

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 5, NO. 12, DECEMBER 2018

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Holidays!*



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CENTER CLOSINGS

The Senior Center will be closed on Tuesday, December 25 & January 1 in observance of Christmas and New Year's Day. The Bistro@119 will be closed for lunch on Monday, December 24.

There will be no regular menu at the Bistro @119 on Monday, December 31. Instead, get your tickets for our **Almost New Year's Eve Brunch Party** that day. More details in this issue!

There will be no classes/programs held at the Senior Center on Monday, December 24th.

Hours for that day will be posted at the Senior Center.

DIRECTOR'S CORNER:

Please join us for our Holiday Party on December 11 and our Almost New Year Eve Party on December 31. More details are in this issue. My best wishes to you and your families for a holiday season that is filled with happiness.

Kelly Burke

If you need to dispose of unwanted prescription drugs, please use the receptacle pictured to the right located at the Northborough Police Department, 211 Main Street.



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
Liasion 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

BayPath is in need of Northborough Meals on Wheels

Volunteer Drivers. If you are interested in volunteering a couple of hours a week at lunchtime to help our seniors in need please contact Anne at: apikelamarche@baypath.org or leave a her a voicemail at: **978-875-1925**.

We are currently accepting donations of greeting cards

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"FRIENDS" ARE A WONDERFUL PART OF THE HOLIDAYS. MAY THIS JOYOUS SEASON BRING YOU
Peace, Health & Happiness!"

Don't forget to renew your membership to the Friends of the Northborough Senior Center. It is a wonderful way to donate to such a worthy cause.

Sincerely, *Anita Hagspiel, President*



Dolores and Ray Salvo are long-time residents of Northborough and are active participants at the Senior Center.

"Coming here is like visiting family and old Friends. We so appreciate the staff and volunteers who help create an atmosphere that is warm, friendly and welcoming to all!"

Dolores and Ray

FRIENDS CASH CALENDAR LOTTERY

Exciting news! This new fundraiser is sure to put some happiness into your holidays!

The Friends will be selling the calendars through Monday, December 31, 2018. Throughout the month of January, a cash prize will be awarded every day. You'll have 31 chances to win. Every time you win, your name goes back into the drawing for another chance to win! These calendars make great stocking stuffers and they're only \$10.00 apiece. What other gift gives a loved one a chance to win money each day for a month? Get one for everyone on your list! Tickets are on sale at the front desk at the Senior Center. All proceeds from this fundraiser go to the Senior Center to support programs and more!

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

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

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

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

Name(s) _____

Address _____

Town, State, Zip _____

Phone _____ Email _____

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

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

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

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



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

- Dec. 4** Chicken Cordon Bleu, Rice Pilaf, Veggie, Assorted Desserts
\$9
- Dec. 11** **Holiday Party!** Yankee Pot Roast, Baked Potato with Sour Cream, Butternut Squash, Caesar Salad, Rolls and Butter, Strawberry Shortcake (see details below)
Tickets \$12
- Dec. 18** Baked Haddock, Homemade Cole Slaw, Potato, Assorted Desserts
\$9
- Dec. 31** Almost New Year Brunch! Egg Dish, Sausage/ Bacon, Home Fried Potato, French Toast, Pastry, Bagels & Cream Cheese, Sparkling Cider. Entertainment by George Curtis (see details below)
Tickets \$10

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!

Join the Harmonica Group as they play holiday favorites at the Bistro@119 on Monday, December 17 at 12:00 PM.

Holiday Party

Day: Tuesday • Date: December 11 • Time: 5:00 PM
Cost: Tickets \$12 (Limit 75) • Pre-Registration Required by 12/7

Join us for a Holiday Party Extravaganza! Chefs Vickie and Carolyn have created a wonderful dinner (described above.) After dinner, Dance students of all ages from Laurene Aldoriso's Academy of Dance Expressions will perform Tap, Ballet, Jazz and Hip Hop routines with a holiday theme. The performance will conclude with a festive sing-a-long! In addition to participating in local and regional talent competitions, Miss Laurene's dance students take pride in spreading the joy of dance through volunteerism and community service.

ALMOST New Year's Eve BRUNCH PARTY

Day: Monday • Date: December 31
Time: 11:30 AM • Cost: Tickets \$10 (Limit 75)
Pre-Registration Required by 12/28

Let's get together and ring in 2019! We'll enjoy a New Year's Eve Brunch of an Egg Dish, Sausage, Bacon, Home Fried Potatoes, Bagels/Cream Cheese, Pastries, Sparkling Cider, Coffee, Tea & Juice. We'll raise our glasses of bubbly (non-alcoholic) and celebrate with noisemakers as we count down to 12:00 (noon). Pick up your tickets by Friday, December 28 to get in on the fun! Please note the Bistro@119 will be closed for lunch on 12/31 because of the party.

MASSAGES BY MELANIE

Day: Mondays • Time: First Appt. is a 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.

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.

BIRTHDAY LUNCH

Date: Monday, December 17 • Time: 12:00 PM

Cost: Free sandwich of your choice for Northborough seniors with December birthdays Pre-registration required

Please join us for Birthday Lunch at the Bistro@119. If you are a town resident and have a birthday in December, the Friends will treat you to a lunch at the Bistro@119, which includes a sandwich of your choice, and of course, cake and ice cream. Even if you're not celebrating a birthday, we'd love to have you join the festivities. Please call the Senior Center at **508-393-5035** to make your reservation.

We mail out birthday coupons to Town Residents to be used the day of the birthday lunch at the Bistro@119. If you do not receive yours by the week before Birthday Lunch, please call us and pick up your coupon here.

UNDERSTANDING MUSIC

Day: Wednesday • Time: 11:00 AM
Leader: Richard Kung • Cost: Free

This year commemorates the 100th anniversary of the great American composer, conductor, author, music educator, and pianist Leonard Bernstein. In 1958, he presented a televised series of lecture from Carnegie Hall with the New Philharmonic called "Young People's Concerts."

This is a series of 23 concerts, each approximately an hour long, covering topics such as "What Does Music Mean," "What is American Music," as well as forms of music, folk music, classical music, Latin music, jazz, etc. The series included performances by the young Yo-Yo Ma, James Oliver Buswell IV, among other famous artists.

We started this series on October 3rd. We'll continue showing this excellent series of concerts every Wednesday from 11:00 AM – 12:00 PM through March 20. You may join at any time and come for as many as like. You're bound to learn something new!

NEW IN 2019

Mimi Witcher will be offering **"Photoshop Afternoons"** on Thursdays at 1:00 PM. This is your opportunity to dive right in and do something amazing with your photos.

Manoj Padki will be offering **"Singing in Rounds"**, 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. Look for its debut early spring 2019.

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STORE HOURS

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Sun. 6am - 6pm

MEAT COUNTER HOURS

Mon. - Sat. 8am - 7pm
Sun. 8am - 5pm

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BREAKFAST: Tues. - Fri. 6am-11pm & Sat. & Sun. 6am-1pm / LUNCH: Tues. - Fri. 11am-2pm / FISH 'FRY-DAY': 5pm-8pm

*Take out or Dine in *Cash Only**

DAYBREAK AT THE NORTHBOROUGH SENIOR CENTER**A Social Day Program Providing Respite for Caregivers • Day: Tuesdays • Time: 11:30 AM – 2:30 PM • Pre-registration required**

If you're a care partner of someone with Dementia, Alzheimer's or memory loss, the DayBreak program may be just what you're looking for. Christine D'Angelo is the Facilitator in Northborough and Marlborough. DayBreak has been a very successful program at the Hudson Senior Center. As an outgrowth of our COME 2B Dementia Friendly initiative, we have partnered with the Senior Centers in Hudson and Marlborough to offer DayBreak 3 times per week. A person with Dementia or a Cognitive Impairment can attend 1 or all 3 days per week. DayBreak provides individuals with a safe and stimulating experience with fun activities and social interaction while providing care partners with much needed time for themselves!

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

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

MANICURES/PEDICURES/REFLEXOLOGY**Days: Thursdays • Dates: December 13 & 20****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.

ENGLISH AS A SECOND LANGUAGE**Day: Monday • Dates: December 3, 10, 17 • 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.

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! Holly can contact you and set up a training.

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.

VET TALK**Day: Friday • Date: December 28 • Time: 9:00 AM • Cost: Free**

Vet Talk is an informal social gathering at which coffee and snacks are served. Vet Talk is an unstructured meeting; no group leader, no rules other than keep it civil. Newcomers are usually asked what service you were in, where you served, when did you enter service, and what did you do in the service. We talk about our military experiences: basic training, specialty training, deployments, and military experiences. The heat or cold and smells that hit us in the face when we disembarked at our destination. Some of us saw combat, some didn't. Our having served binds us together. Try it out and see if this is for you. Our group will meet on the 4th Friday of every month. You are welcome to Vet Talk.

LEGAL CLINIC**Date: Tuesday, December 11 • Time: 1:45 – 2:45 PM****Cost: Free • Attorney: George Pember****Pre-Registration 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.

LEGAL CLINIC**Date: Tuesday, December 11 • Time: 1:45 – 2:45 PM****Cost: Free • Attorney: George Pember****Pre-Registration 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.

TRIPS

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. As this newsletter goes to print, we are planning day & overnight travel plans for 2019. These trips will begin in March 2019 so check out future newsletters and the town website.

SEVEN NIGHT HAWAII CRUISE
March 23 – 30, 2019

TUSCANY & ITALIAN RIVIERA
June 21 – 28, 2019

GREECE & ITS ISLANDS
October 1-12, 2019

TRAVEL CLUB

Day: Tuesday • Date: December 4th
Time: 3:30 PM • Leader: Michael Ziegler
Join Us For Our Last Travel Club Meeting of the Year

We are excited to announce that our final travel club meeting of the year will be on December 4th at 3:30 PM. At the meeting we will be discussing our amazing tour of Greece coming up in the fall of 2019, as well as announcing a new Holiday Tour in 2019 too! Please join us for a great time with refreshments, great travel discussions and a presentation on Greece and It's Islands. Please bring your friends and your travel ideas as to where you would like to go in 2020! Have a great Thanksgiving and see you in December!

OUTREACH NOTES

Aha. Recently I attended the 2018 Massachusetts Council on Aging Conference. One of the sessions I attended led to an aha moment. The theme of the 2018 Conference was Reframing Aging. The idea of reframing aging is not new. But in that context it was about more than depicting aging differently. It was about conceiving aging differently. Aging, it was proposed, is not about something that happens to them or those people. It is about something that happens to all of us throughout our life.

Reframed in that way aging has the potential to unify us rather than separates us. Ideally it becomes something that can help us create possibility or problem solve around better. We are all challenged to reframe aging.

It is not too early to consider these matters. The Outreach Coordinator is available for help with information and resources to help facilitate this process.

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

REMINDER: You should have received your new Medicare card in the mail and don't forget to bring your card and drug list to your appointment!

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.

SPA SERVICES

Day/Date: Wednesday, December 12

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

FREE BLOOD PRESSURE CLINICS

Tuesday, December 4 at 1:00 PM

Where: at the Senior Center Cost: Free

FREE HEARING CLINIC

Date: Wednesday, December 12

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



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

REMINDER: Many plans have made changes to their premiums, deductibles, co-pays, and the drugs that are covered. December 7 is the last day to review your options and make a change for 2019. If you still need assistance in reviewing your coverage, and there are no more SHINE appointments available, call 1-800-MEDICARE (1-800-633-4227). You can also compare plans online at www.medicare.gov/find-a-plan.

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

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

Date: Tuesday, December 18 • Time: 12:30 - 2:00 PM • Cost: Free

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

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

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

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

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

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

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

**TAI CHI/QI GONG/ MEDITATION
MIND BODY & SPIRIT****Day: Every Friday (No class 12/28)****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****(No class December 24)****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, Thursday, Friday****Time: 12:00 – 3:30 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****Last Class December 26—****Returning in April****Time: 11:00 AM – Noon • 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.

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 (VIDEO)**Day: Every Friday • Time: 10:15 AM****Instructor: Video Version of Sharon's Class****Cost: \$3/class**

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

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



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.

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 NANCY**Yoga with Nancy is on hiatus for the month of December.****WALKING CLUB****Day: Thursday • Dates: Through 12/13 • Time: 10:00 AM**

The hikes will continue until December 13. The theme is "Nearby Trails." We will be walking on recreation trails within two miles of the Senior Center. The hikes will be held every Thursday starting at 10:00 AM and will last about two hours. A schedule of the hikes is available at the front desk and the group meets at the Senior Center. Hikes are free and open to all.

**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.

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.

In Memoriam

We are saddened at the Senior Center by the passing of our Yoga Instructor, Gene Pacelli. For many years, Gene taught our Wednesday "Yoga with Gene" class and had a devoted number of participants. Not only was he a superb instructor but he was a wonderful human being and will be sorely missed. Our thoughts are with his wife, Donna and his family at this very difficult time.

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- They purchase **41%** of all **new cars**
- They **spend 74% more** on vacations than any other age group
- They exercise - **16 million exercise** at least 3 times per week
- They **enjoy gambling** and are willing to travel to do so
- They **spend more** on groceries, health products and leisure
- They buy **51%** of all **over the counter drugs**
- They purchase **74%** of all **prescription drugs**
- They purchase **25%** of all **toys**
- They account for **60%** of all **healthcare spending**

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ELDER LAW WITH FRANK AND MARYby *Arthur P. Bergeron*

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

THE VA AID AND ATTENDANCE BENEFIT RULES JUST CHANGED

On October 18th, the Veterans Administration (VA) significantly altered the qualification rules for the Aid & Attendance Benefit.

That benefit, available to anyone who was in active military service of at least 90 days, at least one day of which occurred during a period of war, provides a financial subsidy of up to \$2,169 per month for a married veteran and up to \$1,176 for a veteran's widow or widower to help that person pay for the home care or assisted living costs of that person. This benefit has helped millions of frail veterans and their loved ones stay home longer or move to an assisted living community when the only alternative would have been moving to a nursing home. If you may qualify for benefits now, and especially if you may qualify in the future, you need to understand these changes.

The benefit now will only apply to a person who can show that he or she needs assistance with at least two activities of daily living or needs regular supervision because of a physical or cognitive disability. If your doctor certifies that you need to be in an assisted living community to receive that kind of care, then it may be that the entire benefit can be used to help subsidize your monthly assisted living cost. Many people living in assisted living facilities nationally are taking advantage of this benefit. For those living at home the benefit can actually subsidize the cost of your having a relative (other than a spouse) provide you with care.

Since the idea behind this benefit is to help folks who otherwise could not afford it pay for the extra care they need to live independently, there was always an asset qualification test, which applies to you if you are single and to you and your spouse if you are married. While that test used to be more flexible, it is now much more specific. While your home is not a countable asset, you will now be disqualified from receiving the benefit if you have more than \$123,600 in other countable assets. As of October 18, the VA will also look back three years and include as countable any asset that you transferred to anyone for less than fair market value, whether that transfer was made to an individual or to a trust. In addition, the VA will consider any purchase of an annuity to have been a gift, and will make the amount used to purchase the annuity subject to the 3-year lookback period.

Given these newly-imposed lookback periods, you now will probably need to plan ahead if you want to know this benefit will be available when you need it. 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 and find more in-depth commentary on legal issues on our blog at <http://mirickoconnelltrustsandestateslawblog.wordpress.com/>.

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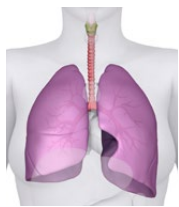
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DULL MEN'S CLUB

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

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

BETTER BREATHERS CLUB

Day: 3rd Thursday of the month
Date: December 20
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*

PHOTOGRAPHY CLUB

Photography Club is on hiatus.
Look for its return on January 22.

HARMONICA CLUB

Day: Mondays • Dates: December 3, 10, 17
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. 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.

TECHNOLOGY TUESDAY

Date: December 18
Time: 2:30 • 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. Sign up and start getting the most out of technology!

BEREAVEMENT GROUP

Day: Second Monday
Date: December 10
Time: 10:30 AM • Cost: Free
Leader: Peggye 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. All are welcomed.

WOMEN'S DISCUSSION GROUP

Day: Mondays • Dates: December 3 & 17
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.

BOOK CLUB

Day: 3rd Wednesday of the Month
Date: December 19 • Time: 1:30 PM
Leader: Maureen Sargent
Cost: Free • Where: Senior Center

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

MEMOIR WRITING GROUP

Day: 2nd & 4th Wednesdays • Cost: Free
Dates: December 12 & 26
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.

LOW VISION SUPPORT GROUP

Day: Thursday • Date: December 13
Time: 12:00 PM • Cost: Free
Leader: Agnes Sagerian

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

**DIVERSITY THROUGH COLLABORATION 2018-2019**

This is a joint effort among five Councils on Aging in Metrowest; Natick, Framingham, Marlborough, Hudson, and Northborough to connect with people 60 and older, who are LGBT and their allies.

Join us for Make Your Own Sundaes on Tuesday, December 4th at 6:30 PM at the Northborough Senior Center

You will meet Lauri Ryding, Program Coordinator, who will discuss this great initiative, her success with reaching out to the LGBT community in Natick, and other programs that will be offered at the partnering Senior Centers.

You can RSVP by calling the Hudson Senior Center **978-568-9638** or contact Lauri Ryding at **508-647-6540** or lyrding@natickma.org

LEGAL PRESENTATIONS

The following legal presentations will be provided by Attorney Arthur Bergeron At the Hudson Senior Center

- **Health Care Proxies & Power of Attorney**
Mon. December 3rd at 6 PM sharp
- **Legal issues & same sex couples**
Monday December 10th at 6 PM sharp :

The Councils on Aging in Natick, Framingham, Hudson, Marlborough and Northborough will host a variety of FREE events on a monthly basis to: improve your feeling of inclusion,

- increase your access to services,
- inform you about financial and health resources,
- broaden your base of supports,
- help us to be more responsive to your needs.

The program is made possible, in part, by funding from the Older Americans Act, as granted by BayPath Elder Services, Inc.

THE REAL ESTATE EXPERT

Article Provided By **KAREN SCOPETSKI** YOUR NORTHBOROUGH REALTOR

DOWNSIZING? WINTER CLEAN OUT? DONATE ITEMS YOU NO LONGER NEED

Planning to sell your house in the next few weeks or months or looking to organize some areas of your home? If so, you likely will want to declutter to improve your house's appearance. Ultimately, donating items may prove to be exceedingly valuable, particularly for those who want to declutter and move in the near future.

By donating items that you no longer need, you can quickly and easily remove clutter from your residence. Plus, you may be able to secure a tax credit for your charitable contributions.

Before you donate your items, however, you should take a close look at your personal belongings and decide which things to keep and which to give to charity. Now, let's take a look at three items that you can donate to charity:

1. CLOTHING - If you intend to move from Florida to Alaska - or vice-versa - there may be a wide range of clothing that you can donate before you move. Ensure that any clothing that you plan to donate is clean. If necessary, wash any dresses, t-shirts and other apparel that you intend to donate. Also, it is always better to err on the side of caution when you donate clothing. If you have clothes that are faded, look worn or torn, you should dispose of these items.

2. ELECTRONICS - For those who plan to downsize, donating electronics is ideal. That way, you can get rid of electronics that won't fit into your new home and do a good deed at the same time. Evaluate your electronics and make sure they work correctly before you donate them. In addition, it often pays to tape any electronics cords, wires and accessories to the items themselves. Check out a charity's electronics donations policies prior to scheduling a donation pick-up too. By doing so, you can guarantee that a charity can pick up and use your excess electronics.

3. APPLIANCES - In many instances, an individual may move into a new address that comes equipped with a new refrigerator, washer, dryer and other appliances. If this happens, you may want to contact local charities to see if they can pick up your current appliances. Reach out to a local charity to find out whether it can pick up your current appliances - you'll be glad you did. If the answer is "Yes" you may be able to avoid having to move big, heavy appliances on your own.

As the aforementioned list shows, there are lots of great items that you can donate to charity. Conduct an in-depth search of charities in your city or town, and you can work with a local charity that can use your excess items.

Lastly, if you ever have questions about which charities in your area will accept donations, don't hesitate to reach out to these organizations directly. Many accept gently used clothing and outerwear, smaller appliances, even furniture and many will come pick up your donations.



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14 DECEMBER 2018 SENIOR CENTER CALENDAR

MONDAY			TUESDAY			WEDNESDAY		
3	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	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	4	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 3:30 PM Travel Club 5:00 PM Bistro @119 6:30 PM Seated Chair Yoga 6:30 PM Diversity Program	5	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Dull Men's Club 10:30 AM Yang Style Tai Chi 11:00 AM Chair Yoga w/Diane 11:00 AM Understanding Music	
10	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:30 AM Bereavement Group 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119	12:00 PM Pickleball@Town Hall Gym 1:00 PM Pitch 1:00 PM Zumba Gold 1:30 PM ESL Class 2:00 PM Needlers	11	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 Night 5:00 PM Bistro Holiday Party 6:30 PM Seated Chair Yoga	12	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Dull Men's Club 10:30 AM Yang Style Tai Chi 10:30 AM SPA Services 11:00 AM Chair Yoga w/Diane 11:00 AM Understanding Music 12:00 PM Bistro@119	
17	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:00 AM Rug Hooking 10:00 AM Harmonica Club 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro Birthday Lunch 12:00 PM Pickleball@Town Hall Gym	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	18	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 12:30 PM Wellness Clinic 1:00 PM Tuesday Trivia 2:30 PM Technology Tuesday 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga	19	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Dull Men's Club 10:30 AM Yang Style Tai Chi 11:00 AM Chair Yoga w/Diane 11:00 AM Understanding Music 12:00 PM Bistro@119	
24	Christmas Eve CENTER OPEN NO CLASSES		25	Merry Christmas SENIOR CENTER CLOSED		26	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Dull Men's Club 10:30 AM Yang Style Tai Chi 11:00 AM Chair Yoga w/Diane 11:00 AM Understanding Music	
31	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 12:00 PM Bistro Almost New Years Eve 12:00 PM Pickleball@Town Hall Gym	1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers	December 2018					



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THURSDAY		FRIDAY	
12:00 PM Bistro@119 12:45 PM Bridge - SAYC Group 1:00 PM Bingo	6 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Walking Club 10:30 AM 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 Quilting 2:15 PM Ping Pong	7 8:30 AM Tai Chi/Qi Gong/ Meditation 8:30 AM Jazz Fusion 9:00 AM Pool Players 9:30 AM Art w/Helen 10:00 AM Piano Lessons 10:15 AM Stretch Break 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 Memoir Writing	13 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 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	12:30 PM Wellness Clinic 1:00 PM Bridge 1:00 PM Low Vision Support Group 1:00 PM Zumba Gold 1:00 PM Origami 2:15 PM Ping Pong	14 8:30 AM Tai Chi/Qi Gong/ Meditation 8:30 AM Jazz Fusion 9:00 AM Pool Players 9:30 AM Art w/Helen 10:00 AM Piano Lessons 10:15 AM Stretch Break 12:00 PM Pickleball@Town Hall Gym
12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Book Club	20 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Quilting 1:00 PM Zumba Gold 2:00 PM Better Breathers 2:15 PM Ping Pong	21 8:30 AM Tai Chi/Qi Gong/ Meditation 8:30 AM Jazz Fusion 9:00 AM Pool Players 10:00 AM Piano Lessons 10:15 AM Stretch Break 12:00 PM Pickleball@Town Hall Gym
12:00 PM Bistro@119 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing	27 9:30 AM Cribbage 9:30 AM Belly Dancing 10:30 AM Mah Jong 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Zumba Gold 2:15 PM Ping Pong	28 8:30 AM Jazz Fusion 9:00 AM Pool Players 9:00 AM Vet Talk 10:00 AM Piano Lessons 10:15 AM Stretch Break 12:00 PM Pickleball@Town Hall Gym
			



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Sudoku

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

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

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

Answer to
November
Sudoku

CROSSWORD PUZZLE

ACROSS

- 1 Noun-forming (suf.)
5 Cry
8 Linguish
12 "Arabian Nights" dervish
13 Harem room
14 Swami
15 Anta
17 Adjective-forming (suf.)
18 Cheer
19 Afr. gazelle
21 Agent (abbr.)
22 Irish church
23 Misplaced
25 Card-reader's card
28 Lead telluride
31 Heb. measure
32 Federal Aviation Admin. (abbr.)
33 Letters sound
34 Two-footed
36 Ionian island
37 Track
38 Ten decibels
39 Fetish
41 State (Ger.)
43 Storage place
46 Onionlike plant
48 Cuban dance
50 Jewelry setting
51 Poetic contraction
52 City in Judah
53 Eng. statesman
54 Electric reluctance unit
55 Love of Abie

DOWN

- 1 Small goby
2 Norse mythical hero
3 Victory site of Nelson
4 To be announced (abbr.)
5 Yuccalike plant
6 Polish border
7 river
8 Saltwort
9 For your information (abbr.)
10 Site
11 Amalekite king
12 Young female pig

ANSWER TO PREVIOUS PUZZLE

U	N	C	A	S		H	B	O		L	I	E
G	E	O	D	E		E	L	M		U	N	S
L	I	M	A	N		D	E	A		A	I	N
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						C	A	C	T	U	S	
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53												

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



ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

AGE-RELATED VISION PROBLEMS



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

— Source: Mayo Clinic



Have a question for the pharmacist?
Email questions to: pharmacist@bouvierpharmacy.com



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*4 Generations of our Family
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BEGINNER PIANO LESSONS**Day: Fridays • Date: December 7, 14, 21, 28****Time: 10:00 AM • Cost: \$10/class****Instructor: Dennis Deyo****Pre-Registration Required**

This class is for all Seniors who have never taken piano lessons and want to start from the very beginning OR for those Seniors who studied piano years ago and want to refresh their skills by starting over. 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. Students will be given a workbook to learn 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 teaching these classes at the Center for a few years.

ORIGAMI**Day: Thursday • Date: December 13****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.



This beautiful garland can be hung around the door or window either lit or unlit.

QUILTING**Day: 1st & 3rd Thursday****Dates: December 6 & 20 • Time: 1:00 PM****Cost: Free • Instructor: Connie Davis**

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

JEWELRY MAKING CLASS**On hiatus for the month of December.****Lori will be back in January!****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!

ART WITH HELEN**Day: Fridays • Date: December 7 & 14****Time: 9:30 AM - 11:30 AM****Cost: \$10 per class • Instructor: Helen Garcia****Pre-Registration Required**

This month is all about the holidays. Bring your holiday images and work with Helen to make them even merrier. Don't have a project you're working on? Beginners are welcome! Come learn about the wonderful world of art!

TRADITIONAL RUG HOOKING**Day: Mondays • Dates: 12/17, 1/14, 2/25, 3/25, 4/29, 5/20, 6/24****Time: 9:00 AM - 12:00 PM****Cost: \$105 for 7 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.

SEWING & KNITTING NIGHT**Day: 2nd and 4th Tuesday****Date: December 11****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!

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!

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Knollwood
Nursing Center
YOUR PARTNERS IN CARE

MONDAY

9:00 Aerobics/Strength Training
 9:00 Massage by Melanie
 9:00 Pool
 9:00 Rug Hooking (12/17)
 10:00 Harmonica
 10:30 Bereavement (12/10)
 11:00 Chair Yoga w/Diane (No class 12/31)
 12:00 Pickleball (Town Hall Gym)
 12:00 Bistro Lunch
 12:30 Women's Discussion Group (12/3 & 17)
 1:00 Pitch
 1:00 Zumba Gold
 1:30 English as a Second Language (12/3, 10 & 17)
 2:00 Needlers

TUESDAY

9:00 Art Group
 9:30 Beginner Tai Chi w/Helen
 10:00 Line Dancing
 10:00 Pool for Beginners
 10:45 Qi Gong Tai Chi w/Helen
 11:30 DayBreak
 12:00 Bistro Lunch
 12:00 Ping Pong
 12:30 Wellness Clinic (12/18)
 1:00 Blood Pressure (12/4)
 1:30 Legal Clinic (12/11)
 1:45 Tuesday Trivia
 2:30 Tuesday Technology (12/18)
 3:30 Travel Club (12/4)
 4:00 Sewing & Knitting Night (12/11)
 5:00 Evening Bistro
 6:30 Seated Chair Yoga

WEDNESDAY

9:00 Aerobics/Strength Training
 9:00 Pool
 10:00 Dull Men's Club
 10:30 SPA (12/12)
 10:30 Yang Style Tai Chi Class
 11:00 Chair Yoga w/Diane (Ends 12/26)
 11:00 Understanding Music
 12:00 Bistro Lunch
 12:30 Hearing Clinic (12/12)
 12:45 Bridge (SAYC)
 1:00 Bingo
 1:30 Memoir Writing (12/12 & 26)
 1:30 Book Club (12/19)

THURSDAY

9:30 Mani/Pedi/Reflexology (12/13 & 20)
 9:30 Belly Dancing
 9:30 Cribbage
 10:00 Walking Club (Ends 12/13)
 10:30 Mah Jong
 12:00 Bistro Lunch
 12:00 Pickleball (Town Hall Gym)
 12:00 Low Vision Support Group (12/13)
 1:00 Bridge
 1:00 Origami (12/13)
 1:00 Quilting (12/6 & 20)
 1:00 Zumba Gold
 2:00 Better Breathers (12/20)
 2:15 Ping Pong

FRIDAY

8:30 Jazz Fusion
 8:30 Qigong Tai Chi (No class 12/28)
 9:00 Pool
 9:00 Vet Talk (12/28)
 9:30 Art with Helen (12/7 & 14)
 10:00 Piano
 10:15 Stretch Break
 12:00 Pickleball
 (Town Hall Gym)

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.

DECEMBER ACTIVITIES



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SENIOR WOMEN* \$13 *age 62 or older

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