

Lunch & Learn Tuesday, February 10th

12:30pm Lunch, 1:00pm presentation,
No Charge, Reservation required



Join us for a lunch of assorted sandwiches sponsored by Home Helpers of Metro West for an important talk about the MOLST form (Medical Orders for Life-Sustaining Treatment) presented by Denise Roskamp, Owner and President of Home Helpers of MetroWest. Discover how this crucial document safeguards your healthcare preferences and ensures that your wishes are honored. Gain valuable insights and have your questions answered as you learn to make informed decisions about your future medical care.

Game Show!

Wednesday, February 11th

12:30 lunch, 1:00pm Game Show
\$6.00 Suggested donation
Registration Required



You've watched Game Shows on TV your whole life. You've often thought how great it would be to be a contestant on one of the games you love. Well now's your chance. Game Shows To Go is coming to the Southborough Senior Center for rousing games of Family Feud & Concentration. You'll play as teams so there won't be too much pressure on you and there will be prizes for every member of the winning team. Sign up today for this fantastic event!

Lunch of cheese ravioli, salad, and rolls will be brought to us from TJs of Ashland.