1   | 2        |
|  |   |   |   |  | 10:00a Dull Mens Club<br>10:00a Health Clinic<br>11:30a COA Board Meeting                           |          |
| 3  | 4   | 5   | 6   | 7  | 8   | 9        |
| 08:30a Walking Group<br>10:15a Stretch Class<br>01:00p Knitting Club | 08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Colonial Gardens Health Clinic<br>12:00p Bridge<br>12:00p Health Clinic | 08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Health Clinic<br>10:00a Technical Assistance<br>12:00p Bridge | 08:30a Walking Group<br>03:00p Trailblazers Meeting                                 | 08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga | 10:00a Dull Mens Club<br>10:00a Health Clinic<br>11:15a Canasta - Hand and Foot                     |          |
| 10   | 11  | 12  | 13  | 14   | 15  | 16       |
|  | 08:30a Walking Group<br>10:15a Stretch Class  | 08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Health Clinic<br>10:00a Technical Assistance<br>12:00p Bridge | 08:30a Walking Group<br>10:00a Phone Legal Advice<br>12:00p St. Patrick's Day Party | 08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga | 10:00a Dull Mens Club<br>10:00a Health Clinic<br>11:15a Canasta - Hand and Foot<br>01:00p Book Club |          |
| 17   | 18  | 19  | 20  | 21   | 22  | 23       |
|  | 08:30a Walking Group<br>10:15a Stretch Class<br>01:00p Knitting Club  | 08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Health Clinic<br>12:00p Bridge                                | 08:30a Walking Group<br>01:00p Christopher Heights Cooking Demo                     | 08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga | 10:00a Dull Mens Club<br>10:00a Health Clinic<br>11:15a Canasta - Hand and Foot                     |          |
| 24   | 25  | 26  | 27  | 28   | 29  | 30       |
|  | 08:30a Walking Group<br>10:15a Stretch Class  | 08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Health Clinic<br>12:00p Bridge<br>01:00p Floral Design        | 08:30a Walking Group<br>10:30a Fat Daddy Produce Bus<br>12:30p Movie Matinee        | 08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga | 10:00a Dull Mens Club<br>10:00a Health Clinic<br>11:15a Canasta - Hand and Foot                     |          |
| 31   |   |   |   |  |   |          |





# Southborough Senior Center

April 2024

| Sunday | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday |
|--------|---|---|--|---|---|----------|
| 31     | 1<br>08:30a Walking Group<br>10:15a Stretch Class<br>01:00p Knitting Club | 2<br>08:30a Strength Class<br>08:30a Tax Work Off Program<br>09:45a Adv Tai Chi<br>10:00a Colonial Gardens Health Clinic<br>12:00p Bridge<br>12:00p Health Clinic | 3<br>08:30a Walking Group<br>11:30a Technology Essentials<br>03:00p Trailblazers Meeting   | 4<br>08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga                                     | 5<br>10:00a Dull Mens Club<br>10:00a Health Clinic<br>11:15a Canasta - Hand and Foot<br>11:30a COA Board Meeting                  | 6        |
| 7      | 8<br>08:30a Walking Group<br>10:15a Stretch Class<br>01:00p Knitting Club | 9<br>08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Technical Assistance<br>12:00p Bridge  | 10<br>08:30a Walking Group<br>10:00a Phone Legal Advice<br>10:15a Salem Cross Inn Bus Trip | 11<br>08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga                                    | 12<br>10:00a Dull Mens Club<br>10:00a Health Clinic<br>11:15a Canasta - Hand and Foot<br>01:00p Occupational Therapy Presentation | 13       |
| 14     | 15<br>08:30a Center Closed in Observance of Patriots Day                  | 16<br>08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Health Clinic<br>12:00p Bridge<br>01:00p Tina Bemis   | 17<br>08:30a Walking Group<br>10:30a Fat Daddy Produce Bus<br>12:30p Movie Matinee         | 18<br>07:30a Annual Senior Conference<br>08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga | 19<br>10:00a Dull Mens Club<br>10:00a Health Clinic<br>11:15a Canasta - Hand and Foot<br>01:00p Book Club                         | 20       |
| 21     | 22<br>08:30a Walking Group<br>10:15a Stretch Class                        | 23<br>08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Health Clinic<br>12:00p Bridge  | 24<br>08:30a Walking Group<br>01:00p Bingo   | 25<br>08:30a Strength Class<br>09:45a Adv Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga                                    | 26<br>10:00a Dull Mens Club<br>11:15a Canasta - Hand and Foot   | 27       |
| 28     | 29<br>08:30a Walking Group<br>10:15a Stretch Class                        | 30<br>08:30a Strength Class<br>09:45a Adv Tai Chi<br>12:00p Adult Coloring<br>12:00p Bridge   |  |   |   |          |





## St. Patrick's Day Party



Wednesday, March 13<sup>th</sup> Suggested Donation—\$6.00 Time: 12:00pm (lunch will be served)

Enjoy an Irish Meal of Corn Beef and Cabbage with all the fixings!

(Baked Stuffed Chicken upon request)

Provided by our friends at TJ's Spirits of Ashland

Entertaining us this year is Big Smile Entertainments. This Musical Interactive Show is titled "It's a Great Day for the Irish". Join Paddy, Colonie and Dale O'Furniture as they sing and dance their way into your hearts with stories, jokes and the best Irish Music you've grown to love. Sure to be a good time! Believe it or not, we have not been able to come together to celebrate St. Patrick's Day since 2019. Last year the weather did not cooperate. Let's all hope the Irish Luck is on our side March 13th...Sign up on Registration day. Let's do it up and enjoy the day, a terrific luncheon, listen to great music and sing along with friends.

Wear your green!

Southborough Residents take priority



## Christopher Heights Sponsored Cooking Demo



Wednesday, March 20<sup>th</sup> at 1:00pm

Be our guest as Christopher Heights of Marlborough Assisted Living Community joins us at the Center for a cooking demonstration by long-time head chef, Chef Luke, as he prepares a tasty entrée for your enjoyment. Admissions Director Stephanie Nordstrom will also be on site to discuss making the transition to assisted living and to answer any questions about the Christopher Heights communities and their amazing "age in place" program. The famous Christopher Heights cookies will be on hand, so don't miss out! Sign up on Registration day, space will be limited. (No Charge)

## Make Your Own Beautiful Spring Flower Vase

Tuesday, March 26<sup>th</sup>

1:00pm

Suggested Donation—\$20.00



Join Carolyn Gulbankain from Southborough's own Gulbankian Florist to make your own springy fresh flower vase centerpiece! Includes tulips and other spring flowers, eucalyptus, and seasonal accents. Perfect for Easter, or a spring pick me up! Keep for yourself, or give as a gift. You will be using a variety of colors and textures to design your own masterpiece. We look forward to a fun workshop!

## Movie Matinee

### The Holdovers

Wednesday, March 27<sup>th</sup>

From acclaimed director Alexander Payne, THE HOLDOVERS follows a curmudgeonly instructor (Paul Giamatti) at a New England prep school who is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go. This movie is 2 hours and 13 minutes long and is rated R for language and some inappropriate behavior. Listed as a Comedy/Drama.

### Next Goal Wins

Wednesday, April 17<sup>th</sup>

A Dutch football coach who is living in the USA is given an offer he couldn't refuse to go and coach American Samoa national football (soccer) squad. The coach's Dutch European direct style clashes with the Pacific Islanders culture and it takes time for both to understand each other. He attempts the nearly impossible task of turning the American Samoa soccer team from perennial losers into winners. A Nice Feel Good Movie. This movie is 1 hour and 44 minutes long and is rated PG-13. Listed as a Comedy/Drama.

We will be serving lunch at 12:00pm. March: Grilled Chicken with Sautéed Veggies, Rice and Caesar Salad.

April: Assorted Sandwiches and Pasta Salad. Both lunches brought to us by Plum Tomato from Marlborough.

*Suggested Donation—\$6.00 for lunch—served at 12:00pm - no charge for just the movie*

*Movie 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)*

### *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             |
| -> ( <u><i>Depending on Weather Conditions</i></u> ) | Wednesday (Southborough Cemetery)  | 8:30am             |

### *Town of Southborough Senior Property Tax Work Program*      *FY 2024-2025*

Applications will be available March 13th at the Senior Center, Assessors Office, and on the town website ([www.southboroughtown.com](http://www.southboroughtown.com))

(Pending Board of Selectman approval, the amount of \$1500 may increase to \$2000.)

Applications will be accepted at the Senior Center beginning April 2nd. There will be a box at the front door. Please have your application in a sealed envelope and leave it in the box. The program offers senior homeowners an opportunity to trade volunteer work hours for town departments with a reduction of their property tax bill of up to \$1500. Seniors have worked at the Senior Center, Library, Assessor's Office, Building Department, Board of Health, Town Clerk's Office, Selectmen's Office, DPW, and in various schools. Example include: data entry, receptionist at town hall, office assistant at the Board of Health, assisting in classrooms at the schools, and building maintenance. We will also try to match any special areas of expertise that a senior might bring to the appropriate department. To qualify for the program a senior must be 60 years of age or older when signing up for the program, be a Southborough resident, a homeowner or spouse of a homeowner, and own and occupy the property to which the tax credit will be applied. Hours must be completed by March 1, 2025. We urge all interested seniors to apply regardless of income; if we have less than 30 applicants the income requirement will be waived. Those who have household incomes under \$45,000 will be considered first.

**\*No applications will be accepted in advance of April 2<sup>nd</sup>**



### Technology Essentials for Seniors

Wednesday, April 3rd at 11:30am  
Suggested Donation — \$6.00



This session demystifies the internet and mobile applications that are becoming essential in our daily lives. From shopping on Amazon to staying connected on social media, or enjoying podcasts, videos, and the life-changing artificial intelligence of Chat GPT, we've got you covered. With a focus on practical skills and safety, including knowledge of cookies, password protection, and more you'll leave with the confidence to navigate the digital world more effectively. This presentation is being brought to us by Therapy Gardens. Lunch will be brought to us by Kennedys Market of Marlborough. Choose from either Caprese Chicken Sandwich or a Chefs Salad.

### Salem Cross Inn Bus Trip

Wednesday, April 10th Suggested Donation — \$25.00

Bus will leave the Senior Center at 10:15am and return at approximately 3:30 to 4:00pm

The Salem Cross Inn Restaurant has established a reputation as one of the finest restaurants in New England. It has been family owned and run since 1961. Please join us on this fun trip for a scrumptious lunch. When signing up, let us know if you would like the *Old Fashioned Chicken Pie* served on a Buttermilk Biscuit or *Fresh Baked Haddock*, both meals come with salad, seasonal fresh vegetables, potato, homemade rolls and muffins, tea or coffee and of course dessert which is a Hot Fudge Sundae. After lunch we will visit Brookfield Orchards Country Store, which includes a wonderful bakery, fudge, apples and much more. We will then proceed back to the Senior Center. 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. Sign up on Registration Day — date and time is listed at the bottom of the front page of this newsletter.

### Navigating Life through the Occupational Therapy Lens

Presented by SpOT On Therapy Friday, April 12th 1:00pm to 2:00pm (No Charge)

Did you wake up one day and find that it was more difficult to put your socks on? Have you experienced a major injury or surgery that left you wondering how you would be able to get through your daily routine? Do you find that your loved one has changes in their memory; making it more challenging for them to handle the basics? Did you know that your occupational therapist is the key to your success?! Life changes that occur from medical conditions, or simply aging, can be difficult. Join us for an interactive afternoon of navigating life from the viewpoint of an occupational therapist. Take home specific strategies to improve your function and safety that you can begin using right away! Additionally, come to learn about Skills2Care®; our insurance-covered program for clients with dementia and their caregivers. We focus on the routine challenges occurring at home that are important to you, and provide step-by-step plans to improve safety and stress levels for all. Sign up on Registration Day.

### Spring Porch Pot 1:00pm

Tuesday, April 16th  
Suggested Donation — \$20.00

Sign up to spend time with Tina Bemis in making a beautiful Spring Porch Pot. You will enjoy it for many months to come and it was made by YOU! Lovely addition to your outside area.



### Technology Help is Here!

Tuesdays, March 12th & April 9th — 5 one hour time slots

One on one sessions 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. Sayva Services will give you ways to navigate different features that you may not 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, April 24th 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. At times we get multiple winners for a game, your Bingo Leader will give you two numbers to choose from and the higher number 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! Please sign up on Registration Day.

**Adult Coloring & Lunch** — Tuesday, April 30th — 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 Assorted Stromboli's cut to enjoy (Steak and Cheese, Spinach, Chicken Parm) along with Twisted Pasta Salad. Brought to us by Roche Bros. from Westborough. Suggested Donation—\$3.00

**Legal Phone Advice from Attorney Arthur Bergeron**

Wednesdays, March 13th & April 10th -- 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.

**Winter Walkers**

Cheers Winter Walkers - Meteorological Spring begins March 1! Each day gives us a couple extra minutes of daylight, the first buds of the season and warming rays of sunshine. We can look forward to enjoying nature and the beautiful world outside our doors. The Senior Center Winter Walkers program continues through April 30. On May 1st we will host a Senior Center program called (Warm Weather or Sunshine or Summer?) Walkers or other name suggestions welcome! Contact me at [skiess2@verizon.net](mailto:skiess2@verizon.net) for more information and your suggestions for our summertime Walkers.

In the coming weeks Massachusetts Council on Aging (MCOA) will be publicizing a new program called MCOA Active Agers. I expect it will begin around May 1. There will be prizes for individuals and Senior Centers, similar to how MCOA Walk MA Challenge operated. More information will be available through our Senior Center office or you may contact me. Thanks for your interest in walking and your participation in our Senior Center programs! Sandy Kiess

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

Wednesday, March 27<sup>th</sup> & Wednesday, April 17<sup>th</sup> from 10:30am to 12:30pm

Fat Daddy's Produce Bus, 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.

Pool Players Wanted — Southborough Team Needs Players. Matches are held at our Senior Center and local area Senior Centers. (Hopkinton to Westborough). Weekly matches are held from March to May on Tuesdays from 10 to 12. E-mail [b\\_ainsworthjr@hotmail.com](mailto:b_ainsworthjr@hotmail.com) with any questions or if you would like to join.

Town Information:*Jim Hegarty, Town Clerk*

The Presidential Primary Election will be held on Tuesday March 5th in the Trottier School gym. The polls will be open from 6:30am to 8:00pm. Southborough's Annual Town Meeting will be held on Saturday March 23rd in the Trottier School Auditorium. The meeting will start at 10:00AM. Please contact the Town Clerk's office if you have any questions. (508) 485-0710 x3005 or [townclerk@southboroughma.com](mailto:townclerk@southboroughma.com)

Let's Think Spring

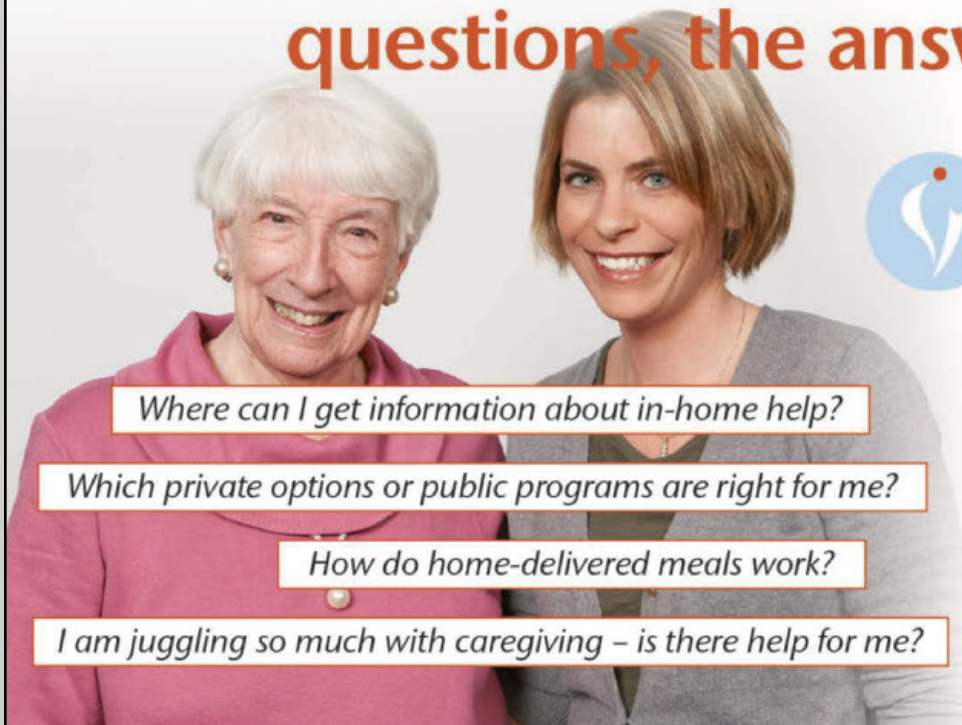
Spring is in the air. Let's start thinking about what you would like to see in the raised bed gardens. Maybe you would like to see more flowers, herbs or vegetables. Maybe you would like to start some plants from seed and need a place to plant them. Please leave your comments at the guest service desk for Joyce Macknauskas...everyone is welcome and the gardens are for you to enjoy.

Flagpole Garden, "Nature's Present." As weather permits and temperatures approach 50, garden activity will resume. We'll start with cleanup and mulching. Tools will be provided or bring your own. Schedule TBD. If you are interested in working in the garden, contact Carol Yozzo [cay0131@verizon.net](mailto:cay0131@verizon.net).

BOCCE —

We're aiming to get Bocce up and running by summer, so if you are interested in playing, please email Carol Yozzo at [cay0131@verizon.net](mailto:cay0131@verizon.net) or leave your name and phone number at the front desk. No experience is necessary, it's easy to learn and fun to play. Players will be contacted early in May to meet and agree on convenient game day/time.

## 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)



## TRAIN with SHAIN

IN HOME PERSONAL TRAINING  
FOR SENIORS

Gait, Balance/Fall Prevention  
& Strength Training

**(508) 231-6378**

[www.trainwithshain.net](http://www.trainwithshain.net)

**FULLY INSURED**



260 Boston Post Road, Wayland

## Home Helpers®

Award Winning Personalized Home Care

- \* Personal Care
- \* Dementia Care
- \* Companionship
- \* Hospice Support
- \* Homemaking
- \* Meal Prep
- \* Companionship
- \* Transportation



HOME CARE PULSE CERTIFIED

508-545-0164

## MORRIS-JOHNSTON FUNERAL HOME

40 Main Street

Southborough, MA

Scott A. Johnston, Director

We handle all types of Funerals,  
Pre-need Planning, Cremations  
& Payment Plans

**508-485-4111**

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

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging,  
ad-supported  
print and digital  
newsletters to reach  
your community.



Scan to  
contact us!

Visit [lpicommunities.com](http://lpicommunities.com)

## WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



MARY ANN  
MORSE  
HEALTHCARE CORP.

[maryannmorse.org](http://maryannmorse.org)

A Continuum of Top-Rated Senior Living & Healthcare Services

Traditional, Memory  
Care & Mental Health  
Assisted Living

Medicare-Certified  
Skilled Nursing &  
Personal Home Care

Long-Term & Memory  
Care, Short-Term &  
Outpatient Rehab

Mary Ann Morse  
at Heritage  
508.665.5300

Mary Ann Morse  
Home Care  
508.433.4479

Mary Ann Morse  
Healthcare Center  
508.433.4400

RIC  
RESORT LIFESTYLE  
COMMUNITIES  
Pleasant Hill



## Retire Well. Retire Here.

At Pleasant Hill, we offer more than just a community, we offer worry-free independent retirement living. Designed exclusively for adults 55 and over, we take care of everything with one monthly price and no buy-in fee, so you can enjoy the good things in life.

Call today to learn more! 774-251-9272

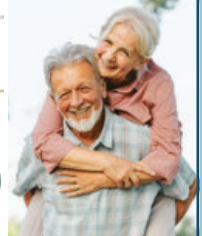
Crowley Drive • Marlborough, MA • [PleasantHillRetirement.com](http://PleasantHillRetirement.com)



CHRISTOPHER HEIGHTS<sup>SM</sup>  
of Marlborough

AN ASSISTED LIVING COMMUNITY

All-inclusive  
No Worries Pricing!



99 Pleasant Street • Marlborough, MA 01752  
508-281-8001 • [www.christopherheights.com](http://www.christopherheights.com)

Apply Online  
Today!

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME  
Ileana Vasquez

[ivasquez@lpicommunities.com](mailto:ivasquez@lpicommunities.com)

(800) 888-4574 x3105

proud to  
SUPPORT

The Southborough  
Senior Center



Info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

Southborough Senior Ctr., Southborough, MA

06-5172

Southborough Senior Center  
9 Cordaville Road  
Southborough, MA 01772

PRSRT  
STANDARD MAIL  
US POSTAGE PAID  
SOUTHBOROUGH, MA  
PERMIT NO. 10

Please verify your address label information. If corrections are needed, please call the Senior Center.

***Programs and More: Peg Leonard***

Happy Spring Everyone. I would like to thank our local Southborough Cub Scout Pack 926 and their parents for the wonderful Valentine Bingo Luncheon that was put on for our Southborough members on Sunday, February 4th. It was a perfect day with parents making the lunches, the cub scouts delivering a lunch to each participant, and then a wonderful Bingo game with incredible prizes. We thank all of you. A special thank you goes out to Jan Maquire and her family for all they did to make this day happen for so many years. Jan's son is moving up in Scouts, so this was Jan's last year. We thank you from the bottom of our hearts Jan, for all you did throughout the many years with this luncheon. As you heard that day, participants look forward to this luncheon every year.

Another big thank you to Carole Saunders and her Girl Scout Troop #62248 for emptying the Transfer Station Bottle Bin and donating the check to the Senior Center. Carole, thank you so much, we received the check and know it must have been a great deal of work. This is not an easy task especially in the winter. A huge thank to all of you.

One last thing I would like to mentioned is the hard dedicated work the Assabet Valley Regional Technical High School Students and their Teachers have been performing since the fall on our addition. They have been eagerly working on the carpentry, electrical and plumbing. If you see the students and teachers while you are here at the Senior Center, please give them a big thank you, it is well deserved.!

A reminder that Southborough Police Dept. has a Prescription Drug Drop Box in the front lobby of the PSB Complex at 32 Cordaville Road, Southborough. The Police Department applied for (and just received) additional grant money awarded through the Massachusetts MED Project grant for \$1,300; which will be used to help maintain the operation of this RX Drop Box.

**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  
\$15.00 per year. Per Person***

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail (s) \_\_\_\_\_

Friends 2024 Membership Donation \_\_\_\_\_

Date \_\_\_\_\_