

# NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 6, NO. 12, DECEMBER 2019

## *Holiday Party!*

**DECEMBER 3<sup>RD</sup>**

## *Almost New Year's Eve Brunch Party*

**DECEMBER 31**

***More info on both parties on page 4.***

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**BREAKFAST: Tues. - Fri. 6am-11am & Sat. & Sun. 6am-1pm / LUNCH: Tues. - Fri. 11am-2pm / FISH 'FRY-DAY': 4pm-8pm**

*Take out or Dine in \*Cash Only\**

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**The Senior Center will be closed on Wednesday, December 25 in observance of Christmas. There will be no afternoon or evening classes/programs on December 24.**

**There will be no Bistro dinners on December 24 & 31.**

**The Bistro@119 will not be open for lunch on December 31 due to the Almost New Year's Eve party that begins at 11:00 AM.**

**We are currently accepting donations of greeting cards**

### DIRECTOR'S CORNER:

It's going to be a great December here at the Senior Center! We've planned great entertainment after each Bistro dinner. On December 3, we'll have our Holiday Party where George Curtis will play piano and lead us in a sing-a-long. George has all of your favorites lined up for a fun filled evening. On December 10, our very own Northborough Senior Center A Capella group will make their debut. We've been listening to their practices and we are so impressed with their talent. We're sure you will be too. On December 17, Dance students of all ages from Laurene Aldoriso's Academy of Dance Expressions will perform Tap, Ballet, Jazz and Hip Hop routines with a holiday theme. The performance will conclude with a festive sing-a-long! In addition to participating in local and regional talent competitions, Miss Laurene's dance students take pride in spreading the joy of dance through volunteerism and community service.

*My best wishes to you and your families for a holiday season that is filled with happiness!*

*Kelly Burke*

### MISSION STATEMENT

*As the hub for all aspects of healthy aging, the mission of the Northborough Council on Aging/Senior Center is to enrich and enhance the lives of older adults in our community.*

**119 Bearfoot Road Northborough, MA**

(Handicapped Accessible)

Phone/After Hours Answering Machine:

**508-393-5035 • Fax: 508-393-1503**

Web Address: **www.town.northborough.ma.us**

### SENIOR CENTER HOURS:

Monday	8:00 AM - 4:00 PM	Wednesday	8:00 AM - 4:00 PM
Tuesday	8:00 AM - 8:00 PM	Thursday	8:00 AM - 4:00 PM
		Friday	8:00 AM - 12:00 PM

### STAFF

Director: Kelly Burke

Office Assistant: Nancy Dragon

Outreach Coordinator: Jocelyn Ehrhardt

Program Coordinator: Terry Leo

The Bistro@119 Program Coordinators:

Vickie Killeen, Carolyn Harrington

Van Drivers: Dennis Parker, Bob Lang, Keith Cofer, Bill Daley

SHINE Counselors: Pauline O'Bray, Susan Goellner

### COUNCIL ON AGING MEMBERS

Chairperson: Adrienne Cost

Vice Chairperson: Jerry Anderson

Secretary: Linda Cragin

Members: Lee Beavers, Virginia Simms George,

Phylis Muthee, Alice Stapelfeld

Liaison to Selectmen: Tim Kaelin

Liaison to School Committee: John Kane

Bay Path Rep: Jarl Anderson



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NORTHBOROUGH  
SENIOR CENTER, INC.

## THE FRIENDS OF THE NORTHBOROUGH SENIOR CENTER WISH YOU THE GIFTS OF LOVE, FRIENDSHIP AND GOOD HEALTH THIS HOLIDAY SEASON.

If you are not a member of the Friends - this is a perfect time to join. The membership is a special donation that supports the Senior Center.

If you are already a member - it is that time of the year to renew your membership. You can contact Forest Lyford with any questions. His email address is - flyford@msn.com



Board Of Directors

The Friends' Holiday Calendar Raffle is going on through January 2020. Purchasing a calendar is a "WIN WIN" ;-). It is a nice way to donate to the Friends and also have a chance to win money.

You can purchase our calendars at the Front desk at Northborough Senior Center. Thank you to everyone who helped with our annual Country Store Fair. It was a great event.

Happy Holidays! *Anita Hagspiel, President*

### THE WALKING CLUB'S LAST MEETING OF THE SEASON IS DECEMBER 12.

#### CHAT WITH THE CHIEF

**Day: Thursday • Dates: December 12**

**Time: 9:00 AM • Cost: Free**

Join us as we welcome Chief Bill Lyver to the Senior Center for two visits this month. The Chief contacted the Senior Center because he'd like to meet with residents to share updates from the Police Department. He's also interested in hearing of your concerns or questions. There will be coffee/tea and pastries served.

#### CAN YOU HELP?

The Senior Center has several volunteer vacancies. Positions include receptionist, The Bistro@119 and shopping helper on the van. Please contact Jocelyn Ehrhardt for more information.

#### VETERANS LUNCHEON

Many thanks to the people who responded to the Friends' request for monetary support of our Veterans Luncheon. Because of the overwhelming generosity of the folks listed below, we were able to provide our Veterans with a wonderful event on November 8 and will have the means to continue our tradition next year:

*St. Rose of Lima Parish*

*Dr. and Mrs. John Ouano in  
Memory of Francis Noonan*

*Jeff & Rachel Koopman-  
Hays Funeral Home*

*Christine Cobb*

*Amy Poretsky*

*Stefanie Youssef in*

*Memory of David Coxon*

*Elizabeth*

*Nolan*

*Leslie Harrison*

*Kimberly Perron*

*Christina Renzullo*

*Laura Archibald Ziton*

*Stacy Archibald*

*Julie Furlo*

*Danielle Lau*

*Bridget Uzar*

*Erica Zeiger*

*Jane Fletcher*



#### TECHNOLOGY TUESDAY

**Date: December 10 • Time: 2:30 PM • Cost: Free • Pre-Registration Required**

Algonquin students will be at the Senior Center to help out with your technology questions. Need to figure out your e-reader, iPad, Cell Phone or Laptop? We have iPads and webcams for Skype here if you'd like to try them out. These students have gotten rave reviews for their knowledge and teaching abilities. Please let us know you're planning to come so we have enough students for everyone. Sign up and start getting the most out of technology!

### FRIENDS OF NORTHBOROUGH SENIOR CENTER, INC. MEMBERSHIP & DONATION FORM

Today's Date \_\_\_\_\_ Note: Membership renewal is due annually in January.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Town, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

☐ \$5 Individual ☐ \$10 Couple ☐ \$10 Non-resident INDIVIDUAL ☐ \$20 Non-resident COUPLE

☐ \$25 Family ☐ \$100 Life\* per person

Optional Donation: \$25 \_\_\_ \$35 \_\_\_ \$50 \_\_\_ \$100 \_\_\_ \$150 \_\_\_ \$250 \_\_\_ Other \_\_\_

Payable to: Friends of Northborough Senior Center, Inc.  
119 Bearfoot Road • Northborough, MA 01532

**Our Mission** - The purpose of the Friends is to financially assist the Northborough Council on Aging in providing programs and selective social services to the senior residents of Northborough and providing for the purchase of non-budgeted items for the Senior Center through membership dues, fund-raising events, grants, donations and corporate gifts.  
[www.friendsofnorthboroughseniors.org](http://www.friendsofnorthboroughseniors.org)

#### YOU'RE INVITED

to join the Friends in support of Senior Center activities. Please use the form on this page. All seniors of Northborough and surrounding towns are welcome to take part in Senior Center activities, and all are welcome to visit at any time!



**Tuesday Evening Menu & Entertainment Hours:**  
5:00 – 6:30 PM  
Pre-reg. required only on nights with tickets. Tickets available at Front Desk.

- Dec. 3** **Christmas Party Ticketed Event!**  
\$12  
Caesar Salad with Bread, Yankee Pot Roast, Mashed Potatoes, Vegetable, Special Holiday Dessert  
Entertainment: Holiday Party Sing-Along with George Curtis
- Dec. 10**  
\$9  
Assorted Bread Basket and Butter, Vickies Chicken, Cranberry Sauce, Baked Potato and Sour Cream, Vegetable and Assorted Desserts. Entertainment: The Northborough Senior Center's own A Capella Group
- Dec. 17**  
\$9  
Assorted Bread Basket and Butter, Baked Haddock, Rice Pilaf, Mashed Butternut Squash, Assorted Desserts. Entertainment: Dance Show with Laurene Aldoriso's Academy of Dance Expression
- Dec. 24** CLOSED
- Dec. 31** **New Year's Eve Brunch Ticketed Event!**  
\$10  
Time: 11:00 AM  
Champagne Toast (Sparkling Grape), Pastry/Muffin Platter & Fruit Cup, Ham, Cheese and Egg Strata, Home Fries, Bacon and Sausage, Assorted Juices, Coffee, Tea, Hot Chocolate

Please note that our dinners are very popular. We almost always have a waiting list for our ticketed "Dinner and a Show". Therefore, tickets must be paid in full by the Friday before the event. That way, if your plans change, someone from the waiting list can use your tickets. Thanks, in advance, for your understanding and cooperation with this new policy!

### BISTRO@119 PRICE INCREASE

At the start of the new year, new changes will be on the horizon at the Bistro 119. Because Northborough is going green in January, the cost of paper goods will increase. In addition, there has been a steady rise in food prices and delivery fees. As a result, we will have to slightly adjust some menu prices in the new year. More details to follow.

## DIVERSITY THROUGH COLLABORATION

### TUESDAY WITH LAURI

**Day:** Third Tuesday of the month

**Date:** December 17

**Time:** 11:30 AM – 1:00 PM

**Cost:** Free • **Leader:** Lauri Ryding

I hope you can join us the 3rd Tuesday of the month, 11:30 AM – 1:00 PM at the Northborough Senior Center for a cup of coffee, cold drink and some good conversation and more.

We have a few things lined up – movies, documentaries, TedX talks etc – group consensus. Or maybe just conversation. This 'event' will be monthly – the 3rd Tuesday of the Month here at the Senior Center – a great place to meet up – a fabulous & welcoming center. Maybe you know someone who is part of our LGBTQ community that would like to participate? Or a friend or ally? Any questions, please email [LRyding@natickma.org](mailto:LRyding@natickma.org) or call me **508-647-6540** ext 1926 (Natick Community Center). Thanks again for your time and we look forward to seeing you.

Lauri



### Holiday Party

**Day:** Tuesday • **Date:** December 3 • **Time:** 5:00 PM

**Cost:** Tickets \$12 (Limit 75) • **Pre-Registration Required by 11/29**

Join us for a Holiday Party Extravaganza! Chefs Vickie and Carolyn have created a wonderful dinner (described at left.) After dinner, George Curtis, on piano, will lead us in a sing-a-long of all your favorite holiday music.

### ALMOST NEW YEAR'S EVE BRUNCH PARTY

**Day:** Tuesday • **Date:** December 31 • **Time:** 11:00 AM

**Cost:** Tickets \$10 (Limit 75) • **Pre-Registration Required by 12/27**

Ring in 2020! We'll enjoy a New Year's Eve Brunch of an Ham, Cheese and Egg Strata, Sausage, Bacon, Home Fries, Pastry/muffin Platter, Fruit Cup, Assorted Juices, Coffee, Tea & Hot Chocolate. We'll raise our glasses of bubbly (non-alcoholic) and celebrate with noisemakers as we count down to 12:00 (noon). Pick up your tickets by Friday, December 27 to get in on the fun! Please note the Bistro@119 will be closed for lunch on 12/31 because of the party.



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**FREE SMALL CHEESE PIZZA**

with the purchase of any large pizza with one or more toppings

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**2 Small 1 Topping Pizzas**

\*Additional charge for toppings and SPECIALTY TOPPINGS

Cannot be combined w/any other offers or specials. Please mention coupons when ordering.

Expires 12/31/19 Coupon Code 129919

**Large Cheese Pizza \$9.99**

\*Additional charge for toppings and SPECIALTY TOPPINGS

Cannot be combined w/any other offers or specials. Please mention coupons when ordering.

Expires 12/31/19 Coupon Code 99919

**\$19.99+TAX**

**2 Large 1 topping Pizzas**

\*Additional charge for extra toppings and SPECIALTY TOPPINGS

Cannot be combined w/any other offers or specials. Please mention coupons when ordering.

Expires 12/31/19 Coupon Code 199919

All Coupons Expire December 31, 2019

Order Online at [www.thehouseofpizza.com](http://www.thehouseofpizza.com)

**LEGAL CLINIC****Day: Tuesday • Date: December 10 • Time: 1:45 – 2:45 PM****Attorney: George Pember • Cost: Free • Pre-Registration Required**

The Legal Clinic will be staffed by Attorney George Pember. Call the Senior Center at **508-393-5035** to schedule your free 15 minute appointment to privately discuss any legal issue.

**TUESDAY TRIVIA****Day: Tuesdays • Time: 1:00 PM • Cost: Free**

Looking for a lot of fun while sharpening your mind? We've all heard how important it is to use the mind and continually challenge it. Being involved in leisure activities that help stimulate your brain can help you live a longer and happier life. Studies have shown that time spent stimulating the brain can help prevent dementia and Alzheimer's disease. Why not try Tuesday Trivia? Enjoy sharpening your mind in a non-competitive environment.

**NORTHBOROUGH SENIOR CENTER****A CAPPELLA CHORUS****Day: Wednesdays • Time: 9:45 – 10:45 AM****Instructor: Manoj Padki • Cost:\$3/class**

We started the Singing Rounds class on April 17, and we have been making beautiful music every Wednesday from 9:45 to 10:45. We are now expanding our mandate & doing other styles of music as well. We even have a performance planned for Tuesday, December 10 at the Northborough Senior Center Bistro Dinner. What we need is your voice! Our goal is to sing beautiful music while building camaraderie and having fun. Please join us!

**MANICURES/PEDICURES/REFLEXOLOGY****Days: Thursdays • Dates: December 12 & 19****Time: First Appt. is a 9:30 AM, Last apt. is at 3:00 PM****Cost: Price list at front desk • Technician: Veronica Thompson**

Nail Services are NOT just for women. Veronica will do a Man-Mani and a Man-Pedi too! Take care of your hands and feet and they will take care of you. Veronica is Diabetic and Cancer skin trained. Reflexology is a gentle thumb and finger acupressure that triggers the body's immune system to kick in and heal itself. Reflexology is great for pain relief and can be done on hands, feet, face, and ears - One area or all areas. Gift Certificates and retail items available.

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**ENGLISH AS A SECOND LANGUAGE - INTERMEDIATE****Dates: Tuesdays (12/3, 10 and 17 only) • Time: 1:00 PM****Cost: Free • Cost: Students purchase textbook****Instructor: Meredith Bohne**

This is a free class, but students purchase the textbook. This month, we'll focus on traditions for the holidays in the U.S. and your own country including recipes. We'll also practice grammar, vegetable names, popular foods and names of States. As always, we'll discuss topics requested by the class. Meredith Bohne has been teaching for more than 20 years and welcomes you to this class.

**JOINT HEALTH: WHAT CAN I DO FOR THAT ACHE OR PAIN AND WHAT SHOULD I ASK MY DOCTOR?****Day: Wednesday • Date: December 12 • Time: 11:00 AM****Cost: Free • Presenter: Tim Kiley, Doctorate of Physical Therapy**

Please join us for an informative question and answer session with local physical therapist Tim Kiley, DPT. Tim is a Managing Partner with Bay State Physical Therapy and practices at the Boroughs Family YMCA. This location proudly serves the communities of Westborough, Shrewsbury, and Northborough. Tim is a graduate of the University of Miami, FL and has been practicing outpatient physical therapy for 13 years. He specializes in post operative surgical interventions including joint replacement. This information session is open to all who might have questions about physical activity, rehabilitation, or general information on muscles aches and pains. Tim will be able to provide information on the common causes of joint pain and what you should be asking your doctor that you have not already. Coffee and donuts will be provided, please bring plenty of questions!



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**MAH JONG (CHINESE VERSION)****Day: Thursdays • Time: 10:30 AM – 12:00 PM****Cost: Free • Instructor: Charlotte Holly**

If you know how to play, join us on Thursdays at 10:30 AM to play. If you would like to learn how to play, please see the article on "Learning How to Play Mah Jong" in this issue so we can set up a training. Charlotte was fortunate enough to meet a woman from China who taught her to play Mah Jong in the Chinese manner. She found it to be great fun. Since then, Charlotte has shared this knowledge with others and everyone seems to enjoy it. Anyone is welcome. If you have played gin rummy it is an asset, but not necessary. It is less complicated than the American version. So please drop by and check it out. You may discover a new pastime!

**LEARNING TO PLAY MAH JONG**

Are you interested in learning to play Mah Jong (Chinese Version)? Please let us know so that Charlotte Holly can contact you and set up a training.

**SPA SERVICES****Day/Date: Wednesday, December 18****The first appointment is at 10:00 AM; the last appointment****ends by 3:00 PM. Appt. required • Esthetician: Bonnie Leigh****Cost: See the menu of services at the Senior Center***Gift certificates for Spa Services are available at the Senior Center.*

Create your own hour of bliss in the privacy of our spa room right here at our center. Get comfy and let our skin care expert, Bonnie Leigh relax and beautify you with her gentle, healing touch and 30 years of experience.

**Possibilities include:** Hydrating face mask, face, neck, and shoulder massage, Reiki, warm hand mitts with massage, brow shaping, facial hair removal with gentle wax, aromatherapy warm facial towels

**BEREAVEMENT GROUP****Day: Thursday • Date: December 5th • Time: 12:45 – 2:15 PM****Presenter: Rev. Sharron Lamothe • Cost: Free****Bereavement Group will start again from January 2nd to February 6th**

When we lose a loved one caused by illness, an accidental traumatic event or even natural causes, we can expect that we are going to go through some kind of a grief process. The one whom we have loved so dearly is no longer with us, so we need to mourn that loss if we are ever going to move forward with our lives. Our grief and mourning has no time line or limit. It never moves forward logically or step-by-step, and we may feel its grip over and over again.

Everyone experiences grief when a loss occurs. There is no way around it or over it or under it. We must work through it so healing can take place. This is hard work. A support group is one of the ways to help one move through the grief process.

Beginning Thursday, October 31st and for five weeks thereafter, ending November 28.. There will be a two week break and a new series will begin on October and for five weeks thereafter ending December 5th (six weeks total), Faith and Family Hospice of Marlborough, Ma. will be offering a bereavement support group at the Northborough Senior Center on Bearfoot Road. We will meet each Thursday from 12:45-2:15 p.m. Rev. Sharron Lamothe, one of the chaplains with Faith and Family Hospice, will be the facilitator along with assistance from colleagues from Faith and Family.

No matter how dark and frightening the winters of struggle have been after the death of a loved one, we can be assured that spring will always come birthing new life. It is our hope that if you are experiencing the loss of a loved one, you will consider attending the bereavement support group being offered in November. Then maybe you can begin to feel a sense of peace, solace and healing in such a difficult time in your life.

*Rev. Sharron***MASSAGES BY MELANIE****Day: Mondays • Time: First Appt. is at 9:00 AM,****Last apt. is at 2:30 PM • Therapist: Melanie Railing****Cost: Varies by service. Price list at front desk. Call for more info.**

Do you have muscle tension or stiffness? Do you want to stimulate the circulation of your blood and lymph fluids and increase your joint flexibility and range of motion? Massage therapy can help you with this and so much more! Melanie is a Licensed Therapeutic Massage Therapist with over 25 years of experience offering both chair and table massages. Please call the front desk, **508-393-5035** for more information and to schedule your relaxing massage.

**BIRTHDAY LUNCH****Date: Monday, December 23 • Time: 12:00 PM****Cost: Free sandwich of your choice for Northborough seniors with December birthdays • Pre-registration required**

Please join us for Birthday Lunch at the Bistro@119. If you are a town resident and have a birthday in December, the Friends will treat you to a lunch at the Bistro@119, which includes a sandwich of your choice, and of course, cake and ice cream. Even if you're not celebrating a birthday, we'd love to have you join the festivities. Please call the Senior Center at **508-393-5035** to make your reservation. We mail out birthday coupons to Town Residents to be used the day of the birthday lunch at the Bistro@119. If you do not receive yours by the week before Birthday Lunch, please call us and pick up your coupon here.

**TRIPS**

Below is a list of our trips for 2019. For full itineraries, please visit the Senior Center or our page on the Town of Northborough website. Please make checks payable to the Northborough Senior Center.

**BEST OF TIMES TRAVEL - DAY TRIPS****Emmet Cahill's IRELAND**

March 12, 2020, Venus DeMilo, Swansea, MA. Includes Plated Luncheon, Driver's Gratuity, Meal Tax & Gratuity, & Show Ticket. Price: \$94pp.

**AAA TRAVEL - OVERNIGHT TRIPS****Mediterranean Dreams**

August 26 – September 5, 2020 (9 Nights) Athens, Greek Islands & Turkey cruise. Inside cabin from \$4,779 per person.

**Canada & New England Cruise**

September 27 – October 4, 2020 (8 Days) Acadia National Park, Portland, Kennebunkport, Halifax and Peggy's Cove. Inside cabin from \$1,399 per person.

**MOROCCO & SMALL GROUP TRAVEL****December 10th at 11:00 AM**

We are extremely excited to talk more about our next big trip for 2020. Considered one of the fastest growing destinations in the world, Morocco is a country not to be missed. Please join us as we welcome Cary Rominger from AAA Northeast to talk about small group travel and Morocco. Cary will be discussing the growing travel trend of small groups as he talks about Club Adventures and the amazing destinations they visit. Then, learn more about the amazing country of Morocco and your opportunity to join us on tour next year as we venture through desert and the mountains. The group can be no bigger than 16 travelers so space is going fast! We look forward to seeing you all there... and bring a friend!! You are sure to have a great time!

**STRENGTH TRAINING****Day: Mondays & Wednesdays****Time: 9:00 – 10:00 AM****Cost: \$3/class • Instructor: Linda Bonazzoli**

Make your workout fun with this active class. You'll begin with a warm-up and ease into strength training with weights. The class incorporates aerobics and stretching as well. Linda has been an instructor at the Senior Center for more than 15 years. This class is adaptable to all capabilities so plan on checking it out soon.

**TAI CHI/QI GONG/ MEDITATION  
MIND BODY & SPIRIT****Day: Every Tuesday****Time: 10:45 AM – 12:00 PM****Cost: \$3/class • Instructor: Rev. Helen Morin**

Join us for a wonderful session of stretching known as Qi Gong, to improve your health, increase energy and stimulate blood flow. Then relax into some Ancient Shaolin Temple exercises (all low impact). Then step gently into a progressive step by step learning of a modified Yang T'ai Chi form, from Villari's Self Defense studios. This one hour class will end with a guided healing meditation and you will enjoy your week balanced, focused and aware. Led by Rev Helen J. Morin, a certified teacher of Tai Chi.

**LINE DANCING-HIGH BEGINNER****Day: Tuesdays • Time: 10:00 AM****Cost: \$3/class • Instructor: Mary Dragon**

Line dancing is a fun way to exercise, reduce your stress and increase your energy. This class is a high beginner/easy intermediate. Popular and classic line dances are put to all different types of music. You are welcome to sit in on a class and see if this is for you. Let's Get Dancin'!

**TAI CHI/QI GONG/ MEDITATION  
MIND BODY & SPIRIT****Day: Every Friday****Time: 8:30 – 9:30 AM****Cost: \$3/class****Instructor: Rev. Helen Morin**

Join us for a wonderful session of stretching known as Qi Gong, to improve your health, increase energy and stimulate blood flow. Then relax into some Ancient Shaolin Temple exercises (all low impact). Then step gently into a progressive step by step learning of a modified Yang T'ai Chi form, from Villari's Self Defense studios. This one hour class will end with a guided healing meditation and you will begin your weekend balanced, focused and aware. Led by Rev Helen J. Morin, a certified teacher of Tai Chi.

**ZUMBA GOLD****Days: Mondays & Thursdays****Time: 1:00 PM • Cost: \$3/class****Instructor: Mary Abate**

This easy-to-follow program allows anyone any age or either sex to be able to perform the Zumba Gold dance moves to upbeat and fun music. Join us and let the party begin!

**BELLY DANCING****Day: Thursdays • Time: 9:30 AM****Instructor: Gypsy Phillips****Cost: \$3/class**

Shimmy your way to a new figure while having fun at the same time. You'll learn the techniques and steps of this timeless dance form and have a great time.

**PICKLEBALL****Monday & Wednesday: 9:30 AM – 12:00 PM****Thursday/Friday: 12:30 – 3:00 PM****Location: Town Hall Gym, 63 Main Street, Northborough**

Pickleball is a combination of ping-pong, badminton, and tennis. We use a whiffle-type ball and a paddle about 3 times the size of a ping-pong paddle. Please call Bob Savage at 508-393-9792 if you have any questions.

**TAI CHI FOR ARTHRITIS****Day: Every Tuesday****Time: 9:30 – 10:30 AM****Cost: \$3/class****Instructor: Helen Morin**

Exercise helps arthritis! Studies prove it and more and more studies are proving that Tai Chi is the best exercise there is for arthritis sufferers. Join us for this special form of Tai Chi designed specifically for arthritis by Dr. Paul Lam, an arthritis sufferer, who wanted an alternative to medication. We begin with gentle stretching known as Qi Gong, then we learn step by step the Sun Arthritis form. After practicing Tai Chi for 45 minutes we have a guided healing meditation. Then you will be ready for a beautiful day!

**TRADITIONAL CHINESE****YANG STYLE TAI CHI****Dates: Wednesdays • Time: 10:30 – 11:45 AM****Instructor: Yunping Hu • Cost: \$3/class**

Come and learn Traditional Chinese Yang Style Tai Chi, the most popular and relaxing Tai Chi style. It will be taught by Ms. Yunping Hu, the champion of multiple international Tai Chi competitions held in US and the student of Tai Chi master Sitan Chen. Both beginners and experienced Tai Chi practitioners are welcome. The forms to be taught include Tai Chi 8 Form, 16 Form and 24 Form.

**YOGA WITH REBECCA****Day: Every Wednesday • Time: 12:00 PM****Cost: \$3 • Instructor: Rebecca Reber**

The benefits of yoga are amazing including greater flexibility, balance, strength along with calming the mind and relaxation. This class begins with a meditation and gentle warm-up to an easy flow of postures in which choices will be given depending on experience level and then ending in a final relaxation or Savasana. Rebecca has been practicing yoga for over 15 years. She received her 200 certification three years ago and teaches at local COA. To find out more about her please visit [www.rebeccareberyoga.com](http://www.rebeccareberyoga.com)

**CHAIR YOGA WITH DIANE****Day: Monday and Wednesday****Time: 11:00 AM • Cost: \$3/class****Instructor: Diane Ginsberg**

Diane Ginsberg, a senior herself, has been practicing Yoga for 40 years and teaching for the past 30. She creates a comfortable, friendly, supportive and non-competitive environment for all different abilities to enjoy the benefits of Yoga on a chair. Diane incorporates her recent training in Laughter Yoga into her classes which encourage people to have fun and feel good. There are some standing exercises and a relaxation period at the end of each class. Join this upbeat class for fun and good health.

**STRETCH BREAK****Day: Every Friday • Time: 10:15 AM****Cost: \$3 • Instructor: Sharon McDevitt**

Stretch Break is a 45 minute class that consists of mat-based stretches for the entire body. Class will begin with about 5 minutes of standing rhythmic limbering movement to get the blood flowing to all extremities.

Then, the relaxation begins! The rest of the class will be gentle stretching to bring your body through range of motion exercises which will lengthen your muscles and increase movement within each joint of your body. If you find you sit a lot, have a weak lower back or neck/shoulder soreness, this is the class for you. My goal for you is to have you become more flexible, strengthen your lower back and abdominals and rid yourself of neck and shoulder pain.

**PING PONG****Day/Time: Tuesdays at 12:00 PM and Thursdays at 2:15 PM • Cost: Free**

Ping Pong is a lot of fun and a good workout. Join us for a game or two at the Senior Center.



Pauline Berkes  
(Rebecca's Mom)

### SEATED CHAIR YOGA

**Day: Tuesdays**

**Time: 6:30 PM**

**Cost: \$3/class**

**Instructor: Rebecca Reber**

Rebecca Reber has been practicing yoga for about 15 years. In this class you will stretch, twist and lengthen your bodies through a series of easy to follow repetitive

movements. Rebecca will combine this with inhales and exhales as we work with props to get the most out of every movement. The hour session will end in a relaxing Savasana. This class is for beginners to more experienced yogis as any type of movement is wonderful. Come and have fun while enjoying the benefits of movement.

### SEATED CHAIR YOGA

**Day: Wednesdays • Time: 1:30 PM**

**Instructor: Rebecca Reber**

**Cost: \$3/class**

Join us for a seated chair yoga class where we will move with our breath through stretches, bends and twists. Come enjoy the movement and leave feeling relaxed and refreshed!

### YOGA WITH NANCY

**Day: Every Tuesday**

**Date: Starting January 7 • Time: 2:00 PM**

**Cost: \$3/class • Instructor: Nancy Cimato**

Welcome back Nancy! Nancy Cimato is a seasoned Yoga Instructor who has taught her ever popular Yoga Class at the Senior Center for several years. Get the benefits of gentle exercise that benefits both body and soul. Nancy's classes are open to both the beginner and experienced Yoga student. Her gentle spirit and easy teaching style will make your Tuesday afternoons.



### FLEX AND TONE

**Day: Thursdays • Time: 2:00 PM • Cost: \$3 • Instructor: Rebecca Reber**

Stretching is one of the most neglected health components. This class will use props- blocks and straps - along with a variety of stretching methods to improve flexibility, range of motion, promote circulation and improve strength and flexibility. All are welcome!

### CARDIO & WEIGHTS

**Day: Thursdays • Time: 10:45 to 11:30 AM • Cost: \$3**

**Instructor: Sharon McDevitt**

This 45 minute class works your cardiovascular system (heart and lungs) with a low impact aerobic workout. The introduction of weight/strength training, builds strength and speeds up metabolism so you can burn more calories at rest as well as tone and sculpt muscles. Class ends with core strengthening exercises and a relaxing cooldown and stretch. **All participants are urged to work at their own intensity levels.** Please let the instructor know if you have any orthopedic issues which need to be addressed or modified.

### GENTLE BALLET

**Day: Mondays • Time: 9:45 AM • Cost: \$3/class • Pre-Registration Required**

Ballet dancing is a timeless art form that combines exercise and artistry. Come join us for a gentle ballet class designed for seniors of all capabilities. This class uses ballet techniques to focus on strength, flexibility, and balance, as well as coordination and pattern making for memory improvement. No experience or tutus necessary! Come have fun with us and learn something new!



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## ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron



Arthur P. Bergeron is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell.

### THIS SEASON, GIVE SOMETHING SPECIAL AND ASK FOR SOMETHING SPECIAL IN RETURN

Every year around this time I like to remind people of some basic rules of giving:

**Gift Tax** - There is a cap (this year the number is \$15,000) on the amount you may give to any one person in one calendar year. This annual exclusion amount of \$15,000 or less does not have to be reported to the IRS. However, that cap is only relevant if your total assets exceed the federal estate and gift tax exemption amount, which is now over \$11 Million. The good news for the recipient of the gift is that the gift is not considered income, so he/she does not have to pay income tax on the gift. Just remember that you have to file a gift tax return to report the gift to the IRS so that all of your lifetime gifts can be recorded and the total amount accumulated. The good news for you is that you pay no gift tax until your total lifetime gifts (not counting gifts under \$15,000) exceed \$11,400,000.

**Capital Gains** - In general, do not gift stock or other assets that are worth a lot more now than when you bought them. When the recipient sells the stock, he or she will owe a capital gain tax on the difference between what you bought the stock for (technically, your tax "basis") and what the stock is sold for. Better to hold these assets until you die, at which time the "basis" will jump to the value of the asset at the time of your death, so the new owner will be able to sell the asset basically tax-free.

**Charitable Gifts** - If you plan to make a large gift to charity, remember that the federal and state charitable deduction will equal the amount of the gift. The ideal gift to charity, therefore, may be one that comes from your IRA or other tax-deferred funds, since the income tax you would have paid in the year of receipt of these funds will be eliminated as a result of the charitable deduction.

Beyond these tax tips, though, I have a couple of personal gift suggestions. For your family and friends, and especially for your children and grandchildren, consider gifting them something sentimental, such as a ring or bracelet, a piece of pottery, artwork, something that you can get joy out of seeing them use. If you are not sure what they would like most, just ask them.

Then think about the gift you would want most from your children or grandchildren. From my experience, it's typically not an item. It's a regular call from the child or grandchild in Colorado or a regular visit from those who live close but are so buried with the activities of their own lives that they may need a helpful reminder about what is important to you. So ask them for that most special of gifts in today's world: **time**.

If you need more information on this, you can contact me at **508-860-1470** or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com). You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube Channel, [www.youtube.com/elderlawfrankmary](http://www.youtube.com/elderlawfrankmary) and find more in-depth commentary on legal issues on Mirick O'Connell's Trusts and Estates blog, "**Getting All Your 'Docs' in a Row**".

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ATTORNEYS AT LAW

To learn how Mirick O'Connell's Estate Planning Elder Law Attorneys can assist you and your loved ones, contact

Arthur P. Bergeron  
508.860.1470  
[abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com)



Watch our elder law legal clinics on YouTube: "[ElderLawFrankAndMary](#)"



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**VETS TALK**

**There are no Vets Talks scheduled at this time.** The Northborough Senior Center wants to thank Mike Walling for all his time and efforts in leading Vets Talk at the Northborough Senior Center.

**DULL MEN'S CLUB**

**Day: Wednesdays • Time: 10:00 – 11:00 AM**  
**Cost: Free • Leader: Bernie Gillon**

The Northborough chapter of the Dull Men's Club is looking for a few more dull men who celebrate the ordinary. It is a place where dull men share thoughts and experiences, free from glitz and glam, free from pressures to be in and trendy. We are free instead to enjoy simple, ordinary things. It is an opportunity to hang-out and to chat about issues of great or little importance. Serious politics or religion is strictly verboten subjects. We are not boring and we are not grumpy. Check out our international Dull Men's Club Website [dullmensclub.com](http://dullmensclub.com) and come join us.

**BOOK CLUB**

**Day: 3rd Wednesday of the Month**  
**Date: December 18 • Time: 1:30 PM**  
**Leader: Maureen Sargent**  
**Cost: Free • Where: Senior Center**

Please call the Senior Center to find out what their book selection is for the month or go to the town website for the Senior Center. The new title is posted under book club.

**HARMONICA CLUB**

**Day: Mondays • Time: 10:00 AM**  
**Cost: Free • Leader: Dan Ginsberg**

This is the last month of the Harmonica Club as they will be changing to Harmonica and Ukelele Club as of April 20. Please look for more information in the article below.

**NEW** **HARMONICAS AND UKELELES**

The Harmonica Club has been a fixture at the Northborough Senior Center for the past 10 years. In April 2020, the Club will morph into the Harmonica & Ukelele Club, with beginner classes for any new members.

The combination of harmonicas for melody, and ukuleles for chords and vocals, make for a rich musical treat for both experienced and new players. Please contact the Senior Center to let us know your interest, and be ready for the kickoff of the Harmonica & Ukelele Club in April 2020. Our first meeting is on Monday, April 6, 2020 at 10:00 am.

Please note that the Harmonica Club will be taking a seasonal vacation from Christmas to the start of the new Club on April 6th.

**LOW VISION SUPPORT GROUP**

**Day: Thursday • Date: December 12**  
**Time: 12:00 PM • Cost: Free**  
**Leader: Agnes Sagerian**

Instead of a meeting this month, join us as we celebrate the holidays at the Bistro@119 at 12:00 PM. Please contact our coordinator, Agnes Sagerian at **508-393-8353** to let her know you'll be attending. We welcome you to join our group.

**BETTER BREATHERS CLUB**

**Day: 3rd Thursday of the month**  
**Date: December 19 • Time: 2:00 PM**  
**Cost: Free • Leader: Molly Coyne, LPN, CDP**  
**Pre-Registration Required**

Do you have a chronic lung disease such as asthma, COPD, chronic bronchitis, or lung cancer? Then this group is for you! Join Bonnie Kenney, Director of Respiratory at the Reservoir. You will learn breathing techniques, talk about medications, tests, oxygen and nutrition, try some exercises, and much more.

Better Breathers will meet the third Thursday of each month at 2pm at the Northborough Senior Center. This is a free program, and refreshments will be provided.

Please RSVP to the Senior Center, **508-393-5035** for attendance.

*Learn More, Breathe Better*

**SCRABBLE**

**Day: Tuesday**  
**Date: December 10 • Time: 1:00 PM**  
**Pre-registration Required**

We're starting Scrabble afternoons twice a month at the Senior Center. We have several boards so that we can accommodate a number of games simultaneously. Join us for a fun filled afternoon where every letter counts in the original crossword game!

**BEGINNER PIANO LESSONS**

**Day: Fridays • Time: 11:00 AM**  
**Cost: \$10/class • Instructor: Dennis Deyo**  
**Pre-Registration Required**

This class will be for all older adults who have never taken piano lessons and want to start from the very beginning OR for those older adults who studied piano years ago and want to refresh their skills by starting over. These hour-long classes will be held on Fridays at 11 AM and students will be given a chance to take turns playing their music during the class. True beginners will be given a workbook to learn how to read music, a scale chart, an exercise book and a song book. Total cost for all materials will be \$35, and the cost for the one-hour class will be \$10. Sign up now. The class will be taught by Dennis Deyo, who has been a piano teacher for over 50 years.

**PHONE PHOTOGRAPHY CLASS**

**Day: Mondays • Date: December 2 & 9**  
**Time: 2:30 – 4:00 PM**  
**Instructor: Steve McGrath**  
**Cost: \$25 for both classes**  
**Pre-Registration Required**

This class is dedicated to helping you with understanding how to use your smartphone photography, how to take a great one on your phone, what editing apps to use, how to share and print your images. Join Steve as we go over how to find out how to use essential controls on your phone along with the best free and low-cost tools for editing and image management.

**PHONE PHOTOGRAPHY & MORE WORKSHOP**

**Day: Mondays**  
**Dates: December 16, 23, 30**  
**Time: 2:30 – 4:00 PM**  
**Instructor: Steve McGrath**  
**Cost: \$35 (3 classes)**

This series of 3 classes is a perfect continuation of Steve's Smartphone class held earlier this month. In this workshop, the first class will go over using your smartphone to take terrific photos. In this second class, Steve will go over organizing your photos. In the third class, Steve will demonstrate how PhotoShop can help make your photos even better! After this workshop you'll be on your way to taking, organizing and improving your photos!

**WOMEN'S DISCUSSION GROUP**

**Day: Mondays • Date: December 9 & 16**  
**Time: 12:30 PM • Cost: \$2**  
**Facilitator: Audrey DiMichele, M.Ed.**

Are you looking for a safe, nurturing, and confidential environment to share your thoughts and feelings? Our Women's group offers you the opportunity to talk about any or all topics of concern to you. The group also will allow for new friendships and personal growth. We are always welcoming new members.

**MEMOIR WRITING GROUP**

**Day: Wednesday • December 11**  
**Cost: Free • Time: 1:30 PM**

Participants enjoy writing and sharing their stories from various stages in their lives. Join this fun group as they remember and write about the interesting times of their lives. Some of the members arrive at 12 noon for lunch at the Bistro. New members are welcome.

Dear Family, Friends & Clients...

# WARM WISHES

*from our family to yours!*

"Karen was very knowledgeable and professional. She had excellent local contacts when I needed recommendations. Karen was patient and calm when I wasn't so much so.

She talked me through computer applications that were new since the last time I sold a house. Karen was very supportive through the whole process of selling my home. I enjoyed working with Karen and recommend her to anyone local who is selling their property."



"I chose Karen to sell my home as she is the queen of Northborough. The house was listed and offer accepted in 2 days. Closing process went smoothly and Karen was able to assist in a pinch with certain matters. Karen is knowledgeable, professional, and is good at what she does."



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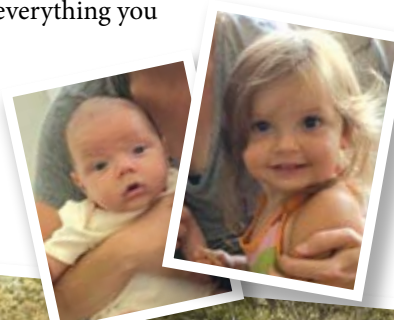
RESIDENTIAL BROKERAGE

As we approach the holiday season, I feel extremely blessed when reflecting on the past. Twenty-six years ago, I began my career as a real estate agent. I never could have imagined the amazing journey that was ahead. I have met incredible individuals along the way, many of whom I feel honored to now call friends. This adventure has seen the growth of my four children, the marriage of four children, and the birth of my two grandchildren.

Throughout the years there have been several discussions about the key to success. Though there are many different opinions, I truly believe that the real key to my success is all of you; my clients, friends and family. I want to take this opportunity to express my heartfelt gratitude to each and every one of you. I am deeply touched by the kind words, referrals, loyalty, and constant support that I have been shown over the years and want you to know that I sincerely appreciate everything you have done.

I look forward to the opportunity to assist you with any of your real estate needs in the years to come.

Best wishes for a happy & healthy holiday season and a wonderful year filled with laughter, love, and happiness.



Warm Regards,

**Karen  
Scopetski**

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MONDAY				TUESDAY				WEDNESDAY			
2	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 10:00 AM Harmonica Club 11:00 PM Chair Yoga w/Diane	12:00 PM Bistro@119 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers 2:30 PM Phone Photography Class		3	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119 12:00 PM Ping Pong	1:00 PM Tuesday Trivia 1:00 PM ESL Class 1:00 PM Blood Pressure Clinic 5:00 PM Bistro@119 5:00 PM Holiday Party 6:30 PM Seated Chair Yoga		4	9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Pickleball@Town Hall Gym 9:45 AM A Cappella Chorus 10:00 AM Dull Men's Club 10-12:00 PM Snowman Craft		
9	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 10:00 AM Harmonica Club 11:00 PM Chair Yoga w/Diane	12:00 PM Bistro@119 12:30 PM Women's Discussion 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers 2:30 PM Phone Photography Class		10	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119 12:00 PM Ping Pong 1:00 PM Tuesday Trivia	1:00 PM ESL Class 1:00 PM Scrabble 1:45 PM Legal Clinic 2:30 PM Technology Tuesday 4:00 PM Sewing & Knitting 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga		11	9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Pickleball@Town Hall Gym 9:45 AM A Cappella Chorus 10:00 AM Dull Men's Club 10:30 AM Tai Chi w/Yunping 11:00 AM Chair Yoga w/Diane 11:00 AM Joint Health Presentation		
16	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 10:00 AM Harmonica Club 11:00 PM Chair Yoga w/Diane	12:00 PM Bistro@119 12:30 PM Women's Discussion 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers 2:30 PM Phone Photography Workshop		17	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 11:30 AM Tuesday with Laurie	12:00 PM Ping Pong 12:00 PM Bistro@119 12:30 PM Wellness Clinic 1:00 PM ESL Class 1:00 PM Tuesday Trivia 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga		18	9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Pickleball@Town Hall Gym 9:45 AM A Cappella Chorus 10:00 AM Dull Men's Club 10:00 AM SPA Services 10:30 AM Tai Chi w/Yunping 11:00 AM Chair Yoga w/Diane		
23	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 10:00 AM Harmonica Club 11:00 PM Chair Yoga w/Diane	12:00 PM Bistro Birthday Lunch 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers 2:30 PM Phone Photography Workshop		24	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen			25	CHRISTMAS DAY		
30	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 12:00 PM Bistro@119	1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers 2:30 PM Phone Photography Workshop		31	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:00 AM New Years Eve Brunch 11:30 AM DayBreak	12:00 PM Ping Pong 1:00 PM Tuesday Trivia 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga					



THURSDAY		FRIDAY	
10:30 AM Tai Chi w/Yunping 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga	<b>5</b>	9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Walking Club 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:30 PM Pickleball@Town Hall Gym 12:45 PM Bereavement Group	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting Group 2:00 PM Flex and Tone w/Rebecca 2:15 PM Ping Pong
12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:30 PM Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Memoir Writing	<b>12</b>	9:00 AM Chat with the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:00 AM Walking Club 10:30 AM Mah Jong 10:45 AM Cardio & Weights 11:00 AM Travel Club 12:00 PM Bistro@119	12:00 PM Low Vision 12:30 PM Pickleball@Town Hall Gym 1:00 PM Bridge 1:00 PM Zumba Gold 2:00 PM Flex and Tone w/Rebecca 2:15 PM Ping Pong
12:00 PM Bistro@119 12:00 PM Yoga with Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Book Club 1:30 PM Seated Chair Yoga	<b>19</b>	9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:30 PM Pickleball@Town Hall Gym 1:00 PM Bridge	1:00 PM Zumba Gold 1:00 PM Quilting 2:00 PM Flex & Tone w/Rebecca 2:00 PM Better Breathers Club 2:15 PM Ping Pong
<b>CENTER CLOSED</b>	<b>26</b>	9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:30 PM Bistro@119 12:30 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Zumba Gold 2:00 PM Flex & Tone w/Rebecca 2:15 PM Ping Pong
			<b>27</b> 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:30 PM Pickleball@Town Hall Gym

Answer to  
November  
Sudoku

8	7	1	2	6	9	5	4	3
3	5	4	8	7	1	2	9	6
2	9	6	3	5	4	1	7	8
4	6	7	1	9	5	3	8	2
5	2	8	6	3	7	4	1	9
1	3	9	4	2	8	7	6	5
9	4	3	7	8	2	6	5	1
6	1	5	9	4	3	8	2	7
7	8	2	5	1	6	9	3	4

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6				1				
9			7				8	2
1		3		4				
					8		1	
						6		9
							3	
7		6			4	8		
	3		6		7	9		
4	9	1	2				7	

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DIFFICULTY: ★★☆☆

## CROSSWORD PUZZLE

### ACROSS

- 1 Heddles of a loom  
5 Blue-green  
9 Sheep's cry  
12 Oil (pref.)  
13 Underground growth  
14 Warp yarn  
15 Father: Arabic  
16 Terrified  
18 Tonic herb  
20 Cutting tool  
21 Yemen capital  
24 Roof edge  
27 Drink  
31 Tremble  
32 Wing  
33 Dolt  
35 N.Z. fish  
36 Cultivate land  
38 Puccini opera  
40 Robber  
42 Elam's capital  
43 Irish exclamation  
45 Perspire  
49 Accustomed

### DOWN

- 53 Turk. title  
54 Shoemaker's tool  
55 Malay law  
56 River nymph  
57 Drone  
58 Direct  
59 Exclamation

### ANSWER TO PREVIOUS PUZZLE

S	E	A		A	S	S	A	L	I
D	U	A	D	B	A	T	S	A	B
O	K	R	A		L	A	R	G	E
A	E	S		M	A	R	I	E	A
	T	A	I		T	A	N	C	
P	O	O	L	R	O	D	T	H	A
S	A	N	A		R	E	S	E	S
I	R	E	N	E		C	A	P	S
		T	C	H		M	E	T	R
U	D	I		C	A	R	O	A	
M	O	R	D	A	N	C	Y		O
E	G	A	D		A	M	E		C
	E	N	T		P	P	D		A

- landscape  
22 Nautical (abbr.)  
23 Lamb (Lat.)  
25 Reverberate  
26 Sort comedy sketch  
27 Fabric  
28 King of Israel  
29 Protean  
30 Unbleached shade  
34 Assuage  
37 Physician (pref.)  
39 Tropical fever  
41 Deadly  
44 City slicker  
46 Equal (Fr.)  
47 Branch of Muslim  
48 Russian news agency  
49 Habakkuk (abbr.)  
50 Windmill sail  
51 Wider than AAAA  
52 Limited (abbr.)

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16				17			
18				19			20					
			21		22	23		24			25	26
27	28	29					30		31			
32				33			34		35			
36			37		38				39			
40				41		42						
		43			44			45		46	47	48
49	50					51	52		53			
54					55				56			
57					58				59			

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A71

## NORTHBOROUGH COA VAN SERVICE \*

### Monday

Appts no sooner than 7:30 AM  
Medical Appts, Work

### Mondays (1st)

Wal-Mart/Target - Afternoon

### Monday (2nd)

Christmas Tree Shop - Afternoon

### Monday (3rd)

Lyman Street Plaza - Afternoon

### Monday (4th)

Solomon Pond Mall - Afternoon  
(If there is a fifth Monday  
Westmeadow Plaza)

### Tuesday

Appts. no sooner than 7:30 AM

### Wednesday

Appts. no sooner than 7:30 AM  
Senior Center, Medical Appts.,  
Work, Grocery Shopping@  
Hannaford in Marlboro Plaza,  
Work Trips, Library

### Thursday

Appts. no sooner than 7:30 AM  
Senior Center, Medical Appts.,  
Work

### Friday

Appts. no sooner than 8:15 AM  
Senior Center, In-town Errands,  
Work, Hairdresser

\* Please call the Senior  
Center at 508-393-5035  
for details.

In-Town Trips and Out-of-Town Trips provided to Marlboro, Westboro, Shrewsbury, Worcester, Boylston, Northborough, Southborough Monday-Friday as scheduled. Reservations taken up to seven business days in advance. Minimum of 24 hours notice is required for all reservations. **508-752-9283 press 1.** No out-of-town trips unless pre-authorized. Trips to and from the Senior Center are available daily.

### VAN TRANSPORTATION WEATHER CANCELLATION POLICY

If Northborough Schools are closed due to inclement weather, there will be no van transportation for that day. If there is a delay due to inclement weather, there will be a delay in transportation for the same amount of time.

### NEW AUTOMATIC FARE COLLECTION SYSTEM

Beginning January 1, 2019, WRTA implemented an Automatic Fare Collection System. There will be **no increase** of fares. The current fare collection system will transition from a cash & ticket system to a prepaid automatic system. Please call **508-791-9782** with any questions.



## ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

## AGE-RELATED VISION PROBLEMS



As you age, so do your eyes. You might find that you have difficulty reading small print or that you need brighter lighting at your desk. In addition, eye diseases that could lead to more-serious vision problems become more common with age. Consider cataracts. A cataract is a clouding of the normally clear lens of the eye. Most cataracts develop slowly and don't disturb eyesight early on. At first, stronger lighting and eyeglasses can help you deal with cataracts. Eventually cataracts can interfere with your vision. Left untreated, cataracts can lead to blindness. However, even with advanced cataracts, vision can usually be restored with surgery. Be sure to have regular checkups with your ophthalmologist so that any developing vision problems can be caught early.

— Source: Mayo Clinic



Have a question for the pharmacist?  
Email questions to: [pharmacist@bouvierpharmacy.com](mailto:pharmacist@bouvierpharmacy.com)



**Do you have Ostomy, Urological, Wound Care or Incontinence supplies delivered to your home? Don't deal with a faceless 800 number, deal with a local, family business you can trust, call Bouvier's!**



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Fax: 508-485-8777

**Call 508-485-0432**

**[www.bouvierpharmacy.com](http://www.bouvierpharmacy.com)**

*4 Generations of our Family  
Caring for Yours...*

**QUILTING****Day: 1st & 3rd Thursday • Dates: December 5 & 19****Time: 1:00 PM • Cost: Free • Instructor: Connie Davis**

Join Connie and her class for tips and techniques on quilting. Bring your quilting project with you, or come to get inspired to start a new one.

**SEWING & KNITTING NIGHT****Day: 2nd and 4th Tuesday • Date: December 12 • Time: 4:00 – 8:00 PM****Cost: Free • Leaders: Donna Towner & Shirley Tetreault**

This is an opportunity to work on your own projects whether it be sewing or knitting. The room offers great lighting, tables, ironing boards, and cutting mats. Feel free to bring your own machine. Lots of time to work on your projects with new, longer hours. Come join us!

**JEWELRY MAKING****Jewelry Making Class will be on hiatus for the month of December****NEEDLERS (KNITTING GROUP)****Day: Mondays • Time: 2:00 PM****Cost: Free • Leader: Sue Goyette**

Want to work on your knitting/crocheting or other handwork with others? Looking for direction on a particular project? Join this creative group as they share common experiences of a hobby they just love!





# hats off

*a walk-in barber shop*

Times Square Plaza • 299 W Main Street Northboro, MA

**www.hatsoffbarbershop.com**

**508-393-7647**

**ADULTS \$14 • SENIOR MEN\* \$10**

**SENIOR WOMEN\* \$13** \*age 62 or older

## DECEMBER 2019 WEEKLY ACTIVITIES

**MONDAY**

9:00	Aerobics/Strength Training	9:45	Gentle Ballet
9:00	Massage by Melanie	10:00	Harmonica Club (12/2, 9, 16 & 23)
9:00	Pool Players	11:00	Chair Yoga w/Diane (12/2, 9, 16 & 23)
9:30	Pickleball	12:00	Bistro Lunch
		12:00	Bistro Birthday Lunch (12/23)

12:30	Woman's Discussion Group (12/9 & 16)
1:00	Pitch
1:00	Zumba Gold
2:00	Needlers

**TUESDAY**

9:00	Art Group	12:00	Bistro Lunch
9:30	Beginner Tai Chi w/Helen	12:00	Ping Pong
10:00	Line Dancing	12:30	Wellness Clinic (12/17)
10:45	Qi Gong Tai Chi w/Helen	1:00	English as a Second Language (12/3, 10, 17)
11:30	DayBreak	1:00	Tuesday Trivia
11:30	Tuesday with Laurie (12/17)	1:00	Blood Pressure (12/3)
		1:00	Scrabble (12/10)

1:45	Legal Clinic (12/10)
2:30	Technology Tuesday (12/10)
4:00	Sewing & Knitting Night (12/10)
5:00	Evening Bistro
6:30	Seated Chair Yoga

**WEDNESDAY**

9:00	Aerobics/Strength Training	10:00	SPA (12/18)
9:00	Pool Players	10:30	Yang Style Tai Chi
9:30	Pickleball	11:00	Chair Yoga w/Diane (12/2, 9, 16 & 23)
9:45	A Cappella Chorus	12:00	Bistro Lunch
10:00	Dull Men's Club	12:00	Yoga w/Rebecca
		12:30	Hearing Clinic (12/11)

12:45	Bridge (SAYC)
1:00	Bingo
1:30	Memoir Writing (12/11)
1:30	Book Club (12/18)
1:30	Seated Chair Yoga

**THURSDAY**

9:00	Chat with the Chief (12/12)	12:45	Bereavement Group (12/5)
9:30	Mani/Pedi/Reflexology (12/12 & 19)		Resume Group from 1/2 to 2/6)
9:30	Belly Dancing	1:00	Bridge
9:30	Cribbage	1:00	Quilting (12/5 & 19)
10:00	Walking Club (12/5 & 12)	1:00	Zumba Gold
10:30	Mah Jong	1:00	Low Vision Support Group (12/12)
10:45	Cardio & Weights	2:00	Better Breathers (12/19)
12:00	Bistro Lunch	2:00	Flex & Tone w/Rebecca
12:30	Pickleball	2:15	Ping Pong

**FRIDAY**

8:30	Qigong Tai Chi
9:00	Pool Players
10:15	Stretch Break
11:00	Piano
12:30	Pickleball

## OUTREACH NOTES

An article on Loneliness in the November issue of O, Oprah's magazine, caught my attention. The article was in the same issue featuring timely, holiday related articles. The holiday season is a difficult and lonely experience for many people. Shorter days and colder weather can compound feelings of loneliness.

Northborough Senior Center Director, Kelly Burke, in recent remarks to a gathering at St. Rose of Lima acknowledged the serious health and social implications of loneliness and the Senior Center's concern and role in this regard. O magazine cites psychologist Julianne Holt-Lunstad PhD from Brigham Young University who makes the striking claim that a person would have to smoke 15 cigarettes daily to equal the negative health effects of loneliness.

The Senior Center is a resource for people experiencing loneliness, during the holidays and throughout the year. Classes, activities, support groups such as Bereavement and volunteering are opportunities for involvement and connection. Riders on the Senior Center van often experience community with other riders and the drivers. Communal dining, an experience found at the Bistro@119, is a best practice for addressing loneliness. The opportunity for community and connection is available at the Senior Center and often in unexpected ways. The Outreach Coordinator is available for assistance with this matter.

*Jocelyn Ehrhardt, MSW, Outreach Coordinator*

*I can be reached at 508-393-5035*

## HERE'S TO YOUR GOOD HEALTH!

### WELLNESS CLINIC

**Date: Tuesday, December 17**

**Time: 12:30 - 2:00 PM • Cost: Free**

Meet individually with the Nurse, Janet Iacovelli, RN. Often times, a visit to the Primary Care Physician can feel rushed. Maybe there were some questions you felt were left unanswered or you feel need more discussion. Making an appointment with Janet may help with those issues. Janet can also take your Blood Pressure, discuss Blood Sugars (bring your meter), or discuss any medical issues with you.



### FREE BLOOD PRESSURE CLINIC

**Tuesday, December 3 at 1:00 PM**

**Where: at the Senior Center • Cost: Free**

### FREE HEARING CLINIC

**Date: Wednesday, December 11**

**Time: 12:30 - 1:30 PM • Apt. Required**



**MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7! IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT! CALL 1-800-MEDICARE NOW!**

**REMINDER:** Many plans have made changes to their premiums, deductibles, co-pays, and the drugs that are covered. December 7 is the last day of open enrollment to review your options and make a change for 2020.

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



**SHINE (SERVING HEALTH INSURANCE NEEDS OF EVERYONE) APPOINTMENTS ARE AVAILABLE WITH OUR SHINE COUNSELORS**

As we go to print in October, Open Enrollment appointments are filled with our SHINE Counselors, Pauline O'Bray and Susan Goellner. We are currently working on options to address this issue. Please call the Senior Center at **508-393-5035** to discuss your individual needs.

### DAYBREAK AT THE NORTHBOROUGH SENIOR CENTER

**A Social Day Program Providing Respite for Caregivers**

**Day: Tuesdays • Time: 11:30 AM - 2:30 PM**

**Pre-registration required**

If you're a care partner of someone with Dementia, Alzheimer's or memory loss, the DayBreak program may be just what you're looking for. Christine D'Angelo is the Facilitator in Northborough and Marlborough. DayBreak has been a very successful program at the Hudson Senior Center. As an outgrowth of our COME 2B Dementia Friendly initiative, we have partnered with the Senior Centers in Hudson and Marlborough to offer DayBreak 3 times per week.

A person with Dementia or a Cognitive Impairment can attend 1 or all 3 days per week. DayBreak provides individuals with a safe and stimulating experience with fun activities and social interaction while providing care partners with much needed time for themselves!

Because grant funding is being used, we are providing you an opportunity to make a voluntary \$15 per day donation toward the cost of this service. Service includes lunch and activities. Donations are put directly into the program allowing for the expansion of services. Making a voluntary donation in no way influences service delivery. Contact Kelly Burke, Director or Jocelyn Ehrhardt, Outreach Coordinator at **508-393-5035** for more information. To sign-up, please contact Lisa Gardner at **978-568-9638** or [lbbazarian@gmail.com](mailto:lbbazarian@gmail.com).

*This program has been made possible in part by funding from the MetroWest Health Foundation*

# NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | DECEMBER 2019

Northborough Senior Center

119 Bearfoot Road

Northborough, Massachusetts 01532



## Discover a New Way of Living

Benchmark Senior Living, known for our innovative approaches to care and award winning programs, is proud to be introducing our newest assisted living and memory care communities in Marlboro and Framingham.

**Stop by to learn more about how we're keeping seniors connected to what matters!**

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