



# The Southborough Senior Sensation

Volume 26\* Issue 04

July/August 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*

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

## Happy 250<sup>th</sup> America

### Directors Notes: ~Peg Leonard

We are excited to introduce our new membership and attendance system, My Senior Center. As part of this system, each member is provided with a key tag that can quickly be scanned when entering the Senior Center. Some of you have already been issued your key tags and we thank you for being so diligent in using the system to check in as you enter the building. We kindly ask that you make it a habit to scan your key tag each time you visit and whenever you participate in an activity or program. Your participation is extremely important. The information collected helps us better understand which programs and services are most valuable to our members. It also provides essential data that supports funding applications, grants, and other resources that helps us maintain and expand the programs you enjoy. Most importantly, accurate attendance records help us ensure that we meet the needs of our community and planning for the future. Thank you to the Group Leaders that have been encouraging members to use the system upon arrival.

The scan process is quick, easy, and secure. By taking a few seconds to scan your tag, you are helping us strengthen the Senior Center and continue providing quality programs and services for everyone. Please don't hesitate to ask a staff member for assistance if you have any questions about setting up your key tag and how to use it for future attendance. Thank you for your cooperation, support, and continued participation.

*We are grateful to have you as part of our Senior Center family.*

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.

### 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 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.

## 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.

*The Senior Center will be closed on the  
following date:*

**July 3rd — Independence Day**

Tuesday is Gas Day at Falconi Pit Shop,

29 Boston Rd., Southborough

A percentage sold on Tuesdays goes to the Senior Center. Support our local business as well as the Senior Center.

## 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 Matinees

*The Devil Wears Prada (released 2006)* (Meryl Streep & Anne Hathaway) *Wednesday, July 15th*

Andy Sachs is a journalism major who lands a junior assistant position at *Runway*, (think Vogue magazine), the most prestigious fashion magazine. Initially indifferent to the fashion world and mocked by her stylish colleagues, Andy struggles to manage Miranda Priestly's (Meryl Streep) unrelenting demands. Miranda is the ruthless, notoriously cold queen of the industry, making Andy's days almost unbearable. Andy is taken under the wing of Nigel, the creative director, who helps transform Andy towards success but she has choices to make, her career or her conscience. This movie is rated PG-13 and is 1 hour and 50 minutes long.

*Hamnet (released 2025)* *Wednesday, August 12th*

Hamnet tells the moving story of Agnes and her husband, aspiring playwright William Shakespeare as they navigate an overwhelming personal tragedy. The story explores their grief, Agnes stays home in nature to process the loss, while William flees to London, ultimately channeling his sorrow into his masterpiece, *Hamlet*. Hamnet traces a profoundly emotional, cinematic journey through love, parenthood, and the artistic process. This movies 2 hours and 6 minutes and is rated PG-13.

We will be serving lunch at 12:00pm before the movie. July's menu is Chicken Piccata, mixed green salad with dressing on the side and tortellini salad. For August, Chicken Caesar Wrap, Roast Beef & Cheese wrap and Bruschetta with fruit salad and potato chips. (Both lunches are from TJ's of Ashland). Please choose which boxed lunch you would like for the August movie when signing up.

*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.*

*Fat Daddy's Produce Bus will be at the Senior Center before the movie,  
 plan on stopping between 10:30am to 12:30pm*



### Technology Help is Here!



Tuesdays, July 21st & August 18th  
 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, July 28th & August 25th  
 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

July—Chicken Parmesan, Steak & Cheese,  
 Spinach Stromboli Platter served with mixed green  
 salad & twist pasta

August— Classic cheese sampler tray, Lemon  
 Cashew Chicken Salad, Greek Salad & Sliced  
 Fresh Fruit.

Both lunches are brought to us by  
 Roche Bros., of Westborough

### BOCCE

### Fridays

11:15 to about 12:30

Just for fun

No experience needed

# Southborough Senior Center

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			08:30a Walking Group 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	08:30a Center closed in Observance of Independence Day	
5	6	7	8	9	10	11
08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 10:00a CrossFIT Tilt class 10:30a Boating at Hopkinton 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Bocce	
12	13	14	15	16	17	18
08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 10:00a CrossFIT Tilt class 10:30a Boating at Hopkinton 12:00p Bridge	08:30a Walking Group 10:30a Fat Daddy Produce Bus 12:30p Movie Matinee	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 11:15a Bocce	
19	20	21	22	23	24	25
08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 10:00a CrossFIT Tilt class 10:00a Technical Assistance 10:30a Boating at Hopkinton 11:00a Spicy Ladies Club 12:00p Bridge	08:30a Walking Group 10:00a Summer Safety Tips - Southborough Fire Dept	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Bocce	
26	27	28	29	30	31	
08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club	08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club	08:30a Strength Class 10:00a CrossFIT Tilt class 10:30a Boating at Hopkinton 12:00p Adult Coloring 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	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Bocce	

# Southborough Senior Center

August 2026

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 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 10:00a CrossFIT Tilt class 10:30a Boating at Hopkinton 12:00p Bridge	08:30a Walking Group 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 10:45a WooSox Bus Trip 12:30p Chair Yoga	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Bocce 02:00p Colonial Gardens Health Clinic	
9	10	11	12	13	14	15
	08:30a Walking Group 10:00a COA Board Meeting 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 10:00a CrossFIT Tilt class 10:30a Boating at Hopkinton 12:00p Bridge 01:00p Watercolor Wkshop with Hopkinton Center for Arts	08:30a Walking Group 10:00a Phone Legal Advice 10:30a Fat Daddy Produce Bus 12:30p Movie Matinee	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 11:15a Bocce	
16	17	18	19	20	21	22
	08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 10:00a CrossFIT Tilt class 10:00a Technical Assistance 10:30a Boating at Hopkinton 11:00a Spicy Ladies Club 12:00p Bridge 01:15p Fall Prevention and Recovery	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	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Bocce	
23	24	25	26	27	28	29
	08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 10:00a CrossFIT Tilt class 10:30a Boating at Hopkinton 12:00p Adult Coloring 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	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Bocce	
30	31					
	08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club					

## FY26 INTERGENERATIONAL PROGRAMS AT A GLANCE

Heidi Cibelli

This has been a great year connecting with younger age groups who have helped the senior center. We have Neary school students who painted friendship rocks for us, as well as making all the placemats for our Veteran's Day event, our Holiday Party, and our St. Patrick's Day party. The students loved to make them, and I know seniors enjoyed looking at them. Ms. Geeze, the music teacher at Woodward brought one of her classes over to sing patriotic songs for our Veteran's Day event, which is always a hit.

Thank you to our local Girl Scout Troops for making all our centerpieces for the Veteran's Day Celebration, Holiday Party and our St. Patrick's Day party. They were all so unique and beautiful, I know a lot of seniors brought them home.

We can't forget Cub Scout Valentine Bingo. The Cub Scout's do such a great job. It is truly a Fan Favorite.

In April we had Fay School students come for Earth Day with their instructors. Both Carol Yozzo and Joyce Macknauskas worked with the students to weed our front garden and help clean out and plant flowers in the raised flower beds.

Jeff Schiebe participated in Entrepreneurship-Lions Den. This is a weeklong workshop at St. Mark's where he spent one day with students presenting sales, marketing and business development aspects of entrepreneurship. The last day teams had to present what they call the Lions Den (Lions are St. Mark's mascot). Denis DeRuijter sat in as one of the judges.

Our ever so wonderful Trottier Middle School Big Band is a big finish to our year. The seniors as well as the students love to share pizza and talk before the concert. The music they perform is amazing!

Lastly, I would like to mention that I have met a great group of students from St. Mark's as well as Algonquin. They were able to participate in Rummikub Saturdays which happens once a month. This program will be back in September! Thank you to all that have participated in our Intergenerational Programs.

### Raised Bed Gardens

We hope you are enjoying the raised bed gardens and please know they are there for you — plant an annual, pick some herbs and maybe even turn the hose on and water our plants.

Any questions let me know.

Joyce Macknauskas  
(leave a message at the  
Senior Center)

### AWESOME AMBULATORS

Welcome all Walkers! Summer's here and that gives us more hours every week to be out enjoying the sun's warmth and the cooler hours of early morning and evening. Walking is a great way to help you feel better, doing something that helps your heart, muscles, joints and brain. It's free, and it's a gift you give yourself! Walking can be a social opportunity with a friend or group of friends. Our Senior Center offers group walking Mondays at the Trottier Track at 8:30 a.m. and Wednesday at the cemetery beside the Senior Center at 8:30 a.m. Or, if you prefer to walk on your own time ask a friend, bring your dog and get out and enjoy the beautiful world around us. Please register at the Senior Center or contact Sandy Kiess at [skiess2@verizon.net](mailto:skiess2@verizon.net) if you have any questions.

You are all Awesome Ambulators!

### Blue Plate Specials

Suggested Donation — \$6.00 — 12:00pm

Monday, July 27th      Chicken Broccoli penne, Caprese Salad tray & sliced fruit bowl  
Monday, August 31st      Ziti with meatballs, mixed green salad and rolls & butter

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)!

## *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	<b>Thursday (no Tues.in the summer)</b>	9:45am	Jeanne Friswell
Chair Yoga	<b>Thursday (please review calendar)</b>	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
<b>Book Club (M. Anderson, S. Kiess)</b>	<b>Taking the Summer Off</b>	<b>11:00am</b>
Mah Jongg (Sandy Campbell)	Thursday	10:00am
<b>Genealogy Club (Jeff Schiebe)</b>	<b>Taking the Summer Off</b>	<b>2:30pm</b>
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

July 7th—August 27th — Tuesdays & Thursdays 10:00-10:45am

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

The program needs to be paid in full prior to July 7th

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.

Please Note: If we do not get enough attendees going forward - we will be in need of charging more for these sessions.

**Nurses Clinic**

By: Leslie Chamberlin R.N.

Fridays 10 – 3

Colonial Gardens: Friday, August 7th 2:00 to 3:00pm  
No Clinic on Fridays, July 17th and August 14th

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.

**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.

**Springwell  
Meals  
on Wheels  
508-573-7200**

**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. It 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.

**SNAP**

SNAP is a federal nutrition program administered by the Department of Transitional Assistance (DTA) for Massachusetts residents.

A healthy diet helps us feel good and stay independent as we get older. The Massachusetts Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, helps many older adults, people with disabilities, and families in Massachusetts buy nutritious food and eat better on a budget.

The gross monthly income guideline is 2,608 for a household of one and 3,525 for a household of two.

To learn more about the SNAP program or apply contact the Southborough Senior Center Outreach Coordinator Raeleen Gallivan at 508-229-4453

**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. Call the Senior Center to make an appointment with Larry, Whitman, our SHINE Counselor.

**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](http://www.springwell.com) or [volunteer@springwell.com](mailto:volunteer@springwell.com)

## WooSox Game Bus Trip

Thursday, August 6th

Suggested Donation—\$30.00

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

Join us at Polar Park on Thursday, August 6th and enjoy the thrills of watching future Red Sox stars! We might need to see these men in Fenway sooner if the Boston Red Sox continue to struggle this season! We will have a 2 hour hospitality featuring the staples of burgers, hot dogs and all the essentials. We hope see you on August 6th! Sign up on Registration Date or anytime after (date and time at the bottom on the front page).



### Fat Daddy's Produce Bus



Wednesdays, July 15th and August 12th  
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!

### Fall Prevention & Recovery

August 18th at 1:15pm

Sign up to learn Strategies for staying on your feet.

A very valuable program brought to us by Karen McCarthy, Education Nurse at the Salmon VNA.

Sign up on Registration Day — No Charge

### Summer Safety Tips

with Southborough Fire Captain Chris Dano

Wednesday, July 22nd at 10:00am

Captain Dano will discuss basic first aid, excessive heat exposure and other important topics critical to summer safety. No Charge

Our DVD Library is stocked for the summer. Take a look at the options and enjoy a movie on a nice summer evening.

### Beginner Watercolor Workshop

Presented by

Hopkinton Center for Arts

Tuesday, August 11th from 1:00pm—3:00pm

Suggested Donation: \$24.00

Unlock the beauty of watercolor in the beginner-friendly course! We will experiment with color mixing, composition, and drawing. You'll learn to play with light and texture through hands-on practice with washes and tonal values. All necessary materials are provided. Just bring your creativity!

### YAY it's "Bingo" Day

Wednesday, August 19th

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!



### Book Club

The Senior Center Book Club will be taking a break during July and August. Our next meeting will be September 9, 2026 at 11:00 am. The book title is *The Woman Behind the New Deal: The Life of Frances Perkins*, non-fiction, biography. Frances Perkins was named Secretary of Labor by Franklin Roosevelt in 1933 and was responsible for introducing some of our most important social welfare programs. This included unemployment compensation, child labor laws and the forty-hour work week, as well as creating Social Security, her greatest triumph.

Come join us for lively discussion.

All are welcome.

### 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.

### Farm Stand at Chestnut Hill

Now Open

Located at 7 Chestnut Hill Road  
For more information on hours and shopping for produce, visit  
[Graftedrootsfarma.com](http://Graftedrootsfarma.com)

## Elder Law Attorney

Christine Boutin | 508.929.1679  
[cboutin@miricklaw.com](mailto:cboutin@miricklaw.com)

### Personalized Legal Counsel for Seniors & their Loved Ones

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- Care Management
- Special Needs
- Crisis Management
- Probate



# MIRICK

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wouldn't be the  
same **without you!**

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*From our Town Clerk, Jim Hegarty*

In July, every registered voter will receive a postcard from the Secretary of State asking if they want to receive a Vote by Mail ballot for the September 1 State Primary Election and/or for the November 3 State Election. Since 2/3rds of Southborough voters are registered as independent voters (not registered as a democrat or a republican voter), the independent voter who wants a ballot for the September 1 State Primary election must decide which ballot they want to receive, and they must check that box on the postcard.

We'll also have in person Early Voting at Town House from Saturday 8/22 through Friday 8/28. Watch the large banners we'll put up around town in August for more information.

If you have any questions, feel free to call Town Clerk Jim Hegarty at (508) 485-0710 x 3005.

*Director's Notes: ~Peg Leonard*

Hello Again – I want to inform you that our next newsletter will look quite different from what you have been used to in the past. It will be more colorful with fun things sprinkled throughout the pages. We are looking forward to hearing what you think. Our printer, LPI, was in need of changing from the Publisher software to CANVA. We are looking forward to sending out our September/October Newsletter.

*Hope you enjoy it.*

I would also like to take this opportunity to thank the Friends of the Council on Aging for subsidizing many of our programs and making them more affordable for our members.

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  
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