

# NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 6, NO. 4, APRIL 2019

## THE BEATLES MULTI-MEDIA EVENT



*This program is supported in part by a grant from the Northborough Cultural Council*

**APRIL 30** A CULTURAL AND HISTORICAL REFLECTION OF THE **1960s**  
THROUGH THE MUSIC OF THE BEATLES. *More info on page 4.*

*Special Thanks to our Proud Premier Sponsor*



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**DIRECTOR'S CORNER:**

We're welcoming back a few programs now that spring is in full swing! Dan is back to leading Harmonica (thanks to George Bender for his help in the interim), Diane is returning to Chair Yoga and Forest is back with the Walking Club! We have also added to our busy schedule. Check out Flex & Tone now on Thursdays at 2:00 PM, as well as new classes: Cardio & Weights, Vet Talk, Singing in Rounds and much more! Be sure to buy your ticket for Dinner and the Beatles Tribute Band on April 30. Check out all the news in this issue and then mark your calendar to join in the fun!

*Kelly Burke*

**THE SENIOR CENTER WILL BE  
CLOSED ON MONDAY, APRIL 15  
IN OBSERVANCE OF PATRIOTS' DAY**

**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

**COUNCIL ON AGING MEMBERS**

Chairperson	Adrienne Cost
Vice Chairperson	Jerry Anderson
Secretary	Linda Cragin
Members	Phylis Muthee, Tony Pini, Alice Stapelfeld
Liaison to Selectmen	Tim Kaelin
Liaison to School Committee	John Kane
Bay Path Rep.	Jarl Anderson
Director	Kelly Burke
Office Assistant	Nancy Dragon
Outreach Coordinator	Jocelyn Ehrhardt
The Bistro@119	Vickie Killeen, Carolyn Harrington
Program Coordinator	Terry Leo
SHINE Counselors	Pauline O'Bray, Susan Goellner

**Join us before dinner on April 9 & 23 as the students  
from the Algonquin National Business Honor Society  
present a variety of topics at several booths  
in the Multi-Purpose Room**

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

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## SPRING IS HERE AT THE SENIOR CENTER

Don't forget - Your yearly Friends' membership is a donation that supports the Senior Center and the Council on Aging/Senior Center.

You can also volunteer and there are many ways to volunteer with the Friends at the Senior Center.

- Help serve in the BISTRO:
- Assist the Friends' Board with Fundraisers
- Serve cake and ice cream at the Birthday lunches
- Donate your jewelry for the jewelry cart Water and care for the flowers containers in the Summer
- Like Kevin Wright - teach with your expertise!

*"I enjoy teaching and playing pool at the Northborough Senior Center. The folks are friendly and are eager to learn to play pool, especially the women. Watch out, we have several women pool sharks."*

-Kevin Wright

Sincerely, *Anita Hagspiel, President*



FRIENDS of the  
NORTHBOROUGH  
SENIOR CENTER, INC.



Kevin Wright

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

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

### 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



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## Ice Cream Cones ARE BACK!

Chocolate, Vanilla, Strawberry



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

<b>April 2</b> \$9	Lasagna, Salad, Italian Bread/Butter, Assorted Desserts
<b>April 9</b> \$9	Chicken Kebab, Rice Pilaf, Roasted Vegetable, Special Dessert. George Curtis will entertain you with piano music while you dine.
<b>April 16</b> \$9	Baked Sweet Sliced Ham w/Pineapple, Roasted Potato, Vegetable, Rolls & Butter, Assorted Desserts
<b>April 23</b> \$9	Baked Ziti with Italian Meatballs & Sauce, Salad, Bread & Butter, Assorted Puddings with Whipped Cream
<b>April 30</b> Tickets \$12	NEW! Fruit Cup, BBQ Pulled Pork, Hawaiian Roll, Cole Slaw, Corn Pudding, Assorted Desserts Tickets Entertainment by Beatles Tribute Band

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!

## BEATLES MULTI-MEDIA EVENT IN NORTHBOROUGH - APRIL 30, 2019

### Pre-Registration/Tickets Required

NORTHBOROUGH, MA – A Cultural and Historical Reflection of the 1960s Through the Music of The Beatles will be presented in Northborough on Tuesday, April 30 beginning at 6:30 PM at the Northborough Senior Center, 119 Bearfoot Rd., Northborough, MA. The Beatles are the most influential band in history. In 1964, their breakout moment was on *The Ed Sullivan Show*, where an estimated 73 million viewers tuned in to see the "Lads from Liverpool" in their first live American television performance. On April 4, 1964, they became the only artists to ever occupy the top five spots of the *Billboard Hot 100* chart simultaneously. With landmark albums like *Revolver* and *Sgt. Pepper's Lonely Hearts Club Band*, they consistently broke musical barriers. They have sold more than one billion records. As a testament to their longevity and popularity, their album titled *1*, containing all their #1 hits, was the best-selling album of the 2000s. Their music is timeless and appeals to fans in every generation.

This performance combines live music with a multi-media presentation to explore, not only the music of The Beatles, but the influence they exerted in every area of the cultural landscape. The presenter is Fran Hart, founding member of the Beatles Tribute Band 4EverFab.

The presentation is hosted by the Northborough Senior Center. This program is supported in part by a grant from the Northborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



## BIRTHDAY LUNCH

**Date: Monday, April 22 • Time: 12:00 PM**

**Cost: Free sandwich of your choice for Northborough seniors with April 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 April, 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.

## CHAT WITH THE CHIEF

**Day: Thursdays • Dates: April 11 & 25**

**Time: 9:00 AM • Cost: Free • Pre-Registration Required**

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

## 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.

NEW

## SINGING IN ROUNDS

**Day: Wednesdays • Date: April 17 – June 5**

**Time: 9:45 - 10:45 AM • Instructor: Manoj Padki**

**Cost: \$3/class or 8 classes for \$20**

**Pre-registration required**

Please join us as we welcome Manoj and his new class. Singing in Rounds is one of the oldest forms of communal singing. As research keeps showing, there are countless cognitive, health and social benefits of singing - and, more specifically, engaging in singing with others. Come lift your voice and your spirits with this fun class!

## STROKE AWARENESS

**Day: Wednesday • Date: April 17 • Time: 11:00 AM**

**Presenter: Nadine Smith • Pre-Registration Required**

This presentation will cover the indicators of stroke, quick assessment and what can be done for immediate and effective treatment. We will also cover the continuum of care following a stroke or other neurological episodes including the vital role of outpatient therapy for community transition - physical therapy, occupational therapy and speech language pathology.

Nadine Y. Smith MS CCC-SLP is a Speech Language Pathologist who is certified in Lee Silverman Voice Therapy for the treatment of patients with Parkinson's Disease and other neurological conditions impacting communication. She is a graduate of the MGH Institute of Health Professions with over 20 years experience at Marlborough Hospital and in Assisted Living and Skilled Nursing Settings. She is currently being certified in apps that can support patient communication.

## VETS TALK – *NEW DAY & TIME*

**Day: Wednesday • Date: April 3 and 17**

**Time: 9:00 AM • Cost: Free • Leader: Mike Walling**

A program for Veterans. Please join us at the Senior Center for talk, and coffee starting at 9:00 AM on April 3rd and 17th. Vets Talk is a chance for only veterans to get together to talk about what's going on in the world or anything else that comes to mind over coffee. There's no agenda or structure, just the opportunity to shoot the breeze in a way only those who have served can do and understand. Going forward, Vets Talk will be held every OTHER Wednesday which should make keeping track of the dates easier.



## LEGAL CLINIC

**Date: Tuesday, April 9 • Time: 1:45 – 2:45 PM • Cost: Free**

**Attorney: George Pember • Pre-Registration Required**

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

## TUESDAY TRIVIA

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

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

## MANICURES/PEDICURES/REFLEXOLOGY

**Days: Thursdays • Dates: April 4, 11, 25**

**Time: First Appt. is a 9:30 AM, Last apt. is at 3:00 PM**

**Cost: Price list at front desk • Technician: Veronica Thompson**

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

## AARP TAX APPOINTMENTS

**Day: Wednesdays • Dates: April 1, 3, 10 • Time: Appointments 8:30 AM - 12:30 PM • Cost: Free**

### DO I NEED MY TAXES DONE THIS YEAR?

The news is full of stories about the 2018 tax cuts. Many people assume they do not need to file an income tax return. The AARP TAX-AIDE program is urging all Americans to file in 2018 so they can take advantage of the many credits designed to help low and moderate income taxpayers. Massachusetts has not changed its tax filing requirements, so anyone with income of over \$8800 must file a Massachusetts return. And If you are not required to file a MASS return, you probably qualify for the Senior Circuit Breaker and a refund of up to \$1100. So, yes, you should have your taxes done this year.

Each year the Northborough Senior Center is pleased to pair with the AARP TAX-AIDE 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. The AARP volunteers meet with taxpayers by appointment at the Northborough Senior Center on Wednesday mornings, starting February 6 and ending April 10. Appointments are about 60 minutes with the first starting at 8:30 and last starting about 12:30. Please call the Senior Center at **508-393-5035** to schedule your appointment.

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 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, and complex financial income.

You are asked to bring all your 2018 tax documents to your appointment. 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), and tuition statements (1099-T). Bring proof of real estate tax and water bill payments or rent payments. You most likely will not itemize deductions, but if you have mortgage statements, large charity contributions or medical expenses, bring those to see if you might benefit by itemizing. It is important to bring your copy of your 2017 Federal and State tax return. Not having the required forms will usually mean rescheduling another appointment at a future date.

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.



**ENGLISH AS A SECOND LANGUAGE****Day: Mondays • Dates: April 1, 8****Time: 11:00 AM - 12:30 PM****Cost: Students purchase textbook • Instructor: Meredith Bohne**

Free Class, but students purchase textbook. We are reading aloud to improve pronunciation. We will discuss April 19 (an important date in History). We will discuss Patriot's Day, George Washington, and Earth Day. We are practicing verbs in grammar and going over talking to a doctor and foods. As always, we will discuss topics requested by the class. Meredith Bohne is the teacher who has more than 20 years experience teaching English in college.

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

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

**LEARNING TO PLAY MAH JONG**

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

**SPA SERVICES****Day/Date: Wednesday, April 17****Time: first appt. is 10:30 AM; last appt. is 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

**SMALL GROUP TRAVEL CLUB****Day: Tuesday • Date: April 16 • Time: 10:00 AM****Leader: Michael Ziegler • 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.

Join us to share your ideas about where you would like for us to go in 2020 and we will be sure to put together a great plan! We look forward to sharing our ideas for 2020 and having fun learning about where you would like to go as well!

**LOW VISION SUPPORT GROUP****Day: Thursday • Date: April 11 • Time: 1:00 PM • Cost: Free****Leader: Agnes Sagerian**

Do you have vision loss of any kind? Please join us for a presentation by David Brown from the Massachusetts Association for the Blind. David will share information about the latest information from his office. Please contact our coordinator, Agnes Sagerian at **508-393-8353** with any questions. We welcome you to join our group.

**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****Dancing Dream, Mama Mia! ABBA Tribute Band****Wednesday, April 24, 2019**

Danversport Yacht Club, Danvers, MA / \$94 pp

**The Edwards Twins • Sunday, May 19, 2019**

Lake Pearl, Wrentham, MA / \$94 pp

**Diamond's & Pearls, Cash & Kings Tribute Show****Tuesday, August 27, 2019**

Lake Pearl, Wrentham, MA / \$94 pp

**Friday, October 11, 2019 • New Hampshire's Turkey Train**

Meredith, NH / \$101.95 pp

**BEST OF TIMES TRAVEL - OVERNIGHT TRIPS****Bermuda Cruise aboard Norwegian Cruise Line Gem****May 10-17, 2019 (8 Days/7 Nights)**

Round Trip from Boston. Starting at \$1599 Double Occupancy (inside cabin)

**The Boston Red Sox vs. The New York Yankees with New York City Tour****August 3-4, 2019.**

\$399pp Double Occupancy / \$499 Single Occupancy / \$389pp Triple Occupancy / \$379pp Quad Occupancy

**The Common Man - N.H. Getaway****October 3-4, 2019 (2 Days/1 Night)**

Plymouth, N.H.

\$349pp Double Occupancy / \$449 Single Occupancy

**PENN Dutch Country's Miracle of Christmas****December 3-5, 2019 (3 Days/2 Nights)**

Pennsylvania. \$459pp Double Occupancy / \$559pp Single Occupancy

**Beat the Mid-Winter Blues Cruise featuring****The Sicilian Tenors. Southern Caribbean Cruise from NY****February 14-24, 2020 11 days/10 nights**

See pricing/cabin options on the Town website

**AAA TRAVEL - OVERNIGHT TRIPS****Tuscany & The Italian Riviera****June 21-28, 2019 (8 Days)**

Round Trip from Boston

**Greece & Its Islands****October 1-12, 2019 (12 Days)**

Round Trip from Boston. \$4549pp Double Occupancy

**OUTREACH NOTES**

"When eating an elephant, do so one bite at a time." I am not in favor of eating elephants but this adage is good advice for tasks that appear daunting. For many of us healthcare decision making is one of those daunting tasks. April 16, 2019 is National Healthcare Decisions Day for people age eighteen and older. Managed by the Conversation Project, National Healthcare Decisions Day is intended to shine a spotlight on this important issue. The Conversation Project and other organizations have developed, and made accessible, user friendly resources that help to educate and empower people regarding healthcare decisions.

Our healthcare experience is likely to involve matters beyond our control. All the more reason for healthcare consumers to be educated and have a plan in place pre-crisis. Honoring Choices Massachusetts is an organization also devoted to this mission and a partner of the Northborough Senior Center. It's Getting Started Toolkit guides people in choosing a Health Care Proxy, determining care choices and sharing decisions with care providers. It is also explicit about your right to make changes to your plans. Below are some of the online resources that provide assistance with this process and much more. If you are unable to obtain information on your own, please contact me.

<https://theconversationproject.org/>

<https://www.nhdd.org/public-resources#where-can-i-get-an-advance-directive>

<https://www.honoringchoicesmass.com/>

*Jocelyn Ehrhardt, MSW,  
Outreach Coordinator*

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

**BAYPATH ELDER SERVICES, INC.**

BayPath provides an array of services and programs for older adults, caregivers, and persons with disabilities to support their independence and dignity. Some programs have eligibility criteria, such as age, need, income, and/or insurance. To find out more, please visit our website [www.baypath.org](http://www.baypath.org) or call **508-573-7200** and ask for the Information and Referral Department.

## **FREE BLOOD PRESSURE CLINIC**

**Tuesday, April 2 at 1:00 PM**

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

## **FREE HEARING CLINIC**

**Date: Wednesday, April 10**

**Time: 12:30 - 1:30 PM**

**Appt. Required**

**ARE YOU TURNING 65 IN THE NEXT THREE MONTHS?****ARE YOU OVER 65 AND PLANNING TO RETIRE SOON?****DO YOU UNDERSTAND YOUR MEDICARE DEADLINES AND OPTIONS? ARE YOU HAVING TROUBLE PAYING FOR MEDICAL EXPENSES AND PRESCRIPTION DRUGS?**

If any of these apply to you, contact the **SHINE** (Serving Health Insurance Needs of Everyone...on Medicare) program. Certified SHINE counselors are available **all year** to help you! They offer free, confidential counseling on 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. Once you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

**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.

**VOLUNTEER OPPORTUNITY**

BayPath Elder Services' Long Term Care Ombudsman Program needs volunteers to visit Long Term Care facilities to make sure residents are getting the care and service they expect. Volunteers work with residents, staff, and families to achieve this end. The initial time commitment is a three day certification training, then up to two hours a week in the nursing home. Also there is a monthly volunteer meeting to discuss issues and best practices. Call Mary Brooks, Ombudsman Program Director at **508-573-7200 X235** to arrange an interview and learn more about this great opportunity.

**DAYBREAK AT THE NORTHBOROUGH SENIOR CENTER****A Social Day Program Providing Respite for Caregivers**

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

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

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

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

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

**HERE'S TO YOUR GOOD HEALTH!  
WELLNESS CLINIC**

**Date: Tuesday, April 16**

**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.



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

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

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

Join us for a wonderful session of stretching known as Qi Gong, to improve your health increase energy and stimulate blood flow. Then relax into some Ancient Shaolin Temple exercises (all low impact). Then step gently into a progressive step by step learning of a modified Yang T'ai Chi form, from Villari's Self Defense studios. This one hour class will end with a guided healing meditation and you will 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/Thursday/Friday: 12:00-3:30 PM****Wednesday: 10:00 AM – 12:00 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](http://www.rebeccareberyoga.com)

**CHAIR YOGA WITH DIANE****Day: Monday and Wednesday****starting April 17 • Time: 11:00 AM****Instructor: Diane Ginsberg****Cost: \$3/class**

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

**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****Cost: \$3 • Instructor: Sharon McDevitt**

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

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





Pauline Berkes  
(Rebecca's Mom)

## SEATED CHAIR YOGA

**Day:** Tuesdays

**Time:** 6:30 PM

**Cost:** \$3/class

**Instructor:** Rebecca Reber

Rebecca Reber has been practicing yoga for about 15 years. In this class you will stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Rebecca will combine this with inhales and exhales as we work with props to get the most out of every movement. The hour session

will end in a relaxing Savasana. This class is for beginners to more experienced yogis as any type of movement is wonderful. Come and have fun while enjoying the benefits of movement.

## SEATED CHAIR YOGA

**Day:** Wednesdays • **Time:** 1:30 PM

**Cost:** \$3 • **Instructor:** Rebecca Reber

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!

## GENTLE BALLET

**Day:** Mondays • **Time:** 10:15 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!

## POOL FOR BEGINNERS

**Day:** Tuesdays • **Time:** 10:00 AM - 12:00 PM

**Location:** Pool table room • **Cost:** \$5/class

**Instructor:** Kevin Wright • **Pre-registration is required**

Ever wanted to learn the ins and outs of playing pool? This class is designed for the beginner—someone who wants to know how to make those easy and more difficult shots. Kevin Wright has been playing and teaching pool for over 15 years. The class is limited, so call the Senior Center at **508-393-5035** and reserve your spot in the game.

## NEW CARDIO & WEIGHTS

**Day:** Thursdays starting April 11

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

**Instructor:** Sharon McDevitt

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



## YOGA WITH NANCY

Yoga with Nancy is on hiatus until spring.

## PING PONG

**Day/Time:** Tuesdays at 12:00 PM

**and Thursdays at 2:15 PM • Cost:** Free

We have a few folks who would really like more people to join them to play Ping Pong. If you'd like to use the Ping Pong table at another time please ask at the front desk.

## WALKING CLUB

**Day:** Thursdays • **Dates:** Starting April 18 through June 13

**Time:** 10:00 AM • **Leader:** Forest Lyford

**Cost:** Free

Welcome back! The Walking Club will begin hikes on Thursday, April 18, and will continue every Thursday until June 13.

The theme this Spring is "Still Waters."

We will be walking

near lakes and

ponds in and near

Northborough.

Hikers leave from

the Senior Center

at 10:00 A.M on Thursdays.

Hikes are free and open to all.



NEW

## FLEX AND TONE

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

**Instructor:** Rebecca Reber

Rebecca has been teaching this class on Tuesday. It's now held on Thursdays. It's the same great class, just a different day! 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!

**Do you know about our Outreach Services?**

**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.

## HOW "WAIVING THE WILL" COULD AFFECT YOU

In the spring, as part of a my seminar series, I will be presenting "Elder Law for Couples," in which I will discuss the ins and outs of estate planning for seniors. One of the new issues is a new Massachusetts Supreme Judicial Court interpretation of the "spousal share."

If one spouse dies and leaves little or nothing to the other spouse in his or her Will, under Massachusetts law the surviving spouse has the right to waive that Will and instead elect an amount designated by state statute as the "spousal share." Until recently, that election rarely happened because the statute dealing with what constituted the "spousal share" was so ambiguous, especially when there was real estate involved.

In the Massachusetts case, Ciani v McGrath, decided on January 8, 2019, the SJC decided that if the first spouse to die owned real estate and the surviving spouse waived the Will, the surviving spouse obtained a life estate in one-third of the real property, entitling the surviving spouse to any income from the property while the surviving spouse was alive but also, more importantly, giving the surviving spouse the ability to force a sale of the property through a "petition to partition" and obtain a share of the proceeds. As the holder of a life estate, the surviving spouse would also have certain obligations, such as paying a share of the property taxes, repairs and expenses.

This clarification provided by the Court will make it easier for the surviving spouse to obtain a share of the assets of the deceased spouse, especially in those cases where the marriage was acrimonious. However, there may be unintended consequences for many seniors who are trying to protect assets from MassHealth claims.

I often talk about my fictitious couple, Frank and Mary. Suppose Frank is caring for Mary at home but wants to make sure that, if he dies, Mary will be able to qualify for MassHealth. Suppose he does that by having a Will that leaves all of Frank's assets to his children, figuring they will care for their mother. Now suppose Frank dies owning the home, Mary then needs nursing home care, and Mary applies for MassHealth. Will MassHealth require Mary to exercise her spousal share, obtain a life estate in the house, and force its sale so that her share of the proceeds can be used to pay for her nursing home care? We will need to wait and see, but this is certainly a possibility.

For a discussion of these and other estate planning matters for couples, you may want to attend one of the "Elder Law for Couples" sessions at the senior centers in Marlborough, Hudson, Southborough, Hopkinton, Ashland, Holliston, Vineyard Haven or Nantucket. All senior centers are open to all seniors. For dates and times, go to our Trusts and Estates blog, "Getting All Your 'Docs' in a Row."

If you need more information on this, you can contact me at **(508) 860-1470** or **abergeron@mirickoconnell.com**. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube Channel, **www.YouTube.com/ElderLawFrankAndMary**.

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## FREE SEMINARS FOR CAREGIVERS

Thursday, April 18th at 5pm - DRIVING DECISIONS

Presented by: Michele Ellicks, Community Outreach Coordinator for the Registry of Motor Vehicles (RMV). Buffet served at 4:30pm, Seminar begins at 5:00pm.

**ATTENDEES MUST RSVP. Seats are limited.** Call Deanna Ford at 978-218-3010 or e-mail [MrktDirector@Orchard-Hill.com](mailto:MrktDirector@Orchard-Hill.com)

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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](http://dullmensclub.com) and come join us.

**BOOK CLUB****Day: 3rd Wednesday of the Month****Date: April 17 • 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.

**BETTER BREATHERS CLUB****Day: 3rd Thursday of the month****Date: April 18 • Time: 2:00 PM****Cost: Free • Leader: Bonnie Kenney****Pre-Registration Required**

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

Better Breathers meets at the Northborough Senior Center. Refreshments will be provided.

Please RSVP to the Senior Center, **508-393-5035** for attendance. *Learn More, Breathe Better*

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

This month, we welcome Dan Ginsberg back to the Harmonica Group. Our own Northborough Senior Center Harmonica Club is in its 9th Season and is always opening its doors for new members. Anyone who has played the harmonica as a youngster, mid-life, or in your golden years, is invited to join us. We play mostly old favorites and patriotic songs, and at holiday performances we play songs that our guests can sing along with. If interested, or to get more information, please leave your name and phone number at the Front Desk at the Northborough Senior Center, and someone from the Harmonica Club will contact you

**PHOTOGRAPHY CLUB****Day: Tuesday • Date: April 23****Time: 1:00 PM • Cost: Free**

Michael Roman, an accomplished Northborough photographer, will present an introduction to composition and how to improve your photography through the use of compositional techniques.

Ansel Adams said, "You don't make a photograph with just a camera. You bring to photography all the pictures you have seen, the books you have read, the music you have heard, the people you have loved."

**TECHNOLOGY TUESDAY****Date: April 30th • 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!

**WOMEN'S DISCUSSION GROUP****Day: Mondays • Dates: April 8 & 22****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.

**MEMOIR WRITING GROUP****Day: 2nd & 4th Wednesdays****Dates: April 10 and 24 • 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.

**PHOTOSHOP ELEMENTS****Day: Thursdays • Time: 1:00 to 2:30 PM****Cost: \$5 • Pre-Registration Required**

Please join us for easy-to-understand lessons on enhancing your digital photos, restoring and coloring old photos and learning to use the Photoshop Interface.

**DIGITAL PHOTOGRAPHY II****Day: Tuesdays • Dates: Please call the****Senior Center for dates/times****Instructor: Steve McGrath****Cost: \$10/class or \$45 for series of 5 classes****Pre-Registration Required**

If you're comfortable with the Basics of Digital Photography, then this course is for you. In this course we will explore the use of Intermediate Camera Controls such as Metering (spot, matrix, center weight) Exposure and Exposure Compensation. Also using the RAW function on your camera and how to edit using Photoshop Elements 11. We will take an In-depth look into Manual Focus and its use, using Fill Flash and Flash Modes as well as Reflectors. As well as Controlling Motion, Composition, and many other Intermediate and Advanced Techniques. Students should be familiar with their Cameras and bring the camera manuals as well.

**PHOTOGRAPHY WORKSHOP - SOUTHWICK'S ZOO****Day/Date/Time: Saturday, April 27,****10:00 AM – 2:00 PM (Zoo)****Tuesday, May 7, 3:30 – 5:00 PM****(Follow-Up Class) • Cost: \$75****Pre-Registration & payment Required by April 20**

Join other aspiring photographers in this two part Zoo Photography Workshop where you will learn how to use your digital camera like a pro and improve your wildlife photographic technique, understand the settings of your camera and what you need to compose a professional looking photograph.

You'll have the opportunity to practice what you've learned, and with so many great photographic opportunities and challenges at the zoo, you'll have plenty of pictures and new skills to take home!

In this first class we will meet at Southwick's Zoo in Mendon at 10 AM, there will be a short presentation where we will discuss tips and techniques for getting great zoo photographs that look like they were taken in the wild!

Be sure to bring your tripod/monopod and the longest lens you have. There will also be opportunities to photograph at feeding times and special zoo keeper sessions where we will be able to photograph close up.

In the second class we will meet at the Northborough Senior Center and we will view and critique our images in a show and tell format with an opportunity to showcase your best work.

Steve McGrath is a professional freelance photographer and photography teacher who has been taking photos for twenty years. He has been teaching Digital Photography at the Senior Center. The cost of this workshop includes a \$25 admission to the Zoo.

# The Real Estate Expert

KAREN SCOPETSKI

Article Provided By

YOUR NORTHBOROUGH REALTOR



## HOW TO STIR UP INTEREST IN YOUR YARD SALE

A yard sale offers a valuable opportunity to get rid of items before you sell your house or need to make some room in your home. As such, it is important to promote your yard sale effectively; otherwise, you may miss out on a chance to declutter and earn extra cash at the same time. Ultimately, there are many quick, easy ways to stir up interest in your yard sale, such as:

### 1. POST FLYERS IN YOUR CITY OR TOWN

Old-fashioned flyers can help you promote your yard sale to large groups of people in your city or town. That way, you can create a buzz around your event and increase the likelihood of selling your stuff.

If you use flyers to promote your yard sale, be sure to include essential information like the location, date and time of your event. Also, using bright, vibrant paper and colorful markers may help your flyers stand out.

Of course, it never hurts to ask business owners for permission to post flyers at local companies, either. The more flyers that you post, the more likely it becomes that your yard sale will be a resounding success.

**2. CREATE AN ONLINE POSTING** - An online posting makes it simple for you to provide details about your yard sale to large groups of people.

Putting on local community yard sale websites may prove to be worthwhile. And in some instances, you may even be able to include photos of items that you plan to sell at your yard sale.

In addition, invite friends on Facebook and other social networks to attend your upcoming yard sale. By doing so, you can boost your chances of stirring up substantial interest in the days leading up to your event.

**3. SELECT THE RIGHT DATE AND TIME** - Saturdays and Sundays are the best days to host a yard sale, and for good reason. Many people don't have to work on weekends, and as a result, may have free time to attend your yard sale.

After you know which day of the week that you want to host your yard sale, consider the date and time of your event closely. Make sure you factor in early arrivers to your yard sale start time. If you schedule for your yard sale to start at 8:00 AM, you can bet arrivers will be arriving by 7:30 AM.



Generating buzz in a yard sale can be easy, and with the aforementioned tips, you can stir up plenty of interest in your event.

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MONDAY		TUESDAY		WEDNESDAY	
1	8:30 AM AARP Appointments 9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:00 AM Jewelry Making 10:15 AM Gentle Ballet 11:00 AM ESL Class 12:00 PM Bistro@119 12:00 PM Pickleball@Town 12:00 PM Hall Gym	2	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 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 Blood Pressure Clinic 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga	3	8:30 AM AARP Appointments 9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Vet Talk 10:00 AM Dull Men's Club 10:00 AM Pickleball@Town 10:30 AM Hall Gym 10:30 AM Yang Style Tai Chi
8	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:15 AM Gentle Ballet 11:00 AM ESL Class 12:00 PM Bistro@119 12:00 PM Pickleball@Town 12:00 PM Hall Gym	9	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 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 1:45 PM Legal Clinic 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga 7:00 PM COA Meeting	10	8:30 AM AARP Appointments 9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Pickleball@Town 10:00 AM Hall Gym 10:00 AM Dull Men's Club 10:30 AM Yang Style Tai Chi 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca
<b>PATRIOT'S DAY CENTER CLOSED</b>		16	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Travel Club 10:00 AM Pool for Beginners 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 12:30 PM Wellness/Health Clinic 1:00 PM Tuesday Trivia 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga	17	8:30 AM AARP Appointments 9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Vet Talk 9:45 AM Singing in Rounds 10:00 AM Dull Men's Club 10:00 AM Pickleball@Town 10:30 AM Hall Gym 10:30 AM Yang Style Tai Chi 10:30 AM SPA Services
22	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:15 AM Gentle Ballet 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro Birthday Lunch 12:00 PM Pickleball@Town 12:00 PM Hall Gym	23	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 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 Tuesday Trivia 1:00 PM Photography Club 4:00 PM Sewing & Knitting 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga	24	8:30 AM AARP Appointments 9:00 AM Strength Training 9:00 AM Pool Players 9:45 AM Singing in Rounds 10:00 AM Dull Men's Club 10:00 AM Pickleball@Town 10:30 AM Hall Gym 10:30 AM Yang Style Tai Chi 11:00 AM Chair Yoga w/Diane
29	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Rug Hooking 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:15 AM Gentle Ballet 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Pickleball@Town 12:00 PM Hall Gym	30	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 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 Tuesday Trivia 2:30 PM Technology Tuesday 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga		



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 Expires 4/30/19 Coupon Code 89917

**\$18.99+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 4/30/19 Coupon Code 189917

All Coupons Expire April 30, 2019

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

THURSDAY			FRIDAY		
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	4	9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 PM Mah Jong 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym 1:00 PM Bridge	1:00 PM Zumba Gold 1:00 PM Photoshop Elements Afternoon 1:00 PM Quilting Group 2:00 PM Flex and Tone 2:15 PM Ping Pong	5	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym
12:30 PM Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Memoir Writing	11	9:00 AM Chat With the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 PM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Photoshop Elements Afternoon 1:00 PM Origami 1:00 PM Low Vision Support 2:00 PM Flex and Tone 2:15 PM Ping Pong	12	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym
11:00 AM Stroke Awareness 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Book Club 1:30 PM Seated Chair Yoga	18	9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Walking Club 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym 1:00 PM Bridge 1:00 PM Zumba Gold	1:00 PM Photoshop Elements Afternoon 1:00 PM Quilting 2:00 PM Better Breathers 2:00 PM Flex and Tone 2:15 PM Ping Pong	19	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym
12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing 1:30 PM Seated Chair Yoga	25	9:00 AM Chat With the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:00 AM Walking Club 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119	12:00 PM Pickleball@Town Hall Gym 1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Photoshop Elements Afternoon 1:00 PM Flex & Tone 2:00 PM Flex & Tone 2:15 PM Ping Pong	26	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym
					



## UNPARALLELED COMFORT AND CONVENIENCES

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- Private or shared apartments
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- Alzheimer's care
- Social events and recreation



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### CONTINUUM OF CARE

- THE WILLOWS Retirement Communities
- WHITNEY PLACE Assisted Living and Memory Care
- BEAUMONT Skilled Nursing and Rehabilitation
- SALMON VNA & Hospice

Answer to  
March  
Sudoku

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

## Sudoku

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

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

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DIFFICULTY: ★★☆☆

## CROSSWORD PUZZLE

### ACROSS

- 1 First wife of Jason  
6 Here (Fr.)  
9 Hebrew letter  
12 Goodbye (Sp.)  
13 Cash on delivery (abbr.)  
14 Wine cup  
15 Convex molding  
16 Simian  
17 S.A. sloths  
18 Vomiting  
20 Fifteenth-century helmet  
22 Fr. detective force  
24 Outer (pref.)  
27 Cyprinoid fish  
28 Dropsy  
32 Meat  
34 Apart (pref.)  
36 Irish exclamation  
37 Stingy ant  
39 Bow  
41 Compass direction

### DOWN

- 42 Verdi opera  
44 Nearsighted  
47 Gait  
52 Amateur Athletic Assn. (abbr.)  
53 Videocassette recorder (abbr.)  
55 Vacuum tube  
56 Than (Ger.)  
57 Age  
58 Avid  
59 Encountered  
60 Spread to dry  
61 Irish poet

### ANSWER TO PREVIOUS PUZZLE

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

- tributary  
7 Thicket  
8 Form thoughts  
9 Afrikaans  
10 Female friend (Fr.)  
11 Huge  
19 Floating masses of  
weeds  
21 Maiden loved by Zeus  
23 Queen (Sp.)  
24 Wapiti  
25 Sheep disease  
26 Poetic contraction  
29 Gelderland city  
30 But (Sp.)  
31 "Fables in Slang" author  
33 Turnip (Scot.)  
35 Hymn  
38 Flowering shrub  
40 Tiara  
43 Mother-of-pearl  
44 Madam  
45 Rockies peak  
46 Baking chamber  
48 River into the Yellow Sea  
49 Business symbol  
50 Polish border river  
51 Father (Fr.)  
54 Energy unit

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
52				53		54		55		
56				57				58		
59				60				61		

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A63

## 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@bouverierpharmacy.com](mailto:pharmacist@bouverierpharmacy.com)



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**LATCH HOOK ART**

Clayton Whitney is an experienced artist in Latch Hook Rugs/Pillows/Wall Hangings. He has offered to share with you instruction and examples of his work. If you are interested in taking up this craft, we would love to know. Please call the Senior Center at **508-393-5035** so that we can build in these classes to our schedule. Clayton has used kits but also designs his own canvases. He'll provide tips on creating your own designs so that you can make unique projects. Bring your own projects and imagination. There will be supplies to use in class. Check out some of Clayton's creations at the front desk!

**ORIGAMI**

**Day: Thursday • Date: April 11**  
**Time: 1:00 PM • Instructor: Annie Wales**  
**Cost: \$5 • Pre-registration Required**



Join the talented Annie Wales for a fun class based on a very old art form. See the photo for this month's project. Also, look for samples at the Senior Center front desk.

**JEWELRY MAKING CLASS**

**Day: Monday • Date: April 1**  
**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. Sign up today to try your hand at something new and creative.

**ART WITH HELEN**

**Day: Fridays • Date: April 5, 12, 19, 26**  
**Time: 9:30 AM - 11:30 AM**  
**Cost: \$10 per class • Instructor: Helen Garcia**  
**Pre-Registration Required**

This month, Helen will explore "The water of watercolor". Helen will show us how to paint wet into wet. Join us in learning how to control the amount of water on your brush as well as on your paper surface. These classes are for beginners as well as those more experienced with art.

**TRADITIONAL RUG HOOKING**

**Day: Mondays • Dates: 4/29, 5/20, 6/24**  
**Time: 9:00 AM - 12:00 PM**  
**Cost: \$45 for 3 classes**  
**Instructor: Joyce DiGregorio**  
**Pre-Registration Required**

This is an open class for students at any level of rug hooking experience. Work on any design, cut or style, and new students will learn about rug hooking and the technique involved to produce future heirlooms. Joyce is an accredited McGown teacher and has been hooking, lecturing and teaching for many years. She enjoys the challenge of helping students develop and complete new, original designs or work on in progress rugs. She is an accomplished colorist and designer and is owner of DIGO Hand Hooked Rugs.

**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!

**SEWING & KNITTING NIGHT**

**Day: 2nd and 4th Tuesday**  
**Date: April 9 & 23**  
**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!

**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 10 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.

**QUILTING**

**Day: 1st & 3rd Thursday • Dates: April 4 & 18**  
**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.

**BRIARWOOD**  
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 YOUR PARTNERS IN CARE

**MONDAY** .....

- 9:00 Aerobics/Strength Training
- 9:00 Massage by Melanie
- 9:00 Pool
- 9:00 Rug Hooking (4/29)
- 10:00 Jewelry Making (4/1)
- 10:00 Harmonica Club
- 10:15 Gentle Ballet
- 10:30 English as a Second Language (4/1, 8)
- 11:00 Chair Yoga w/Diane (starts 4/17)
- 12:00 Pickleball (Town Hall Gym)
- 12:00 Bistro Birthday Lunch (4/25)
- 12:30 Women's Discussion Group (4/8 & 22)
- 1:00 Pitch
- 1:00 Zumba Gold
- 2:00 Needlers

**TUESDAY** .....

- 9:00 Art Group
- 9:30 Beginner Tai Chi w/Helen
- 10:00 Line Dancing
- 10:00 Pool for Beginners
- 10:00 Travel Club (4/16)
- 10:45 Qi Gong Tai Chi w/Helen
- 11:30 DayBreak
- 12:00 Bistro Lunch
- 12:00 Ping Pong
- 12:30 Wellness Clinic (4/16)
- 1:00 Tuesday Trivia
- 1:00 Blood Pressure (4/2)
- 1:00 Photography Club (4/23)
- 1:45 Legal Clinic (4/9)
- 2:30 Tuesday Technology (4/30)
- 4:00 Sewing & Knitting Night (4/9 & 23)
- 5:00 Evening Bistro
- 6:30 Seated Chair Yoga

**WEDNESDAY**

- 9:00 Aerobics/Strength Training
- 9:00 Pool Players
- 9:00 Vet Talk (4/3 & 4/17)
- 9:45 Singing in Rounds
- 10:00 Dull Men's Club
- 10:00 Pickleball
- 10:30 SPA (4/17)
- 10:30 Yang Style Tai Chi Class
- 11:00 Chair Yoga w/Diane (starts 4/17)
- 12:00 Bistro Lunch
- 12:00 Yoga w/Rebecca
- 12:30 Hearing Clinic (4/10)
- 12:45 Bridge (SAYC)
- 1:00 Bingo
- 1:30 Memoir Writing (4/10 & 24)
- 1:30 Book Club (4/17)
- 1:30 Seated Chair Yoga

**CAN YOU HELP?**

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

**THURSDAY** .....

- 9:00 Chat with the Chief (4/11 & 25)
- 9:30 Mani/Pedi/Reflexology (4/4, 11, 25)
- 9:30 Belly Dancing
- 9:30 Cribbage
- 10:00 Walking Club (Starts 4/18)
- 10:30 Mah Jong
- 10:45 Cardio & Weights (start 4/11)
- 12:00 Bistro Lunch
- 12:00 Pickleball (Town Hall Gym)
- 1:00 Bridge
- 1:00 Quilting (4/4 & 18)
- 1:00 Zumba Gold
- 1:00 Photoshop Elements Class
- 1:00 Origami (4/11)
- 1:00 Low Vision Support Group (4/11)
- 2:00 Better Breathers (4/18)
- 2:00 Flex & Tone w/Rebecca
- 2:15 Ping Pong

**FRIDAY** .....

- 8:30 Qigong Tai Chi
- 9:00 Pool Players
- 9:30 Art with Helen
- 10:15 Stretch Break
- 11:00 Piano
- 12:00 Pickleball (Town Hall Gym)

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  - A full range of individually tailored recreational events.
  - Full Housekeeping, Laundry and Linen service to maintain a peaceful, uncluttered home.
  - Medical Care and Emergency Response
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