



The Southborough Senior Sensation

Volume 26* Issue 03

May/June 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

Raeleen Gallivan
*Outreach
Coordinator*

Jill Lillibridge
Program Manager

Leslie Chamberlin
Clinic Nurse

Lorraine Caporale
*Administrative
Assistant*

Ellen Miller
*Administrative
Assistant*

Heidi Cibelli
*Intergenerational
Coordinator*

Doug Peck
COA Chairperson

Joan Guerrant
FRIENDS President

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

Thank You

The Friends of The Southborough Council on Aging, and the Staff of the Senior Center, are extremely grateful to all who donate! In addition to the list enclosed in this newsletter, we encourage you to acknowledge the following local businesses. Each of them made a sizeable donation to the Friends in response to last year's Capital Campaign. Thank You all!

Falconi Energy, Avidia Bank, Crystal Clear Cleaning, Fayville Athletic Association, Kennedy's Market and Restaurant, Lexus of Northborough, Nemensky Electric, Picardi Construction, St. Mary's Credit Union, and Ted's of Fayville.

New at the Senior Center

A new automated check in system called MySeniorCenter will soon be installed here at our Center. It is specifically designed to give the staff up to date program participation along with projecting a list of programs that will continue to update daily. There is an insert in this newsletter with additional information that will help give you a better understanding. This is a great addition to the Senior Center and we hope you enjoy the ease of checking in for your programs. Our staff and volunteers will be assisting you during this learning process. We truly believe you are going to be very happy with the new system. You will be a "Pro" before you know it!

The Senior Center will be closed on the following date:

May 25th – (Monday) Memorial Day

June 19th – (Friday) Juneteenth

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 registrations to be fair). Thank you for your understanding. Some programs have limits, so please sign up early.

FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

2026 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 2026

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 for programs 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 program dates or times may have changed after the printing. We apologize for any inconvenience. Please call the Senior Center if you have any questions. We appreciate your patience. (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. **PLEASE MAKE CHECKS out to Friends of the COA.** 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.

Movie MatineesThe Mirror Has Two Faces

Wednesday, May 13th

Rose (Barbra Streisand) and Gregory, (Jeff Bridges) both Columbia University professors. Greg thinks he's found what he's looking for in Rose, a plain, plump English Lit professor. More out of mutual admiration and respect than love, Greg and Rose marry. Greg assumes that Rose understands that he is not interested in a sexual relationship. He's mistaken, and their marriage is nearly destroyed. While Gregory is out of the country, Rose diets and exercises to transform herself in a last-ditch attempt to save her marriage. 2 hours 6 minutes Enjoy this Throwback Movie.

Coda

Wednesday, June 17th

Rubi Rossi is 17 year's old and the only hearing member of a deaf family in Gloucester, MA. She acts as an interpreter for her parents and brother while working on their struggling fishing boat as she plans to join the family business after high school. She faces a conflict when she joins the high school choir and discovers a passion for singing. She is encouraged by her choir teacher (Mr. V.) to audition to a prestigious school, Berklee College of Music. Rubi is conflicted as she has responsibilities to her family and the family business. 1 hour 51 minutes

We will be serving lunch from Roche Bros at 12:00pm before the movies. For May please choose from a Chicken Caesar Wrap, Turkey BLT wrap or Pesto Veggie and Hummus wrap. For June, please choose from Turkey, Cranberry & Brie on Multi-grain bread, Caprese on Focaccia or London Broil Roast Beef on Focaccia.

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

Technology Help is Here!

Tuesdays, May 19th & June 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 — 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 26th & June 30th 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 — Finger sandwiches of seafood and chicken salad or sliced turkey served with pasta salad
June — Stuffed shells served with a garden salad

Brought to us by TJ's of Ashland

AWESOME AMBULATORS

WALKERS WANTED to get out and enjoy the beauty of a New England spring! The temps are warming, the birds are singing, nature is all a-bloom. You need to be out enjoying all the beauty as well as reaping the benefits of moving your muscles along trails, roadways, parks, etc. Walk in places of your own choosing, bring a friend, keep track of your distances walked, if you'd like, and see how quickly the miles add up! A few of our Walkers cover over 1,000 miles in a 6-month stretch! Join our group walks on Mondays at Trotter Track at 8:30 or the cemetery beside the Senior Center on Wednesdays at 8:30. For more information contact the Senior Center or Sandy Kiess at skiess2@verizon.net. The important thing is to KEEP MOVING!

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.

Southborough Senior Center

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
	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 Americas Documentary 10:00a CrossFIT Tilt class 12:00p Bridge	08:30a Walking Group 11:00a Center will be closed for the day 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	09:30a Card Games/Pool 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
3	4	5	6	7	8	9
	08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 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 10:30a Fat Daddy Produce Bus 11:00a Book Club 12:30p Movie Matinee	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	
10	11	12	13	14	15	16
	08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Americas Documentary 10:00a CrossFIT Tilt class 11:00a Spicy Ladies Club 12:00p Bridge	08:30a Walking Group 11:00a NAMI - In Our Own Voice 11:00a Technical Assistance 11:00a Spicy Ladies Club 12:00p Bridge	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 11:00a Publick House Lunch 12:30p Chair Yoga 02:30p Genealogy Club	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 01:45p Woodward Memorial Concert	10:00a Rummikub with Local School Students
17	18	19	20	21	22	23
	08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 11:30a Raised Garden Bed Luncheon 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 10:00a Technical Assistance 11:00a Spicy Ladies Club 12:00p Bridge	08:30a Walking Group 03:30p Trotter Big Band Concert	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 11:00a Publick House Lunch 12:30p Chair Yoga 02:30p Genealogy Club	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 01:45p Woodward Memorial Concert	
24	25	26	27	28	29	30
	08:30a Center is closed in Observance of Memorial Day	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 03:30p Trotter Big Band Concert	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	



Southborough Senior Center

June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	2 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	3 08:30a Walking Group 11:30a Creating an Emergency Folder 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 10:00a Rummikub with Local School Students
7	8 08:30a Walking Group 10:00a Rummikub 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	10 08:30a Walking Group 10:00a Phone Legal Advice 11:00a Book Club	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 10:00a Finance Bingo with Algonquin Students
14	15 08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club 01:00p Tina Bemis	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 10:30a Fat Daddy Produce Bus 12:30p Movie Matinee	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 08:30a Center Closed for Juneteenth Recognition Day	20
21	22 08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	23 08:30a Strength Class 09:30a Northbridge Coin & Gold Appraisals 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	24 08:30a Walking Group 01:00p Bingo	25 08:15a Strawberry Banke Bus Trip 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga	26 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	27
28	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 12:00p Adult Coloring 12:00p Bridge				

Support Our Advertisers!

Americas Documentary

Tuesdays, May 5th, 12th, 19th – 10:00am

The Americas is a 2025 NBC's nature documentary series narrated by Tom Hanks and scored by Hans Zimmer, exploring the wildlife and landscapes of North and South America. Sign up to enjoy this amazing documentary. Episodes are 45 minutes in length.

Create an Emergency Folder for a Loved One

Join Attorney Amy Azza for a presentation to ensure you have the exact documents necessary for your "emergency" folder. You will learn how to create a full legacy plan to protect you and your children's peace of mind.

Sign up Required

Wednesday, June 3 @ 11:30 AM.

Complimentary Lunch will be provided.

Northbridge Coin & Gold

Northbridge Coin and Gold is a trusted seller that deals regularly with high end collectibles, precious metals, (jewelry) U.S./World coins and currency. They also buy and sell Sports memorabilia, vintage toys/action figures and much more!

Sign up Required

Tuesday, June 23 beginning @ 9:30 AM.

Appointments are booked in 20 minute increments.

Cash or check is paid if you choose to sell items.

Intergenerational Programs -- Heidi Cibelli

Please sign up for the following programs on Registration Day or after:

Rummikub

Saturdays, May 16th & June 6th 10:00am-12:00pm

Sign up to join Trottier Middle School and High School students in playing the fun game Rummikub. Enjoy the benefits of intergenerational programming with local students at the Senior Center. It's been a lot of fun.

Finance BINGO

Saturday, June 13th 10:00am

Come listen to an educational presentation about financial scams followed by 1-2 interactive bingo sessions about the subject. This will be presented by a group of sophomores from Algonquin who have founded a financial literacy organization focused on educating and supporting members of the local community.

NAMI

(National Alliance on Mental Illness)

Established 1949

May is National Mental Health Awareness Month

Join us Wednesday, May 20 @ 11:00 AM

In Our Own Voice (IOOV)

This is a powerful presentation that aims to change attitudes, assumptions and stereotypes about people living with mental health conditions.

Blue Plate Specials

Suggested Donation—\$6.00 — 12:00pm

Monday, May 18th

Chicken Parmesan with Ziti and a Mixed Green Salad

Monday, June 29th

Baked Potato Bar with all the toppings and Grilled Chicken Greek 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 lunch and socializing with friends (that's what it's all about!)

Welcome May Flowers

Let's come together and add a plant to our raised bed garden. If you purchased or grew annuals please bring one plant to add to the raised beds. It is a fun way to meet other gardeners and non gardeners and to get your hands in the soil. The raised beds are intended to be enjoyed by all. Let's start off with a light lunch on May 18th at 11:30am—Please come at 10:00am—11:30am to plant or drop off your plant to be planted that day. Hope to see you on the 18th ~Joyce Macknauskas

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	Tuesday & Thursday	9:45am	Jeanne Friswell
Chair Yoga	Thursday	12:30pm	Mary Starr Green

Games, Cards, Knitting, Dull Men's Club, Spicy Ladies Club, Book Club, Billiards Play More

The following programs are open to all. Please review the calendar for 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>
Rummikub (Jeanne Ridolfi)	Monday (2nd, 3rd & 4th Mondays)	10:00am
Knitting & Quilting Club	Monday	1:00pm
Bridge (Dawn Josephs)	Tuesday	12:00pm
Spicy Ladies (Leena Dasgupta)	Tuesday (third Tuesday of each month)	11:00am
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
<i>(Depending on Weather Conditions)</i>	Wednesday (Southborough Cemetery)	8:30am

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

Beginner Friendly

May 5th—June 25th Tuesdays & Thursdays 10:00-10:45 a.m.

This is an 8 week session—Suggested Donation—\$80.00 (\$5.00 per class)

The program needs to be paid in full prior to March 10th

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. Our experienced coaches will guide you through safe and effective exercises that can be modified for all fitness levels. Whether you're looking to enhance 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!

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

HEALTHBEAT

By: Leslie Chamberlin R.N.

Nurses Clinic: Fridays 10 – 3

Colonial Gardens: Friday, June 5th 2:00pm

OUCH OUCH OUCH IT IS SHINGLES

Shingles is a blistering rash that can be extremely painful, lasting 7-10 days. The Varicella Zoster virus (chicken pox virus) lies dormant, and if it reactivates it causes shingles. Reactivation occurs when the bodies immune system is down or compromised. 99.5% of people 50 years and older are infected with Varicella Zoster Virus.

Starting at 50 years old, shingles risk sharply increases. The vaccine SHINGRIX is given in 2 doses. The first dose is given, then the second dose is given 2-6 months after the first.

Protect yourself ...don't let shingles disrupt your everyday activities or sleep.

See you soon Leslie

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.

Springwell Meals
on Wheels
508-573-7200

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 would like to learn more about Community Resources or need help with an application, please call the Southborough Senior Center at 508-229-4453 to schedule an appointment with the Outreach Coordinator, Raeleen Gallivan.

GUIDE PROGRAM

The Centers for Medicare & Medicaid Services (CMS) introduced the GUIDE MODEL (Guiding an Improved Dementia Experience) to improve the quality of life for people living with dementia and empower caregivers with support and resources. This is a free Medicare program that covers the costs of dementia care navigation services for those who are eligible. The program is a comprehensive and coordinated approach to dementia care that provides a care navigator to help coordinate services and offers caregivers education and support. For more information about the program contact the Southborough Senior Center Outreach Coordinator Raeleen Gallivan at 508-229-4453.

Incentives to Help Reduce Energy Consumption

Mass Save offers no-cost energy assessments to renters, homeowners and small businesses. Energy assessments find inefficiencies in how energy is used in a home or building. During a home energy assessment, an Energy Specialist will identify energy-saving opportunities and help homeowners and renters access available rebates and incentives. Visit [Mass Save No-Cost Online Home Energy Assessment](#) or call 1-866-527-SAVE (7283) for more information or to schedule a home energy assessment.

Medicare Coverage While Traveling

Before traveling remember to check your Medicare Advantage plan to review emergency coverage and in network vs. out of network costs. Also keep in mind that Original Medicare does not cover health care outside the fifty states except for rare circumstances. Many supplemental (Medigap) plans cover foreign emergency care, but you may wish to buy dedicated travel insurance for trips outside of the U.S. To schedule a SHINE appointment, call your local Senior Center.

Volunteers Needed

Springwell is looking for Volunteer Home Delivered Meal Drivers to deliver meals from the Westborough Senior CTR and deliver to Southborough residents. If you are interested in making a difference as a volunteer, contact Springwell at 617-926-4100, www.springwell.com or volunteer@springwell.com

Bus TripsPublick House Historic Inn

Thursday, May 21st

Suggested Donation—\$20.00

Bus will leave the Senior Center at 11:00am and return at approximately 4:00pm

Sign up for a fun trip to the Publick House Inn located in the beautiful countryside of Sturbridge! In 1791, Colonel Ebenezer Crafts planted the tall magnificent elm trees that shade the Publick House today. These amazing trees surround the Publick House and Sturbridge Common, keeping Colonel Crafts' spirit alive. Your luncheon will begin with a Publick's salad with a choice of entrée; Yankee Pot Roast or Pan Roasted Salmon along with the Chef's choice of potato and vegetable. Dessert, coffee and tea will also be served. Following lunch, you will have an opportunity to visit their gift shop. Reserve your spot by calling the front desk on Registration day or after if there is still room.

Strawbery Banke Museum

Thursday, June 25th

Suggested Donation - \$30.00

Bus will leave the Senior Center at 8:15am and return at approximately 4:30pm

Take a trip to Strawbery Banke in Portsmouth NH. After a brief orientation, take a self guided tour around the grounds. Partial accessibility. Strawbery Banke is a 10-acre outdoor history museum, that preserves one of the oldest continuously inhabited neighborhoods in the United States. The museum features dozens of restored historic houses and buildings dating for the 17th to the 19th centuries. Through costumed interpreters, traditional crafts, gardens, and hands-on exhibits, Strawbery Banke brings over 300 years of American history to life, showcasing the daily lives of the families who lived and worked there at that time.

Lunch is included at the Old Salt Restaurant. Please choose one of the following entrees: Baked Haddock, Fish and Chips, Tavern Tips, Teriyaki Chicken, or Herbed Roasted Vegetables of Linguine. Please sign up and make your trip payment by June 18th.

Tina Bemis is Coming Monday June 15!

Suggested Donation—\$15.00

Time—1:00pm

Tina will guide us through the creation of a Butterfly Buffet!

BOOK CLUB

Our Book Club meets every second Wednesday of the month at 11:00. All are welcome! Please join us on May 13 for lively discussions on member-selected books. At the May meeting we will be voting on our book selections for our third season, September 2026-June 2027.

May 13 - Our book selection for May is Everything I Learned, I Learned In A Chinese Restaurant by Curtis Chin, suggested by Tina Hyland.

June 10 The book selection is News of the World, by Pauline Jiles, offered by Betty Meyer.

A list of our book club selections for the September 2026-June 2027 season will be available after our May 13 meeting. Contact Sandy Kiess at skuess2@verizon.net if you would like a copy.

Fat Daddy's Produce Bus

Wednesdays, May 13th and June 17th
from 10:30am to 12:30pm

Fat Daddy's is a local, family owned hydroponic farm offering fresh, chemical-free lettuce, herbs, greens, microgreens, mushrooms, and more. Erik Jewett will sell produce at wholesale prices from his bus parked at the side of our building. Now Accepting Farmers Market coupons and EBT. Don't miss this great opportunity for fresh, healthy food!

YAY it's "Bingo" Day

Wednesday, June 24th 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!





Memorial Day Concert at the Woodward School

(directly across from the Senior Center)



Friday, May 22nd at 1:45pm

Hope you can attend the concert by our local 2nd & 3rd graders at the Woodward school. In addition to many other patriotic songs, the students will be singing a medley of service songs. We would like to honor our veterans and family members by having them stand during their branch's song. There is no need to sign up, you may just drive over to the Woodward school that day to attend the show. *Enjoy!*

Join the **Spicy Ladies Club**

We invite you to become a part of the new Spicy Ladies Club. We meet on the 3rd Tuesday of each month @ 11am.

Our meetings include a variety of activities to include guest speakers and engaging group discussions to name a few! The group is a very welcoming space to meet new people, share ideas and offer mutual support through diverse activities.

If you have questions, please contact
Leena Dasgupta at ldagutpa@gmail.com

Legal Phone Advice

with Attorney Christine Boutin

Wednesdays, May 13th & June 10th
10:00am to 10:45am

(4–15 minute sessions) — No Charge

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.

Elder Law Attorney

Christine Boutin | 508.929.1679
cboutin@miricklaw.com

Personalized Legal Counsel for Seniors & their Loved Ones

- Estate Planning
- Asset Protection
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- Care Management
- Special Needs
- Crisis Management
- Probate



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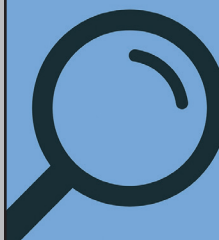
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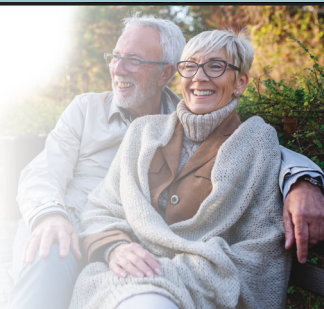
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From our Town Clerk, Jim Hegarty

Election trivia question: Did the U.S. ever have a law that only allowed property owners to vote?
Answer at the bottom.

The Annual Town Election will be held in the Trotter Middle School's gym on Tuesday May 12, from 6:30am to 8:00pm. To request a Vote by Mail ballot, please call the Town Clerk at (508) 485-0710 x 3005 and we'll mail one to you. Thank you!

Answer: It wasn't until 1856 that Congress removed property ownership as a requirement to vote in elections. Please call Town Clerk Jim Hegarty if you have any questions. (508) 485-0710.

Director's Notes: ~Peg Leonard

I would like to introduce Jill Lillibridge as our new Program Manager. We are thrilled to have Jill join our staff and she has already hit the ground running. Please know how much I appreciated your patience while we were short staffed. I said this before, but worth mentioning again, your understanding and support throughout this past year has meant the world to me. Thank you from the bottom of my heart.

On another note: There are many scams going around that have caused too many people to have lost a great deal of money as well as getting into situations that have been very difficult. Please do not give out any personal information. If you concerned with a phone call or something you received in the mail, call your local Police to report it and receive guidance. Never hesitate to give us a call as well – we are here to help.

FRIENDS OF THE
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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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