

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 7, NO. 2, FEBRUARY 2020

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**THE SENIOR CENTER WILL BE CLOSED ON
MONDAY, FEBRUARY 17TH FOR PRESIDENTS' DAY.**

We are currently accepting donations of greeting cards

DIRECTOR'S CORNER:

As I write this newsletter, I am within a few short days of retirement from my position as Director of the Northborough Senior Center. It has been a great 14 years and I feel blessed to have spent time with so many of you. I have taken a position as Director of Member Services with Massachusetts Councils on Aging. I will be working with Senior Centers and Directors across the Commonwealth. Although I am very excited about this position, I am also sad to leave Northborough. I leave with many fond memories, experiences and friendships that I will cherish.

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:

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

UNPARALLELED COMFORT AND CONVENIENCES

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- Social events and recreation



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FEBRUARY 2020 IS "FRIENDS" MONTH!

Eat = BISTRO / ENJOY = Programs & Services / EXCEL = Games & Fun

The Friends of the Northborough Senior Center create "Fun" raises to with programs and services and equipment for the senior center. If you are not already a Friend - think about joining this worthy cause.

Sincerely, *Anita Hagspiel, President*



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

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!

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

INCLEMENT WEATHER POLICIES

Northborough Senior Center: If Northborough schools are closed due to weather conditions, Senior Center classes and activities (including the Bistro @119) are also cancelled. If there is a delay in opening school, all morning classes and activities will be cancelled. Please check in with the Senior Center at **508-393-5035** regarding afternoon classes/activities on these days.

Van Transportation: 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.

Please Note: The Senior Center will remain open even if school is cancelled or delayed. If there is a state of emergency or severe weather, the Senior center voicemail message and website will be updated if closing is necessary.



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

Feb. 4 \$9	Bread/Rolls & Butter, Garden Salad, Meat Loaf with Gravy, Mashed Potatoes, Vegetable, Assorted Desserts
Feb. 11 \$9	Bread & Butter, Pot Roast, Baked Potato with Sour Cream, Mashed Butternut Squash, Special Dessert (Valentine's Day)
Feb. 18 \$9	Bread/Rolls & Butter, Baked Haddock with Tartar Sauce, Rice Pilaf, Vegetable, Assorted Desserts
Feb. 25 \$9	Bread/Rolls & Butter, Antipasto, Baked Ziti and Meatballs, Assorted Desserts

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

We have made some price increases at the Bistro@119 effective January 1, 2020. Because Northborough is going green in this month, the cost of paper goods will increase. In addition, there has been a steady rise in food prices and delivery fees. A listing of the price adjustments are available at the Senior Center. Thank you for your cooperation.

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 did a performance on 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!

MAKE AND TAKE VALENTINE ART

Day: Monday • Date: February 3 • Time: 10:00 AM

Cost: \$5 (includes all supplies)

Instructor: Susan McIver • Pre-Registration Required

Join us for a fun, easy DIY project. No artistic ability needed; I promise! We will be using chalk paste and transfers from Chalk Couture to create a fun Valentine-themed home décor sign. All supplies included.



CHESS

Day: Tuesdays • Date: Starting February 4

Time: 5:30 – 7:30 PM • Cost: Free

Leader: Tom Rizzo • Pre-Registration Required

Are you interested in playing chess? Have you always wanted to learn or feel that you need to brush up your game? Anyone, of any skill level, is welcome to join us. Let us know if you need lessons or if you're all set to start playing. If you have a board, pieces and a chess clock bring them along. If not, we'll have supplies at the Senior Center. Please call the Center at **508-393-5035** to let us know your interest.



FREE HELP WITH STATE AND FEDERAL INCOME TAX RETURNS

Each year the Northborough Senior Center is pleased to pair with the AARP TAXAIDE Program to offer a free income tax service to seniors in the Northborough area. Local AARP volunteers staff the program, supported by the staff from the Senior Center. We are pleased to offer this opportunity again this year.

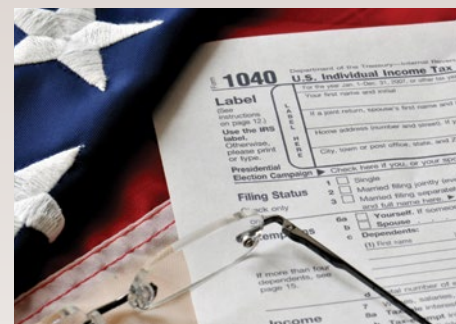
The AARP TAX-AIDE program helps low and middle income taxpayers file their Federal and Massachusetts personal income tax returns. Special attention is given to senior citizens with Federal Adjusted income of under \$80,000. The program also helps those who would not normally file a tax return but who qualify for the Massachusetts Senior Circuit Breaker, a partial tax refund of up to \$1100 for low income seniors whose real estate taxes or rent meets certain requirements. Residents of subsidized housing do not qualify for the Senior Circuit Breaker.

AARP TAX-AIDE volunteers are trained to assist in filing the basic income tax forms and schedules, including most forms for earned income, retirement income, interest and dividend income, simple business income, itemized deductions, the earned income credit, and Child Tax and Education credits. Volunteers are not trained to assist with depreciation, business returns, complex financial income, and taxpayers subject to the Alternate Minimum tax.

The AARP volunteers meet with taxpayers by appointment at the Northborough Senior Citizen's Center on Wednesday mornings, starting February 5 and ending April 13. Appointments are about an hour, with the first starting at 8:45 and last starting about 12:45. Please call the Senior Center after January 15 to schedule your appointment.

You are asked to bring all your tax documents to your appointment. Please bring your copy of your 2015 Federal and State tax return. We will require proof of identity (a photo ID) and a Social Security Card or letter from the Social Security Administration documenting all Social Security numbers. Bring proof of health care coverage and the 1095-A if you purchased insurance on the MASS Connector. Bring all income statements - wage statements (W2), interest statements (1099-I), dividend statements (1099-D), retirement income statements (1099-R), social security statements, and brokerage statements (1099-B). Bring proof of real estate tax and water bill payments or rent payments. Bring mortgage statements, charity contributions, medical expenses, and tuition payment statements. Not having the required forms will usually mean rescheduling another appointment on a future Wednesday.

If you have questions, we suggest that you stop in any Wednesday morning during the tax season and the volunteers will assist you to get ready for your appointment.



ASK THE LIBRARIAN**Day: Tuesday • Date: February 25th****Time: 12:00 – 1:00 PM • Where: The Bistro@119**

Visit with Town librarians Deborah Hersh and Donna Kafel during lunch at the Bistro and discover what today's free public library has to offer. This month, Library Outreach Coordinator Rick Starzyk will join us to tell you about our homebound delivery service "Library On The Go," and how we can bring the library to you when you can't come to the library.

ENGLISH AS A SECOND LANGUAGE-INTERMEDIATE**Date: Tuesdays • 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.

MANICURES/PEDICURES/REFLEXOLOGY**Day: Thursdays • No Appointments in February****Returning March 5, 12, 19, 26****Time: First appt. is 9:30 AM; last appt. is 3:00 PM****Cost: Varies by Service/Price List at Front Desk/****Call for more Information • Technician: Veronica Thompson****Pre-Registration Required**

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 helps dozens of health conditions, is great for pain relief and can be done on hands, feet, face, and ears - one area or all areas. Gift Certificates available. Retail items available.

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.

SPA SERVICES**Day/Date: Wednesday, February 12****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

DIVERSITY THROUGH COLLABORATION**TUESDAY WITH LAURI****Day: Third Tuesday of the month****Date: February 18****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 or call me **508-647-6540** ext 1926 (Natick Community Center). Thanks again for your time and we look forward to seeing you.

Lauri**BIRTHDAY LUNCH****Date: Monday, February 24 • Time: 12:00 PM****Cost: Free sandwich of your choice for Northborough seniors with February 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 February, 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.

TECHNOLOGY TUESDAY**Date: Tuesday, February 11 • 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!

CHAT AND LUNCH WITH THE CHIEF**Day/Date/Time: Thursday, February 13 at 9:00 AM (Coffee)****Day/Date/Time: Thursday, February 27 at 12:00 PM (Lunch)**

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. Since we're in a new year, the Chief asked if we could change up the schedule for these discussions. On the second Thursday of each month, he'll be here for Chat with the Chief at 9:00 AM with coffee/tea and pastries served. On the fourth Thursday of each month, he'll be here for Lunch with the Chief. You can purchase a meal from the Bistro and join Chief Lyver's table for good food and good conversation.

LEARNING TO PLAY MAH JONG

Join Charlotte Holly for a new opportunity to learn and play Mah Jong, offered every Wednesday except the third Wednesday of the month at 1:30. If you want to learn please contact the center at **508-393-5035**. Those people currently playing please join the game when you are able.

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!

BEREAVEMENT GROUP

Day: Thursday • Date: February 6th

New Session February 27 to April 2 • Time: 12:45 – 2:15 PM

Presenter: Rev. Sharron Lamothe • Cost: Free

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.

Faith and Family Hospice of Marlborough, Ma. is offering a bereavement support group at the Northborough Senior Center on Bearfoot Road. We will meet on Thursday, February 6th, we'll be on break February 13 & 20 and start a new session on February 27 that will run through April 2. 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. 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.

SMALL GROUP TRAVEL CLUB

Day: Tuesday • Date: February 25

Time: 11:00 AM • Leader: Cary Rominger • Cost: Free

We will be getting together for our next travel club meeting to talk about the places you would like to travel to. We have been putting together some destinations for our travel club and we think it is time to get feedback from the group and put something together that everyone wants. We look forward to sharing our ideas for 2020 and having fun learning about where you would like to go as well!

TRIPS

Below is a list of our trips for 2020. 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, Transportation, Driver's Gratuity, Meal Tax & Gratuity, & Show Ticket: \$94pp. Celebrate St. Patrick's Day with Emmet Cahill, Star of PBS Phenomenon Celtic Thunder, who has been widely hailed as Ireland's Most Exciting Young Tenor.

Mutts Gone Nuts! – April 26th - Lake Pearl, Wrentham, MA

Includes Sunday Brunch, Transportation, Driver's Gratuity, Meal Tax & Gratuity & Show Ticket: \$94 pp. Expect the unexpected, as canines and comedy collide in a smash hit performance, that's leaving audiences everywhere howling for more.

BEST OF TIMES TRAVEL - OVERNIGHT TRIPS

Wine Country Pacific Coast Cruise

9 Days/8 Nights, April 6th – 14th, 2020.

We have itineraries available, price varies by selection of cabins.

Boston to Bermuda

8 Days/7 Nights, May 15th – 22nd, 2020.

We have itineraries available, price varies by selection of cabins.

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.

Moving Morocco: October 5 – October 17, 2020

(13 days and 11 nights) stay in luxury desert camp in Merzouga, discover Moroccan flavors during foodie tour. Starting at \$3,924 per person.

OUTREACH NOTES

VOLUNTEER NOTES

Some Senior Center volunteers are on the front line, greeting and assisting people at the front desk or taking orders and serving in the Bistro. We also have a number of volunteers that work behind the scenes. A group of volunteers have been working on a strategic plan for the Senior Center to make sure that it remains vibrant and relevant in the years ahead. Another volunteer is helping us to organize the Senior Center library and library donations. You may not always interface with the volunteers that work here but the work of those seen and unseen are vitally important to the Senior Center. Recent volunteer areas of need include a substitute DayBreak volunteer, a morning person to set up the coffee and beverage cart and depending on availability positions at the front desk. Call, I would be happy to talk with you about our volunteer program.

Jocelyn Ehrhardt, MSW, Outreach Coordinator
I can be reached at 508-393-5035



HERE'S TO YOUR GOOD HEALTH!

WELLNESS CLINIC

Date: Tuesday, February 18

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, February 4 at 1:00 PM

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

FREE HEARING CLINIC

Date: Wednesday, February 12

Time: 12:30 – 1:30 PM • **Appt. Required**

CAN I STILL CHANGE MY MEDICARE PLAN?

You may still be able to change plans during 2020, if any of the following apply to you.

Exceptional Circumstances: If you believe you made the wrong plan choice because of inaccurate or misleading information, you can call 1-800-MEDICARE to request enrollment in a different plan.

Medicare Advantage Open Enrollment: If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March. You can switch to a different Medicare Advantage plan or go back to Original Medicare and a drug plan, and add a Medigap plan, if you want.

For Prescription Advantage members or those getting “Extra Help” paying for prescription drugs: You can change your Medicare Advantage plan or drug plan during the year. Those with Prescription Advantage can do this once each year. Those with “Extra Help” can change once per quarter during the first three quarters of the year. If you lost “Extra Help” at the end of last year, you can make one change before the end of March.

5-Star Special Enrollment Period: You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. The Tufts Medicare Preferred HMO plans and the Blue Cross PDP plans have the 5-Star rating for 2020. You can switch from another Medicare Advantage or drug plan, or enroll in one of these plans, even if you don't already have other coverage.

Medigap Plan: You can enroll in a Medigap plan or switch to a different plan throughout the year.

Trained SHINE (**S**erving **H**ealth **I**nsurance **N**eeds of **E**veryone...on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, 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.

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.

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

STRENGTH TRAINING

Day: Mondays & Wednesdays
Time: 9:00 – 10:00 AM
Suggested Donation: \$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 – 12:00 PM
Suggested Donation: \$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.

LINE DANCING-HIGH BEGINNER

Day: Tuesdays • **Time:** 10:00 AM
Suggested Donation: \$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'!

YOGA WITH REBECCA

Day: Every Wednesday • **Time:** 12:00 PM
Suggested Donation: \$3/class
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

ZUMBA GOLD

Days: Mondays & Thursdays
Time: 1:00 PM
Suggested Donation: \$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
Suggested Donation: \$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.

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.

TAI CHI FOR ARTHRITIS

Day: Every Tuesday • **Time:** 9:30 – 10:30 AM
Suggested Donation: \$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, and 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!

TAI CHI/QI GONG/ MEDITATION MIND BODY & SPIRIT

Day: Every Friday
Time: 8:30 – 9:30 AM
Suggested Donation: \$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.

CHAIR YOGA WITH DIANE

Chair Yoga is on hiatus for February, and March. Look for its return in April.

TRADITIONAL CHINESE YANG STYLE TAI CHI

Dates: Wednesdays
Time: 10:30 – 11:45 AM
Suggested Donation: \$3/class
Instructor: Yunping Hu

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.

STRETCH BREAK

Day: Every Friday • **Time:** 10:15 AM
Suggested Donation: \$3/class
Instructor: Sharon McDevitt

This video version of 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. The goal for you is to have you become more flexible, strengthen your lower back and abdominals and rid yourself of neck and shoulder pain.

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.



Pauline Berkes
(Rebecca's Mom)

SEATED CHAIR YOGA

Day: Wednesdays • Time: 1:30 PM

Instructor: Rebecca Reber • Suggested Donation: \$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!

TAI CHI FOR VETS

Day: Tuesdays • Time: 9:00 AM

Cost: Free for Veterans Only • Leader: Kristin Higgins

Beginning or intermediate Tai Chi player – there's something for every one. Nothing to learn. Nothing to "get right." Just bring yourself an open mind, and a willingness to let go.

Kristin Higgins, a certified TaijiFit International Instructor, wants to give Military Veterans the opportunity to experience the amazing health and calm that Taiji can bring. Free to Veterans and their families! Come see how this class can help YOU. TaijiFit is a mind/body "exercise" that combines the best of the Tai Chi with modern Western fitness. Please call the Senior Center for more information about this class.

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.

GENTLE BALLET

Day: Mondays • Time: 9:45 AM

Suggested Donation: \$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!

CARDIO & WEIGHTS

Day: Thursdays

Time: 10:45 – 11:30 AM

Instructor: Sharon McDevitt

Suggested Donation: \$3/class

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.



FLEX & TONE

Day: Thursdays • Time: 2:00 PM

Suggested Donation: \$3/class • 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!

YOGA WITH NANCY

Day: Every Tuesday • Time: 2:00 PM

Suggested Donation: \$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.



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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.

DOES YOUR POWER OF ATTORNEY

DO WHAT YOU NEED IT TO DO?

Oftentimes at my elder law seminars I ask guests if they have a Durable Power of Attorney. Most people raise their hands. A Power of Attorney is needed to authorize someone to handle all your financial and legal affairs if you are not able to do so yourself. If there's no Power of Attorney, only a Court-appointed conservator can do those things. Next, I ask how many people have recently read their Power of Attorney. Fewer hands go up. You should make a point of reading it, and updating it every few years, as situations may change over time.

HERE ARE THE FACTORS YOU SHOULD CHECK:

- **Be sure your Power of Attorney is "Durable."** This means it will remain effective even if you become incompetent. A standard Power of Attorney is not "durable" and will no longer be valid if you become incompetent. The Power of Attorney must state that it remains valid even if you become incompetent.
- **Name an alternate.** Many seniors have a Power of Attorney that they signed when they were younger, and that names their spouse only. As you get older, you want to make sure there is a successor named in case your spouse is also sick or has passed away. Instead of naming only one of your children, you may want to name two or three of them "jointly and severally." That way, any one of them can handle things for you at any time. (But check with your financial institution as some of them refuse to honor this format even though it is allowed under the law.)
- **Include the power to make gifts.** Many of my clients initially come see me because their spouse needs nursing home care or otherwise needs to qualify for MassHealth and they are concerned about protecting their assets or how they will afford the nursing home. Having a Power of Attorney that specifically authorizes gifts to the person named as the agent (the healthy spouse) will allow the healthy spouse the ability to transfer the assets from the "sick" spouse's name into his/her own name. This issue also comes up if a dying person has told his/her Attorney to make gifts to people before he/she dies so that those people can avoid probate or reduce estate taxes.
- **Exclude a cap on gifts.** The federal gift tax exclusion amount is currently \$15,000 per person per year. I will often see Powers of Attorney that limit gifting to this exclusion amount. Typically, this exclusion amount is irrelevant to my clients, since people may give as much as they want to their children (or anyone) as long as lifetime gifting does not exceed a federally established amount of \$11.4M. Therefore, including a cap on gifts can make it impossible for someone who is trying to qualify for MassHealth or trying to distribute their assets before they die.

So, do yourself a favor and read your Durable Power of Attorney. If you're not sure it's correct, talk with your lawyer about it. If drafted correctly, this inexpensive legal document can save you and your family a lot of money, time, and aggravation. If you need more information on this, you may contact me at **508-860-1470** or **abergeron@mirickoconnell.com**. You may also view my 10-minute Q&A Fireside Chats and Frank and Mary TV Shows on Frank and Mary's YouTube Channel, **www.youtube.com/elderlawfrankandmary**.

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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 and come join us.

SCRABBLE

Day: Tuesday • Date: February 11 & 25
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!

BOOK CLUB

Day: 3rd Wednesday of the Month
Date: February 19 • 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.

LOW VISION SUPPORT GROUP

Low Vision will be on hiatus during the months of January and February.
Look for their return in March 2020.

LEGAL CLINIC

Day: Tuesday • Date: February 11
Time: 1:30 – 2:30 PM
Attorney: Kristine Romano • Cost: Free
Pre-Registration Required

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

MEMOIR WRITING GROUP

Day: Wednesday • February 12 & 26
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.



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 January to the start of the new Club on April 6th.



BETTER BREATHERS CLUB

Day: 3rd Thursday of the month
Date: February 20 • Time: 2:00 PM
Cost: Free • Leader: Cindy Viens, R.N.
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! Cindy Viens, R.N. from **Compassus Hospice & Palliative Care** is our leader. In this group 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

WOMEN'S DISCUSSION GROUP

Day: Mondays • Date: February 10 & 24
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.



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.

PHOTOGRAPHY CLUB

Day: Tuesday • Time: 1:00 PM
Date: February 25 • Cost: Free

In February, Gwen Pratt will show us how to mat our pictures. Although standard size mats are available, the mat you choose will showcase your photography. Learn about some of the basic tools and accessories, different types of mat board and reasons for which mat you choose!

DIGITAL PHOTOGRAPHY INTERMEDIATE

Day: Mondays • Dates: February 3, 10, 24
(No class on 2/17)
Time: 2:30 – 4:00 PM

Instructor: Steve McGrath
Cost: \$10/class or \$45 for all 5 classes
Pre-Registration Required

You are comfortable with your camera and you want more! In these classes we will explore the use of intermediate camera controls such as metering (spot, matrix, center weight), exposure and exposure compensation, ISO, aperture and shutter priority. We will take an in-depth look at manual focus and its use, fill flash and flash modes, as well as controlling motion, composition, and many other intermediate and advanced techniques.



Dear Family, Friends & Clients...

BEST WISHES FOR A HAPPY & HEALTHY NEW YEAR

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."



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RESIDENTIAL BROKERAGE

The coming New Year is a time to reflect on the past years and look forward to the years ahead. Twenty-seven years ago I began my career as a real estate agent. The journey has been incredible! I feel so lucky to be able to do a job I love that enables me to meet so many people and make new friends along the way. This year was an especially memorable one, as my fourth (and last) child got married, and my eldest daughter had a baby boy. I am also reminded of all the people who have helped make my journey so enjoyable. I want to express my deepest appreciation for putting your trust and confidence in me.

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 hearing about the milestones in your lives, and would love the opportunity to assist you with your real estate needs in the years to come.

In the spirit of the season my wish for you all this coming year is that your hearts are filled with laughter, your spirits are filled with joy and your homes are filled with love.

Warm Regards,

**Karen
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MONDAY	TUESDAY	WEDNESDAY
<p>3</p> <p>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 Valentine Art</p> <p>12:00 PM Bistro@119 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group</p>	<p>4</p> <p>9:00 AM Art Group 9:00 AM Tai Chi for Vets 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</p> <p>1:00 PM Tuesday Trivia 1:00 PM Blood Pressure Clinic 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 5:30 PM Chess 6:30 PM Seated Chair Yoga</p>	<p>5</p> <p>8:45 AM AARP Tax Guide 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 Yang Style</p>
<p>10</p> <p>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 Jewelry Making Class</p> <p>12:00 PM Bistro@119 12:30 PM Women's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group</p>	<p>11</p> <p>9:00 AM Art Group 9:00 AM Tai Chi for Vets 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 Ping Pong 12:00 PM Bistro@119 1:00 PM Scrabble</p> <p>1:00 PM ESL Class 1:00 PM Tuesday Trivia 1:30 PM Legal Clinic 2:00 PM Yoga with Nancy 4:00 PM Sewing & Knitting Night 5:00 PM Bistro@119 5:30 PM Chess 6:30 PM Seated Chair Yoga</p>	<p>12</p> <p>8:45 AM AARP Tax Guide 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 Yang Style 12:00 PM Bistro@119</p>
<p>17</p> <p>PRESIDENT'S DAY CENTER CLOSED</p>	<p>18</p> <p>9:00 AM Art Group 9:00 AM Tai Chi for Vets 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 Bistro@119</p> <p>12:00 PM Ping Pong 12:30 PM Wellness Clinic 1:00 PM Tuesday Trivia 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 5:30 PM Chess 6:30 PM Seated Chair Yoga</p>	<p>19</p> <p>8:45 AM AARP Tax Guide 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 Yang Style 12:00 PM Bistro@119</p>
<p>24</p> <p>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 Birthday Lunch</p> <p>12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group</p>	<p>25</p> <p>9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:00 AM Travel Club 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Ask the Librarian</p> <p>12:00 PM Bistro@119 1:00 PM Scrabble 1:00 PM Tuesday Trivia 1:00 PM Photography Club 2:00 PM Yoga with Nancy 4:00 PM Sewing & Knitting 5:00 PM Bistro@119 5:30 PM Chess 6:30 PM Seated Chair Yoga</p>	<p>26</p> <p>8:45 AM AARP Tax Guide 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 Yang Style</p>



THURSDAY

FRIDAY

<p>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 2:00 PM Better Breathers Club</p>	<p>6</p> <p>9:30 AM Cribbage 9:30 AM Belly Dancing 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:30 PM Pickleball@ Town Hall Gym</p>	<p>7</p> <p>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</p>
<p>12:00 PM Yoga with Rebecca 12:30 PM Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing 1:30 PM Seated Chair Yoga 2:00 PM Better Breathers Club</p>	<p>13</p> <p>9:00 AM Chat with the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 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</p>	<p>14</p> <p>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</p>
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Answer to
January
Sudoku

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

Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

CROSSWORD PUZZLE

ACROSS

- 1 Eight (pref.)
5 Army service number (abbr.)
8 Ass or donkey (Ger.)
12 Rhine tributary
13 Greek letter (abbr.)
14 Fat (pref.)
15 Roomy
17 Computer chip
18 Hat
19 Feminine saint (Sp.)
21 Genetic letters
22 Via
23 Midianite king
25 Suit of mail
28 Oboe
31 Build a ceiling
32 Hebrew letter
33 Tree
34 Spiral
36 Shelf
37 Association (abbr.)
38 Arabic letter
39 Reproductive

DOWN

- 41 Stick used in hurling
43 Jap. volcanic crater
46 Son of Samuel
48 Ribbed fabric
50 Biological (abbr.)
51 Afr. worm
52 Roll-call response
53 Sayings (suf.)
54 Et cetera (abbr.)
55 Bazaar

ANSWER TO PREVIOUS PUZZLE

F	E	A	T	D	A	D	O	S	R	I
E	V	E	R	E	E	O	C	H	O	D
W	A	T	E	R	C	O	C	K	O	C
			P	A	I	N	S		J	O
F	E	L	I	S			G	A	T	
A	D	A	D		M	A	L	E	S	W
D	E	K		S	A	L	A	T		I
O	L	E	A	N	D	E	R		A	D
		T	B	A			B	L	E	A
H	U	R	A		D	A	T	U	M	
				A	R	I	S	T	O	T
P	A	U		P	U	N	A		N	A
A	L	T		E	G	E	R		D	U

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					43	44	45
46				47		48			49			
50						51			52			
53						54			55			

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A73

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.

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@bouverierpharmacy.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!



Our friendly and knowledgeable staff will use care and discretion to help you get the supplies you need delivered **right to your door!**

We proudly carry products from the leading product manufacturers, and offer a convenient and discreet drop ship program, as well as a free sample program with most brands. We can also special order any particular item for your specific needs and drop ship in one business day.

We also work with your doctor to provide direct insurance billing through most major insurances!

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Fax: 508-485-8777

Call 508-485-0432
www.bouverierpharmacy.com

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

QUILTING

Day: 1st & 3rd Thursday • **Dates:** February 6 & 20
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: February 11 & 25 • **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!

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!



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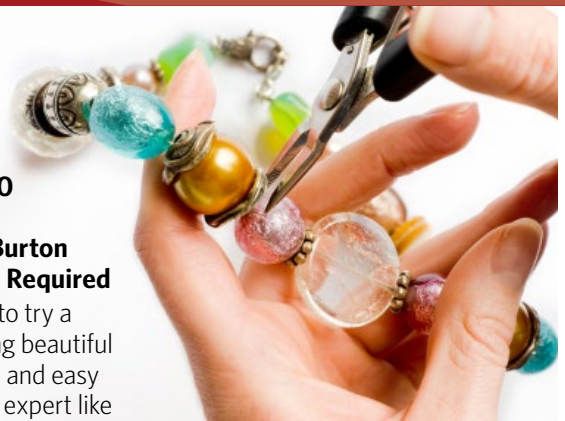
ADULTS \$14 • SENIOR MEN* \$10

SENIOR WOMEN* \$13 *age 62 or older

JEWELRY MAKING CLASS

Day: Monday
Date: February 10
Time: 10:00 AM
Instructor: Lori Burton
Pre-Registration Required

It's a perfect time to try a new hobby! Making beautiful jewelry is both fun and easy when you have an expert like Lori working with you. Maybe you have a project that you've been working on but you need a little help. Maybe you have a great pair of earrings, but would like to make a great bracelet to match. Does something in your jewelry box need to be fixed? Bring it in and Lori can help. Sign up today to try your hand at something new and creative.

**ORIGAMI**

Day: Thursday • **Date:** February 13
Time: 1:00 PM
Instructor: Annie Wales
Cost: \$5
Pre-registration Required

Join the talented Annie Wales for a fun class based making Globe Calendars and Book Marks. See the photo for this month's project. Also, look for samples at the Senior Center front desk.



February Means Heart Disease Awareness

Heart disease is the leading cause of death
of women in the United States.



February 7th is National Wear Red Day!

www.goredforwomen.org

The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention.

Learn more about heart conditions like:

♥ Arrhythmias ♥ Cholesterol ♥ Congenital Heart Defects ♥ Diabetes ♥ Heart Attack ♥ Heart Failure ♥ High Blood Pressure ♥ Stroke
and more at www.heart.org

FEBRUARY 2020 WEEKLY ACTIVITIES

MONDAY

9:00	Aerobics/Strength Training	9:45	Gentle Ballet	1:00	Pitch
9:00	Massage by Melanie	10:00	Jewelry Making (2/10)	1:00	Zumba Gold
9:00	Pool Players	12:00	Bistro Lunch	2:00	Needlers
9:30	Pickleball	12:00	Bistro Birthday Lunch (2/24)	2:30	Digital Photography (2/3, 10, 24)
		12:30	Woman's Discussion Group (2/10 & 24)		

TUESDAY

9:00	Art Group	12:00	Ping Pong	1:45	Legal Clinic (2/11)
9:00	Tai Chi for Vets	12:00	Ask the Librarian (2/25)	2:00	Yoga w/Nancy
9:30	Beginner Tai Chi w/Helen	12:30	Wellness Clinic (2/18)	2:30	Technology Tuesday (2/11)
10:00	Line Dancing	1:00	Photography Club (2/15, 2/25)	4:00	Sewing & Knitting Night (2/11 & 25)
10:45	Qi Gong Tai Chi w/Helen	1:00	English as a Second Language (2/11, 18, 25)	5:00	Evening Bistro
11:30	DayBreak	1:00	Tuesday Trivia	5:30	Chess
11:30	Tuesday with Laurie (2/18)	1:00	Blood Pressure (2/4)	6:30	Seated Chair Yoga
12:00	Bistro Lunch	1:00	Scrabble (2/11 & 25)		
		1:00	Photography Club		

WEDNESDAY

9:00	Aerobics/Strength Training	10:00	SPA (2/12)	1:00	Bingo
9:00	Pool Players	10:30	Yang Style Tai Chi	1:30	Memoir Writing (2/12 & 26)
9:30	Pickleball	12:00	Bistro Lunch	1:30	Book Club (2/19)
9:45	A Cappella Chorus	12:00	Yoga w/Rebecca	1:30	Seated Chair Yoga
10:00	Dull Men's Club	12:30	Hearing Clinic (2/12)		
		12:45	Bridge (SAYC)		

THURSDAY

9:00	Chat with the Chief (2/13)	12:45	Bereavement Group (2/6 & 2/27)
9:30	Belly Dancing	1:00	Bridge
9:30	Cribbage	1:00	Origami (2/13)
10:30	Mah Jong	1:00	Quilting (2/6 & 20)
10:45	Cardio & Weights	1:00	Zumba Gold
12:00	Bistro Lunch	2:00	Better Breathers
12:00	Chat with the Chief (2/27)	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



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coupons when ordering.

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**FREE SMALL
CHEESE PIZZA**

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any large pizza with one
or more toppings
Cannot be combined w/any other
offers or specials. Please mention
coupons when ordering.

Expires 2/29/20 Coupon Code 21719

\$12.99+TAX

2 Small 1 Topping Pizzas

*Additional charge for toppings
and SPECIALTY TOPPINGS

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offers or specials. Please mention
coupons when ordering.

Expires 2/29/20 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 2/29/20 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 2/29/20 Coupon Code 199919

All Coupons Expire February 29, 2020

Order Online at www.thehouseofpizza.com

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | FEBRUARY 2020

Northborough Senior Center

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