



# The Southborough Senior Sensation

Volume 25\* Issue 03

May/June 2025

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

Peg Leonard  
*Director*

Cynthia Beard  
*Outreach  
Coordinator*

Leslie Chamberlin  
*Clinic Nurse*

Lorraine Caporale  
*Administrative  
Assistant*

Ellen Miller  
*Administrative  
Assistant*

Doug Peck  
*COA Chairperson*

Joan Guerrant  
*FRIENDS President*

Springwell  
Meals on Wheels  
508-573-7200

MWRTA  
DIAL-A-RIDE  
TRANSPORTATION  
508-820-4650

## TRANSITION TIME AT THE SENIOR CENTER

Happy Spring Everyone! As most of you know Pam LeFrancois has moved onto her retirement years. We are truly happy for Pam and the many years ahead in enjoying family, relaxation and possibly a little travel. We had a nice send off for Pam on April 2nd. Thank you to Mary Ann Anderson and Sandy Kiess for working so hard in making this celebration a wonderful event for Pam.

In stating the above, we are in a transition here at the senior center regarding staffing. We would like you to know that this newsletter will not have the usual amount of programs that you are used to seeing on a monthly basis. Once we get back up to speed, we will be continue our most amazing programs that have been offered at the Senior Center. Please let us know if you have any questions and rest assure, we are doing our best to make this all happen in a timely fashion. We appreciation your patience.

It will be worth the wait.

Congratulations Again Pam, we all wish you the best.

On another note: Peg Leonard has accepted the Director's position and Cindy Beard will be retiring in June (more to follow on that in the newsletter). Lots of changes, we appreciate your patience as we fill the vacancies and get back to "Our Normal" at the Senior Center.

We extend our deep appreciation to Falconi Energy and Rena and Jimmy Falconi for their generous donation of \$10,000 in support of the Friends Capital Campaign. Remember to buy gas on Tuesdays at the Falconi Pit Stop.

## 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.

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. We will inform you if a program has been filled as soon as possible. We process the forms as they are dropped off or called in—we time stamp to be fair Thank you for your understanding.

## FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

### **2025 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 2025*

**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, tickets, etc. for all our programs.

### Please Note:

Every effort is made during the writing and production of this newsletter to assure the accuracy of the information included. There are times when we inadvertently leave something out, make an error or the information we received has changed after the printing. Always feel free to contact the Senior Center if you have any questions regarding a program. (508) 229-4453

### Program Payment Policy

We understand writing separate checks for each program is not ideal. But due to our current accounting system and checks and balances requirements, it is the way we must continue to proceed. We ask for your understanding by continually assisting us in this process.

### Important Notice — Please Read

- \* We require a call if you have signed up for a program and find you are unable to attend.
- \* We appreciate your consideration so there are not "*day of the event empty seats*" due to no shows (this happens a great deal, especially "No Charge" programs.)
- \* We understand there are times when things come up on the day of the event and make it difficult for you to attend but please do your best to let us know.
- \* There are continuous waiting lists for all our programs. Knowing you are not attending a program will give us the opportunity to call the next person on the waiting list who would be thrilled to attend. Thank you for your understanding.

*Thank you to St. Mary's Credit Union for the generous \$2000.00 donation to the Friends of the Southborough Senior Center*

### Movie Matinee

#### Green & Gold

Wednesday, May 28th

Green and Gold is a heartwarming drama about a Wisconsin dairy farmer, Buck, who is struggling to save his family farm from foreclosure. Buck's granddaughter, Jenny, dreams of a career in music, creating a generational divide as Buck wants her to stay on the farm. To save the farm, Buck makes a high-stakes bet on the Green Bay Packers winning the Super Bowl, risking everything he holds dear. This movie is rated PG and is 1 hour and 35 minutes long. This movie is based on a true story.

We will be serving lunch at 12:00pm before the movie. Please choose from Cranberry Chicken Salad sandwich on a bulky roll or Turkey Club on wheat bread, both will include side of potato salad, chips and a cookie brought to us by TJ's. of Ashland.

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

*The 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 before the movie plan on stopping by 10:30am to 12:30pm*

*A huge thank you to Bill Picardi and Picardi Construction for their recent generous donation to the Senior Center*



### Technology Help is Here!

Tuesdays, May 20<sup>th</sup> & June 17<sup>th</sup> — 5 one hour time slots

These sessions will be one on one with David, Technology Specialist from Sayva Services  
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.

### Adult Coloring & Lunch — Tuesdays, May 27<sup>th</sup> & June 24<sup>th</sup> at 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.

*Suggested Donation — \$3.00*

*May—please choose from a Chicken Burrito boxed lunch or a Chicken Burrito Bowl boxed lunch (includes beans, rice, cheese, pico de gallo with chips, salsa and a cookie)*

*June—please choose from a Caesar Salad with Chicken or a Turkey and Swiss Sandwich—boxed lunches Brought to us by Roche Bros., of Westborough*

*With gratitude, we acknowledge Avidia Bank for their recent donation to the Friends in support of the Southborough Senior Center.*

*Beehive Pros, LLC—we thank you for your donation in support of the Southborough Senior Center.*

### AWESOME AMBULATORS

Define Awesome Ambulator: An Ambulator is a person who walks. Awesome defines that person, and it could be you! Choose to walk with our 8:30 a.m. Monday at Trotter School track/Wednesday cemetery group or walk in places of your choosing and time, on your own or with a friend. Challenge yourself and keep track of the distance you cover each day and see how quickly the miles add up. With spring in the air, bulbs beginning to pop — it's a great time to be out of doors. And for your health, walking is a gift you can give yourself. You are worth it! Sign up at the Senior Center or contact me at [skiess2@verizon.net](mailto:skiess2@verizon.net) if you would like a Walk Journal to record your distance or have any questions.

# Southborough Senior Center

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
4	5	6	7	8	9	10
	08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	08:30a Walking Group 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
11	12	13	14	15	16	17
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 11:00a Book Club 12:15p Raised Garden Bed Luncheon	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga 02:30p Genealogy Club	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 01:00p Why Fall Prevention Matters For All	
18	19	20	21	22	23	24
	08:30a Walking Group 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group 01:00p Media Restoration Program	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
25	26	27	28	29	30	31
	08:30a Center is closed in Observance of Memorial Day	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 10:30a Fat Daddy Produce Bus 12:30p Movie Matinee	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	

SUPPORT OUR ADVERTISERS!



# Southborough Senior Center

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	2 08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	3 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	4 08:30a Walking Group 02:00p Fat Daddy Produce Bus 03:00p Trailblazers Meeting 03:30p Trotter Big Band Concert	5 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga	6 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 01:00p CPR Training 02:00p Colonial Gardens Health Clinic	7
8	9 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	10 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge 01:00p Tina Bemis	11 08:30a Walking Group 10:00a Phone Legal Advice 11:00a Book Club	12 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga 02:30p Genealogy Club	13 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	14
15	16 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	17 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Technical Assistance 12:00p Bridge	18 08:30a Walking Group 11:00a Center will be closed for the day	19 08:30a Center Closed for Juneteenth Recognition Day	20 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	21
22	23 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	24 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Adult Coloring 12:00p Bridge	25 08:30a Walking Group 01:00p Bingo	26 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga	27 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	28
29	30 08:30a Walking Group 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club					

# SUPPORT OUR ADVERTISERS!

*Due to a Grant Funded Program,*  
*we are very fortunate to offer one more 8 week CrossFIT Tilt Class*  
*Stay Active and Healthy with CrossFIT Tilt's Senior Fitness Class*  
*Beginner Friendly*

May 8th through July 1st (no class on Thursday, June 19th)

Tuesday's and Thursdays 10:00am to 10:45am

This is an 8 week session—Suggested Donation—\$48.00

These classes are \$3.00 per class but to enroll in this program—it needs to be paid in full prior to the class

These classes will be held at CrossFIT located at 12 Southville Rd., Southborough

Join us for engaging and fun fitness classes tailored specifically for seniors in the Southborough Community. Hosted by CrossFIT TILT, this class is designed to help you stay active, improve mobility, and build strength in a supportive and welcoming environment. CrossFit's experienced coaches will guide you through safe and effective exercises that can be modified for all fitness levels. Whether you're looking to enhance your balance, boost your energy, or simply enjoy moving with a group, this class is perfect for you. No prior experience necessary. Come move with us and experience the benefits of fitness at any age! Scholarships are available, please see a staff member at the Senior Center.

*Why Fall Prevention Matters For All*

Friday, May 16th at 1:00pm to 2:00pm    No Charge

Join SpOT on Therapy for an exclusive screening of the Saving Claire documentary and engaging discussion to empower the community to take at least one next step to reduce fall risk. Sign up on registration day.

*CPR Refresher*

Friday, June 6th at 1:00pm to 1:30 pm    No Charge

Join Captain Chris Dano, Southborough Fire Department in a refresher session talking about the methods of conducting CPR.



*The staff and Friends of the Senior Center gratefully acknowledge Frank McInnis for recent generosity in response to our Capital campaign.*

*Thank you, Ted's of Fayville and Michael Aspesi for your continued support of the Senior Center.*

*Blue Plate Specials*

Suggested Donation—\$6.00 — 12:00pm

Monday, May 19th

Pasta (Penne) & Meatballs and Caesar Salad

Monday, June 30th

Macaroni & Cheese along with a Grilled Chicken Caesar Salad

The meals will be brought to us by TJ's Spirits of Ashland. Please sign up on Registration Day or after if there is room. Signs ups and payments need to be completed by the Monday before each lunch. No sign ups the day of the lunch and unfortunately we can not do Take Outs. We have to limit this program to 50 attendees. Enjoy these lunches and socializing with friends.

*Hydroponic Gardening*

There are currently two 6 pod units at the center managed by Joyce Macknauskus and Carol Yozzo. We would like to invite others to join us in starting a new program to learn about and participate in hydroponics. Please sign up at the front desk if you are interested and we will follow up with more details and schedule a meeting. Please call the Senior Center if you would like to assist Joyce and Carol. (508) 229-4453



### Trottier Middle School Big Band Concert



Wednesday, June 4th Time: 3:30pm — Performance: 4:00pm  
Selection of Pizza will be provided — Suggested Donation \$3.00

Southborough's award winning Trottier School Big Band, led by director, Jamie Clark, is an audition-only group comprised of 6th, 7th and 8th graders from Trottier Middle School. These amazing musicians love to play big band and jazz tunes. They repeatedly surpass the expectations of anyone who hears them perform. Annually, they capture top accolades from the region's most prestigious jazz competitions. From the first note, it is clear these students work very hard. Perhaps most amazing is how these musicians show their love for music and capture their audiences! **Please sign up on registration day, date and time are stamped on the front page. This event will fill up—sign up early!** The concert will take place at the Senior Center.

*Crystal Clear Cleaning, led by Michael Baldelli, continued their support of our town's seniors with yet another donation. Thanks Mike!*

*We gratefully acknowledge Moyses Kuchnir for his recent generous donation to the Friends*

### 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 Peg Leonard 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>Class</u>	<u>Day of the Week</u>	<u>Time</u>	<u>Instructor</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	1:15pm	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, Billiards Play More

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>Program</u>	<u>Day of the Week</u>	<u>Time</u>
Knitting & Quilting Club	Monday	1:00pm
Bridge (Judy Stento)	Tuesday	12:00pm
Book Club (M. Anderson & S. Kiess)	Wednesday (2nd Wednesday of each month)	11:00pm
Mah Jongg (Sandy Campbell)	Thursday	10:00am
Genealogy Club (Jeff Schiebe)	Thursday (3rd Thursday of each month)	2:30pm
Canasta - Hand & Foot (Elaine Yetman)	Friday	10:00am
Dull Men's Club (Bill Harrington)	Friday	10:00am
Billiard (Pool) Play	Daily (not on large program dates)	8:30am—3:00pm
Walking Group (Sandy Kiess)	Monday (Trottier Track) &	8:30am
<u>(Depending on Weather Conditions)</u>	Wednesday (Southborough Cemetery)	8:30am

**HEALTHBEAT**

By: Leslie Chamberlin R.N

Nurses Clinic: Friday 10 –3

Friday, June 6th 10-1:30

**THE IMPORTANCE OF STAYING HYDRATED**

With the warm weather approaching, it is very important to drink plenty of fluids, especially for older adults. People can lose a significant amount of fluid a day through perspiration and other bodily functions. Fluid loss can result in headaches, dizziness, fatigue and decreased cognitive function. The sensation of thirst decreases with age, and older adults have less water in their bodies, so we need to drink more fluids during the day. Reach for water, juice, sports drinks and take your daily medicines with a FULL glass of water. Try to consume foods high in water content....berries, melon, oranges, tomatoes, lettuce, cucumbers and peppers. Heat exhaustion and heat stroke can lead to serious illness...in addition to hydrating keep cool and out of the sun..

See you soon, Leslie

**Videotapes, Photos, Slides & Audio Cassettes Digitized to USB or DVDs  
and Photo Restoration (damaged photos repaired)**

May 21<sup>st</sup> at 1:00pm

Mark Swirsky, professional photographer and preservationist, converts movie film reels, videotapes, photos and slides to a digital format - either DVD or USB thumb drive. He can also restore your damaged photographs. Mark will be here on May 21st at 1:00pm. Mark will schedule 10 minutes appointments.

Collect your. photos, home movies, videotapes, DVDs, and Photo Restorations, etc. Mark will also answer all of your questions (consultation cost at your appointment is free). No upfront deposit necessary - payment in full won't be due until completion of your order, which can either be picked up from Mark in Needham, or he can mail back to you.

Sign up for your 10 minute session on Registration Day or anytime after if there is still room. We hope you take advantage of this service to save all your precious memories in digital format. Please read above what the logistics are in attending a session.

Join us for the  
2025 Sheriff's  
**Annual Senior Picnic  
Drive Thru Extravaganza**

Saturday, June 7th

38 Lake Street, Shrewsbury

BBQ Meal, Lottery Tickets, Give  
-a-Ways, Dessert, and  
Raffle Bonanza

You will need to register at the  
Senior Center by May 27th

You must be present to partici-  
pate in all the fun stuff.  
No extra bags to go.

Sign up for the fun!

**Book Club Membe**

The following books have been chosen:



May 14

It Had to be You (255 pgs)

Mary Higgins Clark

June 11

The Scent Keeper (320 pgs)

Erica Bauermeister

We would like to extend our deep appreciation to Lexus of Northborough for their recent donation in support of our Senior Center.

If you are experiencing any Cold, Flu, or COVID or Respiratory 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.

**Quilters:** One and all, experienced or just want to learn how. Join us on Monday's at 1:00pm. Interested in quilting or want to share other ideas on crafts, like knitting, sewing, cross stitching, needle point, etc. All crafters are welcome or just come and get out and join to be with other crafters. We would love to have you!



*Spring is in the Air* (Luncheon — No Charge) *Wednesday, May 14th at 12:15pm*

Please join us for planting, conversation and lunch. Let's make this summer special. We can plant herbs and flowers. We are asking you to bring your ideas and suggestions along with a 4" plant. If you do not have one, we will have plants available. The idea is to create interest in the raised bed gardens and to make it into a "Community Garden" where you can tend to the plants—watering and pruning and pulling weeds and when the plants produce, you can take a clipping to enjoy.

*Thank you to Mike Backer for your recent donation to the Friends of the Southborough Council on Aging!*

*We offer our sincere appreciation to Gloria Plourde for her recent donation to the Friends of the Southborough Senior Center.*



*Tina Bemis*



Tuesday, June 10th 1:00pm  
Suggested Donation — \$20.00

Join Tina in making her famous "Flying Flower Café" which attracts butterflies and hummingbirds. Beautiful addition to your outside area.

*Medicare Assistance from (SHINE)*

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.



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

May 26<sup>th</sup> In recognition of Memory Day  
June 18<sup>th</sup> The center will be closed at 11:00 for the day (off-site program)  
June 19<sup>th</sup> In recognition of Juneteenth National Independence Day

Always accepting gently used items for the Gift Shop—  
Lorraine and Sue are working very hard getting the shop ready for spring.

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

*"Produce on Wheels"*



Wednesday, May 28th from 10:30am to 12:30pm  
Wednesday, June 4th from 2:00pm to 4:00pm



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 near the shed 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 and now also excepting EBT Food Stamps.

*YAY it's "Bingo" Day*

*June 25th at 1:00pm*

Come join us for a wonderful afternoon of Bingo, fun, and prizes. Our Bingo Leaders, Bill Harrington and Peter Rowe will start selling cards promptly at 1:00pm. At times we get multiple winners for a game. Your Bingo Leader will give the multiple winners 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!

If interested in Genealogy, please attend our Genealogy Club the third Thursday of each month (check the calendar). The group would love to have you join. They cover very interesting subjects. Hope to see you there.

### Important information from our Town Clerk, Jim Hegarty

The FBI is warning Massachusetts property owners about a large increase in schemes to steal the title to homes through a "quit claim deed" fraud. This is especially important to seniors! In the past 4 years, more than 1,500 Massachusetts residents have lost more than \$48 million due to these frauds.

Quit claim deed fraud or home title theft fraud, involves criminals who forge documents to record a phony transfer of property ownership. Criminals can then sell your home, take out a mortgage on it, or even rent it out to make a profit, forcing the real owners to head to court to reclaim their property. Deed fraud often involves identity theft where criminals will use personal information gleaned from the internet or elsewhere to assume your identity or claim to represent you to steal your property.

There's an easy way to protect yourself. Sign up here for a free alert at <https://cns.masslandrecords.com>. You'll receive an email alert from the Worcester County Register of Deeds whenever a new document is recorded for your property. This service is provided at no cost to Massachusetts residential property owners. You can set up an account and register up to 3 properties.

### Legal Phone Advice with Attorney Christine Boutin

Wednesdays, May 14th & June 11th -- 10:00am to 10:45am (4—15 minute sessions)

Attorney Christine Boutin is offering free services by phone from 10:00am to 10:45am. Attorney Boutin 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.

*We thank Capital Group Properties, Route 9, Southborough, for their continued support of the Senior Center*

*We gratefully acknowledge Kennedy's Market for their donation to the Friends. We also thank them for their amazing catering efforts!*

*Mirick, the right choice for all  
your legal needs.*

**Trusts and Estates | Elder Law**

**Christine Boutin**  
**cboutin@miricklaw.com**  
**508.929.1679**



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Southborough, MA

Scott A. Johnston, Director

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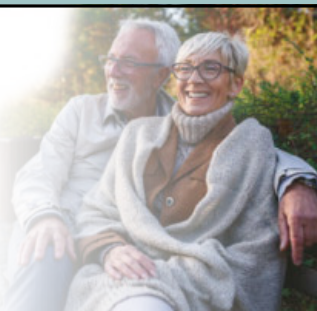
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~More generous donors listed on the insert. We thank you all!~

### Neary School Events

We hope you take advantage of upcoming events taking place at the Neary School located at 53 Parkerville Road, Southborough. These events are with our 4th & 5th graders:

Please check the insert for detailed information regarding programs you are invited to attend.

### The Historical Commission wants to hear from you!

Please read this valuable information on our insert.

*Thank you to OM Shell East (Route 30, Westborough) for making a generous donation to the Friends in December.*

Many of you have seen Heidi Cibelli around the Senior Center. Heidi is working for the Senior Center on a part time basis with volunteers, intergenerational programs with our local schools and Boy and Girls scout troops, along with assisting in regularly scheduled programs during the spring and summer while our local schools are winding down. You will see programs involving our students announced late summer and in the fall. We are really looking forward to Heidi collaborating with our teachers, students, scouts and also a summer recreation program in the summer. If you haven't already, please welcome Heidi to our senior center staff. We are thrilled to have her join us in our continued mission to bring valuable programs to all our members.

~Peg Leonard

### FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING CALENDAR YEAR 2025 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.

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