



The Southborough Senior Sensation

Volume 25* Issue 04

July/August 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



Happy
Summer
Everyone



The Senior Center will be closed on the following dates:

July 4th	Independence Day Recognition
July 10th & 11th	Rug Cleaning

The following programs will be taking the summer off and will resume in September with the exception of Tuesdays 9:30 Yoga class at Pilgrim Church which will be scheduled in October.

Book Club
Tuesday's Yoga (Pilgrim Church)
Tuesday's Advanced Tai Chi
Genealogy Club
Chair Yoga

Director Note:

Hello Everyone-

We are so happy summer is here. As of this writing, we hope to do more programming outside. A possible Bocce League, thanks to Carol Yozzo. The court needs to be refurbished which is in the plans for this summer. We also will be holding our first outside BBQ here in many years in September. We continue to ask for your patience as the interview process is moving along to get us up to full staff. Check out the kitchen area for some impromptu fun add-ons (Root Beer Floats, Hot Dog Day, and may be a few more). Wishing you a wonderful summer and looking forward to seeing you at the Senior Center.

~ Peg Leonard

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. **We will inform you if a program was already filled as soon as possible. (we process the forms as they are dropped off or called in—we time stamp them to be fair—but a program may fill up).**

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 weeks 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 with "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.

Staff:

Peg Leonard
Director

TBD
Program Manager

Leslie Chamberlin
Clinic Nurse

TBD
*Outreach
Coordinator*

Lorraine Caporale
*Administrative
Assistant*

Ellen Miller
*Administrative
Assistant*

Heidi Cibelli
*Volunteer
Coordinator*

Doug Peck
COA Chairperson

Joan Guerrant
FRIENDS President

Springwell
Meals on Wheels
508-573-7200

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

We would like to Congratulate our Spring Pool League. Our fabulous team of 6 won 4 matches, one better than last year. Our team members are:



Rick Ricciardi
Charlie Krause
Peter Rowe
Brian Donovan
Fran Miele
Bob Ainsworth



The team is looking for players of all levels, although a pool shark would be helpful. If you are interesting in playing in this league, call the Senior Center and leave your name. One of the team members will give you a call. Join this fun group.

Southborough Food Pantry

The Southborough Food Pantry is look for donations this summer. The summer is a tough time for the Pantry as school collections end but families are still in need throughout the summer. Pantry organizers are seeking donations specifically listed on their current needs list. I have made copies of this list and put them in the rack in our kitchen area. Please remember to check the expiration data before you donate. (Also, note that while it's fine to donate multi-packs, please do not donate jumbo/commercial-sized items, like giant jars). Thank you for your donations.

If you are 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.

Medicare Assistance from (SHINE)

Summer is upon us and beach outings and cookouts are popping up everywhere. With all the fun, staying safe and healthy should also be on your mind. Don't forget to stock up on your medications before you venture forth. If you have any family members turning 65 this year, send them my way at least three months before their birth month. For those of you already on Medicare, keep a lookout in September for your healthcare's Annual Notification of Change (ANOC). This document will outline any changes your plan has slated for January 2026. Examples include increases in premiums, medications being dropped from formularies or moved to a higher tier and raises in co-pays.

The Open Enrollment Period starts on October 15th and runs through December 7th. This year myself and fellow SHINE counselor, Jonna Zimmerman, will be available Monday, Wednesday and Thursday to assist you with reviewing your coverage for 2026. For those of you on Medicare Advantage Plans, these are pretty steady-eddies and usually don't need to be checked during OEP if your plan is working for you. The plans that change the most from year to year are the stand-alone drug plans. Calling to set up an OEP appointment starts in mid-September.

Carolyn MacLeod, Southborough SHINE Counselor



Tuesday is Gas Day at Falconi Pit Stop, 29 Boston Rd, Southborough.
A percentage sold on Tuesdays goes to the Senior Center.
Support our local business as well as the Senior Center.



Southborough Senior Center

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 08:30a Walking Group 12:00p Bridge	1 08:30a Strength Class 12:00p Bridge	2 08:30a Walking Group 03:00p Trailblazers Meeting	3 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	4 08:30a Center closed in Observance of Independence Day	5
6	7 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	8 08:30a Strength Class 12:00p Bridge	9 08:30a Walking Group 10:00a Phone Legal Advice	10 08:30a Senior Center Closed for Cleaning	11 08:30a Senior Center Closed for Cleaning	12
13	14 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	15 08:30a Strength Class 12:00p Bridge	16 08:30a Walking Group 12:00p Adult Coloring	17 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	18 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	19
20	21 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	22 08:30a Strength Class 10:00a Technical Assistance 12:00p Bridge	23 08:30a Walking Group 12:00p New Horizons Lunch	24 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	25 08:30a No Health Clinic 10:00a Canasta 10:00a Dull Mens Club	26
27	28 08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club	29 08:30a Strength Class 12:00p Bridge	30 08:30a Walking Group 11:00a Game Day 02:00p Fat Daddy Produce Bus	31 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg		

SUPPORT OUR ADVERTISERS!

Southborough Senior Center

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 12:00p Bridge	08:30a Walking Group 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 02:00p Colonial Gardens Health Clinic	
3	4	5	6	7	8	9
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 12:30p Movie Matinee 02:00p Fat Daddy Produce Bus	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
10	11	12	13	14	15	16
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 12:30p Movie Matinee 02:00p Fat Daddy Produce Bus	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
17	18	19	20	21	22	23
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
24	25	26	27	28	29	30
	08:30a Walking Group 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club	08:30a Strength Class 12:00p Bridge	08:30a Walking Group 01:00p Bingo	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 03:00p Plainridge Casino Bus Trip	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
31						

SUPPORT OUR ADVERTISERS!

Adult Coloring & Lunch — Wednesday, July 16th — 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(s). 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 brought to us by Pizzaville Restaurant of Southborough. You will enjoy a variety of pizza options along with a garden salad and of course dessert. Suggested Donation—\$3.00

Luncheon—Sponsored by New Horizons at Marlborough

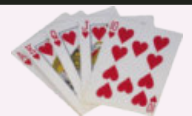
Wednesday, July 23rd - 12:00pm

Join us for an enjoyable lunch sponsored by New Horizons at Marlborough. Their staff will be brightening up our kitchen and big room with a wonderful lunch for you to visit with friends. We are looking forward to having them join us for an afternoon. As always, please sign up on Registration day or after.



Game Day at the Senior Center

Wednesday, July 30th 11:00am — \$6.00



Sign up for Game Day at the Senior Center. Game options will include Corn Hole, Pool, Ladder Toss, Card Games, Board games (Cribbage, Chess, Checkers, Scrabble, Pinnacle) and more (if you have a game you would like to share—just let us know). Pub Food will arrive from TJ's Spirits of Ashland to enjoy while playing in your favorite game. Let's hope for a beautiful day out on the lawn for some of our games without rain. Most games will be inside.

Movie Matinee

September 5th

Wednesday, August 13th

"September 5" takes viewers inside a TV control room in 1972, where ABC Sports broadcasters face an unprecedented crisis: gunmen from the Palestinian militant group Black September have infiltrated the Olympic village, killed two members of the Israeli athletic team, and taken nine others hostage. This unbelievable story is based on true events of that day. You will be enthralled with the details of what happened that day. This movie is rated R and is 1 hour and 35 minutes in length. This movie has received very high reviews.

We will be serving lunch at 12:00pm. Please choose from either Turkey Club (Swiss Cheese) or Grilled Chicken Caesars Salad boxed lunches brought to us by TJ' of Ashland.

Suggested Donation—\$6.00 for lunch—served at 12:00am - 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 between 10:30am to 12:30pm)

YAY it's "Bingo" Day

Wednesday, August 28th 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 or after.



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><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	Thursday	9:45am	Jeanne Friswell

Games, Cards, Knitting, Dull Men's 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 (<i>Hand & Foot</i>) (Elaine Yetman)	Friday	11:15am
Billiard (Pool) Play	Daily (not on large program dates)	8:30am – 3:00pm
Knitting Club	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

AWESOME AMBULATORS

WALKING! It's free and it's a gift you give yourself. It can make you feel better, work your muscles and joints, send more oxygen to your brain – all good stuff! Breathe the fresh air, listen to the birds, meet with a friend and socialize as you move your feet along a roadway, trail or the track.

The Southborough Senior Center offers two walking programs: For those interested in walking with a group we meet at 8:30 at the Trottier Track Mondays and the cemetery beside the Senior Center on Wednesday. Both are loops. Come by and join about 2-8 other walking seniors. Or walk in your neighborhood with friends/family, 2 footed or 4 footed, on your own time. Make it a challenge to yourself and count your miles or number of steps walked and track them daily. At the end of six months we have a get together and tally our walk totals to compare with previous events. Tracking isn't necessary but can be fun to watch the miles add up!

If you have any questions or would like to register for either program please email me at skiess2@verizon.net. Hope to see you somewhere out there. Thanks to all our participants! ~ ~Sandy Kiess

The Book Club is taking the summer off.

When they return in the September, the following are the books on the list.

September	The End of the World is just the Beginning (512 pages)
October	Voyage of Mercy (352 pages)
November	An Unfinished Love Story (480 pages)
December	Between the World and Me (176 pages)

Bus Trip

Plainridge Casino

Thursday, August 28th

Suggested Donation—\$20.00

Bus will leave the Senior Center at 3:00pm and return at approximately 9:00pm

Sign up for a fun evening visiting the Plainridge Casino and Racetrack. You will enjoy many slot machines at the Casino and of course the horse races which start at 4:00pm and run approximately every 15 minutes. The last race will run approximately 7:30pm to 8:00pm. If you have a Marquee Rewards Card from previous visits, definitely bring it with you. It is not needed to play in the casino or racetrack, but the card collects points for possible special offers. You can get one if you would like when we arrive. Everyone needs to bring your Drivers License or Mass ID Card if you would like to get a Marquee Rewards Card or if you win BIG! The Casino is giving each of us a \$20.00 Free Slot Play Package (you will need a Marquee Card for this Free Slot Package) and thanks to our Friends of the COA, you will receive a \$25.00 gift card to use at ESPN Sports Bar Restaurant or any fast food eatery at the food court. Please sign up on Registration Day listed on the front page.

Thank you Friends of the COA.

Sign up on Registration Day or after by calling (508) 229-4453.

HEALTHBEAT

By: Leslie Chamberlin R.N.

Nurses Clinic Hours: Friday 10 to 3

No Clinic: Friday July 25th

Colonial Gardens Clinic—August 3rd 2 to 3

SIGNS YOU ARE LOW ON VITAMIN B12

Low levels of Vitamin B12 can occur with advanced age because the body may not absorb it as easily as when we were young. Numbness of hands, feet or legs. Vitamin B12 protects the sheath that covers the nerves. Feeling cold, without enough B12 you can be short on healthy red blood cells to move oxygen around the body. Lack of B12 can lead to memory problems, depression and confusion.

The recommended adult dose is 2.4 micrograms a day. It is a water soluble vitamin so what the body doesn't need will pass through your urine. Weakness of muscles and feeling tired or lightheaded are also symptoms. A blood test can easily check for levels of vitamin B12. Smooth tongue due to the bumps on the tongue start to waste away. The tongue may also be painful and have cankers sores.

Vegetarians need to add processed grains like bread, cereal and crackers that are fortified with B12. Heart palpitations, when your heart skips a beat, which is usually felt in your throat or neck. Decreased appetite, weight loss and constipation.

Vitamin B 12 shots can be ordered by your physician monthly to accelerate absorption, if vitamin B12 pills do not raise the level.

See you soon, Leslie

Blue Plate Specials

Suggested Donation—\$6.00 — 12:00pm

Monday, July 28th

Chicken Parmesan & Ziti

Monday, August 25th

Calzones (Italian, Chicken Broccoli, Ham & Cheese, Vegetable)

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 up 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.



Technology Help is Here!

Tuesdays, July 22nd & August 19th — 5 one hour time slots

One on one sessions with a Sayva Technology Specialist, David Sullivan
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 out of your devices. Sayva Services will give you ways to navigate different features that you may not know you have access to using. Bring your electronic device with you to your session.

Legal Phone Advice from Attorney Christine Boutin

Wednesdays, July 9th & August 13th — 10:00am to 10:45am (4—15 minute sessions)

Attorney Boutin of Mirick O'Connell is offering free services by phone from 10:00am to 10:45am. Attorney Boutin will talk with interested members 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.

Alice's Gift Shop

Lorraine and Sue are working eagerly on the Gift Shop, stocking it with donated items. If you have new or gently used items that you would like to pass onto the shop — we would be thrilled to add them into the gift shop. It's our little hidden gem and Lorraine and Sue would love to receive more items to fill the shelves. Thank You

Fat Daddy's Produce Bus Coming to the Senior Center

Wednesdays, July 30th & August 13th 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 and now excepting EBT Food Stamps.

Stop by and see what Eric has each of these days.

Southborough Town Information

Jim Hegarty, Town Clerk

Trivia question: Southborough's Annual Town Election is currently held on the second Tuesday in May which is approximately a month after our Annual Town Meeting. Could the Annual Town Election be held before the Annual Town Meeting?

No elections are currently scheduled for the remainder of 2025. We expect the Secretary of State will mail postcards to each voter in early 2026 offering them the opportunity to Vote by Mail for any or all elections in 2026. It is likely that the Select Board will continue their recent practice of holding a Special Town Meeting this fall. If that happens, we'll publicize it through this newsletter and in the many banners we place around town.

Answer to the trivia question: Yes. Both Westborough and Westwood hold their Annual Town Meetings shortly before their Annual Town Election. Do you think that is a better practice than our current policy? As always if you ever have any questions about voting, please call the Town Clerk's office at (508) 485-0710 x3005.

Let's Think Summer

I hope you are enjoying looking at the garden as you enter the back door. Also thank you for helping out with planting and upkeep. Remember the herbs and veggies are for us all to share. As of now we have arugula, spinach, kale and lettuce along with mint, basil, parsley, thyme and dill. Enjoy what you would like remembering to snip leaves and leave the plant. Happy Summer

Joyce 🌸



Hydroponics Garden

Have you seen the hydroponic garden near the back door? It's growing lettuces and herbs -- some have been transplanted to the raised beds, making room to start more seeds.



If you are interested in learning about hydroponics and getting hands-on experience with the units and the process, sign up at the main desk. It's fun, easy and very rewarding.

BOCCE

We are getting closer to our Bocce court repaired and ready for play. If you have not already let us know of your interest, please call the front desk and put your name on the list. Carol Yozzo will get in touch with you when the time comes to Get Out and Play. We will be so excited when that day comes.



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

Trusts and Estates | Elder Law

Christine Boutin
cboutin@miricklaw.com
508.929.1679



MIRICK

Worcester
Westborough
Boston

www.miricklaw.com

FULLER RV
RENTALS & SALES

150 Shrewsbury St, Boylston, MA 01505, RTE 140

fullerrv.com

Get Away From It All



1 (800) 338-2578

Family Owned and Operated Since '84

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our newsletter
emailed to you.



Visit www.mycommunityonline.com

TRAIN with SHAIN

IN HOME PERSONAL TRAINING
FOR SENIORS

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.

Visit www.mycommunityonline.com



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

Locally owned & here for our community.

ComForCare[®]
HOME CARE

Help with everyday activities such as:

- Personal Care
- Meal Preparation
- Medication Reminders
- Light Housekeeping
- Transportation
- Family Respite

Contact us today. **508-802-5271**
comforcare.com/massachusetts/marlborough

©2020 ComForCare Franchise Systems LLC. Each office is independently owned and operated and is an equal opportunity employer.

QUALITY IN-HOME CARE FOR YOUR LOVED ONE.

PEACE OF MIND FOR YOU.

Senior Helpers stands ready to serve your family's needs with
personalized, in-home care and expertly-trained professional caregivers.

Let us ease your mind with a complimentary in-home care assessment.

**SENIOR
Helpers**
Senior Care, Only Better.

508.545.1694

seniorhelpers.com/ma/metrowest



All rights reserved. Senior Helpers locations are independently owned and operated. ©2024 SH Franchising, LLC.

LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

CONTACT ME Ileana Vasquez

ivasquez@lpicommunities.com (800) 888-4574 x3105

DON'T WEATHER THE SEASONS ALONE

~ Come home to ~



CHRISTOPHER HEIGHTS

AN ASSISTED LIVING COMMUNITY

Your own private apartment • Well balanced meals with fresh ingredients
Lively group activities • Care and support • No worries pricing

Call to schedule a tour 508-281-8001

99 PLEASANT ST., MARLBOROUGH, MA • WWW.CHRISTOPHERHEIGHTS.COM

RLC
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

*For all of your aging
and caregiving questions...*

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

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?

...the answer is  **springwell**

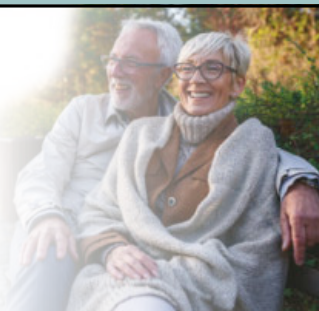
We're a non-profit, community resource for all.
Call us for the answers to your questions.

(617) 926-4100 / Greater Boston (508) 573-7200 / MetroWest

www.springwell.com

proud to
SUPPORT
The Southborough
Senior Center

 **RELIANT**
MEDICAL GROUP
Part of Optum[®]



Info. 1-800-477-4574 • Publication Support 1-800-888-4574 • 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.

A Little More:

I have had a few lovely ladies talk to me about the possibility of a Women's Group. It would be nice and lots of fun to start this type of program here at the Senior Center. Women have a lot to offer, new friendships will no doubt be made, interesting topics, speakers, life experiences, etc. The most important part in forming this new group is that it needs a Leader or possibly Co-Leaders to run the program. If you are interested or would like to chat, please stop by, I truly would enjoy discussing ideas.

~Peg

Southborough Police Dept. has a Prescription Drug Drop Box in the front lobby of the Public Safety Complex at 32 Cordaville Road, Southborough. The Police Department applies and continues to receive grant money awarded through the Massachusetts MED Project grant; 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 2025

Membership is a Suggested Donation of
\$15.00 per year. Per Person

Name _____

Address _____

Phone _____

E-mail (s) _____

Friends 2025 Membership Donation _____

Date _____