

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 6, NO. 2, FEBRUARY 2019



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CENTER CLOSINGS

**The Senior Center will be closed on
February 18 in observance of Presidents' Day.**

WEATHER CLOSINGS

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

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

DIRECTOR'S CORNER:

Winter is often a long season. To keep your winter moving along, why not sign up for some things at the Center? Don't feel like cooking? Join us for lunch at the Bistro@119 on Mondays-Thursdays. There's dinner every Tuesday evening at 5:00 PM. Sign up for one of our presentations: "Ask a Physical Therapist" or "What is Daybreak?" AARP is starting up this month with free appointments to complete your tax returns.

There's always plenty of exercise classes to keep you healthy and happy. Plan on spending some time with us this Winter!

Kelly Burke

119 Bearfoot Road Northborough, MA (Handicapped Accessible)
Phone/After Hours Answering Machine: **508-393-5035**
Fax: 508-393-1503
Web Address: www.town.northborough.ma.us

SENIOR CENTER HOURS:

Monday	8:00 AM - 4:00 PM	Wednesday	8:00 AM - 4:00 PM
Tuesday	8:00 AM - 8:00 PM	Thursday	8:00 AM - 4:00 PM
		Friday	8:00 AM - 12:00 PM

COUNCIL ON AGING MEMBERS

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

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**.

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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!



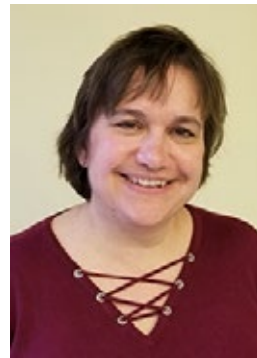
FRIENDS of the
NORTHBOROUGH
SENIOR CENTER, INC.

FEBRUARY AT THE NORTHBOROUGH SENIOR CENTER CAN WARM YOUR HEART WITH FRIENDSHIP, LOTS TO DO AND "GOOD EATS"!!!!

In 2019, we are continuing to feature a person (or people)'s picture and quote each month. This month, we applaud Carolyn, our part-time assistant in the BISTRO. The Friends successful fundraising efforts are supporting her first year.

"For me, the Senior Center means community, companionship and of course, good food. When I learned about the Bistro job opening, that The Friends were making possible, I knew this would be a perfect fit. As a Northborough resident, that also grew up in town, I find this new role to be especially meaningful and rewarding. It has been a real pleasure to get to know the senior members of our community, work alongside hard working volunteers and be welcomed by a supportive and dedicated staff."

Sincerely, *Anita Hagspiel, President*



Carolyn



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 _____

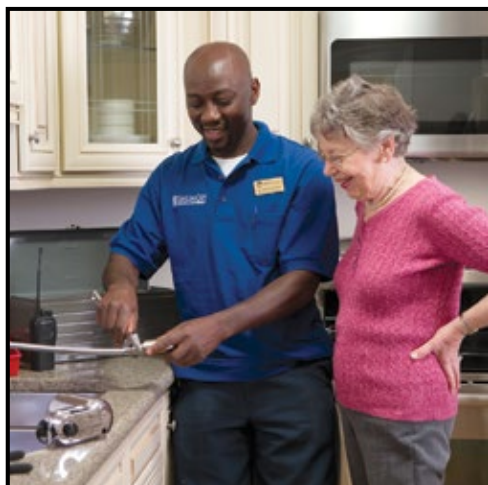
Phone _____ Email _____

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

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- SALMON VNA & Hospice



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

- | | |
|-----------------------|---|
| Feb. 5
\$9 | Taco Tuesday – Hard & Soft Shells
Grilled Chicken and Ground Sirloin with all the Fixings, Mexican Rice with Beans and a Special Dessert |
| Feb. 12
\$9 | Fruit Cup with Sherbet, Open Faced Hot Roast Beef w/gravy, vegetable, Special Dessert |
| Feb. 19
\$9 | Salad & Italian Bread, Stuffed Shells with Meatballs, Assorted Desserts |
| Feb. 26
\$9 | Salad and Bread/Butter, Chicken Pot Pie, Cranberry Sauce, Assorted Dessert |

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!

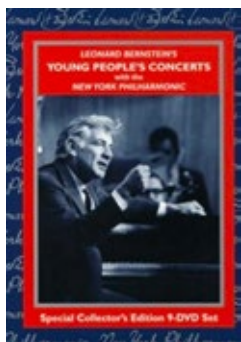
BIRTHDAY LUNCH

Date: Monday, February 25 • Time: 12:00 PM

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

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

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



UNDERSTANDING MUSIC

Day: Wednesdays • 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 you like. You're bound to learn something new!

ASK A PHYSICAL THERAPIST

Day: Wednesday • Date: February 13 • Time: 11:00 AM

Presenter: Tim Kiley, Doctorate of Physical Therapy

Cost: Free

Please join us for an informative question and answer session with local physical therapist Tim Kiley, DPT. Tim is a Managing Partner with Bay State Physical Therapy and recently opened his second practice within the Boroughs Family YMCA. This location proudly serves the communities of Westborough, Shrewsbury, and Northborough. Tim is a graduate of the University of Miami, FL and has been practicing outpatient physical therapy for 13 years. He specializes in post-operative surgical interventions including joint replacement. This information session is open to all who might have questions about physical activity, rehabilitation, or general information on muscles aches and pains. Tim will be able to provide recommendations on how to maintain independence with activities of daily living through exercise and movement strategies. Please bring plenty of questions!

WHAT IS DAYBREAK?

Day: Tuesday • Date: February 12 • Time: 10:00 AM

Cost: Free • Presenter: Christine D'Angelo

Pre-Registration Required

Do you have a loved one experiencing memory loss? Come learn about Daybreak, a drop off social day program Tuesdays from 11:30-2:30 at the Northborough Senior Center. The intent of Daybreak is to provide a safe and stimulating experience with fun activities and social interaction to a person with Dementia or a Cognitive Impairment while giving you, the caregiver, much needed time for yourself.

Please come have coffee with Christine D'Angelo, the Northborough Daybreak facilitator on Tuesday morning at 10:00 AM at the Northborough Senior Center. Ask questions and learn more about Daybreak.

SMALL GROUP TRAVEL:

OUR FIRST TRAVEL CLUB MEETING OF 2019

Day: Tuesday • Date: February 19 • Time: 3:30 PM

Leader: Michael Ziegler • Cost: Free

Join us on Tuesday, February 19th, at 3:30 PM for our first travel club meeting of 2019. At our meeting we will be talking about our upcoming trips for the end of 2019, but will be introducing a new way of travel for the Northborough Seniors. In an exclusive partnership, AAA has been able to secure an opportunity for our travelers to travel with a new tour operator called Club Adventures. Join us and learn more about the opportunity to join small groups of 16 or fewer travelers seeing sights and experiencing beautiful destinations in a way like no other operator can. Experience cultures and destinations in a more intimate and engaging way. Most of all, learn how you can join us in 2019 on our own Club Adventures departure to Paris, Bruges and Amsterdam in October! Bring your wanderlust and bring a friend! We look forward to seeing you there!



NEW IN 2019

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. Please call in and register your interest in joining this class.



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AARP TAX APPOINTMENTS

Day: Wednesdays • Dates: February 6 - April 10 • Time: Appointments 8:30 AM - 12:30 PM • Cost: Free

DO I NEED MY TAXES DONE THIS YEAR?

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

Each year the Northborough Senior Center is pleased to pair with the AARP TAXAIDE Program to offer a free income tax service to seniors in the Northborough area. Local AARP volunteers staff the program, supported by the staff from the Senior Center. The AARP volunteers meet with taxpayers by appointment at the Northborough Senior Center on Wednesday mornings, starting February 6 and ending April 10. Appointments are about 60 minutes with the first starting at 8:30 and last starting about 12:30. Please call the Senior Center at **508-393-5035** to schedule your appointment.

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

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

You are asked to bring all your 2018 tax documents to your appointment. We will require proof of identity (a photo ID) and a Social Security Card or letter from the Social Security Administration documenting all Social Security numbers. Bring proof of health care coverage and the 1095-A if you purchased insurance on the MASS Connector. Bring all income statements - wage statements (W2), interest statements (1099-I), dividend statements (1099-D), retirement income statements (1099-R), social security statements, and brokerage statements (1099-B), and tuition statements (1099-T). Bring proof of real estate tax and water bill payments or rent payments. You most likely will not itemize deductions, but if you have mortgage statements, large charity contributions or medical expenses, bring those to see if you might benefit by itemizing. It is important to bring your copy of your 2017 Federal and State tax return. Not having the required forms will usually mean rescheduling another appointment at a future date.

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



MANICURES/PEDICURES/REFLEXOLOGY**Days: Thursdays • Dates: February 14 & 21****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: Mondays • Dates: February 4, 11, 25 • Time: 1:30 – 3:00 PM****Cost: Students purchase textbook • Instructor: Meredith Bohne**

This month Meredith will focus on Chinese New Year, customs and reading, Valentine poems, Abraham Lincoln, and Valentine plans. We will also be discussing Health Issues and pronunciation of restaurant menus. We'll also review calling for help and speaking on the phone. We'll explore healthy foods for your heart. As always, we'll discuss any topics requested by the class.

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.

SPA SERVICES**Day/Date: Wednesday, February 13****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

LEGAL CLINIC**Date: Tuesday, February 12 • Time: 1:30 – 2:30 PM • Cost: Free****Attorney: Kristine Romano • Pre-Registration Required**

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

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

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

TRIPS

Below is a list of our trips for 2019. For full itineraries, please visit the Senior Center or our page on the Town of Northborough website. Please make checks payable to the Northborough Senior Center. 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.

CELTIC ANGELS OF IRELAND – ST. PATRICK'S DAY SHOW**Tuesday, March 12 – Venus De Milo Swansea, MA**

Celtic Angels of Ireland comprises the best performances within the Irish musical tradition. They will transport us to their homeland of Ireland. Price: \$94 per person includes Transportation, Plated Luncheon, Meals Tax & Gratuity, and Show Ticket/Driver Gratuity is Included.

DANCING DREAM – ABBA TRIBUTE BAND**Wednesday, April 24****Danversport Yacht Club – Danvers, MA**

Celebrate the music of one of the most commercially successful acts in history of popular music, topping the charts worldwide from 1974 to 1982 – ABBA. Price: \$94 per person includes Transportation, Lunch, Show, Tax & Gratuity/ Driver Gratuity is Included.

THE EDWARDS TWINS – WORLD FAMOUS IMPERSONATORS**Sunday, May 19 – Lake Pearl Wrentham, MA**

Remember all the wonderful Variety shows we all grew up on in the 70's & 80's? Now is your chance to see them live and re-created by Las Vegas' number one impersonators of all time. Price: \$94 per person includes Transportation, Plated Luncheon, Meals Tax & Gratuity, and Show Ticket/Driver Gratuity is Included.

TUSCANY & ITALIAN RIVIERA**June 21 – 28, 2019****GREECE & ITS ISLANDS****October 1-12, 2019**

OUTREACH NOTES

Appointments with the AARP Tax Aide program at the Northborough Senior Center begin in February. Volunteer Tax Aides will be assisting people with free income tax return preparation into the month of April. AARP Tax Aides can prepare simple returns. Call the Senior Center if you have questions about the appropriateness of this service for your tax return. Appointments book early.

In addition to saving money on income tax preparation, people often learn about potential tax benefits. The Circuit Breaker, a refundable credit for real estate taxes paid by homeowners and renters, is one example. The filer, or one member of the filing couple, must be 65 before January 1 of the tax filing year in order to apply for the Circuit Breaker. Income restrictions also apply. Income for single filers cannot exceed \$57,000 per year and the income for joint filers cannot exceed \$86,000 per year. The AARP Tax Aides assist qualifying persons with the process of submitting a schedule CB along with a State of Massachusetts tax return to determine eligibility.

Tax Tips for Seniors and Retirees, soon to be updated for 2018 and, available on mass.gov, is informative and may also help with tax savings. Tax benefits are one way for people on a fixed income to compensate for cost of living increases. Please contact the Senior Center to schedule your appointment and/or with your questions about this or other benefit programs.

*Jocelyn Ehrhardt, MSW,
Outreach Coordinator*

I can be reached at 508-393-5035

HERE'S TO YOUR GOOD HEALTH! WELLNESS CLINIC

Date: Tuesday, February 19

Time: 12:30 - 2:00 PM • Cost: Free

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

FREE BLOOD PRESSURE CLINIC

Tuesday, February 5 at 1:00 PM

Where: at the Senior Center Cost: Free

FREE HEARING CLINIC

Date: Wednesday, February 13

Time: 12:30 - 1:30 PM

Appt. Required

MEDICARE CHANGES IN 2019

NEW OPTIONS FOR CHANGING MEDICARE PLANS

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2019.

New! - Medicare Advantage Open Enrollment: For those who have a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March. You can switch to a different Medicare Advantage plan or go back to Original Medicare. If you go back to Original Medicare during this period, you will have the option to enroll in a Medicare drug plan and you could also enroll in a Medigap plan. Any changes made during this period will be effective the first day of the following month.

For Prescription Advantage members or those getting "Extra Help" paying for prescription drugs: You can change your Medicare Advantage plan or drug plan during the year. Those with Prescription Advantage can do this only once each year. New in 2019, those with "Extra Help" can no longer change monthly. Changes are allowed once per quarter during the first three quarters of the year.

5-Star Special Enrollment Period: Everyone on Medicare has an opportunity to enroll in a top-rated (5-Star) plan, once during the year. The two Blue Medicare Rx Part D drug plans, and the Tufts Medicare Preferred HMO Medicare Advantage plans have achieved the 5-Star rating again for 2019. You can switch from another Medicare Advantage or drug plan, or to enroll in one of these plans, even if you don't have other coverage.

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

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

VOLUNTEER OPPORTUNITY

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

DAYBREAK AT THE NORTHBOROUGH SENIOR CENTER

A Social Day Program Providing Respite for Caregivers

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

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

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

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

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

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

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

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

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

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

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

**TAI CHI/QI GONG/ MEDITATION
MIND BODY & SPIRIT****Day: Every Friday****Time: 8:30 – 9:30 AM****Cost: \$3/class****Instructor: Rev. Helen Morin**

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

ZUMBA GOLD**Days: Mondays & Thursdays****Time: 1:00 PM • Cost: \$3/class****Instructor: Mary Abate**

This easy-to-follow program allows anyone any age or either sex to be able to perform the Zumba Gold dance moves to upbeat and fun music. Join us and let the party begin!

BELLY DANCING**Day: Thursdays • Time: 9:30 AM****Instructor: Gypsy Phillips****Cost: \$3/class**

Shimmy your way to a new figure while having fun at the same time. You'll learn the techniques and steps of this timeless dance form and have a great time.

PICKLEBALL**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!

YOGA WITH REBECCA**Day: Every Wednesday****Time: 12:00 PM****Cost: \$3 • Instructor: Rebecca Reber**

The benefits of yoga are amazing including greater flexibility, balance, strength along with calming the mind and relaxation. This class begins with a meditation and gentle warm-up to an easy flow of postures in which choices will be given depending on experience level and then ending in a final relaxation or Savasana. Rebecca has been practicing yoga for over 15 years. She received her 200 certification three years ago and teaches at local COA. To find out more about her please visit www.rebeccareberyoga.com

CHAIR YOGA WITH DIANE**On hiatus until April 2019.****TRADITIONAL CHINESE
YANG STYLE TAI CHI****Dates: Wednesdays****Time: 10:30 – 11:45 AM • Cost: \$3/class****Instructor: Yunping Hu**

Come and learn Traditional Chinese Yang Style Tai Chi, the most popular and relaxing Tai Chi style. It will be taught by Ms. Yunping Hu, the champion of multiple international Tai Chi competitions held in US and the student of Tai Chi master Sitan Chen. Both beginners and experienced Tai Chi practitioners are welcome. The forms to be taught include Tai Chi 8 Form, 16 Form and 24 Form.

STRETCH BREAK**Day: Every Friday • Time: 10:15 AM****Cost: Free • Instructor: Sharon McDevitt**

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

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



Pauline Berkes
(Rebecca's Mom)

**SEATED
CHAIR YOGA****Day: Tuesdays****Time: 6:30 PM****Cost: \$3/class****Instructor:
Rebecca Reber**

Rebecca Reber has been practicing yoga for about 15 years. In this class you will stretch, twist

and lengthen your bodies through a series of easy to follow repetitive movements. Rebecca will combine this with inhales and exhales as we work with props to get the most out of every movement. The hour session will end in a relaxing Savasana. This class is for beginners to more experienced yogis as any type of movement is wonderful. Come and have fun while enjoying the benefits of movement.

NEW

SEATED CHAIR YOGA

Day: Wednesdays • Time: 1:30 PM

Cost: \$3 • Instructor: Rebecca Reber

Join us for a seated Chair Yoga class where we will move with our breath through stretches, bends and twists. Come enjoy the movement and leave feeling relaxed and refreshed!

NEW

GENTLE BALLET

Day: Mondays • Date: Starting February 11

Time: 10:15 AM • Cost: \$3/class

Pre-Registration Required

Ballet dancing is a timeless art form that combines exercise and artistry. Come join us for a gentle ballet class designed for seniors of all capabilities. This class uses ballet techniques to focus on strength, flexibility, and balance, as well as coordination and pattern making for memory improvement. No experience or tutus necessary! Come have fun with us and learn something new!

POOL FOR BEGINNERS

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

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

Instructor: Kevin Wright • Pre-registration is required

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

YOGA WITH NANCY

Yoga with Nancy is on hiatus until spring.

PING PONG

Day/Time: Tuesdays at 12:00 PM

and Thursdays at 2:15 PM • Cost: Free

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

NEW

FLEX AND TONE

Day: Tuesdays • Time: 2:00 PM

Cost: \$3 • Instructor: Rebecca Reber

Stretching is one of the most neglected health components. This class will use props- blocks and straps - along with a variety of stretching methods to improve flexibility, range of motion, promote circulation and improve strength and flexibility. All are welcome!



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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.

THINGS TO CONSIDER WHEN TRYING TO AVOID PROBATE

Probate is the court process of determining who gets your assets when you die. A Will does not avoid probate, but it governs who will get your assets owned in your sole name. To avoid probate, you need to structure things so that, when you die, your assets pass automatically to the persons you want to receive them. Here are some ways to avoid the probate process:

- **Name a Beneficiary.** Many assets, such as IRAs, life insurance, annuities, etc. require the naming of a beneficiary. For bank accounts and brokerage accounts, you may be able to make a "pay on death" (POD) or "transfer on death" (TOD) designation so that probate can be avoided.
- **Own assets jointly with someone else.** With a joint account, title passes to the surviving joint owner automatically.
- **Use Deed with Retained Life Estate.** You can give a "remainder" interest in real estate to the person you want title to go to when you die. You reserve a "life estate" so you get to live there for life. Title passes automatically when you die and does not have to go through probate.
- **Don't Forget Trusts.** In the right situation, trusts can avoid probate and ensure that your assets go to the persons you want to benefit. They are also great to provide asset protection for your beneficiaries.
- **Give assets away early.** I often joke with my clients that, by giving things away early, you get to avoid probate while also getting to hear people say "thank you." Don't give away things you might need, of course (like all your money). One variation on this strategy is to have the agent you have named in your Power of Attorney (you do have a Power of Attorney, right?) give your property away just before you die.
- **Deal with the car.** Because the car has a title, you can't sell it unless the title shows it is yours. If you die and your spouse survives you, it is presumed that he/she is the surviving joint owner. Otherwise, there needs to be probate. The most common way to avoid this is to name a joint owner. Remember, though, that the joint owner may be liable if you get into an accident. So you may want to get additional insurance if you own your car in joint name.
- **Don't forget anything.** The old jalopy, the old passbook account you forgot about, the life insurance policy where you forgot to change the beneficiary when your spouse died. These all need to be dealt with, and name a beneficiary, if possible.

If you need more information on this, you can contact me at (508) 860-1470 or abergeon@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/>.

Article Provided By

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ATTORNEYS AT LAW

MIRICK O'CONNELL

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HAPPY  Valentine's Day

MASSAGES BY MELANIE

Day: Mondays • Time: First Appt. is at 9:00 AM, Last apt. is at 2:30 PM

Therapist: Melanie Railing

Cost: Varies by service/Price list at front desk/Call for more info

Do you have muscle tension or stiffness? Do you want to stimulate the circulation of your blood and lymph fluids and increase your joint flexibility and range of motion? Massage therapy can help you with this and so much more! Melanie is a Licensed Therapeutic Massage Therapist with over 25 years of experience offering both chair and table massages. Please call the front desk, **508-393-5035** for more information and to schedule your relaxing massage.

DULL MEN'S CLUB

Please note: Meeting starts at 11:00 AM on the first Wednesday of the month only.

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: February 21 • Time: 2:00 PM

Cost: Free • Leader: Bonnie Kenney

Pre-Registration Required

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

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

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

BEREAVEMENT GROUP

Day: Second Monday • Date: February 11

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.

PHOTOGRAPHY CLUB

Day: Tuesday • Date: February 26

Time: 1:00 PM • Cost: Free

Michael Roman, a local photographer, will be doing constructive critiques of images as a learning experience. He said, "I picture everyone being able to provide input (if they want to), but I could fill in any gaps since I do this kind of commentary a lot when judging area contests."

**HARMONICA CLUB**

The Harmonica Club is on hiatus during February

DIGITAL PHOTOGRAPHY I

Day: Tuesdays • Date: February 12-March 12

Time: 3:30 – 5:00 PM

Instructor: Steve McGrath

Cost: \$10/class or \$45 for series of 5 classes

Pre-Registration Required

Are you still getting to know your digital camera and its features? Here's an opportunity to learn from an expert in this seminar for beginners! Bring your camera and learn when and how to use its special features, such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography.

WOMEN'S DISCUSSION GROUP

Day: Mondays • Dates: February 11 & 25

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: February 20 • Time: 1:30 PM

Leader: Maureen Sargent

Cost: Free • Where: Senior Center

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

LOW VISION SUPPORT GROUP

The Low Vision Group will be on hiatus until March 2019.

MEMOIR WRITING GROUP

Day: 2nd & 4th Wednesdays

Dates: February 13 & 27 • Cost: Free

Time: 1:30 PM

Participants enjoy writing and sharing their stories from various stages in their lives. Join this fun group as they remember and write about the interesting times of their lives. Some of the members arrive at 12 noon for lunch at the Bistro. New members are welcome.

PHOTOSHOP ELEMENTS**AFTERNOON**

Day: Thursdays

Time: 1:00 – 2:00 PM Class time,

2:00 – 3:30 PM Lab

Cost: \$5 for the afternoon

Pre-Registration Required

Our first hour will offer easy-to-understand lessons on enhancing your digital photos, restoring and coloring old photos and learning to use the Photoshop Interface. The second hour and a half will be a lab where you can practice the concepts you have learned or where you can work on your own photos.

VET TALK

Day: Friday • Date: February 22

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.



HAPPY NEW YEAR... FROM MY FAMILY TO YOURS!

As we start a new year and close out the last, I feel extremely blessed when reflecting on the past. Twenty-six years ago, I began my career as a real estate agent. I never could have imagined the amazing journey that was ahead. I have met incredible individuals along the way, many of whom I feel honored to now call friends. This adventure has seen the growth of my four children, the marriage of three children (and looking forward to the fourth this summer), and the birth of my first grandchild, with a second on the way.

Throughout the years there have been several discussions about the key to success. Though there are many different opinions, I truly believe that the real key to my success is all of you; my clients, friends and family. I want to take this opportunity to express my heartfelt gratitude to each and every one of you. I am deeply touched by the kind words, referrals, loyalty, and constant support that I have been shown over the years and want you to know that I sincerely appreciate everything you have done.

I look forward to the opportunity to assist you with any of your real estate needs in the years to come.

Best wishes for a happy & healthy 2019, filled with laughter, love, and happiness.

Warm Regards,

Karen Scopetski

*Northborough's Number 1 Premier Agent
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14 FEBRUARY 2019 SENIOR CENTER CALENDAR

MONDAY		TUESDAY		WEDNESDAY	
					
4	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 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	5	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119 12:00 PM Ping Pong	1:00 PM Tuesday Trivia 1:00 PM Blood Pressure Clinic 2:00 PM Flex and Tone 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga
11	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Jewelry Making 10:15 AM Gentle Ballet 10:30 AM Bereavement Group 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	12	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 Daybreak Presentation 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Bistro@119	1:00 PM Tuesday Trivia 1:30 PM Legal Clinic 2:00 PM Flex and Tone 3:30 PM Digital Photography 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga 7:00 PM COA Meeting
18	Presidents' Day Holiday CENTER CLOSED		19	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/Health Clinic 1:00 PM Tuesday Trivia 2:00 PM Flex and Tone 3:30 PM Travel Club 3:30 PM Digital Photography 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga
25	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Rug Hooking 9:00 AM Massage w/Melanie 10:15 AM Gentle Ballet 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	26	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Bistro@119 1:00 PM Tuesday Trivia	1:00 PM Photography Club 1:00 PM Digital Photography 2:00 PM Flex and Tone 3:30 PM Digital Photography 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga
				27	8:30 AM AARP Appointments 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 Understanding Music 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca



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THURSDAY		FRIDAY	
		1	8:30 AM Tai Chi/Qi Gong/ Meditation 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 Seated Chair Yoga	7 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	8	8:30 AM Tai Chi/Qi Gong/ Meditation 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
12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:30 PM Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing 1:30 PM Seated Chair Yoga	14 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	15	8:30 AM Tai Chi/Qi Gong/ Meditation 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 1:30 PM Seated Chair Yoga	21 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	22	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:00 AM Vet Talk 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 Memoir Writing 1:30 PM Seated Chair Yoga	28 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	February 2019	



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Sudoku

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

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

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

Answer to
January
Sudoku

CROSSWORD PUZZLE

ACROSS

- 1 David's commander
- 6 Amyotrophic lateral sclerosis (abbr.)
- 9 Vein (pref.)
- 12 Irish poet
- 13 Gamble
- 14 Church vessel
- 15 Peruvian relic
- 16 Counter
- 17 Rim
- 18 Laughter sound
- 20 Of flightless birds
- 22 Towhead
- 24 Sup
- 27 Air-to-air missile (abbr.)
- 28 Tilt: naut.
- 32 Cyclades island
- 34 Hebrew (abbr.)
- 36 Gr. wine container
- 37 Distribute
- 39 General

equivalency diploma (abbr.)

- 41 Mulberry of India
- 42 Expedition
- 44 Secrets
- 47 Rifle
- 52 Amer. Automobile Assn. (abbr.)
- 53 Self
- 55 Forbidden
- 56 Energy unit
- 57 Freedom, briefly
- 58 Happen
- 59 Dutch commune
- 60 Donkey (Fr.)
- 61 Intervening, in law

DOWN

- 1 Eight (Ger.)
- 2 Wry face
- 3 Wings
- 4 Whatever

ANSWER TO PREVIOUS PUZZLE

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

- 5 One-celled organism
- 6 Warp yarn
- 7 Discover
- 8 Street (Ital.)
- 9 Son of Odin
- 10 Vent
- 11 Back of the neck
- 19 King of Israel
- 21 Distant (pref.)
- 23 Last
- 24 Electrocardiogram (abbr.)
- 25 Eastern church chalice veil
- 26 And
- 29 Bantu language
- 30 Spring
- 31 Aviv
- 33 Elam's capital
- 35 Ice mass
- 38 Low-grade brown sugar
- 40 One-celled alga
- 43 Dickens character
- 44 Berne's river
- 45 S. Afr. Boer assembly
- 46 Herring barrel
- 48 Sprint
- 49 First principles
- 50 Subject in grammar
- 51 Gilt
- 54 Laconian clan group

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A61

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



Do you have Ostomy, Urological, Wound Care or Incontinence supplies delivered to your home? Don't deal with a faceless 800 number, deal with a local, family business you can trust, call Bouvier's!



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515 Lincoln Street, Marlborough, MA

Fax: 508-485-8777

Call 508-485-0432

www.bouvierpharmacy.com

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

BEGINNER PIANO LESSONS**Day: Fridays****Time: 10:00 AM • Cost: \$10/class****Instructor: Dennis Deyo****Pre-Registration Required**

This class will be for all older adults who have never taken piano lessons and want to start from the very beginning OR for those older adults who studied piano years ago and want to refresh their skills by starting over. These hour-long classes will be held on Fridays at 10 AM and students will be given a chance to take turns playing their music during the class. True beginners will be given a workbook to learn how to read music, a scale chart, an exercise book and a song book. Total cost for all materials will be \$35.00, and the cost for the one-hour class will be \$10.00. Sign up now. The class will be taught by Dennis Deyo, who has been a piano teacher for over 50 years.

LATCH HOOK ART

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

ORIGAMI**Origami is on hiatus until March.****QUILTING****Day: 1st & 3rd Thursday****Dates: February 7 & 21 • 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**Day: Monday • Date: February 11****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.

TRADITIONAL RUG HOOKING**Day: Mondays • Dates: 2/25, 3/25, 4/29, 5/20, 6/24****Time: 9:00 AM - 12:00 PM****Cost: \$75 for 5 classes****Instructor: Joyce DiGregorio****Pre-Registration Required**

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

NEEDLERS (KNITTING GROUP)**Day: Mondays • Time: 2:00 PM****Cost: Free • Leader: Sue Goyette**

Want to your 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: February 1, 8, 15, 22****Time: 9:30 AM - 11:30 AM****Cost: \$10 per class • Instructor: Helen Garcia****Pre-Registration Required**

This month, Helen will explore painting with Gouache. Gouache is a water based paint with the coverage characteristics of acrylics. Try something new! These classes are open to beginners through more experienced painters. Join us to express your artistic side!

SEWING & KNITTING NIGHT**Day: 2nd and 4th Tuesday****Date: February 12 & 26****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!



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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 (2/25)
- 10:00 Jewelry Making (2/11)
- 10:15 Gentle Ballet
- 10:30 Bereavement (2/11)
- 12:00 Pickleball (Town Hall Gym)
- 12:00 Bistro Lunch
- 12:30 Women's Discussion Group (2/11 & 25)
- 1:00 Pitch
- 1:00 Zumba Gold
- 1:30 English as a Second Language (2/4, 11, & 25)
- 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 (2/19)
- 1:00 Tuesday Trivia
- 1:00 Blood Pressure (2/5)
- 1:00 Photography Club (2/26)
- 1:30 Legal Clinic (2/12)
- 2:00 Flex and Tone
- 3:30 Digital Photography I
- 4:00 Sewing & Knitting Night (2/12 & 26)
- 5:00 Evening Bistro
- 6:30 Seated Chair Yoga

WEDNESDAY

- 8:30 AARP Appointments
- 9:00 Aerobics/Strength Training
- 9:00 Pool Players
- 10:00 Dull Men's Club
(1st Wed/month starts at 11:00 AM)
- 10:30 SPA (2/13)
- 10:30 Yang Style Tai Chi Class
- 11:00 Understanding Music
- 12:00 Bistro Lunch
- 12:30 Hearing Clinic (2/13)
- 12:45 Bridge (SAYC)
- 1:00 Bingo
- 1:30 Memoir Writing (2/13 & 27)
- 1:30 Seated Chair Yoga
- 1:30 Book Club (2/20)

THURSDAY

- 9:30 Mani/Pedi/Reflexology (2/14 & 21)
- 9:30 Belly Dancing
- 9:30 Cribbage
- 10:30 Mah Jong
- 12:00 Bistro Lunch
- 12:00 Pickleball (Town Hall Gym)
- 1:00 Bridge
- 1:00 Quilting (2/7 & 21)
- 1:00 Zumba Gold
- 1:00 Photoshop Elements Class
- 2:00 Better Breathers (2/21)
- 2:00 Flex & Tone w/Rebecca
- 2:15 Ping Pong

FRIDAY

- 8:30 Qigong Tai Chi
- 9:00 Pool Players
- 9:00 Vet Talk (2/22)
- 9:30 Art with Helen (2/1, 8, 15, 22)
- 10:00 Piano Lessons
- 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.

As we go to print, we do not have a date for **Technology Tuesday**. If you are interested in making an appointment for any type of technology help, please call us to make arrangements.

FEBRUARY ACTIVITIES

hats off
a walk-in barber shop

Times Square Plaza • 299 W Main Street Northboro, MA
www.hatsoffbarbershop.com
508-393-7647

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

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

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NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | FEBRUARY 2019

Northborough Senior Center
119 Bearfoot Road
Northborough, Massachusetts 01532

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