

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 6, NO. 1, JANUARY 2019

Happy New Year!

Special Thanks to our
Proud Premier Sponsor



**KAREN
SCOPETSKI**
REALTOR

Westborough HealthCare

Post-Acute Rehabilitation to
strengthen, support and help
you succeed on your *Next Step*
to getting home.

Call us Today!
508.366.9131

Short Term Rehabilitation * Respiratory Care * Respite Care * Wound Care * Hospice & Palliative Care



8 Colonial Drive, Westborough MA 01581 | 508.366.9131 | www.nextstephpc.com

- | | |
|----------------------|------------------------------------|
| 3 Friends Corner | 13 Real Estate Expert |
| 4 - 6 Special Events | 14 - 15 Calendar |
| 6 Trips | 16 Brain Games |
| 7 Health & Wellness | 16 Northborough
COA Van Service |
| 8 - 9 Fitness | 17 Ask a Pharmacist |
| 10 Elder Law | 18 Arts & Crafts |
| 11 Local Dining | 19 Weekly
Activities |
| 12 Groups & Courses | |

CENTER CLOSINGS

The Senior Center will be closed on Tuesday, January 1 and Monday, January 21 in observance of New Year's Day and Martin Luther King Jr. Day.



DIRECTOR'S CORNER:

On behalf of the Senior Center staff, the Council on Aging and myself, Happy New Year to you and your families. As you know, many resolutions are made at this time of year. The Senior Center may be able to help you make those resolutions a reality. Looking to add some fun into your life? How about joining in the fun at the Pine Wood Derby on January 8. Looking to downsize this year? Join us to learn more about it on January 23. Think you need to brush up on your culinary skills? Plan on coming to a Cooking Demonstration on January 24. Learn more about equipment that can make your home a safer place to be on January 9. We also have a new "Yoga with Rebecca" class every Wednesday at noon.

There's a lot more to choose from so check out all the activities in this issue and get your New Year off to a good start!

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
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

Relax.

Your banking is under control.

Senior Checking from Avidia Bank

Senior checking offers interest on balances of \$.01 and higher with no minimum balance requirements or monthly maintenance fees.

Manage your account online for free!

Available to customers as young as 65.



Avidia Bank

avidiabank.com



Member FDIC | Member DIF



Visit us at:
**53 Main Street
Northborough, MA**



Happy New Year Dear Friends!

This year - may we continue to share the genuine friendship that adds happiness & warmth at the Northborough Senior Center. We all get the exact 365 days...The only difference is what you do with them.

Jack and Joann Sharp are our honorary chairs of our annual campaign. They're quoted as saying ""The Senior Center isn't just an aesthetically beautiful building but also under its roof is a wonderful loving and caring community to all who enter."



Jack and Joann Sharp

January is time to renew your Friends' membership if you haven't already.

The Board of the Friends are excited about our January Calendar Raffle. You still have time through the month of January to buy your Calendar Raffle and have a daily chance to win money. Check it out at the Senior Center.

Sincerely, *Anita Hagspiel, President*

FRIENDS CASH CALENDAR LOTTERY- Exciting news! This new fundraiser is sure to put some happiness into your New Year!

The Friends will be selling the calendars through Wednesday, January 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! They're only \$10.00 apiece. What other fundraiser gives you a chance to win money each day for a month? 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!

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

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!

UNPARALLELED COMFORT AND CONVENIENCES

- Warm and gracious setting for seniors needing a little help with daily routines
- Private or shared apartments
- Individual attention from trained PCAs and a skilled recreation team
- Alzheimer's care
- Social events and recreation



WHITNEY PLACE
ASSISTED LIVING AND MEMORY CARE



NORTHBOROUGH
508.393.5655

WESTBOROUGH
508.836.4354

WWW.SALMONHEALTH.COM



SALMON
HEALTH and RETIREMENT

CONTINUUM OF CARE

- THE WILLOWS Retirement Communities
- WHITNEY PLACE Assisted Living and Memory Care
- BEAUMONT Skilled Nursing and Rehabilitation
- 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.

Jan. 8 \$9	Vickie's Chicken, Cranberry Sauce, Vegetable, Rice Pilaf, Bread and Butter, Assorted Desserts
Jan. 15 \$9	NEW! Cheese Ravioli with Tomato and Sausage Sauce, Salad, Bread and Butter, Assorted Desserts
Jan. 22 \$9	Meatloaf & Gravy, Mashed Potato, Vegetable, Salad, Bread and Butter, Assorted Desserts
Jan. 29 \$9	Roast Pork, Baked Potato, Applesauce, Vegetable, Cornbread & Butter, Assorted Desserts

Please note that our dinners are very popular. We almost always have a waiting list for our ticketed "Dinner and a Show". Therefore, tickets must be paid in full by the Friday before the event. That way, if your plans change, someone from the waiting list can use your tickets. Thanks, in advance, for your understanding and cooperation with this new policy!

COOKING DEMONSTRATION

Day: Thursday
Date: January 24
Time: 1:30 PM
Cost: Free
Pre-Registration Required

Are you looking for a few new recipes to kick off the New Year?

Join us as Kelly Landini, Director of Business Development and Nina Quirk, Director of Culinary Services from LCB Living will demonstrate how to make a delicious winter meal.

Samples of the following will be shared after the presentation:

- A Winter Salad of : Arugula, Gem Lettuces, Fennel, Citrus Fruit Segments & Pickled Red Onion with a French Vinaigrette
- Homemade Spinach & Ricotta Stuffed Ravioli in a Creamy, light tomato sauce



THE PINE WOOD DERBY

Day: Tuesday • Date: January 8
Time: 6:00 PM • Cost: Free • Pre-Registration Required

A Pine Wood Derby may bring back good memories of your own childhood or of working with your child.

This month, we hope to re-create those memories and make some new ones. Come join Boy Scout Pack 55 as we make teams of both

seniors and scouts on Tuesday, January 8 at 6:00 PM. It's sure to be a fun night of assembling, painting and racing cars at the Senior Center. Both men and women are welcome to get in on the action! Please let us know you'll be joining in the fun so we can plan accordingly.



BIRTHDAY LUNCH

Date: Monday, January 28 • Time: 12:00 PM

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

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

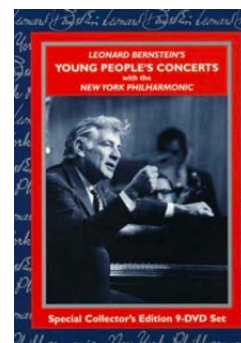
We mail out birthday coupons to Town Residents to be used the day of the birthday lunch at the Bistro@119. If you do not receive yours by the week before Birthday Lunch, please call us and pick up your coupon here.

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!

STAYING SAFE AT HOME

Day: Wednesday • Date: January 9 • Time: 1:00 PM
Presenter: Kimberly Shortman, Occupational Therapist

Are you finding yourself afraid of getting into your bathtub? Is putting on shoes and socks daunting? Do you know what devices and equipment are available to help keep you safe and independent at home?



Falls are the leading cause of fatal and non-fatal injuries in older Americans. Falls threaten seniors' safety and independence and create huge financial and personal costs. Practical lifestyle adjustments are one means of reducing falls.

There are some simple home safety modifications and non-expensive adaptive equipment that can help you to remain safe and independent in your home.

Please join us as we explore some of these options. If you have a walker or cane, please bring them with you, as we would like to ensure that they are adjusted correctly.

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

STUFF, LOVE IT OR LEAVE IT!

Day: Wednesday • Date: January 23 • Time: 1:30 PM

Cost: Free • Presenter: Ann Newberry

Pre-Registration Required

This humorous presentation by Ann Newberry, Senior Move Manager and Owner of Smooth Transitions of Massachusetts, will gently start you thinking about how to go through your lifetime of treasures to decide what to keep and directions to go with everything else as you downsize to keep your living space safe yet still uniquely yours. Whether you are staying where you are for now or thinking of moving, come join her to learn her Smooth Transitions of Massachusetts tips to 'Take the stress out of changing your address'.



NORTHBOROUGH
Check it out!

If you are homebound or disabled, we'll take our library service to you...

INCLUDING

- COURIER SERVICE
- BOOKS, BRAIN GAMES
- CDs and PLAYERS
- YOUR SELECTIONS or our LIBRARIANS' SUGGESTIONS

LIBRARY ON THE GO
NORTHBOROUGH FREE LIBRARY
BRANCHING TO YOU

Bringing the library to your doorstep

Contact Rick Starzyk,
Outreach Services Coordinator
508.393.5025 x 9
northboroughlibraryonthego@gmail.com

Do you know about our Outreach Services?

Shouldn't this be
YOUR NEXT HOME?



We invite you to come and experience our affordable, independent, and assisted living options at the **Orchard Hill at Sudbury**. Ask about our fun-filled activities and trips, renowned dining services, and the many other benefits our award-winning community has to offer.

Discover the Orchard Hill Difference.
Come take a tour & enjoy lunch with us!

Contact Jennifer Belesi
at 978.443.0080



Orchard Hill Assisted Living

761 Boston Post Rd. | Sudbury, MA 01776 | orchard-hill.com

Escaping the New England winter?



**Bank with us
wherever you go.**

Central One members have access to more than 5,000 CO-OP Shared Branch locations across the country.

To find your nearest shared branch location, go to:
centralfcu.com/resources/shared-branching

(please note: Central one is not part of the CO-OP ATM Network)



148 Main Street, Northborough • 508-393-8112



MANICURES/PEDICURES/REFLEXOLOGY**Days: Thursdays • Dates: January 10 & 24****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: January 7, 14, 23, & 28 • 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: January 25 • 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.

SPA SERVICES**Day/Date: Wednesday, January 16****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, January 8 • Time: 12:00 - 1:00 PM • Cost: Free****Attorney: Aaron Hutchins • Pre-Registration Required**

The Legal Clinic will be staffed by Attorney Hutchins. 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

Resiliency, the ability to bounce back or rebound, is a concept that until recently has been applied primarily to children; particularly those in adverse circumstances. It is gaining attention and interest in the field of aging. This conceptualization of resiliency could be a promising addition to our personal toolboxes in the new year.

An example of this trend can be found at the Resilient Aging Lab (www.resilientaginglab.com). Resilient Aging Lab, in the business of reframing aging, maintains that "Aging is inevitable, living well is a skill." Resiliency, they contend, is a skill that can help us accept transition and age well. This model is intended for adults transitioning into retirement and after. Also from the Resilient Aging Lab; "We have never lived this long...we are experiencing a level of uncertainty and ambiguity that challenges us to think differently".

Uncertainty and ambiguity are feelings that come up over and over again in the Outreach Office. Older residents and their loved ones lament feeling thrust into unfamiliar situations without direction. According to Resilient Aging Labs resiliency, when cultivated and practiced, enables us to set goals or make decisions with clarity, confidence, connectedness, control and contentment. Outreach is always available to provide guidance regarding resources and eligibility matters.

Unlike other models of aging, the focus is not on where you age, other than to caution against isolating. The emphasis is on purpose, relational aspects of life and the opportunity to thrive. Whether you delve into the literature on this topic or not, purpose, social connectedness and the opportunity to grow can be found at the Northborough Senior Center. Join us in flexing your resiliency muscle in 2019.

*Jocelyn Ehrhardt, MSW,
Outreach Coordinator*

I can be reached at 508-393-5035

FREE BLOOD PRESSURE/ WELLNESS CLINICS

The Blood Pressure Clinic is held on the first Tuesday of the month. Because of the New Year's Day holiday, it will not be held this month. The nurse will be available to take your blood pressure at the Wellness Clinic on January 15 at 12:30 PM.

FREE HEARING CLINIC

**Date: Wednesday, January 9
Time: 12:30 – 1:30 PM
Appt. Required**

MEDICARE PART B PREMIUMS IN 2019

The Medicare Part B standard monthly premium for 2019 is \$135.50, up \$1.50 from \$134 last year. For people who get Social Security benefits, this premium is deducted from their benefit checks. Last year there was a 2 percent increase in Social Security benefits, but many did not see any increase in their benefit check. This was because it went toward paying a higher Part B premium. For 2019, there is a 2.8% increase in Social Security benefits. The good news is that most people will see most of this increase in their monthly benefit checks this year.

People with high incomes will continue to pay more for Medicare Part B, between \$189.60 and \$460.50 per month, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

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.



HERE'S TO YOUR GOOD HEALTH! WELLNESS CLINIC

Date: Tuesday, January 15 • 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.

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!

NEW**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 (VIDEO)**Day: Every Friday • Time: 10:15 AM****Instructor: Video Version of Sharon's Class**

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

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



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!

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.

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.



WANT TO REACH NORTHBOROUGH READERS 60+?

13 Quick Facts on Why Your Business Should Market to Seniors:

- They Control **70% of all wealth** in the United States
- They have **2 trillion** in annual income
- They have more **disposable income** than any other age group
- They would be lost without their **computers** and the **internet (84%)**
- 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**

Call today to Advertise in the:

Northborough Times
Marlborough Seniors on the go
Framingham's Callahan Courier
Worcester's The Senior Scoop
Wallingford CT's Prime Times



Senior Center Communications, LLC
Connecting Seniors with Consumer Brands through Senior Center Communications

www.seniorcentercommunications.com

Tom Keller - Regional Director

508-361-7000

tom@seniorcentercommunications.com

ELDER LAW WITH FRANK AND MARY

by **Arthur P. Bergeron**



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

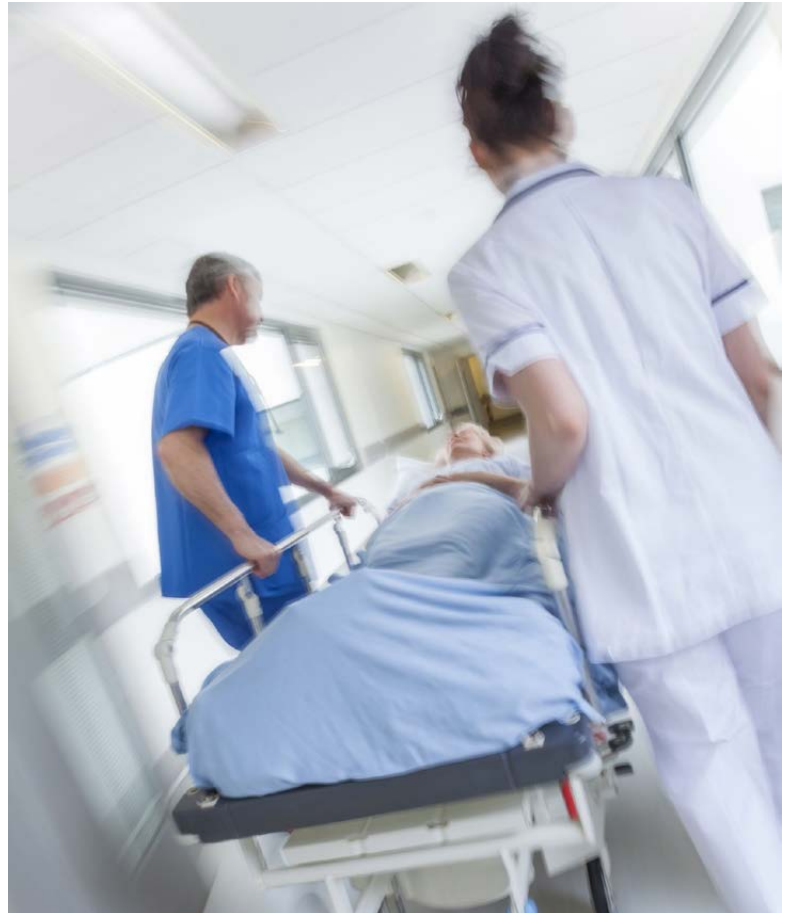
MAKE A RESOLUTION TO TALK TO YOUR PROXY AGENT

A few months ago I participated in a great event at Milford Regional Hospital. The Hospital is actively encouraging Milford residents and the neighboring communities (who obviously are all likely future patients there) to not only complete a Health Care Proxy but to also have a conversation with that Agent to make sure the Agent knows how the person he or she is making decisions for would like to be treated. At the event, the moderator asked for a show of hands as to how many of the 40+ people in attendance had executed a Health Care Proxy. Everyone had. The moderator then asked how many people had written down some instructions for their Agent, telling the Agent how they wanted to be treated. No one had. Several people had not even told their Agent that he or she had been appointed.

For the young and invincible, having these kinds of conversations with your Health Care Proxy Agent may seem like a waste of time. But, is it? What if you get into a serious accident and are unable to make decisions for yourself? For seniors, the medical crises that can cause death or incapacitation can come at any time. For us (and I'm with you on this) not preparing for a medical emergency and its potential consequences is simply foolish. We all have friends and relatives who have been stricken without warning. We have all been to the unexpected funerals of those who are younger than we are. Maybe you'll be lucky and you'll recover from that stroke or heart attack that you secretly dread. But what if you end up not well enough to really make medical decisions for yourself? What if you really can't understand what your medical options are anymore, even if you can still talk?

Your Agent's responsibility starts as soon as your doctor says you are not competent to make medical decisions, and ends when your doctor says you can make the decisions again. Suppose you have a stroke leaving you totally incapacitated. Suppose you then come down with pneumonia or the flu. Your doctor tells your Agent that you need to go to the hospital for the pneumonia. You may be cured of the pneumonia but the effects of the stroke will remain. Do you really want to go to the hospital? Do you want to get "better" so you can go back to staying the way you are now? These are just the kinds of questions your Agent may have to answer for you. Have you had a conversation with your Agent about what that answer should be?

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



MIRICK O'CONNELL

ATTORNEYS AT LAW

To learn how Mirick O'Connell's
Estate Planning
Elder Law Attorneys
can assist you and your loved ones, contact

Arthur P. Bergeron
508.860.1470
aberon@mirickoconnell.com



Watch our elder law
legal clinics on YouTube:
"ElderLawFrankAndMary"



Follow our Blog:
"Getting All Your 'Docs'
in a Row"

Excellence in our work.
Excellence in client service.
Excellence in value.

800.922.8337
www.mirickoconnell.com



FREE Sandwich - Buy any one sandwich at the regular price & get the 2nd sandwich of equal or lesser value Free. Good Only at McDonald's by WalMart, 299 Turnpike Rd. Westboro.

FREE Breakfast Sandwich - Buy any breakfast sandwich & get the 2nd breakfast sandwich of equal or lesser value Free. Good Only at McDonald's by WalMart, 299 Turnpike Rd. Westboro. No cash value. Expires 1/31/19.

Not valid with any other offers or specials. One offer valid per party per visit. Reproductions of coupon is not valid. Good Only at McDonald's by WalMart, 299 Turnpike Rd. Westboro. No cash value. Expires 1/31/19.



\$10 OFF \$30 OR MORE

Fine Asian Cuisine

www.hantogourmet.com

508-466-8778

10010-Q Shops Way
Northborough, MA

Hours:

Mon-Sat 11:30am-12:30am

Sunday Noon-12:30am

Present this coupon at time of service. Not valid with any other offer, discount, purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party per visit. Reproductions of coupon is not valid. No cash value. Expires 1/31/19.



\$20 OFF \$60 OR MORE



508-366-2153

45 Belmont Street
Northborough, MA

www.casavallarta.us

Not valid with any other offers or specials. One offer valid per party per visit. Mon. - Thurs. only. Reproductions of coupon is not valid. No cash value. Expires 1/31/19.



twodoorsawaycafe.com

508-393-1362

249 West Main St.
Northborough, MA

WEEKLY BREAKFAST,
LUNCH AND FISH
'FRY-DAY' SPECIALS



\$10 OFF \$20 OR MORE

WWW.UNOS.COM

508-616-0300
225 Turnpike Road
Westborough, MA



Not valid on alcohol, gift cards, pick & choose menu, special deals on takeout, lunch, bar or late night, or any other special offer, coupon or discount. One coupon per table. Void where prohibited by law. No cash value. Expires 1/31/19



\$5 OFF \$25 OR MORE

Pizza • Pasta • Salads • Subs

www.thehouseofpizza.com

508-393-3566

12 Main Street (Route 20)
Northboro Center

Hours:

Sunday - Thurs 10AM - 10 PM

Friday - Saturday 10AM - 11 PM

Please mention coupon when ordering. Not valid with any other offers or specials. Tax and gratuity not included. One offer valid per party per visit. Reproductions of coupon is not valid. No cash value. Expires 1/31/19. Coupon Code 52517

Happy
New Year

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.

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: January 17 • 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*

BEREAVEMENT GROUP

Day: Second Monday • Date: January 14
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: January 22
Time: 1:00 PM • Cost: Free

We'll be talking about and showing various ways of sharing photos. One of our members sent the following in—"I make a photo album for the family every year which is a great way to not only preserve and share photos, but it turns out to be our long term memory aid, i.e. we pull out albums from the past to look up when such and such an event took place."

This meeting will be a group effort where everyone shows how they share their photos. Several people will come prepared with additional methods of sharing. Also, we will visit Shutterfly.com where you can find a wealth of ways to share photos.

HARMONICA CLUB

The Harmonica Club is on hiatus during January and February

TECHNOLOGY TUESDAY

Date: January 15 & 29
Time: 2:30 PM • Cost: Free
Pre-Registration Required

Algonquin students will be at the Senior Center to help out with your technology questions. Need to figure out your e-reader, iPad, Cell Phone or Laptop? We have iPads and webcams for Skype here if you'd like to try them out. These students have gotten rave reviews for their knowledge and teaching abilities. Sign up and start getting the most out of technology!

WOMEN'S DISCUSSION GROUP

Day: Mondays • Dates: January 14 & 28
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: January 16 • 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: January 9 & 23 • 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 • Date: Starting January 10
Time: 1-2:00 PM Class time, 2-3:30 PM Lab
Cost: \$5 for the afternoon
Pre-Registration Required

On January 10th we will have a **FREE** class to give you an opportunity to see what Photoshop Elements can offer you. This program offers great ways to be creative with your photos, whether they are taken with a camera or on your smart phone. We also have a brand new scanner that you can use to digitize those wonderful old photos that were taken before the digital revolution!

Starting January 17th, we will start classes. Our first hour will offer easy-to-understand lessons on enhancing your digital photos, restoring and coloring old photos, and making creative collages. 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.

PHOTO & SLIDE SCANNER NEWS!

We appreciate the Friends' generosity in purchasing the new Photo and Slide Scanner for the Senior Center. Thanks, also to the Photography Club members who donated to the Friends in support of this cause.

Why not start off the year by picking some of your favorite 35 mm slides, (or film), or family pictures and get them scanned so you can send them to friends or family, or print them to frame! During the year we are planning photography club sessions and projects using our favorite images in creative ways for sharing. Start by selecting your pictures and scanning the images into digital format for flexibility. Photoshop can help with changes if wanted.

To use the scanner, call the Senior Center and ask for Mimi to make an appointment for a quick training session and then you'll be able to use the scanner on your own. Scanner training sessions this month are scheduled for 1:00 PM Tuesday, January 8 and 11:00 AM Wednesday January 23. Want more help? Plan on taking a Senior Center Photoshop class to clean up or perk up each picture. Any questions? Bring them to the Photography Club! The next meeting of the Photography Club is Tuesday, January 22nd at 1:00.

THE REAL ESTATE EXPERT

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

BIGGEST MYTHS ABOUT SELLING YOUR HOME

If you intend to sell your house, it pays to get expert support throughout the home selling journey. In fact, if you hire a real estate agent, you can put various home selling myths to rest. Let's take a look at three common home selling myths, and the problems associated with these myths.

1. Selling a house is a quick, seamless process.

The process of selling a house often can be long and complicated, particularly for a first-time home seller. Fortunately, if you hire a real estate agent, you can reduce the risk of encountering home selling hurdles.

A real estate agent will learn about you and your home selling goals. Then, this housing market professional will offer recommendations about how to promote your residence to the right groups of buyers and maximize your house's value.

Furthermore, a real estate agent is available to respond to questions at each stage of the home selling journey. He or she will guide you along each stage of this journey, and as such, help you identify and resolve problems before they escalate.

2. What you originally paid for your house matches what it is worth today.

The real estate market fluctuates constantly. Thus, what you initially paid for your house is unlikely to match what your residence is worth today.

A real estate agent can help you evaluate housing market data to better understand how your residence stacks up against the competition. That way, you'll be better equipped than ever before to establish a competitive price for your residence.

Also, a real estate agent may recommend that you complete a home appraisal. This appraisal will enable you to receive a property valuation to help you determine the optimal initial asking price for your home.

3. There is no need to make home improvements, because a buyer will make home upgrades after finalizing a purchase.

When it comes to selling a house, it pays to go above and beyond the call of duty. Therefore, if you complete myriad home improvements before listing your house, you can increase the likelihood that your home will stand out to potential buyers.

Take some time to examine your residence both inside and out. If you identify any major problems, you should fix these issues immediately. Because if you fail to do so, you may miss out on opportunities to stir up interest in your house.

A real estate agent generally can provide recommendations about home upgrades. This housing market professional may even be able to put you in touch with the best local contractors who can help you upgrade your residence in no time at all.

Don't fall victim to the aforementioned home selling myths. Instead, work with a real estate agent, and you can get the help you need to quickly and effortlessly navigate the home selling cycle.



KAREN SCOPETSKI, V.P. *Your Northborough Realtor*

For an experienced professional, call 508-380-0112 | email: Scopet@aol.com

www.KarenScopetski.com



318 Main St., Suite 165, Northborough, MA 01532



25 years as a successful top producer with many prestigious awards and designations.



14 JANUARY 2019 SENIOR CENTER CALENDAR

MONDAY		TUESDAY		WEDNESDAY	
		1 <i>New Years Day</i> CENTER CLOSED		2	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
7	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	8	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 12:00 PM Legal Clinic	1:00 PM Tuesday Trivia 1:00 PM Photo & Slide Scanner Training 4:00 PM Sewing & Knitting Night 5:00 PM Bistro@119 6:00 PM Pinewood Derby 6:30 PM Seated Chair Yoga 7:00 PM COA Meeting
14	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:00 AM Rug Hooking 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	15	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 2:30 PM Technology Tuesday Bistro@119 6:30 PM Seated Chair Yoga
21 <i>Martin Luther King Jr. Day</i> CENTER CLOSED			22	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 Photography Club 1:00 PM Tuesday Trivia 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga
28	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 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	29	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong	12:00 PM Bistro@119 1:00 PM Tuesday Trivia 2:30 PM Technology Tuesday Bistro@119 6:30 PM Seated Chair Yoga
				30	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



Pizza Pasta Salads Subs • 12 Main Street(Route 20), Northboro Center

508-393-3566 • www.thehouseofpizza.com

Delivery to Northboro & parts of
Westboro, Marlboro & Shrewsbury

Store hours:

Sunday - Thurs 10AM -10PM

Friday -Saturday 10AM - 11PM



**Free Small
Cheese Pizza**
w/purchase of a
large one topping pizza

Cannot be combined w/any other
offers or specials. Please mention
coupons when ordering.

Expires 1/31/19 Coupon Code 217

\$11.99+tax

2 small 1 topping pizzas

*Additional charge for extra toppings
and SPECIALTY TOPPINGS

Cannot be combined w/any other
offers or specials. Please mention
coupons when ordering.

Expires 1/31/19 Coupon Code 119917

\$2.00 OFF

any purchase of
\$20.00 or more

Cannot be combined w/any other
offers or specials. Please mention
coupons when ordering.

Expires 1/31/19 Coupon Code 517

**Large Cheese
Pizza \$8.99**

*Additional charge for toppings
and SPECIALTY TOPPINGS

Cannot be combined w/any other
offers or specials. Please mention
coupons when ordering.

Expires 1/31/19 Coupon Code 89917

\$18.99+tax

2 Large 1 topping Pizzas


*Additional charge for extra toppings
and SPECIALTY TOPPINGS

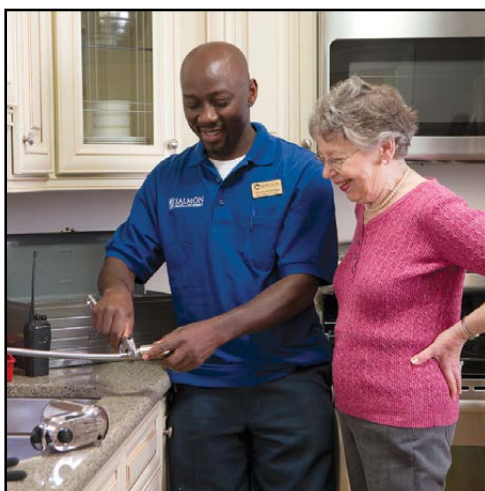
Cannot be combined w/any other
offers or specials. Please mention
coupons when ordering.

Expires 1/31/19 Coupon Code 189917

All Coupons Expire January 31, 2019

Order Online at www.thehouseofpizza.com

THURSDAY			FRIDAY		
12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo	3	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 1:00 PM Quilting 2:15 PM Ping Pong	4	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
12:30 PM Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:00 PM Home Safe Presentation 1:30 PM Memoir Writing	10	9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 PM Mah Jong 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Photoshop Elements Introduction 2:15 PM Ping Pong	11	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
12:00 PM w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Book Club	17	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 Quilting 1:00 PM Zumba Gold 1:00 PM Photoshop Elements Afternoon 2:00 PM Better Breathers 2:15 PM Ping Pong	18	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
12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing 1:30 PM ESL Class 1:30 PM Moving Presentation	24	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 Zumba Gold 1:00 PM Photoshop Elements Afternoon 1:30 PM Cooking Demonstration 2:15 PM Ping Pong	25	8:30 AM Tai Chi/Qi Gong/ Meditation 8:30 AM Jazz Fusion 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
12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo	31	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 1:00 PM Photoshop Elements Afternoon 2:15 PM Ping Pong		



LIVE YOUR INSPIRED LIFE.

- Full-service, maintenance-free living
- Spacious 1, 2 & 3 bedroom deluxe apartment homes
- Chef-prepared meals in two restaurants
- On-site amenities including banking, hair salon, spa, staffed fitness center



The WILLOWS
PREMIER RETIREMENT COMMUNITIES
FOR ACTIVE ADULTS



One Lyman Street Westborough, MA • 508-366-4730

WWW.SALMONHEALTH.COM



SALMON
HEALTH and RETIREMENT

CONTINUUM OF CARE

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

Sudoku

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

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

©2018 Satori Publishing

DIFFICULTY: ★★★★★

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

Answer to
December
Sudoku

CROSSWORD PUZZLE

ACROSS

- 1 Fellow
4 Taro
8 Foot (suf.)
12 N.Z. fish
13 Black
14 Great Lake
15 Bachelor of Fine Arts (abbr.)
16 Medal (2 words)
18 Prison: Brit.
20 Ceremonial entrance
21 Belt
23 Palm starch
25 Indian camel
26 Vast
27 Palestine Liberation Organ. (abbr.)
30 Master of Business Administration (abbr.)
31 Cheek bone
32 King (Fr.)
33 Ten decibels
34 Variation (pref.)
35 Ice
36 Scientific name (suf.)
37 Aquarium fish
38 Christmas song
40 Egypt. evil god
41 Saga (2 words)
44 Belonging to (suf.)
47 Silver-iron ore
48 Javanese poison tree
49 Monkey
50 Indo-Chin. people
51 Man's name: abbr.
52 Talk

DOWN

- 1 Apronlike cloth
2 Television band abbr.
3 Bias
4 Anglo-Saxon
5 assembly
6 Son of Adam
7 Botanical (abbr.)
8 Feminine (suf.)
9 Five of trump
10 Viking
11 Plate
12 Mouse-spotter's

ANSWER TO PREVIOUS PUZZLE

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

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

©2018 Satori Publishing

A60

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!



Our friendly and knowledgeable staff will use care and discretion to help you get the supplies you need delivered **right to your door!**

We proudly carry products from the leading product manufacturers, and offer a convenient and discreet drop ship program, as well as a free sample program with most brands. We can also special order any particular item for your specific needs and drop ship in one business day.

We also work with your doctor to provide direct insurance billing through most major insurances!

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 • Date: January 4, 11, 18, 25
Time: 10:00 AM • Cost: \$10/class
Instructor: Dennis Deyo
Pre-Registration Required

This class is 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. 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.

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: January 3 & 17 • 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: January 28
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: 1/14, 2/25, 3/25, 4/29, 5/20, 6/24
Time: 9:00 AM - 12:00 PM
Cost: \$90 for 6 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: January 11, 18 & 25
Time: 9:30 AM - 11:30 AM
Cost: \$10 per class • Instructor: Helen Garcia
Pre-Registration Required

This month, Helen will explore setting up Still Life paintings. Join us in class to practice shading and shadowing to create realistic forms. In terms of finishing a painting, we'll focus on learning how to paint with watercolor washes. These classes are open to beginners through more experienced painters. Start off the New Year discovering your inner artist!

SEWING & KNITTING NIGHT

Day: 2nd and 4th Tuesday
Date: January 8 & 22
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!



BRIARWOOD
 Continuing Care Retirement Community

508-852-2670 | 65 Briarwood Circle | Worcester, MA 01606
www.briarwoodretirement.com

Briarwood offers you and your family peace of mind.

Briarwood

- The Best Value in Senior Living
- Maintenance-free cottages and apartments
- Restaurant-style fine dining
- A vibrant and caring community

Knollwood Nursing Center

- Post-acute, palliative, and respite care
- Rehabilitative therapies 7 days a week
- Joint Commission Accreditation
- State-of-the-art pharmacy system

508-853-6910 | 87 Briarwood Circle | Worcester, MA 01606
www.knollwoodnursingcenter.com

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 (1/14)
- 10:00 Jewelry Making (1/28)
- 10:30 Bereavement (1/14)
- 12:00 Pickleball (Town Hall Gym)
- 12:00 Bistro Lunch
- 12:30 Women's Discussion Group (1/14 & 28)
- 1:00 Pitch
- 1:00 Zumba Gold
- 1:30 English as a Second Language (1/7, 14, 23 & 28)
- 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
- 12:00 Legal Clinic (1/8)
- 12:30 Wellness Clinic (1/15)
- 1:00 Tuesday Trivia
- 2:30 Tuesday Technology (1/15 & 29)
- 4:00 Sewing & Knitting Night (1/8 & 22)
- 5:00 Evening Bistro
- 6:30 Seated Chair Yoga

WEDNESDAY

- 9:00 Aerobics/Strength Training
- 9:00 Pool Players
- 10:00 Dull Men's Club
- 10:30 SPA (1/16)
- 10:30 Yang Style Tai Chi Class
- 11:00 Understanding Music
- 12:00 Bistro Lunch
- 12:00 Yoga w/Rebecca
- 12:30 Hearing Clinic (1/9)
- 12:45 Bridge (SAYC)
- 1:00 Bingo
- 1:30 Memoir Writing (1/9 & 23)
- 1:30 Book Club (1/16)

THURSDAY

- 9:30 Mani/Pedi/Reflexology (1/10 & 24)
- 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 (1/3 & 17)
- 1:00 Zumba Gold
- 1:00 Photoshop Elements (1/10, 17, 24, 31)
- 2:00 Better Breathers (1/17)
- 2:15 Ping Pong

FRIDAY

- 8:30 Jazz Fusion
- 8:30 Qigong Tai Chi
- 9:00 Pool Players
- 9:00 Vet Talk (1/25)
- 9:30 Art with Helen (1/11, 18, 25)
- 10:00 Piano Lessons
- 10:15 Stretch Break (Video Version)
- 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.

JANUARY 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

Where Caring Makes a Difference

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

- 24 Hour Staffing
 - Gracious Dining-Three meals daily specially tailored to suit your loved ones needs.
 - Snacks anytime in our Country Kitchen
 - Individual personal assistance tailored to suit your loved ones needs.
 - A full range of individually tailored recreational events.
 - Full Housekeeping, Laundry and Linen service to maintain a peaceful, uncluttered home.
 - Medical Care and Emergency Response
 - No Entrance Fees
 - Escorted transportation to events appointments and area shopping malls
- All of these services are covered in our monthly rate, which others charge for as "extras."

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

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

COLEMAN HOUSE
AN ASSISTED LIVING & SENIOR CARE RESIDENCE

112 West Main Street • Northborough, Massachusetts 01532
Tel: 508-351-9355 • Fax: 508-393-2503 • www.colemanhouse.com

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | JANUARY 2019

Northborough Senior Center

119 Bearfoot Road

Northborough, Massachusetts 01532

Guide to features

ARTS/ENTERTAINMENT 38
BUSINESS 44
CLASSIFIED 34-44
COMICS 40
COURT 42
DEATH NOTICES 32
EDITORIALS 12
FOCUS 18
HIGHLIGHTS 14
LIVING 14-17
SPORTS 20-23
TRAVEL 24

Vol. 105, No. 19-1974 Globe Newspaper Co.

The Boston Globe

TUESDAY MORNING, JANUARY 15, 1974

There are slush things
TUESDAY — CLOUDY, WINDY 38-44
WEDNESDAY — CLOUDY, COLDER
THURSDAY — SUN 38-44
FRI. 38-44
SAT. 38-44
SUN. 38-44
WED. 38-44
THUR. 38-44
FRI. 38-44
SAT. 38-44
SUN. 38-44

Telephone 288-8000 44 Pages—13 Cents

THE TOP NEWS STORIES

44 Years Ago

Where Were You? January 15, 1974

Gas stations remain last in line for supplies

It's official: US orders 6° thermostat drop

By Stan Benjamin

WASHINGTON—The Federal Energy Office last night issued regulations that in effect will force owners of oil-heated residences to lower their thermostat six degrees below 1972 levels and that leave gasoline stations last in line for available supplies.

John Hill, an assistant director of the Energy Office, said in an interview that gasoline stations probably would get about 15-20 percent less gasoline than the public would use if there were no shortages.

Essential services that purchase gasoline in bulk were assigned all the fuel they need. Other commercial bulk buyers, such as taxi fleets, will receive as much as they did in 1972.

The regulation itself, however, described this second-priority category as "all other business ventures" and spokesmen for the energy office at first told newsmen, in answer to questions, that gasoline stations were in that category.

But Hill later said they were not in either the first or second priority categories, but right where they were in the regulations as originally proposed last Dec. 12 — last in line, to receive whatever is left after the priority users are served.

Hill said, however, it would not make much difference since most

gasoline gas to service stations anyway.

The regulations provide for the energy office to tell refiners what portion of their output should be gasoline versus other petroleum products.

The energy office has said it expected to order a cutback in gasoline production to a level 5 percent below 1972 production levels.

"While many doubt the accuracy of the data being provided by the (oil) industry, there is no doubt in my mind that we do indeed have a serious shortage."

—WILLIAM E. SIMON, Federal energy director

"The world is literally drowning in oil. Any government agency can create a shortage simply by announcing it."

—RALPH NADER, consumer advocate

Story, Page 6

Logan controllers blamed by Delta for July 31 crash

By Ken G. Botwright
Globe Staff

Delta Air Lines yesterday charged that negligence by air traffic controllers at Logan International Airport caused a July 31 jet crash that killed 89 persons.

A spokesman for the controllers denied the charge. He requested a demand for more and better radar-landing-approach equipment, and urged the Federal Aviation Administration (FAA) to consider a new system being developed by the Air Force and Raytheon.

Delta contended in papers filed at the US District Court in Concord, N.H., that the crash was caused "directly, proximately and solely" by the controllers, who are FAA employees.

DLTA, Page 10

IN THIS CORNER

Study says earth energetic to core

By John E. Petersen

WASHINGTON—One of the most promising solutions to the world's energy shortage is bubbling beneath your feet — far beneath your feet — at this very instant.

Geothermal energy — the natural heat of the earth's core — could well become a more important resource than petroleum by the year 2000, says a report on potential power sources released recently by the Senate Interior Committee.

Properly harnessed, geothermal energy could provide the United States with 152 million kilowatts of electricity by 1985 and 250 million kilowatts by the end of the century.

The latter figure, by comparison, is slightly more electrical power than the country now generates from all sources.

GEOTHERMAL, Page 24

Dylan finally returns to fans who never left

By Ernie Santolucito
Globe Staff

Bob Dylan was in a talkative mood last night at Boston Garden.

After completing his maricel anthem, "Like a Rolling Stone," he blurted out to the standing, screaming 15,000 at the 4 p.m. performance: "You're too much."

For Bob Dylan, the reclusive, introspective troubadour of folk music, that was tantamount to a disclaimer and they loved him.

If Sunday's professional football game between Miami and Minnesota was the Super Bowl, then the long-awaited twin concerts made yesterday Super Monday.

Dylan, never known to wear out his welcome with too-frequent forays on the concert circuit, was making his first Boston appearance in almost nine years. It made little difference that most of the ticket holders — in the afternoon concert, anyway — had never seen the Rolling Stone, minstrel before, except in a film clip from the Concert for Bangladesh.

Their response to his songs from another decade was no less fervent than that given by the young protesters of the early 1960s who made him a folk legend and a shy millionaire.

At yesterday's opening concert, Dylan frugally addressed the audience on two other occasions. At the close of "Rainy Day Women," which opened the show, Dylan proclaimed: "Thank you. It's good to be back in Boston." (This triggered a wild fury among historians present.) Again, announcing intermission: "We'll be right back. Don't go away."

DYLAN, Page 31



Making his first Boston appearance in nearly nine years, Bob Dylan performs on the stage at Boston Garden. (Globe photo by Jack Connolly)



Their own brand of surrealist sculpture has been created by neighborhood youngsters who dotted yard of house on Graycliff road in Newton with upright pieces of the icy crust which was left after freezing rain glazed the single snow which fell last week. (Globe photo by Phil Preston)