



The Southborough Senior Sensation

Volume 25* Issue 06

November/December 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

Laura West
Program Manager

Raeleen Gallivan
*Outreach
Coordinator*

Leslie Chamberlin
Clinic Nurse

Lorraine Caporale
*Administrative
Assistant*

Ellen Miller
*Administrative
Assistant*

Heidi Cibelli
*Volunteer
Coordinator*

Doug Peck
COA Chairperson

Joan Guerrant
FRIENDS President



Join Us For This Year's Holiday Celebration!

Wednesday, December 10th
12:00pm

Lunch of Baked Pork Chops with applesauce, mashed potatoes and roasted vegetables from TJ's Spirits of Ashland
\$6.00 suggested donation

Enjoy a festive afternoon filled with fun and friends! Celebrate the season with music by the Elderly Brothers Band, which will include a sing along at the end. A special guest from the North Pole will be making an appearance!
We hope to see you there to celebrate the season with us!

Registration required and space is limited. Southborough residents will take priority



The Senior Center will be closed on the following dates:

Tuesday, November 11th	In Honor of Veterans Day
Wednesday, November 26th	Center Closes at 12:00 p.m.
Thursday & Friday, November 27 & 28th	Thanksgiving Day Holiday
Wednesday, December 17th	Center closes at 12:00 p.m.
Wednesday, December 24th	Center Closed
Thursday, December 25th & 26th	Christmas Holiday
Wednesday, January 1st	New Year's Day

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. Some programs have limits, so please sign up early.

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's* 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.

Leave Your Mark On Southborough's Legacy With an Engraved Brick for the town's Tricentennial Celebration. Reduced rates available for members of the Senior Center at \$250 per brick. Fill out a form at the front desk.

Please be Advised

If the Southborough Schools are closed or delayed due to inclement weather, the Senior Center will also be closed and programs will be canceled. Watch the news or listen to the radio before venturing out. Please be careful and don't drive if roads conditions are bad. We want you to stay safe!



Veterans Day Celebration Wednesday, November 12th at 12:00 p.m.

Suggested donation \$6.00 (Veterans free) **Please Register in person or give us a call.**

Lunch of baked chicken, roasted potatoes and salad provided by TJ's Spirits of Ashland

Join us in celebrating our honored Veterans. After enjoying lunch, Master of Ceremonies Bill Harrington, will open the program along with a Color Guard Flag Ceremony led by Steve Whynot. The Southborough Woodward School 3rd graders will join us to sing patriotic songs. We hope you can join us for this important celebration!



During the celebration meet your Veteran Service Officer (VSO) Brian Stearns. Get your questions answered about Veterans Health, Compensation and Burials. Learn about a new program coming soon to the Senior Center tailored to local Veterans. Southborough Youth and Family Services will also be on hand. Stop by their table to learn about the mental health and social support resources they offer for veterans and their families.

Fat Daddy's Produce Bus will be at the Senior Center -plan on stopping by 10:30am to 12:30pm

Technology Help is Here!

Tuesdays, November 18th & December 16th — 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 — Suggested Donation \$3.00



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.**

RMV Shifting Gears –Safe Driving Program

Wednesday, November 19th at 1:00 p.m.



Recent studies show that most of us will outlive our ability to drive safely by seven to ten years. Crash data shows that 94% of crashes are caused by driver error, which means nearly all the crashes that happen on our roadways are 100% preventable. The Massachusetts Registry of Motor Vehicles' Community Outreach Coordinator, Michele Ellicks, will present "Shifting Gears" a safe driving workshop (**no actual driving**) for older drivers. Join to learn how to improve driver safety and assess your driving skills.

Registration is Required, no charge.

Adult Coloring & Lunch —

Tuesdays, November 25th & December 30th at 12:00 p.m.

Come join our fun Adult Coloring group beginning with lunch. You will have a variety of books to choose your coloring option. All supplies will be available or feel free to bring your own. This will be a great time to have lunch, socialize and enjoy coloring together. **Registration is required. Suggested Donation \$3.00**

November: Sandwich platter assortment with salad

December: Baked macaroni and cheese with salad.

Brought to us by Kennedy's Restaurant & Market



Southborough Senior Center

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	08:30a Walking Group 10:00a Hydroponics 12:00p Author Presentation 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
9	10	11	12	13	14	15
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Center Closed in Observance of Veterans Day	08:30a Walking Group 10:00a Phone Legal Advice 10:30a Fat Daddy Produce Bus 11:00a Book Club 12:00p Veterans Day Recognition Celebration	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
16	17	18	19	20	21	22
	08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 12:00p Blue Plate Special 01:00p Knitting Quilting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Technical Assistance 11:00a Spicy Ladies Club 12:00p Bridge	08:30a Walking Group 01:00p RMV Shifting Gears Program	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga 02:30p Genealogy Club	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
23	24	25	26	27	28	29
	08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 01:00p Knitting Quilting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 12:00p Senior Center Closes at 12:00pm	08:30a Closed for the Thanksgiving Holiday	08:30a Closed for the Thanksgiving Holiday	
30						

SUPPORT OUR ADVERTISERS!

Southborough Senior Center

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club 01:00p Tina Bemis	1 08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club 01:00p Tina Bemis	2 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	3 08:30a Walking Group 10:30a Fat Daddy Produce Bus 12:30p Movie Matinee 03:00p Trailblazers Meeting	4 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga	5 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 02:00p Colonial Gardens Health Clinic	6 09:00a Boy Scouts Holiday Kids Shop
7 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	8 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	9 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge 01:00p All About Brain Health	10 08:30a Walking Group 11:00a Book Club 12:00p Holiday Party	11 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga	12 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	13
14 01:00p The Christmas Revels- Bus Trip	15 08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 01:00p Knitting Quilting Club	16 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Technical Assistance 11:00a Spicy Ladies Club 12:00p Bridge	17 08:30a Walking Group 11:00a Senior Center Closes at 11:00am	18 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga 02:30p Genealogy Club	19 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	20
21 08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 01:00p Knitting Quilting Club	22 08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 01:00p Knitting Quilting Club	23 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	24 08:30a Closed in Observance of the Holiday	25 08:30a Closed in Observance of the Holiday	26 08:30a Closed in Observance of the Holiday	27
28 08:30a Walking Group 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club	29 08:30a Walking Group 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club	30 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Adult Coloring 12:00p Bridge	31 08:30a Walking Group			

SUPPORT OUR ADVERTISERS!

Victorian Centerpieces with Tina Bemis

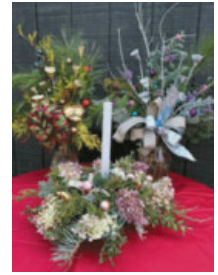
Monday, December 1st, 1:00 pm

Join us to make a beautiful Victorian Centerpiece.

Tina will bring us everything we need to create a holiday masterpiece for your table.

Suggested donation \$20.00.

Registration required, please signup on registration day.

**Holiday Movie Matinee**

Wednesday, December 3rd

Rated PG, 1 hour 39m

The Best Christmas Pageant Ever The Herdmans are absolutely the worst kids in the history of the world. They lie, they steal, they bully. and now they've hijacked the town Christmas pageant. Based on the international bestseller by Barbara Robinson, THE BEST CHRISTMAS PAGEANT EVER follows six siblings who sneak into church searching for snacks and walk away with the lead roles in the town pageant. Grace is directing the performance for the very first time; she and her daughter Beth and husband Bob are in over their heads, especially against a town that wants them to kick the Herdmans out. But the play's mischievous stars might unwittingly teach a community the true meaning of Christmas.

Enjoy a lunch of chicken and broccoli with ziti from Roche Brothers

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

All About Brain Health

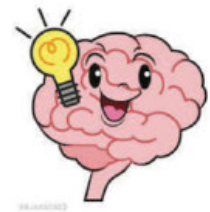
Tuesday, December 9th 1:00 p.m.

Looking to keep your mind sharp and stay informed? Come join us for a fun and friendly presentation with Dee Franks, a Registered Nurse with nearly 30 years of experience caring for folks right here in Massachusetts.

This talk is all about brain health—what you can do to keep your brain active, what's fact and what's fiction, and how to plan ahead with confidence. Dee's presentation is relaxed and interactive, so feel free to ask questions or just listen in.

There will be fun prizes, giveaways, and plenty of time to join your friends and visit.

No Charge, Registration is Required

**Blue Plate Specials Suggested Donation \$6.00 — 12:00 p.m.**

Monday, November 17th —Traditional Turkey Dinner with sides
(celebrate an early Thanksgiving with us)!

Monday, December 29th—Chicken Teriyaki Stir Fry with rice and vegetables

Join us for a fun lunch with friends! The meals will be from 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. Please sign up on Registration Day.





CrossFit Tilt's Senior Fitness Class

Tuesday, November-4 January 8 (16 classes)

Tuesdays & Thursdays 10:00-10:45 a.m.

November 4, 6, 13, 18, 20,

December 2, 4, 9, 11, 16, 18, 23, 30

January 6, 8



Join us at Cross Fit Tilt, held at 12 Southville Rd, Southborough, for fun, beginner-friendly fitness classes designed for seniors. Improve your mobility, strength, and balance in a supportive environment. Our experienced coaches guide you through safe, effective exercises for all fitness levels. No experience needed! This class is tailored especially for seniors in the Southborough Community.

We are thankful to the Friends of Council on Aging for subsidizing a portion of this session.

\$5.00 per class (**must pay in full to enroll**) Suggested donation \$80.00

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	12:30pm	Mary Starr Green

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>
Rummikub (Jeanne Ridolfi)	Monday (3rd and 4th Monday—monthly)	11:00am
Knitting & Quilting Club	Monday	1:00pm
Bridge (Judy Stento)	Tuesday	12:00pm
Spicy Ladies Club (Leena Dasgupta)	Tuesday (3rd Tuesday—monthly)	11:00am
Book Club (M. Anderson & S. Kiess)	Wednesday (2nd Wednesday—monthly)	11:00pm
Mah Jongg (Sandy Campbell)	Thursday	10:00am
Genealogy Club (Jeff Schiebe)	Thursday (3rd Thursday—monthly)	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****Colonial Gardens Friday, December 5th, 2-3 p.m.****COVID SYMPTOMS FOR THE NEW STRATUS VARIANT**

A new Covid variant , Stratus has become the dominant strain across the U.S. in the past few weeks. Fortunately, there is no evidence that this variant poses greater health risk than previous versions. Those that are older and did not get vaccinated last year will be at higher risk, as well as young school age children. A high temperature and relentless cough are the most predominant symptoms in addition to: Shorten of breath, fatigue, body aches, headache, sore throat, nasal congestion, loss of appetite and diarrhea. At home treatment will suffice for most people with mild to moderate symptoms. For those people at high risk; elderly, pregnant women and those with serious medical conditions, prescription antiviral medications are available and work best when started within 5 days of symptom onset. Covid test are available at most pharmacies.

See you soon, Leslie

Need Help Paying for Your Heating Bill?

SMOC's Home Energy Assistance Program (HEAP), (previously known as fuel assistance), provides help with heating bills for eligible households.

The heating season runs from November 1st through April 30th. Eligibility for the home energy assistance program is based on the total gross income for all household members. The 2025 Income eligibility: \$49,196 for 1 person or \$64,333 for 2 people

To learn more about the program or help with applying, contact the Southborough Senior Center Outreach Coordinator **Raeleen Gallivan at 508-229-4453.**

Springwell
Meals on Wheels
508-573-7200

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

The Southborough Senior Center offers Outreach Services to support seniors and their caregivers. Our Outreach Coordinator, **Raeleen Gallivan**, can help with applications for benefits like SNAP, home energy assistance, and other savings programs.

We also provide referrals for caregiver support, housing, home care, transportation, legal services, behavioral health, and more. To schedule an appointment, call 508-229-4453.

MEDICARE OPEN ENROLLMENT is in FULL SWING

Just a reminder that the time to have your health and drug plans checked for 2026 is now half over and appointments through the SHINE office at the Senior Center are filling up!

Although the Medicare OEP ends on December 7th, in Southborough the last day to get an appointment will be Thursday, Dec 4th. Call the Senior Center at 508-229-4453 and follow the prompts to leave your name and phone number and our OEP scheduler will return your call.

If no more appointments are available in Southborough, you will be directed to other centers with available appointments.

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

Grief Support Group -Cosponsored with Southborough Youth and Family Services

Mondays 11:00am-12:00 p.m. (every other week)

November 2, 2025 –March 2, 2026 (no group on 1/19 and 2/16)

Finding your way through grief can feel overwhelming, but you don't have to do it alone. Join our supportive group for seniors (65+) to share, listen, and find comfort with others who understand. Conversations will be facilitated by licensed mental health professionals.

Location: **Southborough Library-Eaton Room** Registration is required by calling 508 481-5676 or email syfs@southboroughma.com

Tuesday is Gas Day at Falconi Pit Stop!

A percentage of sales on Tuesdays will go to the Senior Center. Please support local businesses as well as the Senior Center.



Thank you for the warm welcome as I settle into the Program Manager position. It's been lovely getting to know everyone and I'm enjoying bringing programs to you. Happy Holidays and I look forward to seeing you all at the center!

-Laura West



Bingo will be back after the holidays in January!

BOOK CLUB —meets every second Wednesday at 11:00am

All are welcome! Please join us for lively discussions on member selected books.



November 12 —*Unfinished Love Story*, by Doris Kearns Goodwin.

December 10 —*Between The World And Me*, by Ta-Nehisi Coates.

Fat Daddy's Winter CSA Now Open!

Thanks to positive feedback, he is launching a Winter CSA from the first Saturday in November through the first Saturday in May (27 weeks). Enjoy fresh produce all winter long!

- **Full Share:** \$25/week (\$675 total)
- **Half Share:** \$15/week (\$405 total)
- **No upfront payment required—pay weekly at pickup!**

We've made two key changes from the traditional CSA model:

Flexible Payments: Pay-as-you-go makes it easier for those on fixed budgets.

Fair Pricing: If a week's box doesn't meet its value due to crop issues, you'll pay less that week.

Pick-Up: Saturdays, 11:00 AM – 3:30 PM or by appointment.

Interested? See the front desk.

Questions? Text Erik at 508- 769-5891.

Hydroponics Gardening

Wednesday, November 5th at 10:00 AM

Grow your own lettuce and more by learning



how to garden Hydroponically. This method ensures you have fresh options all winter long! Register by calling the front desk or in person on Registration Day.

Bus Trip to see Midwinter Revels***A Scandinavian Story for Christmas***

Sunday, December 14th at 1 p.m.

(Bus departs the Senior Center at 11:30 a.m.)



Join us on a special Sunday to historic Sanders Theater in Cambridge, to experience Revels' joyous blend of music, storytelling, song, and dance. Set on an island so far north that it snows from September to April, a young boy finds warmth and light on the darkest days. Woven together with festive Scandinavian song and dance performed by virtuoso musicians, actors, and Revels' intergenerational chorus, this story is Gregory Maguire's illumination of a Hans Christen Andersen fairy tale

Show is 2 hours and 30 minutes including one intermission

Suggested donation \$45.00 **Space is limited,**

Registration is required.

Thank you to the Friends of the COA for subsidizing a portion of this trip. (Regular priced tickets are \$85.00 and up)

Annual Kids Holiday Shop-

Sponsored by Southborough Boy Scout Troop 92

Saturday, December 6th

9:00 am-4:00pm

Shop for quality gifts at reasonable prices just in time for the holiday season. Beat the rush and come shopping between 11:30-1:30 pm for a quieter experience. Enjoy a cup of coffee and a baked good in a safe environment with support from the Scouts. Proceeds will go to a local charity.

Important information from our Town Clerk, Jim Hegarty

In early January, the Post Office will deliver the Annual Town Census. Please sign and return it to the Town Clerk by US mail, bring it in person to the town clerk, or drop it off in the drop boxes outside the town house. You can also take a picture or scan it and send that by email to census@southboroughma.gov

In January/February, the state will mail each voter a postcard offering you the chance to Vote by Mail for any or all elections in 2026. If you chose to Vote by Mail, you must renew that decision every year.

Nomination papers for offices to be on the ballot for the 2026 Annual Town Meeting will be available at the town clerk's office on Valentine's Day. Please call Town Clerk Jim Hegarty if you have any questions. (508) 485-0710.

The Raised Bed Garden has been put to rest for the winter. We look forward to getting it started again in the Spring. Thank you all for your interest and assistance. —Joyce



Support the Poetry Out Loud Student Competition At Algonquin Regional High School (free to attend)

Semi final: Thursday, December 11th at 2:35—Black Box Theater

Finals: Thursday, December 18th 12:35 —Auditorium

Toys for Tots Collection. —

Peg is organizing a Toys for Tots drive again this year. If you would like to participate, please bring a new unwrapped toy to the Senior Center Starting December 1 through December 12th. Thankyou!



We are always accepting gently used items for the Gift Shop. Please stop by the front desk with your items. Thank you!

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OCTOBER EDITION



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Director's Notes:

Hello everyone, I hope you have been enjoying the increase in programs now that we are back up to full staff. Just having our Summer BBQ back outside was truly exciting for all of us. My hope came true, and it was a beautiful day. I want to thank *TJ Spirits of Ashland* for cooking the delicious BBQ menu on-site, *The Highland Woods Project* for performing their wonderful show (we even had a few dancers), and for *New Horizons of Marlborough* for sponsoring the yummy, very large ice cream sundaes. Everything went very smoothly, and I could not be happier. Thank you to our amazing Facilities Department for all their hard work in setting up and breaking down the event and to our volunteers for working so hard in decorating the tables. To all, I thank you.

On another note, we had an initial meeting in September forming a new Woman's Group which was well received. If interested, please check out the calendar for the date and time. If you have any questions about this program, or anything else, please call the Senior Center.

This year we are hosting the *Boy Scout Kids Holiday Shop* at the Senior Center. The date is December 6th and as you will see, there are special hours for our members. One other program to share, we are looking into finding a series to show on the TV in the new room in early 2026. We have a few good ideas. The series will be listed in the January/February Newsletter. Lastly, I am collecting for *Toys for Tots* again this year. If you would like to donate, please bring in your unwrapped toy(s) from December 1st through the 12th.

As we head into the Holiday Season, I look forward to spending it with all of you. ~ Peg Leonard

Legal Phone Advice with Attorney Christine Boutin

Wednesdays, November 12th & December 10th -- 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.

FRIENDS OF THE
SOUTHBOROUGH COUNCIL ON AGING

CALENDAR YEAR 2026 — 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 2026

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