Volume 27 Issue 06*

SOUTHBOROUGH SENIOR SENSATION

NOVEMBER/DECEMBER 2026

SOUTHBOROUGH seniorcenter
Engage, Explore and Connect!

SOUTHBOROUGH TRICENTENNIAL

FIRST DAY / *Friday, January 1, 2027*

Kick off our milestone year on Day One! Join your neighbors for a full day of community spirit featuring free yoga at the Senior Center, indoor and outdoor family fun at Woodward School. Event times will be posted throughout the Senior Center once confirmed!

MIDWINTER REVELS

AMERICAN CROSSROADS

A SOLSTICE CELEBRATION

Saturday, December 12 / 2pm

Celebrating a unique American story 250 years in the making and the diverse communities who shaped it! The show draws on 19th century songs and stories from the Great Plains. We are thankful to the Friends COA for subsidizing a large portion of this celebration.

***Suggested donation* $ 50.00**

Transportation will depart at 12:00pm.

🎄 Join Us for a Holiday Party! 🎄

Tuesday, December 15 @ 12:30 pm

'Tis the season to gather, graze, and give thanks!

We're serving up a delicious lunch of Chicken Marsala, mixed vegetables, rolls and dessert. Join us for fun conversation and plenty of festive cheer. So put on your favorite holiday sweater and join us for laughter and entertainment by the **Elderly Brothers**.

Suggested donation: $6.00 / f&b provided by TJ's of Ashland

The Date for Registration for "ALL" programs starting at 10:00am:

Please do not leave any Program Registration on Voicemail, you must speak to a staff member. If you are registering in person, please fill out the form outside of the office and drop in the provided box with your payment. Registrations are time stamped to ensure fairness. We will inform you if a program is filled as some have attendee limits.

Southborough Senior Center
9 Cordaville Rd.
Southborough, MA 01772

Operating Hours
Monday - Friday
8:30am - 3:00pm
(508) 229-4453
Fax: 774-448-2890
southboroughseniors.com

Peg Leonard
Director

Raeleen Gallivan
Outreach Coordinator

Jill Lillibridge
Program Manager

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

Director's Note

I would like to take this opportunity to wish Leslie Chamberlin well on her very hard-earned retirement. Leslie has worked for the Town of Southborough for 25 years as the Senior Center Clinic Nurse as well as the Board of Health. Leslie, we wish you the best, enjoy your grandchildren and have many, many relaxing days ahead. You will be missed by countless residents here in Southborough.

I would also like to wish the same to Jim Hegarty on his retirement after 11 years as our Town Clerk. All the best to you both.

I am reaching out to all our talented artists! We are hosting an Art Show in the new year to display your wonderful creations. If you would like to be a part of this display, please call the Senior Center and sign up. We would love to showcase the talent and creativity of our Senior Center community! More information will follow as we enter 2027. Wishing you a happy, healthy holiday season – I look forward to spending this festive time with all of you. *~ Peg Leonard*

The Senior Center will be Closed:

Wednesday, November 11 in honor of Veterans Day
Wednesday, November 25, we close at NOON
Thursday & Friday, November 26 & 27
Wednesday, December 23 we close @ NOON
Thursday & Friday, December 24 & 25
Friday, January 1, Happy New Year!

Tuesday is Gas Day at Falconi Pit Shop
29 Boston Rd, Southborough

A percentage sold on Tuesdays goes to the Senior Center. Please support our local businesses.

Program Registration & Payment Policy

- Payment for programs is required one week after sign-up or unfortunately, you will be taken off the list.
- We require a call if you have signed up for a program and find you are unable to attend.
- Cancellations with payments require *one full week* notice or we are unable to give refunds.
- Cancellations for **BUS TRIPS** requires *two full week's* notice or we are unable to give refunds.
- We are obligated by contract to prepay all costs to caterers, buses, tickets, etc. for all programs.
- Please MAKE CHECKS OUT TO Friends of COA. We understand separate checks are not ideal but our current accounting systems requires this method.

~ Please note, every effort is made during the writing & production of this newsletter to ensure accuracy. There are times when programs change after printing and we apologize for any inconvenience and thank you for your understanding. ~

Friends of the Southborough Council on Aging

The Friends of the COA is a non-profit fundraising group that supports our Senior Center. This is a small group of people who work very hard on Fundraising Events to help pay for many of our programs, supplies and furnishings.

If you are interested in helping, please contact Joan Guerrant, the Friends President.

The Senior Center programs are often subsidized or funded through the town budget and or the Friends of the Council on Aging (COA). Suggested donations for programs are voluntary contributions to the Friends of the COA. All donations are always used to support the Senior Center.

The Friends of the Southborough Council on Aging and the staff at the Senior Center are extremely grateful to those who donate. We encourage you to support and acknowledge these local businesses. Thank you!

Day	Time	Fitness Class
Monday	10:15 AM	• Stretch Class
Tuesday	8:30 AM 9:45 AM	• Strength Class • Adv. Tai Chi
Thursday	8:30 AM 9:45 AM 12:30 PM	• Strength Class • Adv. Tai Chi • Chair Yoga

Southborough Senior Center

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	3 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 12:00p Bridge	4 08:30a Walking Group 02:00p Holiday Fraud Prevention 03:00p Trailblazers Meeting	5 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 10:00a Mah Jongg 12:30p Chair Yoga	6 09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club	7
8	9 08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	10 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 10:00a Technical Assistance 11:30a Honoring our Veterans Luncheon 12:00p Bridge	11 08:30a Center Closed in Observance of Veterans Day	12 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 10:00a Mah Jongg 12:30p Chair Yoga	13 09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club	14 10:00a Intergenerational Events
15	16 08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 12:00p Misinformation & Disinformation 01:00p Knitting Quilting Club	17 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 11:00a Spicy Ladies Club 12:00p Bridge	18 08:30a Walking Group 10:00a Caregiver Support Group 10:00a Phone Legal Advice 11:00a Book Club 12:30p Movie Matinee	19 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 10:00a Mah Jongg 12:30p Chair Yoga 02:30p Genealogy Club	20 09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club	21
22	23 08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	24 08:30a Strength Class 10:00a CrossFIT SOBO 12:00p Bridge	25 08:30a Walking Group 12:00p Senior Center Closes at 12:00pm	26 08:30a Closed for the Thanksgiving Holiday	27 08:30a Closed for the Thanksgiving Holiday	28
29	30 08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club					

Intergenerational Events!

Our high school students are bringing the Rummikub tiles and they're ready to challenge you!
Swap stories, sip something warm, and enjoy a fun Saturday at the Senior Center.

No experience needed, sign up today and join the fun!

Saturday, November 14th - Rummikub ~ 10AM - 12PM
Saturday, December 12th – Rummikub ~ 10AM - 12PM
(Please sign up in case of inclement weather and we need to cancel)

Southborough Senior Center

December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 12:00p Bridge	2 08:30a Walking Group 11:00a Springwell Presentation 03:00p Trailblazers Meeting	3 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 10:00a Mah Jongg 12:30p Chair Yoga	4 09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club	5 09:00a Boy Scouts Holiday Kids Shop
6	7 08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	8 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 10:00a Technical Assistance 12:00p Bridge 01:00p Highland Woods Musical Gathering	9 08:30a Walking Group 10:00a Phone Legal Advice 11:00a Book Club 11:30a Hank Phillippi Ryan Presentation with Lunch	10 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 10:00a Mah Jongg 12:30p Chair Yoga	11 09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 01:00p Tina Bemis	12 10:00a Intergenerational Events 11:00a The Christmas Revels-Bus Trip
13	14 08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	15 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 11:00a Spicy Ladies Club 12:00p Bridge 12:30p Holiday Party	16 08:30a Walking Group 10:00a Caregiver Support Group	17 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 10:00a Mah Jongg 12:30p Chair Yoga 02:30p Genealogy Club	18 09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club	19
20	21 08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	22 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 12:00p Bridge	23 08:30a Walking Group 12:00p Senior Center Closes at 12:00pm	24 08:30a Closed in Observance of the Holiday 10:00a CrossFIT SOBO	25 08:30a Closed in Observance of the Holiday	26
27	28 08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club	29 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 12:00p Bridge	30 08:30a Walking Group 11:30a New Years Eve Pre Celebration	31 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT SOBO 10:00a Mah Jongg 12:30p Chair Yoga		

Upcoming Programs & Events

Holiday Fraud Prevention

Wednesday, November 4 @ 2pm

The holidays are right around the corner and shopping scams are on the rise. Do you know how to protect yourself?
Robin A Putnam, from the MA Office of Consumer Affairs and Business Regulation, will lead a discussion on seasonal fraud, shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices, and identity theft prevention.

Misinformation & Disinformation

Monday, November 16 @ 12pm w/Lunch

Have you ever received a phone call, text message, email, or encountered something online that seemed suspicious or did not feel right? Join Southborough Youth and Family Services for a relaxed lunch and informational session on how to recognize scams, misinformation, and disinformation—and learn what steps to take when something doesn't seem right. *no charge*

TOYS FOR TOTS

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

Celebrating our Veterans Luncheon

Tuesday, November 10 @ 11:30am

Please join us as we pay tribute to our veterans, with Bill Harrington serving as Master of Ceremonies. The program will begin with a Color Guard Flag Ceremony led by Steve Whynot, followed by a selection of patriotic songs performed by our former Southborough Songsters along with a guest visit from our Woodward School third graders.

Buffet lunch / *$6.00 suggested donation*

Movie Matinee

Wednesday, November 18 @ 12:30pm

Choice of Wrap Box Lunch:
~ Chicken Caesar
~ Steakhouse wrap with Pecans & Blue Cheese
~ Turkey BLT

An unmarried city magazine writer (Elizabeth) pretends to be a farm wife and mother for the sake of her popular lifestyle column. She falls in love with a returning war hero while hosting him for a Christmas holiday.
Will Elizabeth's charade backfire? Will she find love?
A black & white film
Suggested Donation: $6.00

If you're not feeling your best and are experiencing cold, flu, COVID-19, or other respiratory symptoms, we kindly ask that you stay home and take care of yourself. We'll be happy to welcome you back when you're feeling better! .

**** Sign up's for all events & prepayment required! ****

Upcoming Programs & Events

Wednesday, December 2 @ 11AM

Join Larry Poirier, Springwell's Outreach Manager to learn about important resources available to you!

- Friendly Visitor Program * Money Mgmt Program
- Shopping Assistant * Caregiver Notebook
- MA Homecare Program springwell no charge

Join us Tuesday, **December 8 @ 1:00PM** for an Acoustic Trio performance from the **Highland Woods Project.** Join Kris from our Trailblazer's group with the band for a flashback to the 60's & 70's. We'll wrap up with some holiday cheer! no charge

Join Tina Bemis
Friday, December 11 @ 1:00PM
You will be creating a holiday planter to bring warmth and cheer to your holiday season.
$25.00 *suggested donation*

Lunch

BLUE PLATE SPECIALS

Monday, November 30 @ 12pm
Italian Lasagna
Vegetable Lasagna
Garden Salad & Dinner Rolls

Monday, December 28 @ 12pm
Baked Potato Bar with all the fixins to include Chili & Cornbreak
Mixed Green Salad

Lunches provided by TJ's of Ashland
$6.00 sugggested donation

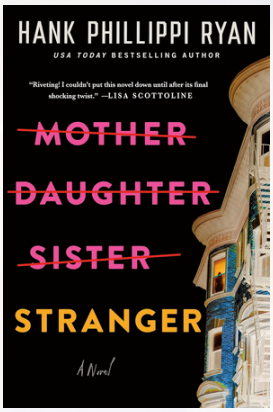
Join us for the Annual Kids Holiday Shop
Sponsored by Southborough Boy Scout Troop 92
Saturday, December 5
9:00 AM - 4:00 PM
Enjoy a cup of coffee or baked good and come shopping for a a nice holiday gift. Proceeds will be donated to local charities.

Available for purchase following the presentation

Join Hank Phillippi Ryan, a storied American 40 year investigative reporter and anchor for 7 News on WHDH-TV, a local television station in Boston, who had earned 37 Emmy Awards.
Wednesday, December 9 ~ Lunch Buffet @ 11:30am
Presentation @ 12pm

She is also a USA Today bestselling author of 16 mystery novels.

- Latest Release: Her 2026 novel *Mother Daughter Sister Stranger* focuses on family secrets and a race against time.
- She won the Mary Higgins Clark Award for her 2025 book *All This Could Be Yours*. *$6.00 suggested donation*



**** Sign up's for all events & prepayment required! ****

MONTHLY ACTIVITIES

Awesome Ambulators Walking Club

Our Senior Center offers group walking Monday @ the Trottier School Track and Wednesday @ the cemetary.
Both Days meet @ 8:30 AM.
Walking helps your heart, muscles, joints and brain! You'll feel better, it's free and a great social opportunity!
Please contact Sandy Kiess for questions @ skiess@verizon.net

Legal Phone Advice

Complementary Monthly advice from Attorney
Christine Boutin of Mirick Law

(4 - 15 minute sessions)
10:00 AM - 10:45 AM

Wednesday, November 18
Wednesday, December 9

Offering free services to interested Southborough Seniors. Please call the Senior Center @ 503-229-4453 to book your time slot.

Senior Center Book Club

Due to Veterans Day we are meeting one week later!

Wednesday, November 18
The book we will discuss is
The Paris Library by Janet Skeslien Charles
suggested by Joyce Fukami.

We will meet December 9 to discuss The Autobiography of Benjamin Franklin, authored by the one and only Benjamin Franklin, suggested by Jane Carmody.
Please join us for some lively discussions!

Technology Help is Here!

Join David from Sayva Services for one on one assistance with your smart phone, laptop, Kindle or Alexa to name a few! David can show you tips and tricks to get the most out of your device. Appointments begin at 10:00AM.

Tuesday November 10
Tuesday, December 8

(5) One Hour time time slots
Sign up required / **no charge**

Spicy Ladies Club

We invite you to join
the Spicy Ladies Club!
3rd Tuesday, every month @ 11:00

(November 17 & December 15)

Our meetings include a variety of activities, guest speakers, introductory speeches to get to know one another, recipe exchanges, and engaging group discussions. The group is a welcoming space to share ideas, meet new people, and offer mutual support through diverse activities.
If you have any questions, please contact:
Leena Dasgupt: *ldasgupt@gmail.com*

Cross-Fit SOBO

Tuesday & Thursday @ 10AM

This is a senior, beginner friendly 9 week session (18 classes) for November/December at 10:00 AM. (Nov. 3 - Dec. 31)
Join us for engaging fun and fitness tailored class designed to help you stay active, improve mobility and build strength in a supportive environment.
Our experienced coaches will guide you through safe, effective exercises that can be modified for all fitness levels. No prior experience
We are thankful to the Friends of the COA for subsidizing a portion of this program.
Suggested donation: $90 ($5.00) per class

Weekly Groups

Program	Day	Time
Rummikub (Jeanne Ridolfi)	2nd 3rd & 4th Monday	10AM
Knitting & Quilting	Monday	1PM
Bridge (Dawn Josephs)	Tuesday	12PM
Spicy Ladies Club (Leena Dasgupt)	3rd Tuesday	11AM

Program	Day	Time
Book Club (Sandy Kiess & Mary Ann Anderson)	2nd Wednesday	10AM
Mah Jongg (Sandy Campbell)	Thursday	10AM
Geneaology Club (Jeff Schiebe)	3rd Thursday	2:30PM
Canasta (Elaine Yetman)	Friday	10AM
Wizards Dull Men	Friday	9AM 10AM

Outreach Services ~ Raeleen Gallivan ~ 508-229-4453

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) 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 and behavioral health referrals.

If you would like to learn more about Community Resources or need help with an application, please call the Senior Center at 508.229.4453 to schedule and appointment with Raeleen Gallivan.

NEW Caregiver Support Group

3rd Wednesday of each month
10:00 AM - 11:00 AM

Caring for a loved one can be rewarding, challenging and sometimes overwhelming. Our new, monthly caregiver support group offers a safe, welcoming space for those caring for a loved one. We invite you to drop in and socialize with others who are in the caregiving community. This is a forum to share experiences, find support and connect with helpful resources. Attend as often as you like.

For more information, please contact the Southborough Senior Center Outreach Coordinator:
Raeleen Gallivan @ 508-229-4453

Need Help Paying your Heating Bill?

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

The heating season operates from November 1st through April 30th

Eligibility for the home energy assistance program (HEAP) is based on the total gross income for all household members.

The 2027 income eligibility:
$53,585 for 1-person
$70,073 for 2-people

To learn more about the program or help with appplying, contact the Southborough Senior Center Outreach Coordinator:
Raeleen Gallivan @ 508-229-4453

Middle -Income Heating Oil Relief

Governor Healey announced a new program called Middle-Income Heating oil relief. Households that heat their homes with #2 heating oil with a total gross income of more than 60% but less than 100% of the stae median income could be eligible for an estimated one-time emergency benefit of up to $680.

Gross monthly Household eligibility guideline:

Household Size for (1) between $53,586 - $89,308
Household Size for (2) between $70,074 - $116,788

To learn more about applying:
www.mass.gov/info-details/middle-income-heating-oil-relief

The Massachusetts Good Neighbor Energy Fund

If you live in Massachusetts and are struggling to pay this month's energy bill or do not qualify for state or federal assistance, the Neighbor Energy Fund may be able to help.

Southborough residents can apply for assistance by directly calling the

Framingham Salvation Army @ 508-875-3341

Income eligibility for 2026 as follows:

Household size 1 - $53,586- 71,447
Household size 2 - $70.074-$93,431

Southborough Senior Center
9 Cordaville Rd.
Southborough, MA 01772

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Southborough, MA
PERMIT NO.10

Cold weather is around the corner! Please be advised, if Southborough Schools are delayed or closed due to inclement weather, the Senior Center will be closed. Please watch the news before venturing out! We want you to be safe and not drive if the road conditions are snowy or icy.

The State General Election will be held November 3

Nov. 3 / The Trottier School gym
6:30am to 8:00pm.

*

If you have any questions, please call the Town Clerk's office:
(508) 485-0710 x 3005 and we'll help you.

Please verifiy your address information. If a correction is required, please call the senior center.

Friends of Southborough Council on Aging

Calendar year 2027/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 Senor Center.

To become a Friend of the Southborough COA, please complete the form to the right.

Priority for certain limited seating events may be given to Southborough resident regardless of "Friends" status.

Membership is a suggested donation of $15 per year

Name: _____

Address: _____

Phone: _____

Email: _____

Friends Donation (2027): $ _____

Date: _____