

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 7, NO. 1, JANUARY 2020

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THE SENIOR CENTER WILL BE CLOSED ON WEDNESDAY, JANUARY 1ST FOR NEW YEAR'S DAY AND JANUARY 20, 2020 IN OBSERVANCE OF MARTIN LUTHER KING, JR. DAY.

We are currently accepting donations of greeting cards

DIRECTOR'S CORNER:

On behalf of the Senior Center staff, the Council on Aging and myself, Happy New Year to you and your families. As you know, many resolutions are made at this time of year. The Senior Center may be able to help you make those resolutions a reality. Looking to add some fun into your life? How about joining the Boy Scouts at the Pine Wood Derby on January 14. How about a presentation on The Power of Positive Thinking for your New Year's Resolutions on January 15? Read more about an easy, fun Valentine Art project that we're holding on February 3 and plan on joining us! We're making plans to celebrate our 10th Anniversary in our building in March 2020 where we'll review our Strategic Plan and unveil our new logo! There's a lot to do at the Senior Center so check out all the activities in this issue and get your New Year off to a good start!

Kelly Burke

The Director of Athletics at Algonquin High School has offered our members **COMPLIMENTARY PASSES** for all fall (soccer/football) and winter (basketball/hockey) sporting events that require admission. This will enable older adults to attend games at Algonquin free of charge. You can get a pass at the front desk at the Senior Center.

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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Happy New Year!

It has been an honor for me to be a part of such a wonderful & dedicated Friends' Board Of Directors for the past eight years. I will be resigning my position as President and Board of Directors' member, at the Friends' annual meeting in May 2020. It is important to announce this in January because it will help in our search for new Board members. I will be happy to talk with interested candidates through the next several months.

Please consider being a part of "FUN" raising for the Northborough Senior Center.

Don't forget the January Friends' Calendar Raffle. It is a \$10.00 donation to the Friends Of the Northborough Senior Center and a chance to win money each day through the month. A win win!

You can reach me at **508-414-8943** or **ahagspiel@verizon.net**.

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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Northborough Senior Center, 119 Bearfoot Road, Northborough, MA

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

Jan. 7 \$9	Bread & Butter, Salad, Lasagna w/Meat Sauce, Assorted Desserts. Entertainment provided by The Silver Moon Gypsies at 6 pm
Jan. 14 \$9	Bread & Butter, Salad, Beef Stew, Special Dessert
Jan. 21 \$9	Bread & Butter, Chicken Marsala, Rice Pilaf, Vegetable, Assorted Desserts
Jan. 28 \$10	Bread & Butter, Ham & Pineapple, Homemade Mac-n-Cheese, Peas, 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.

SILVER MOON GYPSIES PERFORMING HERE!

The Silver Moon Gypsies are performing after dinner (6:00 PM) on Tuesday, January 7. They are a group of ladies ranging in age from 65 to 86. They take great pride in performing at Senior residences, nursing homes, Senior Centers, charity events, fairs and anywhere we can spread our message of enjoying life to its fullest. They truly believe that staying active and having fun is for everyone despite your age or ability. They perform up to an hour show that is fun, engaging and uplifting! They love what they do and it shows. See their website: <http://www.silvermoonciypsies.weebly.com>

Where Caring Makes a Difference

This state of the art facility offers 22 Assisted Living Residences designed for individuals with memory loss.

- 24 Hour Staffing
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 - Snacks anytime in our Country Kitchen
 - Individual personal assistance tailored to suit your loved ones needs.
 - A full range of individually tailored recreational events.
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 - Medical Care and Emergency Response
 - No Entrance Fees
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- All of these services are covered in our monthly rate, which others charge for as "extras."

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Call Patrick Blake for more information and to schedule a visit.

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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.



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Sunday Noon to 5:00pm**



THE POWER OF POSITIVE THINKING FOR YOUR NEW YEAR'S RESOLUTION

Day: Wednesday • Date: January 15th

Time: 11:00 – 12:00 PM • Presenter: Sharon Noli

Cost: Free • Pre-Registration Required

Sharon Noli from Fallon Health – Summit ElderCare will present on Wednesday, January 15 from 11:00 AM to 12:00 PM on the Power of Positive Thinking for Your New Year's Resolution. She will discuss:

- Believe in Yourself • How to create constant energy
- Expect the best • How to create happiness
- Stop worrying and fretting • A peaceful mind generates power

Call the Senior to reserve your seat: **508-393-5035**.

THE PINE WOOD DERBY

Day: Tuesday • Date: January 14

Time: 6:00 PM • Cost: Free

Pre-Registration Required

A Pine Wood Derby may bring back good memories of your own childhood or of working with your child. This month, we hope to re-create those memories and make some new ones. Come join Boy Scout Pack 55 as we make teams of both seniors and scouts on Tuesday, January 14 at 6:00 PM. It's sure to be a fun night of assembling, painting and racing cars at the Senior Center. Both men and women are welcome to get in on the action! Please let us know you'll be joining in the fun so we can plan accordingly.



ENGLISH AS A SECOND LANGUAGE-INTERMEDIATE

Date: Tuesday • Dates: January 7 & 14 (Off 1/21, 28, & 2/4)

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 • Dates: January 9 & 16

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.

DIVERSITY THROUGH COLLABORATION

TUESDAY WITH LAURI

Day: Third Tuesday of the month

Date: January 21 • Time: 11:30 AM – 1:00 PM

Cost: Free • Leader: Lauri Ryding

I hope you can join us the 3rd Tuesday of the month, January 21 from 11:30 AM – 1:00 PM at the Northborough Senior Center for a showing of **The Birdcage**, starring Robin Williams and Nathan Lane with refreshments followed by discussion.

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, January 27 • Time: 12:00 PM

Cost: Free sandwich of your choice for Northborough seniors with January 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 January, 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: January 14 • 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, January 9 at 9:00 AM (Coffee)

Day/Date/Time: Thursday, January 23 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.

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

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.

SPA SERVICES**Day/Date: Wednesday, January 15****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: January 2nd to February 6th****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.

Faith and Family Hospice of Marlborough, Ma. is 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 January 2nd to February 6th. 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 January. 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.

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, 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

We're not only in a new year, but a new decade. This month's Outreach Notes are an opportunity to reflect upon the past year. A look back can help us plan for the year ahead.

In spring 2019 the Northborough Senior Center unveiled a new 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.*

Aligned with the new Mission Statement has been the concerted effort of a group, comprised of staff and volunteers, to develop a strategic plan for the Senior Center. This work is ongoing and will lead us into our second decade at 119 Bearfoot Road.

The Northborough Senior Center, with the involvement of Senior Center staff, has been participating in a volunteer certification program. Volunteers are integral to the day to day operation of the Senior Center. Involvement in this program is a worthwhile investment in volunteers; one of our most important resources.

This year we were able to extend our reach and increase our impact through partnership with neighboring towns. Previous joint efforts such as Come 2 B Dementia Friendly and DayBreak, our in-house day program, is also available in Hudson and Marlborough. *Diversity Through Collaboration* is the newest effort and includes other metro west towns. Diversity Through Collaboration is inviting members and allies of the LGBTQ community to informational and entertainment programs as well as monthly opportunities to meet casually with the program leader.

Friends of the Northborough Senior Center members have been wearing buttons that read 25%. That is the percentage of the over 60 population in Northborough. Older adults represent an ever larger segment of the town population, a trend found worldwide. The efforts referenced above, reflect some of the *behind the scenes* work of the Senior Center to represent and serve the community. We look forward to continuing that work in 2020.

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

HERE'S TO YOUR GOOD HEALTH!

WELLNESS CLINIC

Date: Tuesday, January 21

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, January 7 at 1:00 PM

Where: at the Senior Center • Cost: Free

FREE HEARING CLINIC

Date: Wednesday, January 8

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



Medicare Changes for 2020

- **Increases in Medicare premiums, deductibles and co-pays**
- **New Medicare Supplement (Medigap) options**
- **Expanded eligibility for Medicare Savings programs**

Trained SHINE (Serving Health Insurance Needs of Everyone... on Medicare) volunteers offer free, confidential counseling on these changes and all aspects of health insurance to anyone on Medicare. 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 (or press 5 if calling from a cell phone).

Reminder: If you are in a Medicare Advantage plan (HMO or PPO) in January, you can still change your coverage. Between January and March, you can make one change, to go to a different Medicare Advantage plan or go back to Original Medicare, with a Medicare Supplement and/or drug plan.

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

We have appointments available where you can meet individually with one of our SHINE Counselors, Pauline O'Bray and Susan Goellner. Please call the Senior Center at **508-393-5035** to schedule your appointment.

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****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 – 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 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****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, 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!

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

CHAIR YOGA WITH DIANE

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

**TRADITIONAL CHINESE
YANG STYLE TAI CHI****Dates: Wednesdays****Time: 10:30 – 11:45 AM • Cost: \$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.

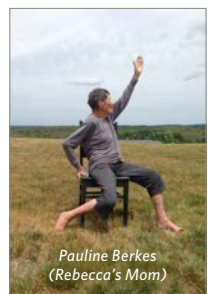
STRETCH BREAK**Day: Every Friday • Time: 10:15 AM****Instructor: Video Version of Sharon's Class**

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.



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!

TAI CHI FOR VETS**Day: Tuesdays • Time: 9:00 AM****Cost: Free for Veterans Only • Leader: Kristin Higgins**

This new class is for Veterans only. It offers an amazing experience with every class. Beginning or intermediate Tai Chi player – there's something for everyone. 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.

CARDIO & WEIGHTS**Day: Thursdays • Time: 10:45 – 11:30 AM****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.

FLEX & 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!

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.

**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!

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.

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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.

MAKE A NEW YEAR'S RESOLUTION: FOLLOW FRANK AND MARY

Frank and Mary are the fictional couple I refer to in my elder law seminars. They have the same questions and concerns you and your loved ones have. They also have the same interest you have in making your community one in which you can live happily for the rest of your life.

I have developed a monthly Television program called **"Frank and Mary in Northborough"** that addresses common issues seniors face, and introduces you to initiatives, programs, and key community leaders and professionals in your area and surrounding communities. You may watch my shows on Northborough Cable Access Television (NCAT) or on the Elder Law with Frank and Mary YouTube channel, www.YouTube.com/ElderLawFrankandMary. While the YouTube channel offers videos of these shows, you will also find tapings of shows in other communities, as well as my many elder law seminars on various topics I think you will find relevant and informative.

Some of the programs covered include:

- An innovative program in Natick that provides a volunteer "concierge" to assist seniors needing help dealing with home energy improvement contractors, and that provides additional subsidy to seniors with low incomes.
- A Hopkinton initiative that provides a dynamic memory café program.
- The Dull Men's Club in Northborough devoted to providing senior men with a great venue for just socializing and having fun.
- The Durable Medical Equipment loan program and the host of other outreach efforts underway at the Callahan Center in Framingham.
- Ashland's ongoing efforts to make itself a Dementia Friendly Community.
- The initiatives in Marlborough to develop an alternative transportation system so that seniors will be able to get around the community comfortably without a car.

My local co-hosts and I, including Anita Hagspiel of the Friends of the Northborough Senior Center, will be taping over 100 different shows throughout 2020. If you want keep up on the latest major senior developments in your community, you should tune in. Also, if there are any particular local topics you would like us to cover, contact me at **508-860-1470** or abergeron@mirickoconnell.com.

Frank and Mary invite you to subscribe to their YouTube channel, www.YouTube.com/ElderLawFrankandMary. Frank and Mary are constantly learning about new people and programs that will make their lives in their community richer. You should too.



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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: January 14 & 28
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: January 15 • 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: January 14
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.

MEMOIR WRITING GROUP

Day: Wednesdays • January 8 & 22
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 Christmas to the start of the new Club on April 6th.

**BETTER BREATHERS CLUB**

Day: 3rd Thursday of the month
Date: January 16 • 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! Molly Coyne, LPN, CDP 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: January 13 & 27
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: January 28
Cost: Free

This month we are looking forward to an open discussion lead by Steve Smith on Street Photography called, "What to Think about Before You Point and Shoot." He will discuss some of the legal aspects we need consider. Also, he will bring pictures as examples of what should be considered public and what should be considered private. 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: January 13, 27, February 3, 10, 24 (No class on 1/20 & 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.

The Real Estate Expert

KAREN SCOPETSKI

Article Provided By YOUR NORTHBOROUGH REALTOR



ESSENTIAL THINGS TO CONSIDER WHILE BUYING PROPERTY OVERSEAS

Have you ever caught yourself daydreaming of retirement in rural Italy or rehabbing a beachfront property in Costa Rica? Despite what you've seen on *House Hunters International*, purchasing real estate abroad is not always a simple feat. In addition to the normal real estate considerations like size, location, and price, you also must navigate a market and legal process that's likely foreign to you. Nevertheless, you can ease the process by keeping a few tips in mind.

LEAN ON LOCAL PROFESSIONALS

First, contact real estate brokers in the area. They can familiarize you with the market and help you find the best deal. Secondly, contact a local lawyer to help you deal with legal matters specific to the area you're considering.

CONSIDER YOUR TAX LIABILITY

Every country has its own tax laws. Some may require you to repay the inheritance tax, title transfer tax, land tax, or even the stamp duty at the time of purchase. You may also be liable to pay additional taxes in your home country. These potential costs need to be added to your budget, so you are financially prepared and don't face any legal penalties.



SECURING FINANCING

Securing financing will likely be your biggest hurdle in purchasing real estate abroad. If you aren't paying cash, securing a mortgage through a foreign bank can mean a potentially high interest rate. To get started, obtain an "Agreement in principle" before making any purchase, as it will safeguard you if you can't secure a loan.

BRIDGE THE LANGUAGE BARRIER

Language barriers can easily lead to miscommunication and delays in the home-buying process. Even worse, you could pay a higher price or lose a deal entirely. While it's possible to overcome this issue by learning the relevant language, it'll be far more effective to hire a broker or attorney fluent in both your native tongue and that of your new host country.

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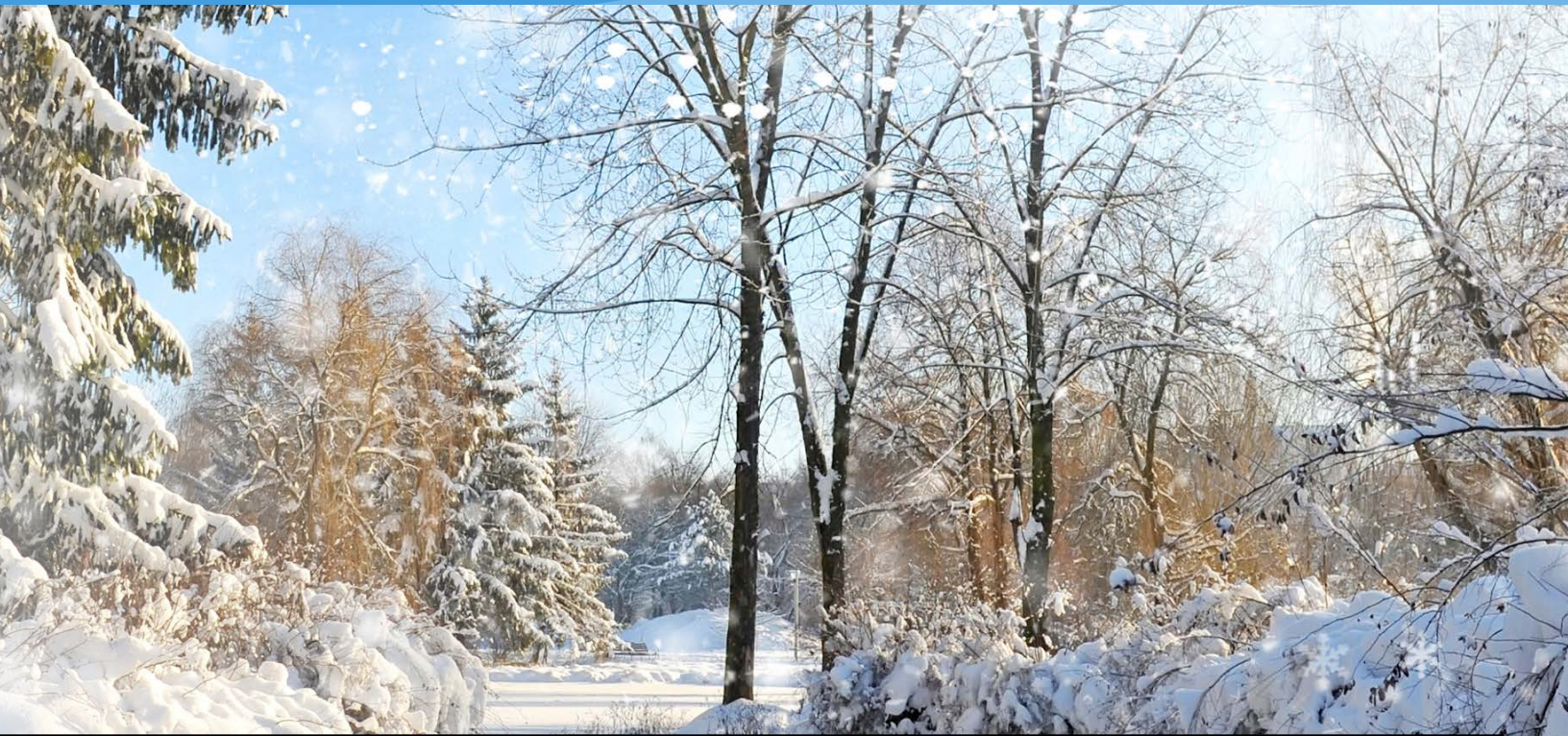
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MONDAY		TUESDAY		WEDNESDAY
				1 NEW YEARS DAY
6	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 12:00 PM Bistro@119 1:00 PM Pitch	1:00 PM Zumba Gold 2:00 PM Needlers 2:30 PM Knitting Group 2:30 PM Phone Photography Class	7	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
			1:00 PM Tuesday Trivia 1:00 PM ESL Class 1:00 PM Blood Pressure Clinic 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 6:00 PM Entertainment by the Silver Moon Gypsies 6:30 PM Seated Chair Yoga	8
				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 12:00 PM Yoga w/Rebecca
13	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 12:30 PM Women's Discussion Group	1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers 2:30 PM Knitting Group 2:30 PM Digital Photography Intermediate	14	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
			1:00 PM ESL Class 1:00 PM Tuesday Trivia 1:45 PM Legal Clinic 2:00 PM Yoga with Nancy 2:30 PM Technology Tuesday 4:00 PM Sewing & Knitting Night 5:00 PM Bistro@119 6:00 PM Pinewood Derby 6:30 PM Seated Chair Yoga	15
				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 11:00 AM Positive Thinking Presentation
20	MARTIN LUTHER KING JR. DAY CENTER CLOSED		21	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 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 6:30 PM Seated Chair Yoga	22
				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 12:00 PM Yoga with Rebecca
27	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 12:00 PM Bistro Birthday Lunch 12:30 PM Woman's Discussion Group	1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers 2:30 PM Digital Photography Intermediate	28	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 1:00 PM Tuesday Trivia 1:00 PM Photography Club 2:00 PM Yoga with Nancy 4:00 PM Sewing and Knitting Night 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga	29
				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



THURSDAY		FRIDAY	
CENTER CLOSED	2	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 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
	9	9:00 AM Mani/Pedi/Reflexology 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	12:45 PM Bereavement Group 1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Origami 2:00 PM Flex and Tone w/Rebecca 2:15 PM Ping Pong
	16	9:00 AM Mani/Pedi/Reflexology 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 12:45 PM Bereavement Group	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
	23	9:30 AM Cribbage 9:30 AM Belly Dancing 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Lunch with the Chief 12:30 PM Bistro@119 12:30 PM Pickleball@Town Hall Gym	12:45 PM Bereavement Group 1:00 PM Bridge 1:00 PM Zumba Gold 2:00 PM Flex & Tone w/Rebecca 2:15 PM Ping Pong
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	3	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	
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	17	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	
	24	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	
	31	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
December
Sudoku

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

Sudoku

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

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

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DIFFICULTY: ★★★★★

CROSSWORD PUZZLE

ACROSS

- 1 Act
5 Decorated wall part
9 Hindu title
12 Always
13 Equal
Employment Opportunity Commission (abbr.)
14 Coal scuttle
15 Kora
17 Wood sorrel
18 Strain
19 Gag
20 Cat genus
23 Revolver
24 Irish exclamation
25 Cob (2 words)
30 Ten (pref.)
31 Muslim prayer
32 Bantu language
33 Evergreen shrub
35 Afr. gazelle
36 To be

DOWN

- announced (abbr.)
37 Become dim
38 Sandbox tree
40 Fact
43 Chin. plant
44 Tutor of Alexander
48 Edomite city
49 Andes plateau
50 Salt
51 Old (Ger.)
52 Elbe tributary
53 Togs
1 Small number
2 Stowe character
3 At the age of (Lat.)
4 Quaking
5 Tenth part
6 Time period
7 Physicians, for short
8 Little (suf.)

ANSWER TO PREVIOUS PUZZLE

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

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		

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A72

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



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

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

QUILTING**Day: 1st & 3rd Thursday • Dates: January 2 & 16****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: January 14 & 28 • 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!



hats off

a walk-in barber shop

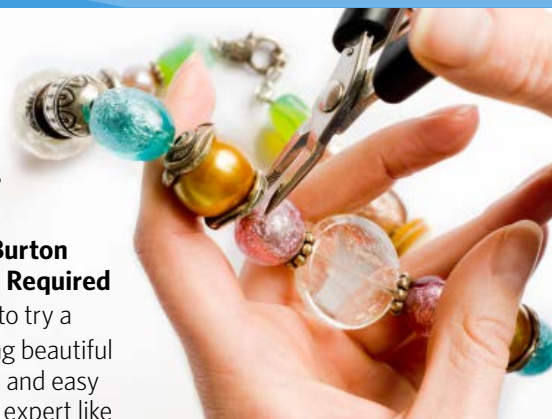
Times Square Plaza • 299 W Main Street Northboro, MA

www.hatsoffbarbershop.com
508-393-7647

ADULTS \$14 • SENIOR MEN* \$10
SENIOR WOMEN* \$13 *age 62 or older

JEWELRY MAKING CLASS**Day: Monday****Date: January 27****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: January 9****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.

***If you are planning a trip, consider these travel tips!***

Find out if you need to update your vaccinations: If you're traveling overseas, you may need to get certain shots before departing-up to 6 weeks before you leave, in some cases. Visit the Federal Centers for Disease Control and Prevention (CDC) Web site, www.cdc.gov/travel/ and click on your destinations for required and recommended vaccines.

Talk to your doctor: Explain your travel plans, and discuss any travel precautions you should take.

Ask when you should take your meds: If you take medications, and will be crossing time zones, ask your physician whether you should take your meds at your usual home-time-zone time, or switch, and how.

Get it in writing: Ask your physician to write down the following: Any medical problems you have and how they're being treated. The names (including generic names) of any drugs you're taking, the doses. When and how you take them (whether you use a needle, for instance). The amount of each drug you need to take with you on your trip. Having all of this on paper will make it easier for you to get through customs, and easier to get replacement drugs if you lose any while traveling.

Keep your pills in their original containers: Do this with prescription and over-the-counter medicines and supplements. This will also make your trip through customs easier. Pack your medications in your carry-on bag to avoid loss or damage.

Protect yourself from infection: Wash your hands or use an alcohol-based "hand sanitizer," especially after spending time on a crowded plane, train, or bus, and before eating. Also, watch what you eat and drink. The CDC travel site, www.cdc.gov/travel/, includes country-by-country information on food- and water-borne illnesses and how to avoid them.

Information from the
AGS Foundation for
Health in Aging
www.healthinaging.org



JANUARY 2020 WEEKLY ACTIVITIES

MONDAY

9:00	Aerobics/Strength Training	9:30	Pickleball	12:30	Woman's Discussion Group (1/13 & 27)
9:00	Massage by Melanie	9:45	Gentle Ballet	1:00	Pitch
9:00	Pool Players	12:00	Bistro Lunch	1:00	Zumba Gold
		12:00	Bistro Birthday Lunch (1/27)	2:00	Needlers

TUESDAY

9:00	Art Group	12:00	Bistro Lunch	1:00	Scrabble (1/14 & 28)
9:00	Tai Chi for Vets	12:00	Ping Pong	1:45	Legal Clinic (1/14)
9:30	Beginner Tai Chi w/Helen	12:30	Wellness Clinic (1/21)	2:00	Yoga w/Nancy
10:00	Line Dancing	1:00	Photography Club (1/28)	2:30	Technology Tuesday (1/14)
10:45	Qi Gong Tai Chi w/Helen	1:00	English as a Second Language (1/17 & 14 only)	4:00	Sewing & Knitting Night (1/14 & 28)
11:30	DayBreak	1:00	Tuesday Trivia	5:00	Evening Bistro
11:30	Tuesday with Laurie (1/21)	1:00	Blood Pressure (1/7)	6:30	Seated Chair Yoga

WEDNESDAY

9:00	Aerobics/Strength Training	10:00	SPA (1/15)	1:00	Bingo
9:00	Pool Players	10:30	Yang Style Tai Chi	1:30	Memoir Writing (1/8 & 22)
9:30	Pickleball	12:00	Bistro Lunch	1:30	Book Club (1/15)
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 (1/8)		
		12:45	Bridge (SAYC)		

THURSDAY

9:00	Chat with the Chief (1/9 & 23)	12:45	Bereavement Group (1/2 thru 2/6)
9:30	Mani/Pedi/Reflexology (1/9 & 16)	1:00	Bridge
9:30	Belly Dancing	1:00	Origami (1/9)
9:30	Cribbage	1:00	Quilting (1/2 & 16)
10:30	Mah Jong	1:00	Zumba Gold
10:45	Cardio & Weights	2:00	Better Breathers (1/16)
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



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Friday -Saturday 10AM - 11PM

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**FREE SMALL
CHEESE PIZZA**

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*Additional charge for toppings and SPECIALTY TOPPINGS

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**Large Cheese
Pizza \$9.99**

*Additional charge for toppings and SPECIALTY TOPPINGS

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*Additional charge for extra toppings and SPECIALTY TOPPINGS

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NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | JANUARY 2020

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Northborough, Massachusetts 01532



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