



# The Southborough Senior Sensation

Volume 26\* Issue 01

January/February 2026

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*

*Joy Marzolf is back to warm us up with gorgeous photos  
and a presentation of Costa Rica!*

## Joys of Nature Travel Talk

*Wednesday, January 21st, 12:30 Lunch, 1:00 Presentation*

Experience Magical Costa Rica: Exploring the Lowland Rainforest! For such a tiny country, Costa Rica has amazing biodiversity. Bird life in the rainforest varies widely from colorful hummingbirds, honeycreepers and red-capped manakins to large birds like great curassow and scarlet macaws.

Enjoy lunch of Chicken Parmesan and salad from Roche Brothers.  
\$6.00 Suggested Donation, Registration required.

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

Monday, January, 19th

Martin Luther King Day

Monday, February 16th

President's Day

## Please Be Advised

If the Southborough Schools are Closed or Delayed due to inclement weather conditions, the Senior Center will also be closed and all programs will be canceled. Watch the news or listen to the radio before venturing out. Please do not drive if you are at all concerned with the road conditions. We want you to be safe!



## 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 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 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.

### Fitness at the Senior Center

Please sign up for the following classes on Registration Day. Suggested Donation of \$3.00 per class. A basket will be in the room for your donation. **Call the Senior Center for details 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

### Calling all Walkers!

Lace up your sneakers, come on out and meet new people, or old friends, and keep your body moving! Meet at the Trottier School track Mondays at 8:30 AM and at the Southborough Cemetery beside the Senior Center on Wednesdays at 8:30 AM for walking with small groups or head out on your own, maybe with a 2-footed or 4-footed friend and add miles and smiles to your day. Track your distances and record them. You'll be amazed at how quickly those steps add up! You, too, can be an Awesome Ambulator! Our walkers meet twice annually for a friendly lunch or brunch. Contact Sandy Kiess at [skiess@verizon.net](mailto:skiess@verizon.net) for a walk journal or to answer any questions.



### Stay Active and Healthy with CrossFit Tilt's Senior Fitness Class

#### Beginner Friendly

January 13th -March 5th (16 Classes)    Tuesdays & Thursdays, 10:00–10:45 AM

Cost: \$5 per class (pay in full to enroll) Suggested donation \$80.00

Join us at CrossFit 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 specifically for seniors in the Southborough Community. We are thankful to the Friends of Council on Aging for subsidizing a portion of this session. Class dates January: 13,15,20,22,27,29 February: 3,5,10,12,17,19,24,26, March: 3,5



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.

### Join us in the New Room for The Americas Documentary

*Tuesday, January, 13th & 27th & February 10th & 17th at 10:00am, space is limited, no charge, please Register.*

The Americas is a 2025 NBC nature documentary series narrated by Tom Hanks and scored by Hans Zimmer, exploring the wildlife and landscapes of North and South America. We will watch 4 episodes and gage interest to add more. Come enjoy this thrilling documentary with us! Episodes are about 45 minutes long.

# Southborough Senior Center

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
	08:30a Walking Group 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	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	
11	12	13	14	15	16	17
	08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 11:00a Rummikub 01:00p Knitting Quilting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Americas Documentary 10:00a CrossFIT Tilt class 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 11:00a Book Club 12:00p Movie Matinee 02:30p Intergenerational 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	
18	19	20	21	22	23	24
	08:30a Closed in Observance of Martin Luther King Day	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 01:00p Springwell Presentation	08:30a Walking Group 10:00a Hydroponic Gardening 12:30p The Joys of Nature	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 Intergenerational Program
25	26	27	28	29	30	31
	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 Americas Documentary 10:00a CrossFIT Tilt class 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 01:00p Bingo	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga	08:30a No Health Clinic 10:00a Canasta 10:00a Dull Mens Club	

# SUPPORT OUR ADVERTISERS!



# Southborough Senior Center

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	2 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	3 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge 01:00p PE James	4 08:30a Walking Group	5 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 01:00p Chair Yoga	6 10:00a Canasta 10:00a Dull Mens Club 10:00a No Health Clinic	7 12:00p Cub Scout Valentine Bingo
8 08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 01:00p Knitting Quilting Club	9 08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 01:00p Knitting Quilting Club	10 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Americas Documentary 10:00a CrossFIT Tilt class 12:00p Bridge 12:30p Lunch and Learn	11 08:30a Walking Group 10:00a Phone Legal Advice 11:00a Book Club 12:30p Game Show	12 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 01:00p Chair Yoga	13 10:00a Canasta 10:00a Dull Mens Club 02:00p Colonial Gardens Health Clinic	14
15 08:30a Center Closed in Observance of Presidents Day	16 08:30a Center Closed in Observance of Presidents Day	17 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Americas Documentary 10:00a CrossFIT Tilt class 10:00a Technical Assistance 11:00a Spicy Ladies Club 12:00p Bridge	18 08:30a Walking Group 12:30p Movie Matinee	19 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 01:00p Chair Yoga 02:30p Genealogy Club	20 10:00a Canasta 10:00a Dull Mens Club	21
22 08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 12:00p Blue Plate Special 01:00p Knitting Quilting Club	23 08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 12:00p Blue Plate Special 01:00p Knitting Quilting Club	24 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Adult Coloring 12:00p Bridge	25 08:30a Walking Group 09:00a Bus Trip Casino	26 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 01:00p Chair Yoga	27 10:00a Canasta 10:00a Dull Mens Club	28 10:00a Intergenerational Program

# SUPPORT OUR ADVERTISERS!

### Movie Matinees

**Downtown Abbey the Grand Finale** (PG, 2hr 4min) – Wednesday, January 14 *Earlier time (11:30)*

In the summer of 1930, the Crawleys grapple with the threat of social disgrace when Mary finds herself at the center of a public scandal and the family faces financial trouble.

**The Roses** (R, 1hr, 45min) – Wednesday, February 18

Life seems easy for picture-perfect couple Theo and Ivy: successful careers, a loving marriage, great kids. However, a tinderbox of fierce competition and hidden resentments soon emerge when Theo's career nosedives and Ivy's own ambitions take off.

Enjoy lunch before the movie. Suggested donation: \$6.00 for lunch (movie free).

January : Taco Bar from Burro Burrito Lunch will be at 11:30am and movie at noon.

February: Pizza, salad, and dessert from Plum Tomato 12:00 Lunch — 12:30 Movie

Register at the front desk or call (508) 229-4453.



### Book Club

Meets every second Wednesday at 11:00am

Please join us for a lively discussion on member selected books. All are welcome.

January 14th *Smoke & Ashes* by Amitav Gosh

February 11th: *Lessons in Chemistry* by Bonnie Garmus



### Intergenerational Programs –managed by Heidi Cibelli

Wednesday, January 14 at 2:30pm

Charlotte Han, an eleventh-grader at St. Mark's School, is excited to share her love of baking and nutrition with seniors in Southborough! Last summer, she started a pop-up bakery, Grain & Loaf, in order to promote recipes that combine nutritious whole grains and natural sweeteners to create delicious baked treats. After visiting a dozen different farmer's markets and a senior center near her hometown of Halton, Ontario, Charlotte realized she also loved sharing her story with others. She looks forward to discussing her baking process, taking questions, and sharing samples of her baked goods!

Game Day with Algonquin High School Students— Enjoy the benefits of intergenerational programming with local students at the Senior Center. Join Algonquin High School students to learn and play Rummikub. Saturday, January 24th & Saturday February 28th 10:00am-12:00pm. Please register -we would like to know how many people are interested in participating.

### BINGO

Wednesday, January 28th, 1:00 PM

Registration is required-space is limited

Come join us for a wonderful afternoon of Bingo, fun and prizes! Our Bingo leaders, Bill Harrington and Peter Rowe will start selling cards starting at 1:00pm. Multiple winners may choose from available prizes, with a larger prize for the higher number. Enjoy snacks at break time.

### **Annual Southborough Cub Scout Valentines Day Bingo Lunch**

**Saturday, February 7th, 12:00pm**

Sign up and enjoy lunch and bingo sponsored by Southborough's Cub Scout Pack 26. The Cub scouts will come to your table and take your lunch order. Their parents will be busy in the kitchen preparing the orders and the scouts will deliver them for you. This will be followed with a fun Bingo game with prizes! The Southborough Cub Scouts and their families fundraise during the year for this enjoyable program.

No Charge. Registration required — Southborough residents will take priority

**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
Rummikub (Jean Ridolphi)	Monday (2nd, 3rd and 4th Monday monthly)	11:00am-12:00pm
Bridge (Judy Stento)	Tuesday	12:00pm
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 (Trotter Track) &	8:30am
<i>(Depending on Weather Conditions)</i>	Wednesday (Southborough Cemetery)	8:30am

**Technology Help is Here!**

**Tuesdays, January 20th & February 17th      5 one hour time slots**

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. Bring your electronic device with you to your session. Feel free to sign up again if you have attended a prior session. These sessions will be one on one with David, Technology Specialist from Sayva Services.      Appointments will begin at 10:00am      Call to schedule an appointment

**Springwell Presentation-Overview of Resources and Services**

**Tuesday, January 20th 1:00pm-      No charge, registration required**

Join Larry Poirier, Outreach Manager at Springwell for a presentation of the resources and services they offer to the community. Springwell's mission is to provide comprehensive services to older adults, individuals with disabilities and those who provide care, guided by a commitment to an individual's right to live independently in the community.

**Adult Coloring & Lunch**

**Tuesdays, January 27th & February 24th at 12:00pm**

Come join our fun Adult Coloring group beginning with a delicious 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. Enjoy lunch, socializing and coloring together.

January- Pasta Bolognese and salad

February — Assortment of sandwich wraps and salad

Be sure to register, suggested donation \$3.00

Lunch will be offered by Kennedy's Market in Marlborough

**Tuesday is Gas Day at Falconi Pit Stop  
29 Boston Road, Southborough**

**A percentage sold goes to the Senior Center.**

**Please support our local business as well as the Senior Center! Thank You Mr. Falconi**

**Hydroponics Gardening**

Wednesday, January 21st 10:00am -

Registration required.

Grow your own vegetables and more by learning how to garden Hydroponically. This method ensures you have fresh options all winter long!

**Blue Plate Specials**

Monday, January 26th &amp; February 23rd at 12:00 PM

January— Lasagna, fresh rolls & salad  
February- BBQ Chicken, cornbread & coleslaw

Payment and sign-ups need to be completed by the Monday before each meal.

Meals from TJ's Spirits of Ashland. We hope you can join us to enjoy a meal with friends.

Suggested Donation \$6.00

\*takeout meals and day of sign ups are not permitted\*

**Acoustic Guitar with P.E. James**

Tuesday, February 3rd at 1:00pm

Enjoy an afternoon of music and warm up afterwards with light refreshments and a hot chocolate bar sponsored by The Branches of Marlboro.

P.E. James has been entertaining audiences by singing and playing acoustic guitar for over four decades. He performs at concerts, churches and restaurants all through central Massachusetts and is also enjoyed at over 100 Memory Cafes, assisted living, retirement, Senior Centers, and rehabilitation facilities. He has completed his fifteenth consecutive year at Worcester's Grill on the Hill restaurant in Green Hill Park. He has twice sung the National Anthem for WooSox baseball games at Polar Park. Sign up for an enjoyable musical hour with P.E. James.

Suggested Donation \$3.00

**Bus Trip!****Nash Casino, Nashua NH**

Wednesday, February 25th.

Bus will depart at 9:00am

Return approximately 3:30/4:00

- \$10.00 Suggested Donation

Registration required

Join us on a bus trip to Nash Casino in Nashua, NH. New Club Nash players club will receive a \$15.00 sign-up bonus, either as machine free play or dining credit! In addition, players can download the mobile app and connect their account for an additional \$10.00 in free play (casino staff will assist). Please be sure to bring your Drivers license or ID.

Now that the Holidays are over, Lorraine and Sue will be stocking the shelves with Non-Holiday items; jewelry, glassware and much more. Stop by and take a look. As always, new and gently used items are always accepted and appreciated. Thank you for your support.!





Directors Notes:

*Wishing you the best life has to offer in 2026 filled with peace, love and laughter.*

Our Veterans Day Celebration in November had a record number of our Honored Veterans attend, we thank you all. I would like to thank Bill Harrington, Steve Whynot, Jim Duncan and the Songsters, our Southborough Police and Fire Departments, Joanne Geeze and Woodward School 3rd Graders, Local Girl Scouts, Neary School Art Students and all our volunteers for making this day an extremely special program that we cherish every year. I also want to thank all you extremely generous people that graciously donated to the Toys for Tots program this year. I have been more than pleased to make multiple delivery drop offs to the program. You put smiles on so many children's faces during the Holidays. Best to all and I am really looking forward to spending time with you at Senior Center in 2026!

~Peg Leonard

**Legal Phone Advice with Attorney Christine Boutin**

**Wednesdays, January 14th & February 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.

**HEALTHBEAT**

By: Leslie Chamberlin R.N

**Nurses Clinic: Fridays 10:00AM –3:00PM**

**Colonial Gardens , Friday February 13th, 2:00-3:00 PM**

**No Clinic on January 31st and February 6th**

**PROBIOTICS** After taking antibiotics, it is common to lose good bacteria in your digestive system. Lactobacillus is a common (good bacteria) probiotic found in yogurt and fermented foods. Probiotics help send food through your digestive system by impacting nerves that control gut movement. Some conditions treated by probiotics are irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD), eczema, as well as contributing to overall immune system health. Side effects might include upset stomach, diarrhea, bloating and gas. Probiotics are safe for most people and are regulated as a food product by the FDA. If you have had recent surgery, or are critically ill it is best not to take probiotics until you have recovered and are in good health. See you soon, Leslie

**Outreach Services**

The Southborough Senior Center provides Outreach Services for Southborough Seniors and their caregivers. Our Outreach Coordinator can assist with applications for public benefits including SNAP, the home energy assistance program (HEAP) (formerly known as fuel assistance) and other cost savings programs. The Outreach Coordinator provides advocacy and support and can connect you with community resources including caregiver support, long-term care and assisted living resources, housing assistance, home care services, transportation, legal referrals and behavioral health resources. If you need services, please call the Southborough Senior Center at 508-229-4453 to schedule an appointment with the Outreach Coordinator Raeleen Gallivan.

The Southborough Senior Center is looking for a back up volunteer driver to deliver caregiver meals to Southborough residents.

The Caregivers Meals Program is a program to support caregivers who dedicate their time and energy to caring for a loved one. Meals are delivered every other Wednesday to give caregivers a break from cooking.

Please contact the Southborough Outreach Coordinator, Raeleen if you are interested in being a volunteer driver for the caregiver meals program Call 508-229-4453 or email [rgallivan@southboroughma.gov](mailto:rgallivan@southboroughma.gov)

### Can I still Change My Medicare Plan?

Even though Medicare's Open Enrollment Period in the Fall has ended, you may still be able to change plans during 2026. Please make a SHINE appointment if you would like to discuss your situation. Below are some opportunities to change plans at this time of year: Medicare Advantage Open Enrollment: If you are in a Medicare Advantage (HMO or PPO) plan, a change can be made from January 1 through the end of March. For Prescription Advantage members or those on the Medicare Savings Program: You may be able to change your Medicare Advantage plan or drug plan during the year.



Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. A SHINE counselor is available year round to assist Medicare beneficiaries. To schedule a SHINE appointment, call the Southborough Senior Center at 508-229-1783

"We'd like to acknowledge Jimmy Falconi and Falconi Energy for 34 continuous years of support. At this year's Holiday Party, he presented us with his largest donation ever of nearly \$15,000 to the Friends! These funds go to support all kinds of programs at our Senior Center, emergency support for seniors in need, etc. Thank you, Jimmy!"-

Joan Guerrant, President of the Friends and from all of us at the Southborough Senior Center

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## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

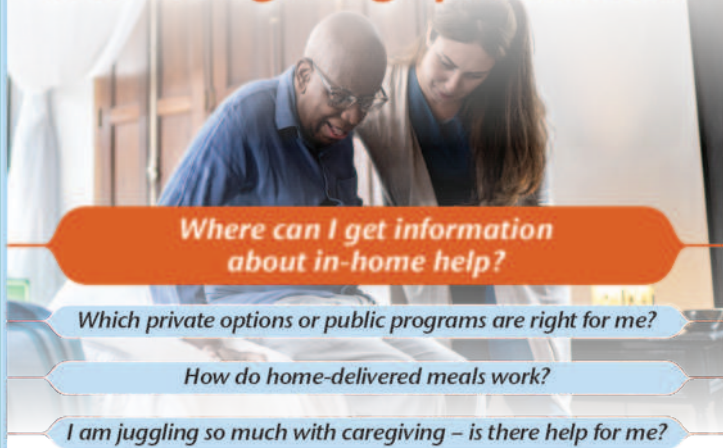
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## For all of your aging and caregiving questions...



Where can I get information  
about in-home help?

Which private options or public programs are right for me?

How do home-delivered meals work?

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

...the answer is  **springwell**

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

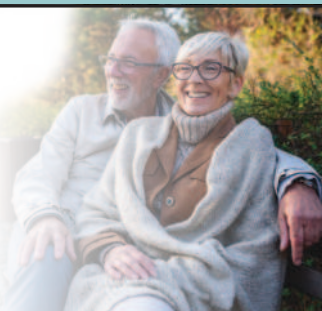
(617) 926-4100 / Greater Boston (508) 573-7200 / MetroWest

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

proud to  
**SUPPORT**

The Southborough  
Senior Center

 **RELIANT**  
MEDICAL GROUP  
Part of Optum<sup>®</sup>



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Southborough Senior Ctr., Southborough, MA

06-5172

Southborough Senior Center  
9 Cordaville Road  
Southborough, MA 01772

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

### Springwell

Meals on Wheels  
508-573-7200

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

### Volunteers Needed

Springwell is looking for Volunteer Home Delivered Meal Drivers to deliver meals on Westborough Senior CTR and deliver to Southborough residents. If you are interested in making a difference as a volunteer, contact Springwell at 617-926-410, [www.springwell.com](http://www.springwell.com) or [volunteer@springwell.com](mailto:volunteer@springwell.com)

### Southborough Town Information from Town Clerk, Jim Hegarty

The 2026 Annual Census form will arrive in your mailbox in early January. Please return it by mail, scan it, or bring it in person to the Town Clerk's office. Nomination papers for the May 12, 2026, Annual Town Election will be available in the Town Clerk's office on Friday February 13. The Annual Town Meeting will be held on Saturday April 11, 2026, in the Trotter Middle School, 49 Parkerville Rd. The meeting will start at 10AM. The warrant and presentations will be posted on the Town Clerk's webpage in March.

There will be a Special Town Meeting regarding school renovation/construction options. The date of the meeting hasn't been set yet, but it is likely to be held in February 2026. As soon as the date is set, we'll post the information on the Town Clerk's webpage. Please contact Town Clerk Jim Hegarty if you have any questions (508) 485-0710 x3005.

### 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

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

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

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

Friends 2026 Membership Donation \_\_\_\_\_