

# NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 5, NO. 8, AUGUST 2018

## *Friends' Fundraiser A Tropical Paradise Evening*

MORE DETAILS ON PAGE 3

Special Thanks to our  
Proud Premier Sponsor





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## DIRECTOR'S CORNER:

We're keeping it cool here at the Senior Center. If you're looking to get out of the heat, please come and visit us. There's no reason to heat up your kitchen - we've got you covered at the Bistro @119. We serve lunch Monday - Thursday, 12:00 - 1:00 PM and dinner on Tuesdays at 5:00 - 6:30 PM. Remember, ice cream cones are just \$1.00 per scoop - a refreshing treat. We have two great presentations this month. We're combining great information about Honoring Choices along with an Ice Cream Social on August 15 and Dr. Schaal will be here on August 28 to talk about Vision and conditions of the eyes as we age. Sign up for these two presentations today! I hope to see you at the Friends' next fundraiser, a Tropical Paradise Evening, on August 9 at Whitney Place. It promises to be a fun night! We appreciate the Friends' terrific fundraising efforts as they enhance what we're able to do for seniors at Senior Center!

*Kelly Burke*

## NORTHBOROUGH SENIOR CENTER

**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](http://www.town.northborough.ma.us)**

### SENIOR CENTER HOURS:

Monday	8:00 AM - 4:00 PM
Tuesday	8:00 AM - 8:00 PM
Wednesday	8:00 AM - 4:00 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, Tim Kaelin
Liaison to Selectmen	Jeff Amberson
Liaison to School Committee	John Kane
Bay Path Rep.	Jarl Anderson
Director	Kelly Burke
Office Staff	Nancy Dragon
Outreach Coordinator	Jocelyn Ehrhardt
The Bistro@119 Manager	Vickie Killeen
SHINE Counselors	Pauline O'Bray, Susan Goellner
Program Coordinator	Terry Leo

**Notary Services are available at the Senior Center by appointment only. Please call for more information.**

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FRIENDS of the  
NORTHBOROUGH  
SENIOR CENTER, INC.

## OUR 2018-19 FRIENDS' BOARD OF DIRECTORS IS PLEASED TO FOLLOW AND SUPPORT THE MISSION OF THE FRIENDS!

We welcome you to volunteer with any number of different activities. Enjoy "A Tropical Paradise Evening" this beautiful month of August. Tickets are on sale, for a fun filled fundraiser, to benefit the Northborough Senior Center.

**Day/Date: Thursday, August 9, 2018 • Time: 4:00 – 7:00 PM**

**Place: Whitney Place Assisted Living**

**Cost: \$25 - proceeds go to the Friends to help support the Northborough Senior Center**

You can contact Anita Hagspiel, **508-414-8943** if you have any questions.

Sincerely, *Anita Hagspiel, President*



*There will be two prizes given for the Best Hawaiian outfits at "A Tropical Paradise Evening".*

**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



## UNPARALLELED COMFORT AND CONVENIENCES

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- Alzheimer's care
- Social events and recreation



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



**Ice Cream Cones \$1 a scoop!**

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



**August 7** Vickie's Chicken, Rice Pilaf, Vegetable, Cranberry Sauce, Rolls/Butter, Assorted Desserts  
 \$9

**August 14** Ziti Bake with Meatballs, Italian Bread, Salad, Pudding with Whipped Cream  
 \$9

**August 21** Hot Roast Beef Sandwich with Gravy, Vegetable, Salad, Assorted Desserts  
 \$9

**August 28** **End of Summer BBQ** - Half Chicken, Potato Salad, Cole Slaw, Corn on Cobb, Rolls/Butter, Watermelon, Strawberry Shortcake.  
 Tickets \$12

*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!*

**HONORING CHOICES/ICE CREAM SOCIAL**

**Day: Wednesday • Date: August 15 • Time: 1:00 PM**

**Leader: Randy Cumming • Cost: Free • Pre-Registration Required**

Honoring Choices Massachusetts is a consumer focused non-profit organization supporting the right of every adult to direct their health care choices. They inform & empower adults, 18 years old and older, to make a health care plan to receive the best possible care that honors their choices, all through their lives.

Every competent adult can make a health care plan and direct their care choices, starting at 18 years old and continuing all through your life. Your plan is your personal road map which tells your family and doctors what's important to you and the kind of care you want. Honoring Choices provides do-it-yourself tools to help you and your loved ones make a plan for the best possible care today and every day. Northborough Senior Center has become a community partner of Honoring Choices to bring this discussion to the Senior Center.

This month, we will have a presentation about Honoring Choices and will provide you with the necessary paperwork so that you can make your plan. Our presentation will also include an Ice Cream Buffet. Please call the Senior Center at **508-393-5035** to reserve your seat to learn more about this important information.

**MASSAGES BY MELANIE**

**Day: Mondays • Time: 9:30 AM – 3:00 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? Do you want to 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.

**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. Studies have shown that time spent stimulating the brain can help prevent dementia and Alzheimer's disease. Enjoy sharpening your mind in a non-competitive environment.

**ENGLISH AS A SECOND LANGUAGE CLASSES**

**Day: Monday • Dates: August 6, 13, 20 (no class 8/27)**

**Time: 1:30 – 3:00 PM**

**Instructor: Meredith Bohne • Pre-Registration Required**

ESL teacher, Meredith Bohne, has taught English and ESL for more than 20 years, including at colleges. She is friendly, helpful and looking forward to teaching at the Northborough Senior Center. This month, classes will focus on the grocery store, the American Revolution, and U.S. History.

**LEARNING TO PLAY MAH JONG**

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.

**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. If you would like to learn how to play, please see the article on "Learning How to Play Mah Jong". Charlotte was fortunate enough to meet a woman from China who taught her to play Mah Jong in the Chinese manner. Since then, Charlotte has shared this knowledge with others and everyone seems to enjoy it. If you have played gin rummy it is an asset, but not necessary. It is less complicated than the American version. You may discover a new pastime!

**SPA SERVICES**

**Day/Date: Wednesday, August 1 • 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

**MANICURES/PEDICURES/REFLEXOLOGY**

**Days: Thursdays Dates: August 9, 23, 30**

**Time: Appointments 9:00 AM – 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.

**BIRTHDAY LUNCH**

**Date: Monday, August 27 • Time: 12:00 PM**

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



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Below is a list of our trips for 2018. 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.

### KENNY & DOLLY TOGETHER AGAIN! A TRIBUTE

September 11, 2018 • Danversport Yacht Club, Danvers, MA

### BATTLEFIELDS OF CIVIL WAR

September 20th - 23rd, 2018

### OCEAN CITY MD & ASSATEAGUE ISLAND SEASHORE

September 23 - 26, 2018

### NEW HAMPSHIRE'S TURKEY TRAIN

October 2, 2018

### GERMANY'S CULTURAL CITIES AND THE ROMANTIC ROAD

October 4 - 15, 2018

AAA Member Choice Vacations

### AMERICA'S MUSIC CITY OF NASHVILLE FEATURING THE PATRIOTS VS. TITANS

November 8, 9, 10, 2018 (3 options)



### ROD STEWART THE ULTIMATE TRIBUTE

November 15th, 2018

Venus De Milo, Swansea, MA



### CHRISTMAS NEW YORK STYLE

December 2nd - 3rd  
Hudson Valley and  
New York City

### THE SICILIAN CHRISTMAS AMORE

December 4, 2018 • Davensport Yacht Club, Danvers MA



### DIABETES - SELF-MANAGEMENT SERIES

Day: Wednesdays • Dates: September 19 - October 24

Time: 9:30 Am - Noon • Cost: Free

Pre-Registration Required

Northborough Senior Center will be hosting a free six-week program on diabetes disease self-management, a participant education program developed by Stanford University. The class is for adults living with and/or caring for someone with diabetes. The sessions are geared to help manage and educate participants and are led by professionals with diabetes themselves. Subjects covered in the sessions include:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia
- Appropriate use of medications
- How to communicate effectively with family, friends and medical professionals
- Nutrition tips and advice
- Decision making
- How to evaluate new treatments

The program meets once a week on Wednesdays, starting September 19 to October 24, - from 9:30 to 12:00 PM.

Each participant will also receive a companion book, "Living a Healthy Life With Chronic Conditions," and an audio relaxation CD. To register please call **508-393-5035**.

### 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
  - Gracious Dining-Three meals daily specially tailored to suit your loved ones needs.
  - Snacks anytime in our Country Kitchen
  - Individual personal assistance tailored to suit your loved ones needs.
  - 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
  - No Entrance Fees
  - Escorted transportation to events appointments and area shopping malls
- All of these services are covered in our monthly rate, which others charge for as "extras."

*We also have an award winning skilled nursing facility on site to meet your short term and long term needs.*

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

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## OUTREACH NOTES

There is a little known program at the Senior Center that consistently produces unexpected results. I am referring to the weekly grocery shopping trip to Hannaford's in Marlborough. People, that might otherwise be homebound, appreciate the opportunity to make their own food choices and, in particular, select the produce they buy. In recent years, we created a volunteer position to help on those days; in the grocery store as needed and to carry shoppers' bags from the bus to their front door.

Initially, the volunteer helper made it possible for people shopping with walkers, etc. to continue going on the Wednesday Senior Center trip to Hannaford's. We quickly learned that the benefits extended far beyond the practical. A strong sense of community is evident among the riders and the volunteers. There are many examples; birthday celebrations orchestrated at Hannaford's with the help of their staff, attentive volunteers that have alerted Senior Center staff to concerns about absent riders. In one such instance it led to the timely hospitalization of a shopper. They have reached out as a group, with concern and support to other members in the hospital, recuperating and much more.

Sadly the number of shoppers has dropped over time. If you or someone you know would like to find out how an ordinary trip to the grocery store can be extraordinary contact me for more information and assistance.

*Jocelyn Ehrhardt, MSW*  
Outreach Coordinator

## WHAT TO KNOW ABOUT TRAVELING WITH MEDICARE

**Are you planning to travel abroad? Here is some important information from Medicare:**

Before you go, remember to look into your Medicare coverage outside the United States.

If you have Medicare Part A (Hospital Insurance) and Part B (Medical Insurance), your health care services and supplies are covered when you're in the U.S. However, in general, Medicare won't pay for health care services or supplies if you travel outside the U.S. (except in rare cases).

### Here are 3 ways you can get health coverage outside the U.S.

1. If you have a Medigap policy, check your policy to see if it includes coverage when traveling outside the U.S.
2. If you have another Medicare health plan (like an HMO, PPO, or retiree plan), check with your plan to see if it offers coverage outside the U.S.
3. You can purchase a travel insurance policy that includes health coverage.

If you do have coverage, make sure you know how it works. You may need to pay first, and get the bill translated, before submitting a claim for reimbursement.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

## 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.

## HERE'S TO YOUR GOOD HEALTH!

**Day: Third Tuesday of each month • Date: August 21**

**Time: 12:30 – 2:00 PM • Where: at the Senior Center • Cost: Free**

Our Wellness Clinic gives you the opportunity to 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.

## 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.



## FREE BLOOD PRESSURE CLINICS

**Tuesday, August 7  
at 1:00 PM**

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

## FREE HEARING CLINIC

**Date: Wednesday, August 8**

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

Peter and Alex from Professional Hearing Healthcare in Westborough will be conducting a complimentary hearing screening for those who have trouble hearing speech. Or if you have hearing aids, they can provide a complimentary hearing aid check. Please contact the Northboro senior center to schedule your appointment.



## WE ARE LOOKING TO ADD TO OUR EXERCISE CLASSES IN SEPTEMBER

Sharon McDevitt, who teaches Stretch Break here on Fridays, also teaches "Cardio and Weights" and "Cardio Low Impact" classes. Class descriptions are at the front desk. Stop by and let us know if you are interested in one of these classes.

### BOCCCE

**Day: Every Monday**  
**Time: 9:30 AM • Cost: Free**  
**Location: American Legion Post**

We are welcoming new players-no experience necessary. We play every Monday (excluding holidays or rain) at 9:30 AM at the Vincent F. Picard Post 234, the American Legion at 402 Main Street. Come join in the fun-all are welcome. It's a great way to start your week!

### 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 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.

### 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'!

### 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

**Day/Time:**  
**Monday - Friday**  
**10:00 AM - 1:00 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!

### CHAIR YOGA WITH DIANE

**Days/Dates: Every Monday & Wednesday**  
**Time: 11:00 AM - 12:00 PM**  
**Cost: \$3/class**

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.

### TAI CHI/QI GONG/MEDITATION MIND BODY & SPIRIT

**Day: Every Tuesday**  
**Time: 10:45 AM - 12:00 PM**  
**Cost: \$3/class**

**Instructor: Rev. Helen J. 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.) A one time warm of the Sun style Tai Chi. Step gently into a progressive step by step learning of a modified Yang T'ai Chi form, from Villari's Self defense studios. This hour and one quarter class ends with a guided healing meditation and you will begin your day balanced, focused and aware. Led by: Rev Helen J Morin A certified teacher of Tai Chi .

### TRADITIONAL CHINESE YANG STYLE TAI CHI

**This class will be on hiatus until September 5.**  
**There will be a special class featuring**  
**Traditional Yang Style Tai Chi Quan with**  
**Master Ling Ning on August 8 at 10:30 AM.**  
**Pre-Registration and \$15 donation requested.**

### STRETCH BREAK

**Day: Fridays • Time: 10:15 AM**  
**Instructor: Video Version**  
**of Sharon's Class • Cost: Free**

This 45 minute class will consist 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.

### 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.



## JAZZ FUSION

**Day: Fridays • Time: 8:30 – 9:30 AM**

**Cost: \$3 • Instructor: Lucy Jacek**

Are you looking for a NEW exercise experience? This fun and upbeat class combines jazz dance, ballet class, and barre workout into one awesome program that emphasizes flexibility, strength, balance, and coordination. And to top it off, at the end of each class we will challenge both our bodies and minds as we learn some jazz choreography. We will explore all types of music and dance styles such as Broadway, salsa, disco, current pop music, and so much more. So, grab your dancing shoes (sneakers are fine) and join us for something new!

## YOGA WITH GENE

**Day: Wednesdays • Time: 12:00 PM**

**Cost: \$3/class • Instructor: Gene Pacelli**

Gene is currently teaching eight (8) classes a week of senior yoga at various venues. He has also been teaching very vigorous yoga classes at Harvard University for the last 17 years, and in many health clubs in the greater Boston area.

## YOGA WITH NANCY

**Day: Tuesdays • Time: 2:00 PM**

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

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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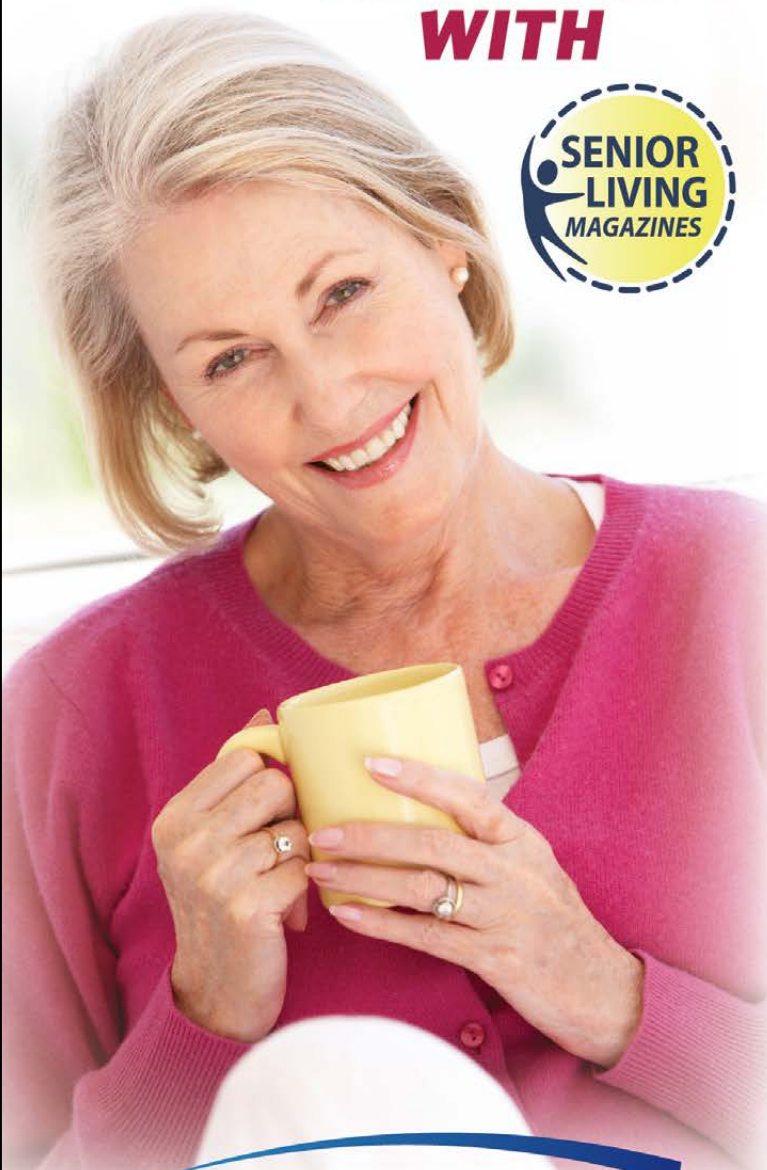
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**ELDER LAW WITH FRANK AND MARY***by Arthur P. Bergeron*

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

**ANNOUNCING SOMETHING NEW**

I often describe the work that I do in terms of helping to make my fictional elder couple, Frank and Mary, be safe and happy in the community where they live, and finding them the resources and programs to let them stay there until they die. Starting this fall, I have decided to do **monthly local cable TV shows** focusing on just these issues in many of the communities where I work, including Marlborough, Hudson, Northborough, Westborough, Ashland, Martha's Vineyard and Nantucket. The local cable stations in those places have agreed to play the shows regularly over the intervening weeks, so you can get a chance to learn about the programs and people that you need to know in your community, but also about the great things being done in other places, things for which you may want to advocate and have your community emulate. I will also be uploading these shows to Frank and Mary's YouTube channel, **[www.YouTube.com/ElderLawFrankAndMary](http://www.YouTube.com/ElderLawFrankAndMary)**, so you can see not only what is going on in your community but what is happening in a range of others.

You need to know about Our Island Home, the wonderful community-controlled nursing home in Nantucket that may be the best model I have seen for what a really local nursing home can be. You need to hear about the efforts in Westborough to vastly expand the number of seniors who not only have a Health Care Proxy but have also sat down with their proxy agent, discussed how they would want to be treated if they could not communicate these things, and put their desires in writing to help not only their proxy agent but other family members understand how they want to be treated. You need to hear about the efforts in Northborough and Marlborough to expand their memory cafés, about the incredibly successful memory café that is thriving on Martha's Vineyard, and about the effort in Ashland to have more local restaurants participate in the Purple Table reservation program, all designed to help those who have memory loss be able to get out of the house and socialize in a place where they know they are welcome and safe. You need to hear about how Marlborough, Northborough and Hudson have teamed up to provide a safe and welcoming half-day "social model" senior center program called Daybreak, to help seniors with memory loss enjoy themselves while giving their caregivers a break.

The point of this show is to let you know what is out there in your community, and what could be out there if you and your neighbors decided to make it a priority. Frank and Mary's goals are simple. They want to live in safety and dignity, and to stay in their community until they die. Who wouldn't want to live in a community like that?

I hope you tune in to the local shows, and check out Frank and Mary's YouTube channel to see what is happening elsewhere. If you need more information on this, you can contact me at **508-860-1470** or **[abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com)**. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's



YouTube channel, **[www.YouTube.com/ElderLawFrankAndMary](http://www.YouTube.com/ElderLawFrankAndMary)** and find more in-depth commentary on legal issues on our blog at **<http://mirickoconnelltrustsandestateslawblog.wordpress.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.

**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.

**LEGAL CLINIC**

**Date: Wednesday, August 14**  
**Time: 1:45 – 2:45 PM • Cost: Free**  
**Attorney: George Pember • Appt. required**

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

**BETTER BREATHERS CLUB**

**Day: 3rd Thursday of the month**  
**Date: August 16 • 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 will meet the third Thursday of each month at 2 PM 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*

**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.

**LOW VISION SUPPORT GROUP**

**Day: Thursday • Date: August 9**  
**Time: 1:00 PM • Cost: Free**  
**Leader: Agnes Sagerian**

Do you have vision loss of any kind? In general, our group meets on the second Thursday of the month at the Senior Center. Please join us for a presentation by Rick Starzyk, Outreach Services Coordinator at the Northborough Free Library. Rick will be sharing information about "Library on the Go." Please contact our coordinator, Agnes Sagerian at **508-393-8353** with any questions.

**WOMEN'S DISCUSSION GROUP**

**Day: Mondays • Dates: August 6 & 20**  
**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.

**PHOTOGRAPHY CLUB**

**Photography Club will be on hiatus for August. We'll look forward to getting together again on September 25.**

**BOOK CLUB**

**Day: 3rd Wednesday of the Month**  
**Date: August 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.

**BEREAVEMENT GROUP**

**Bereavement Group is on hiatus for the summer. Look for its return in September.**  
**Cost: Free • Time: 10:30 AM**  
**Leader: Peggy Arcouette, MSW, LCSW**

What is bereavement? Have you experienced loss or are you fearful of experiencing loss? Please join us to discuss this rather difficult subject surrounded by open ears and arms. Our goal is for you to leave feeling relieved, supported, optimistic, hopeful, and much more.

**MEMOIR WRITING GROUP**

**Day: 2nd & 4th Wednesdays • Cost: Free**  
**Dates: August 8 & 22 • 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.

**HARMONICA CLUB**

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

Our own Northborough Senior Center Harmonica Club is in its 8th 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 on Monday mornings at 10:00 at our Senior Center to have fun with our Club. 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.

**YOUR VISION/COMMON EYE CONDITIONS RELATED TO AGE**

**Day: Tuesday • Date: August 28**  
**Time: 4:30 PM • Cost: Free**  
**Speaker: Shlomit Schaal, M.D., PhD**  
**Pre-Registration Required**

Since your 40s, you probably noticed that your vision is changing. Perhaps you need glasses to see up close or you have more trouble adjusting to glare or distinguishing some colors. These changes are a normal part of aging. These changes alone cannot stop you from enjoying an active lifestyle or stop you from maintaining your independence. In fact, you can live an active life well into your golden years without ever experiencing severe vision loss. But as you age, you are at higher risk of developing age-related eye diseases and conditions. These include: age-related macular degeneration, cataract, diabetic eye disease, glaucoma, low vision and dry eye.

Please join us as Dr. Schaal, Professor and Department Chair of the Department of Ophthalmology and Visual Sciences at the University of Massachusetts Medical School, speaks on this very important subject. The UMass Eye Care Staff works together as a collaborative team. Their aim is to provide their patients with the best possible eye care experience, to support their patients' families, and to answer any questions. Reserve your seat today!



# The Real Estate Expert

KAREN SCOPETSKI

Article Provided By YOUR NORTHBOROUGH REALTOR



## 5 EXPERT PACKING TIPS FOR YOUR NEXT MOVE

At it's best, packing and moving your things when you buy a new home is a lot of work. At its worst, it can be downright dangerous if you aren't careful when lifting and moving heavy items.

A necessary evil of moving to a new home, packing is probably the least favorite part of moving for your average homeowner. However, there are ways you can make this process easier, saving you time and ensuring that decorating your new home is a simple and satisfying task.

Here is a list of 5 packing and moving tips to help make your home move faster and easier than you thought possible.

### 1. Cleaning and decluttering

One of the best times to clean out your home is leading up to a move. First, if you're selling your old home, it will pay off to make the house as clean and uncluttered as possible to attract potential buyers. However, you'll also likely find that there is a lot of junk that you simply don't need to bring to your new home. When packing each room, keep a garbage bag with you for things you might want to donate or throw away. A good rule of thumb is to ask yourself if you've used or appreciated the item in the last two years. If not, you might find that it's easier just to get rid of.

### 2. Schedule your packing

There are some items in your home that you'll want available up until the day you move. Others you might not need for weeks or months until after you've settled into your new home. You can lessen your workload by spreading out your packing process across the span of a month or so, tackling a few items each week. A good example of planned packing is to start packing your seasonal clothing that you won't need until the next winter or summer.

### 3. Have someone carry away your old junk

If you have bulk items or furniture that you plan on getting rid of, put them on Craigslist or call a donation center with pick-up a month in advance of your move. This will help you get rid of large items without ever having to leave your home.

### 4. Hiring movers

Hiring movers might be out of some new homeowners' budgets. However, there are certain times of the week that you can get lower prices. Movers are typically the busiest on the weekend, often making weekdays a more affordable alternative.

### 5. Find your local box stockpile

There's typically no need to spend money on boxes if you give yourself enough time to find a good supplier. Some grocery and department stores will give away their boxes for free because you're saving them on recycling costs.

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# 14 AUGUST 2018 SENIOR CENTER CALENDAR

MONDAY		TUESDAY		WEDNESDAY	
				<b>1</b>	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:00 AM Dull Men's Club 10:30 AM SPA Services 11:00 AM Chair Yoga w/Diane 12:00 PM Yoga w/Gene
<b>6</b>	9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Bocce 10:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:00 AM Pickleball@Town Hall Gym 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 1:30 PM ESL Class 2:00 PM Needlers	<b>7</b>	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:00 AM Pickleball@Town Hall Gym 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 2:00 PM Yoga with Nancy 5:00 PM Bistro @119 6:30 PM Seated Chair Yoga	<b>8</b>	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:00 AM Dull Men's Club 11:00 AM Chair Yoga w/Diane 12:00 PM Yoga w/Gene 12:00 PM Bistro@119
<b>13</b>	9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Bocce 10:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:00 AM Pickleball@Town Hall Gym 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 1:30 PM ESL Class 2:00 PM Needlers	<b>14</b>	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:00 AM Pickleball@Town Hall Gym 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Ping Pong 1:00 PM Tuesday Trivia 1:45 PM Legal Clinic 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 6:00 PM Hand Applique 6:30 PM Seated Chair Yoga 7:00 PM COA Meeting	<b>15</b>	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:00 AM Dull Men's Club 11:00 AM Chair Yoga w/Diane 12:00 PM Yoga w/Gene 12:00 PM Bistro@119
<b>20</b>	9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Bocce 10:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:00 AM Pickleball@Town Hall Gym 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 1:30 PM ESL Class 2:00 PM Needlers	<b>21</b>	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:00 AM Pickleball@Town Hall Gym 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Ping Pong 1:00 PM Tuesday Trivia 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga	<b>22</b>	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:00 AM Dull Men's Club 11:00 AM Chair Yoga w/Diane 12:00 PM Yoga w/Gene
<b>27</b>	9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Bocce 10:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:00 AM Pickleball@Town Hall Gym 10:00 AM Jewelry Making 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 & Birthday Lunch 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers	<b>28</b>	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:00 AM Pickleball@Town Hall Gym 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Ping Pong 1:00 PM Tuesday Trivia 2:00 PM Yoga with Nancy 4:30 PM Eye Health Presentation 5:00 PM Bistro@119 6:00 PM Hand Applique 6:30 PM Seated Chair Yoga	<b>29</b>	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:00 AM Dull Men's Club 11:00 AM Chair Yoga w/Diane 12:00 PM Yoga w/Gene



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THURSDAY		FRIDAY	
12:00 PM Bistro@119 12:45 PM Bridge - SAYC Group 1:00 PM Bingo	<b>2</b> 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Pickleball@Town Hall Gym 10:30 AM Mah Jong 12:00 PM Bistro@119 1:00 PM Bridge	1:00 PM Zumba Gold 1:00 PM Quilting 2:15 PM Ping Pong	<b>3</b> 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:15 AM Stretch Break (Video)
12:30 –1:30 PM Free Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing	<b>9</b> 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Pickleball@Town Hall Gym 10:30 AM Mah Jong 12:00 PM Bistro@119 1:00 PM Low Vision Support Group	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Origami 2:15 PM Ping Pong 4:00 PM Tropical Paradise Evening at Whitney Place	<b>10</b> 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:15 AM Stretch Break (Video)
12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:00 PM Honoring Choices Presentation 1:30 PM Book Club	<b>16</b> 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Pickleball@Town Hall Gym 10:30 AM Mah Jong 12:00 PM Bistro@119 1:00 PM Bridge 1:00 PM Zumba Gold	1:00 PM Quilting 2:00 PM Better Breathers 2:15 PM Ping Pong	<b>17</b> 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:15 AM Stretch Break (Video)
12:00 PM Bistro@119 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing	<b>23</b> 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Pickleball@Town Hall Gym 10:30 AM Mah Jong 12:00 PM Bistro@119	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Coloring Class 2:15 PM Ping Pong	<b>24</b> 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:15 AM Stretch Break (Video)
12:00 PM Bistro@119 12:45 PM Bridge - SAYC Group 1:00 PM Bingo	<b>30</b> 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Pickleball@Town Hall Gym 10:30 AM Mah Jong 12:00 PM Bistro@119	1:00 PM Bridge 1:00 PM Zumba Gold 2:15 PM Ping Pong	<b>31</b> 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:15 AM Stretch Break (Video)



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- SALMON VNA & Hospice

## Sudoku

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

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

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DIFFICULTY: ★★★☆☆

Answer to  
July  
Sudoku

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

## CROSSWORD PUZZLE

## ACROSS

- 1 Greek letter  
4 Eastern bishop's title  
8 Indian music  
12 Handle  
13 City on the Rhine  
14 Stench  
15 Camel hair cloth  
16 Trave  
18 Olive color  
20 Ger. dive bomber  
21 Witless chatter  
23 Boys' author  
27 Elide (2 words)  
32 Killer whale  
33 Buddhist column  
34 Nape  
36 Atl. Coast Conference (abbr.)  
37 Anatomy (abbr.)  
39 Channel islands  
41 Bless: Yidd.

- 43 Central nervous system (abbr.)  
44 Enamel (Fr.)  
48 Abstract being  
51 Lamia (2 words)  
55 Brown  
56 Card  
57 Norse epic  
58 Vanity  
59 Circular motion  
60 Thoroughfare  
61 Cut

## DOWN

- 1 Interpret  
2 Jap. pit viper  
3 Monkey  
4 Amer. Kennel Club (abbr.)  
5 Round Table knight  
6 Stigma  
7 Korean apricot  
8 Tropical fish  
9 "Fables in Slang" author

## ANSWER TO PREVIOUS PUZZLE

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

- 10 Port. colony in India  
11 Limb  
17 Jamaican dance music  
19 Lug  
22 Kidney bean  
24 Culm (2 words)  
25 Lo (Lat.)  
26 Blue  
27 Thick slice  
28 Bowling alley  
29 Geode  
30 Medieval shield  
31 Fluidity unit  
35 Amer. Red Cross (abbr.)  
38 Sleeping sickness fly  
40 Compass direction  
42 Her Majesty's Ship (abbr.)  
45 Mime  
46 Iodine (pref.)  
47 Wife of Tyndareus  
49 Farinaceous food  
50 Enough (Scot.)  
51 Cask  
52 Noun-forming (suf.)  
53 Aura  
54 Angry

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19		20							
		21		22			23		24	25	26	
27	28				29	30	31		32			
33				34				35		36		
37				38			39		40			
41				42				43				
				44		45	46	47		48	49	50
51	52	53						54		55		
56					57					58		
59					60					61		

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A55

## 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.

### HOW DO I KNOW WHEN I WILL BE PICKED UP?

The night before (or the morning of) your trip, you will receive an automated call with a 20 minute pick-up window for your scheduled trip. You are responsible for waiting in a location where you can see the vehicle arrive during the entire 20 minute pick up window. Once the vehicle arrives, the driver will wait five (5) minutes before leaving for the next scheduled pick up.





## 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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## HAND APPLIQUE

**Day:** 2nd and 4th Tuesday

**Dates:** August 14 & 28

**Time:** 6:00 - 8:00 PM

**Leaders:** Donna Towner & Shirley Tetreault

**Cost:** Free

The class offers Hand Applique for all levels. Bring your own project or come for inspiration. We share tips and techniques. If you're looking for a new hobby or you'd like to share your love of hand appliqué with like-minded folks, this is the workshop for you! We welcome new leaders Donna Towner and Shirley Tetreault. Many thanks to former leader Beth Cunningham for bringing this class to the Senior Center years ago. Her commitment, talent and leadership is greatly appreciated!

## QUILTING

**Day:** 1st & 3rd Thursday

**Dates:** August 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.

## 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!



## JEWELRY MAKING CLASS

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



## ORIGAMI

**Day:** Thursday

**Date:** August 9

**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.

## PIANO LESSONS

**Piano Lessons are on hiatus for the summer. Please look for their return on September 7**

## ART WITH HELEN

Helen's class will be on hiatus for August. Please look for its return in September.

## Coloring

**Day:** Thursday • **Date:** August 23

**Time:** 1:00 PM • **Cost:** Free

**Instructor:** Shirley Mollenhauer

**Pre-Registration Required**

It's the newest trend for adults - coloring! Remember how much fun you had coloring when you were a child? That inner child of yours is anxious to come out and play again. We'll supply the pages as well as the crayons and colored pencils. There are not many hobbies that we, as adults, enjoy that use eye-hand coordination. As kids, we worked hard to develop motor skills and it's important to preserve these skills as we age. It may also help fight cognitive loss, especially if we choose challenging pieces every so often. Sign up today for this fun and relaxing activity!



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***Knollwood***  
***Nursing Center***  
YOUR PARTNERS IN CARE



**MONDAY**

9:00	Aerobics/Strength Training
9:00	Pool
9:30	Bocce (American Legion)
9:30	Massage by Melanie
10:00	Jewelry Making (8/27)
10:00	Pickleball (Town Hall Gym)
10:00	Harmonica Club
11:00	Chair Yoga with Diane
12:00	Bistro Lunch
12:30	Women's Discussion Group (8/6 & 20)
12:30	Pickleball at Town Hall Gym
1:00	Pitch
1:00	Zumba Gold
1:30	English as a Second Language (8/6, 13, 20)
1:30	Memoir Writing
2:00	Needlers

**TUESDAY**

9:00	Art Group
9:30	Beginner Tai Chi w/Helen
10:00	Line Dancing
10:00	Pickleball (Town Hall Gym)
10:00	Pool for Beginners
10:45	Qi Gong Tai Chi w/Helen
11:30	DayBreak
12:00	Bistro Lunch
12:00	Ping Pong
1:00	Tuesday Trivia
2:00	Yoga with Nancy
5:00	Evening Bistro
6:00	Hand Applique (8/14 & 28)
6:30	Seated Chair Yoga

**WEDNESDAY**

9:00	Aerobics/Strength Training
9:00	Pool
10:00	Pickleball (Town Hall Gym)
10:00	Dull Men's Club
10:30	Special Yang Style Tai Chi Class (8/8)
10:30	SPA (8/1)
11:00	Chair Yoga w/Diane
12:00	Yoga with Gene
12:00	Hearing Clinic (8/8)
12:00	Bistro Lunch
12:45	Bridge (SAYC)
1:00	Bingo
1:30	Memoir Writing (8/8 & 22)
1:30	Book Club (8/15)

**THURSDAY**

9:30	Cribbage
9:30	Belly Dancing
10:00	Pickleball (Town Hall Gym)
10:30	Mah Jong
12:00	Bistro Lunch
1:00	Origami (8/9)
1:00	Quilting (8/2 & 16)
1:00	Zumba Gold
1:00	Bridge
1:00	Coloring Class (8/23)
1:00	Low Vision (8/9)
2:15	Ping Pong

**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.

**FRIDAY**

8:30	Qigong Tai Chi
8:30	Jazz Fusion
9:00	Pool
10:00	Pickleball (Town Hall Gym)
10:15	Stretch Break (Video)



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761 Boston Post Rd. | Sudbury, MA 01776 | [orchard-hill.com](http://orchard-hill.com)

# NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | AUGUST 2018

Northborough Senior Center

119 Bearfoot Road

Northborough, Massachusetts 01532



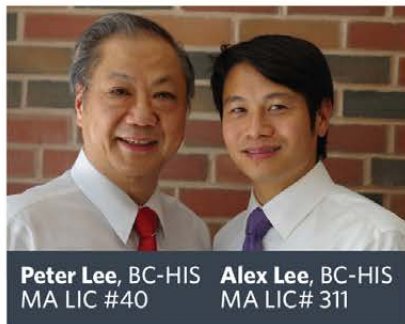
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