

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 5, NO. 7, JULY 2018



HAPPY
Independence
DAY!

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DIRECTOR'S CORNER:

It may be the lazy days of summer but we're busy at the Senior Center. Come enjoy the air conditioning and join your friends in exercise class, learn something new in one of our presentations, or enjoy a game of pool or cards. Relax in the Bistro @119 while you enjoy Vickie's delicious meals! Please note that there will be no dinner at the Bistro@119 on Tuesday evening July 3. Please see more details about how you can cool off with us at the Senior Center and have some summer fun!

Kelly Burke

**THE SENIOR CENTER WILL BE CLOSED ON
WEDNESDAY JULY 4TH IN OBSERVANCE OF
INDEPENDENCE DAY**

NORTHBOROUGH SENIOR CENTER

119 Bearfoot Road Northborough, MA (Handicapped Accessible)

Phone/After Hours Answering Machine: **508-393-5035**

Fax: 508-393-1503

Web Address: **www.town.northborough.ma.us**

SENIOR CENTER HOURS:

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



COUNCIL ON AGING MEMBERS

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

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

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PLEASE JOIN THE FRIENDS OF THE NORTHBOROUGH SENIOR CENTER FOR A HAWAIIAN LUAU COCKTAIL PARTY FUNDRAISER

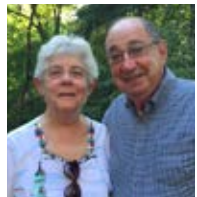
Date: Thursday, August 9, 2018 • **Time:** 4:00 PM

Tickets: \$25 per person (includes drinks, food and entertainment)

Place: Whitney Place Assisted Living Community, Northborough

This will be a fun filled evening with special entertainment.

Tickets will go on sale on July 16th at the Senior Center



Our Quote for July:

"There is no greater joy than giving your time and talent to those in need whether it be visiting a shut-in or driving a person for a Doctor's appointment. Grieve with a person who has lost a love one - most of all be a friend. This has been our passion since retiring. We enjoy seeing our friends and eating wonderful lunches at the Bistro@119."

Grace & Henry Paltrineri

Sincerely, *Anita Hagspiel, President*

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

www.friendsofnorthboroughseniors.org

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

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

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

Name(s) _____

Address _____

Town, State, Zip _____

Phone _____ Email _____

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

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

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

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

LEARN HOW TO BETTER YOUR VISION! TIPS, TRICKS, TOOLS & POP-UP BOUTIQUE

Day: Wednesday • **Date:** July 18 • **Time:** 11:00 AM • **Cost:** Free • **Presenter:** Bob McGillivray

Bob McGillivray, Director and certified low vision therapist from The Carroll Center for the Blind, will discuss the common causes of vision loss, latest magnification devices and techniques for improved use of vision. Following the presentation, there will be a pop-up boutique with living aids discussed including magnifiers, lamps, talking watches and much more. *Sponsored by The Residence at Orchard Grove, snacks provided.*



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



July 3	Bistro@119 closed for evening dinner
July 10	Chicken Parmesan, Italian Bread, Salad, Assorted Desserts
July 17	Baked Ham, Potato Salad, Cole Slaw, Corn Bread, Assorted Desserts. (<i>Enjoy the American Songbook with Pianist George Curtis while you Dine</i>)
July 24	Chicken Kabobs, Rice Pilaf, Vegetables, Assorted Desserts
July 31	Lasagna w/Meat Sauce, Garlic Bread, Antipasto, 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!

BIRTHDAY LUNCH

Date: Monday, July 23 • Time: 12:00 PM

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

HONORING CHOICES/ICE CREAM SOCIAL

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

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

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

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

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

MASSAGES BY MELANIE

Day: Mondays • Time: 9:30 AM – 3:00 PM • Therapist: Melanie Railing
Cost: Varies by service/Price list at front desk/Call for more info

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

ENGLISH AS A SECOND LANGUAGE CLASSES

Day: Monday • Dates: July 9 & 16 • 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 again at the Northborough Senior Center.

LEARNING TO PLAY MAH JONG

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

MAH JONG (CHINESE VERSION)

Day: Thursdays • Time: 10:30 AM – 12:00 PM

Cost: Free • Instructor: Charlotte Holly

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

TUESDAY TRIVIA

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

Looking for a lot of fun while sharpening your mind? We've all heard how important it is to use the mind and continually challenge it. Studies have shown that time spent stimulating the brain can help prevent dementia and Alzheimer's disease. Enjoy sharpening your mind in a non-competitive environment.

SPA SERVICES

Day/Date: Wednesday, August 1 • Time: first appt. is 10:30 AM; last appt. is 3:00 PM • Appt. required Esthetician: Bonnie Leigh

Cost: See the menu of services at the Senior Center

Gift certificates for Spa Services are available at the Senior Center.

Create your own hour of bliss in the privacy of our spa room right here at our center. Get comfy and let our skin care expert, Bonnie Leigh relax and beautify you with her gentle, healing touch and 30 years of experience.

Possibilities include: Hydrating face mask, face, neck, and shoulder massage, Reiki, warm hand mitts with massage, brow shaping, facial hair removal with gentle wax, aromatherapy warm facial towels

MANICURES/PEDICURES/REFLEXOLOGY

Date: Please call the Senior Center for information about booking appointments in July • Time: Appointments 9:00 AM – 3:00 PM

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

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

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Below is a list of our trips for 2018. For full itineraries, please visit the Senior Center or our page on the Town of Northborough website. Please make checks payable to the Northborough Senior Center.

BOBBY RYDELL

August 14, 2018 • Venus De Milo, Swansea, MA

SPECTACULAR SARATOGA

August 28 - 30, 2018

**KENNY & DOLLY TOGETHER AGAIN!
A TRIBUTE**

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

BATTLEFIELDS OF CIVIL WAR

September 20th - 23rd, 2018

**OCEAN CITY MD & ASSATEAGUE
ISLAND SEASHORE**

September 23 - 26, 2018

NEW HAMPSHIRE'S TURKEY TRAIN

October 2, 2018

**GERMANY'S CULTURAL CITIES &
THE ROMANTIC ROAD**

October 4 - 15, 2018 • AAA Member Choice Vacations

**TRAVEL CLUB MEETING**

Day: Tuesday • Date: July 17 • Time: 3:30 PM

Cost: Free • Presenter: Michael Ziegler

Join us on July 17th, at 3:30pm, as we announce our travel plans for our club in 2019! With plans to visit the islands of Hawaii and Greece there is sure to be something for everyone. We also have plans to cruise out of our home port here in Boston, and also visit the most traveled to destination in the world! Come share your travel stories and experiences, make new friends, and get ready for an amazing adventure in 2019. Make 2019 the year you travel more! Make 2019 the year you see the world! We hope to see you there!

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

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

**ROD STEWART THE
ULTIMATE TRIBUTE**

November 15th, 2018 • Venus De Milo, Swansea, MA

CHRISTMAS NEW YORK STYLE

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

THE SICILIAN CHRISTMAS AMORE

December 4, 2018 • Davensport Yacht Club, Danvers MA

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 - 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.
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OUTREACH NOTES

Do you know someone living in the community with memory loss, Alzheimer's, Dementia or any cognitive disorder? Please share this important information with that person or their loved ones. The Northborough Police Department (NPD) offers residents the opportunity to inform the department about individuals who may be at risk due to cognitive issues. The Dementia/ Cognitive Issues Alert is a form on the Northborough Police Department website linked to the Town of Northborough website (www.town.northborough.ma.us). Print out the form (or ask us to send you one in the mail) fill it out, attach a recent photo of the individual and submit it to the Northborough Police Department. In the event that someone with a cognitive disorder becomes lost, involved in an accident or disturbance, the Police, by virtue of the completed Dementia/Cognitive Issues Alert, will be adequately informed to appropriately and sensitively handle the situation. Most people are not likely to perceive their loved one as requiring this type of precaution. That is understandable but it is still advisable to complete this process. Please do not hesitate to contact me to discuss this matter further or for assistance.

Jocelyn Ehrhardt, MSW
Outreach Coordinator

HOW DOES MEDICARE COVER VACCINES?

Medicare covers vaccines differently depending on which vaccine you need. Some vaccines are covered by Part B, which is your medical coverage. These include vaccines for the flu, pneumonia, and in some cases Hepatitis B. Whether you have Original Medicare or a Medicare Advantage plan, these vaccines will be covered as preventive services at no cost.

Other vaccines are covered by your Medicare Part D drug coverage. Both Medicare Advantage prescription drug plans and stand-alone Part D plans must include all commercially available vaccines on their drug formularies, including both vaccines for shingles, Zostavax and the newly available Shingrix. You may pay different amounts depending on where you get vaccinated. Check directly with your plan for coverage rules and costs.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

HERE'S TO YOUR GOOD HEALTH!

Day: Third Tuesday of each month • Date: July 17
Time: 12:30 – 2:00 PM • Where: at the Senior Center • Cost: Free

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

Jeremy KW Spiewak PharmD RPh will be making his presentation on Biologics and Rheumatoid Arthritis at 12:30 PM and then will be available for one on one appointments. You may remember Jeremy who worked at Shattuck Pharmacy in Northborough. Jeremy is now working in Southborough and has offered to do a "Brown Bag Medication Review" at our Senior Center during our Wellness Clinic periodically.

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 one 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.

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.



FREE BLOOD PRESSURE CLINICS

Tuesday, July 3
at 1:00 PM at
the Senior Center



FREE HEARING CLINIC

Date: Wednesday, July 11
Time: 12:30 – 1:30 PM • Appt. Required

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



BOCCE

Day: Every Monday

Time: 9:30 AM • Cost: Free

Location: American Legion Post

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

STRENGTH TRAINING

Day: Mondays & Wednesdays

Time: 9:00 – 10:00 AM

Cost: \$3/class • Instructor: Linda Bonazzoli

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

TAI CHI/QI GONG/ MEDITATION

MIND BODY & SPIRIT

Day: Every Friday • Time: 8:30 – 9:30 AM

Cost: \$3/class • Instructor: Rev. Helen Morin

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

LINE DANCING-HIGH BEGINNER

Day: Tuesdays • Time: 10:00 AM

Cost: \$3/class • Instructor: Mary Dragon

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

ZUMBA GOLD

Days: Mondays & Thursdays

(no classes July 2 and 5)

Time: 1:00 PM • Cost: \$3/class

Instructor: Mary Abate

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

BELLY DANCING

Day: Thursdays • Time: 9:30 AM

Instructor: Gypsy Phillips • Cost: \$3/class

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

PICKLEBALL

Day/Time:

Monday – Friday

10:00 AM – 1:00 PM

**Location: Town Hall Gym,
63 Main Street Northborough**

Pickleball is a combination of ping-pong, badminton, and tennis. We use a whiffle-type ball and a paddle about 3 times the size of a ping-pong paddle. Please call Bob Savage at 508-393-9792 if you have any questions.



TAI CHI FOR ARTHRITIS

Day: Every Tuesday • Time: 9:30 – 10:30 AM

Cost: \$3/class • Instructor: Helen Morin

Exercise helps arthritis! Studies prove it and more and more studies are proving that Tai Chi is the best exercise there is for arthritis sufferers. Join us for this special form of Tai Chi designed specifically for arthritis by Dr. Paul Lam, and arthritis sufferer, who wanted an alternative to medication. We begin with gentle stretching known as Qi Gong, then we learn step by step the Sun Arthritis form. After practicing Tai Chi for 45 minutes we have a guided healing meditation. Then you will be ready for a beautiful day!

CHAIR YOGA WITH DIANE

Days/Dates: Every Monday & Wednesday

Time: 11:00 AM – 12:00 PM

Cost: \$3/class

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

TAI CHI/QI GONG/MEDITATION

MIND BODY & SPIRIT

Day: Every Tuesday

Time: 10:45 AM – 12:00 PM

Cost: \$3/class

Instructor: Rev. Helen J. Morin

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

TRADITIONAL CHINESE

YANG STYLE TAI CHI

**This class will be on hiatus until
September 5.**

STRETCH BREAK

Day: Fridays • Time: 10:15 AM

Instructor: Sharon McDevitt • Cost: \$3

This 45 minute class will consist of mat-based stretches for the entire body. Class will begin with about 5 minutes of standing rhythmic limbering movement to get the blood flowing to all extremities. Then, the relaxation begins! The rest of the class will be gentle stretching to bring your body through range of motion exercises which will lengthen your muscles and increase movement within each joint of your body. If you find you sit a lot, have a weak lower back or neck/shoulder soreness, this is the class for you. My goal for you is to have you become more flexible, strengthen your lower back and abdominals and rid yourself of neck and shoulder pain.

SEATED CHAIR YOGA

Day: Tuesdays (no class on July 3rd)

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

Pre-registration required

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

YOGA WITH GENE

Day: Wednesdays • Time: 12:00 PM

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

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

YOGA WITH NANCY

Day: Tuesdays • Time: 2:00 PM

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

Nancy Cimato is a seasoned Yoga Instructor who has taught her ever popular Yoga Class at the Senior Center for several years. Get the benefits of gentle exercise that benefits both body and soul. Nancy's classes are open to both the beginner and experienced Yoga student. Her gentle spirit and easy teaching style will make your Tuesday afternoons.



The Answer to Clear and Easy Phone Conversations

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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.

ASSET PROTECTION FOR SENIORS WHO ARE SINGLE

This past Spring I did a set of Council on Aging seminars on the legal issues single seniors face. If you are single, and you want your children or friends to avoid the time and expense of probate after you die, you need to make sure that no asset of yours is in your name individually at the moment of your death. There are four basic ways to avoid that, and the strategy may vary depending on the asset:

- **Name a joint owner.** If you own an asset, stock, a bank account, or even real estate jointly with someone, legally you each own 100% of it. Upon your death, your interest expires, leaving the surviving joint tenant as the sole owner. Of course, this strategy can cause some potential problems while you are still alive. The joint owner of your bank account will have access to it and the ability to withdraw from it. The joint ownership interest can also be attached by his or her creditors. But, as long as you are not worried about these possibilities, joint ownership may be the least expensive way to avoid the probate of some assets.
- **Name a death beneficiary.** Some assets, like life insurance and your IRA, 401(k) or similar tax deferred accounts, require you to name a beneficiary to receive the asset after you die. Also, many investment accounts, while they do not automatically do so, will give you the option to name one or more death beneficiaries through a "transfer on death (TOD)" or "payable on death (POD)" designation on the account. Make sure that you keep track of these, though, and modify them if the situation of any of these beneficiaries changes.
- **Tell your agent to give things away before you die.** Obviously, this takes some planning. You need to make sure the person you name as your agent in your Power of Attorney understands your intentions for who should be getting what, and you have to trust that person to get these things done before you die. As long as you trust your agent, though, this may be the easiest way to avoid probate while keeping control of your assets until you are close to death.
- **Create a revocable and amendable trust.** This will cost you more than any of the above strategies. You can create a trust, name yourself as the trustee, and transfer your house and other large assets to yourself as trustee. You will retain complete control of the assets while you are alive but, through the trust provisions, you can name a successor trustee who will be able to distribute all trust assets after your death, thereby avoiding the delay and cost of the probate process and possible creditor claims.

For more information on this or other legal issues that single seniors often worry about, you can contact me at **508-860-1470** or **abergeron@mirickoconnell.com**. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube channel, **www.YouTube.com/ElderLawFrankAndMary** and find more in-depth commentary on our blog at **http://mirickoconnelltrustsandestateslawblog.wordpress.com/**.



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DULL MEN'S CLUB

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

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

POOL FOR BEGINNERS

Day: Tuesdays • Time: 10:00 AM – 12:00 PM
Location: Pool table room
Cost: \$5/class • Instructor: Kevin Wright
Pre-registration is required

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

LEGAL CLINIC

Date: Wednesday, July 11
Time: 1:30 – 2:30 PM • Cost: Free
Attorney: Richard Dustin • Appt. required

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

BETTER BREATHERS CLUB

Day: 3rd Thursday of the month
Date: July 19 • Time: 2:00 PM
Cost: Free • Leader: Bonnie Kenney
Pre-Registration Required

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

Better Breathers will meet the third Thursday of each month at 2 PM at the Northborough Senior Center. This is a free program, and refreshments will be provided.

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

PING PONG

Day/Time: Tuesdays at 12:00 PM
and Thursdays at 2:15 PM • Cost: Free

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

LOW VISION SUPPORT GROUP

Day: Thursday • Date: July 19
Time: 1:00 PM • Cost: Free
Leader: Agnes Sagerian

Do you have vision loss of any kind? In general, our group meets on the second Thursday of the month at the Senior Center. However, we are meeting on the third Thursday this month. Please join us for a presentation by Chris Murphy from Mass Equipment and Distribution Program. Please contact our coordinator, Agnes Sagerian at **508-393-8353** with any questions. We welcome you to join our group.

WOMEN'S DISCUSSION GROUP

Day: Mondays • Dates: July 9 & 23
Time: 12:30 PM • Cost: \$2
Facilitator: Audrey DiMichele, M.Ed.

Are you looking for a safe, nurturing, and confidential environment to share your thoughts and feelings? Our Women's group offers you the opportunity to talk about any or all topics of concern to you. The group also will allow for new friendships and personal growth. We are always welcoming new members.

PHOTOGRAPHY CLUB

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

BOOK CLUB

Day: 3rd Wednesday of the Month
Date: July 18 • 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.

PIANO LESSONS

Piano Lessons are on hiatus for the summer. Look for their return on September 7.

MEMOIR WRITING GROUP

Day: 2nd & 4th Wednesdays • Cost: Free
Dates: July 11 & 25 • Time: 1:30 PM

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

**HARMONICA CLUB**

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

Our own Northborough Senior Center Harmonica Club is in its 8th Season and is always opening its doors for new members. Anyone who has played the harmonica as a youngster, mid-life, or in your golden years, is invited to join us on Monday mornings at 10:00 at our Senior Center to have fun with our Club. We play mostly old favorites and patriotic songs, and at holiday performances we play songs that our guests can sing along with. If interested, or to get more information, please leave your name and phone number at the Front Desk at the Northborough Senior Center, and someone from the Harmonica Club will contact you.

BEREAVEMENT GROUP

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

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

BIOLOGICS:
WHAT ARE THEY
AND WHAT CAN
I EXPECT WITH
MY RHEUMATOID
ARTHRITIS?

Day: Tuesday
Date: July 17
Time: 12:30 PM

Cost: Free
Presenter: Jeremy Spiewak, Pharmacist
 Come meet with Jeremy Spiewak, your friendly community pharmacist as he talks about biologics and rheumatoid arthritis. He will have sample devices to see and all the latest information on new medications as well as standard therapies. There will be a question and answer session following as well as light refreshments to enjoy during the presentation. Following the meeting, there will be a brown bag medication event, so bring your medicines and over the counters for a consultation!



The Real Estate Expert

KAREN SCOPETSKI

Article Provided By **YOUR NORTHBOROUGH REALTOR**



SELECTING THE RIGHT HOME IMPROVEMENT PROFESSIONAL

Lets face it, we rely heavily on home improvement professionals to help us keep our homes updated and fresh. Whether you need help keeping your furnace up to par, upgrading your bathroom space, or new appliances to reduce your monthly operating costs, the right home improvement professional is out there, waiting for you to contact them.

Regardless of the size and cost of your project, you will still be giving a near stranger access to your home. As such, you need to know who you are hiring and what experience and guarantees a home improvement professional has to offer you. Do some research, ask around and look online to check satisfaction rates. When it's time to get down to business, take time to interview prospective home improvement professionals. Start with the questions below:

Interview Questions for Home Improvement Professionals

- How long have you been in business?
- Have you completed projects like mine recently?
- Can you provide a list of references?
- To which professional associations do you belong?
- Will you be using subcontractors on this project? If so, are your subcontractors licensed to work in these areas (such as plumbing, roofing, etc.)?
- Are you licensed and registered with the state?
- Are you insured and covered by worker's compensation?
- Do you give written warranties?
- Will my project require a permit?

Follow up on references and dig deep into what they liked and did not like about the professional. The checklist of questions and references should provide you with confidence that you are choosing the professional that is right for you.



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14 JULY 2018 SENIOR CENTER CALENDAR

MONDAY		TUESDAY		WEDNESDAY
2	9:00 AM Strength Training	12:00 PM Bistro@119	3	CLOSED FOR INDEPENDENCE DAY
	9:00 AM Pool Players	1:00 PM Pitch		
	9:30 AM Bocce	2:00 PM Needlers		
	10:00 AM Massage w/Melanie			
	10:00 AM Pickleball@ Town Hall Gym			
	10:00 AM Harmonica Club			
9	9:00 AM Strength Training	12:30 PM Pickleball@ Town Hall Gym	10	11
	9:00 AM Pool Players	1:00 PM Woman's Discussion Group		
	9:30 AM Bocce	1:00 PM Pitch		
	10:00 AM Massage w/Melanie	1:00 PM Zumba Gold		
	10:00 AM Harmonica Club	1:30 PM ESL Class		
	10:00 AM Pickleball@ Town Hall Gym	2:00 PM Needlers		
	11:00 AM Chair Yoga w/Diane			
	12:00 PM Bistro@119			
16	9:00 AM Strength Training	11:00 AM Chair Yoga w/Diane	17	18
	9:00 AM Pool Players	12:00 PM Bistro@119		
	9:30 AM Bocce	1:00 PM Pitch		
	10:00 AM Massage w/Melanie	1:00 PM Zumba Gold		
	10:00 AM Harmonica Club	1:30 PM ESL Class		
	10:00 AM Pickleball@ Town Hall Gym	2:00 PM Needlers		
23	9:00 AM Strength Training	12:00 PM Bistro@119	24	25
	9:00 AM Pool Players	Birthday Lunch		
	9:30 AM Bocce	12:30 PM Woman's Discussion Group		
	10:00 AM Massage w/Melanie	1:00 PM Pitch		
	10:00 AM Harmonica Club	1:00 PM Zumba Gold		
	10:00 AM Pickleball@ Town Hall Gym	2:00 PM Needlers		
	11:00 AM Chair Yoga w/Diane			
30	9:00 AM Strength Training	10:00 AM Jewelry Making	31	
	9:00 AM Pool Players	11:00 AM Chair Yoga w/Diane		
	9:30 AM Bocce	12:00 PM Bistro@119		
	10:00 AM Massage w/Melanie	1:00 PM Pitch		
	10:00 AM Harmonica Club	1:00 PM Zumba Gold		
	10:00 AM Pickleball@ Town Hall Gym	2:00 PM Needlers		
	9:00 AM Art Group	11:30 AM DayBreak		
	9:30 AM Tai Chi w/Helen	12:00 PM Bistro@119		
	10:00 AM Pickleball@Town Hall Gym	12:00 PM Ping Pong		
	10:00 AM Pool for Beginners	1:00 PM Tuesday Trivia		
	10:00 AM Line Dancing	1:00 PM Blood Pressure		
	10:00 AM Pickleball@Town Hall Gym	2:00 PM Yoga with Nancy		
	10:45 AM Tai Chi w/Helen			
	11:30 AM DayBreak			
	12:00 PM Bistro@119			
	9:00 AM Art Group	12:00 PM Bistro@119		
	9:30 AM Tai Chi w/Helen	12:30 PM Wellness/Health Clinic		
	10:00 AM Pool for Beginners	1:00 PM Tuesday Trivia		
	10:00 AM Line Dancing	2:00 PM Yoga with Nancy		
	10:00 AM Pickleball@Town Hall Gym	5:00 PM Hand Applique		
	10:45 AM Tai Chi w/Helen	6:30 PM Seated Chair Yoga		
	11:30 AM DayBreak			
	12:00 PM Ping Pong			
	9:00 AM Art Group	12:00 PM Ping Pong		
	9:30 AM Tai Chi w/Helen	12:00 PM Bistro@119		
	10:00 AM Pool for Beginners	1:00 PM Tuesday Trivia		
	10:00 AM Line Dancing	2:00 PM Yoga with Nancy		
	10:00 AM Pickleball@Town Hall Gym	5:00 PM Hand Applique		
	10:45 AM Tai Chi w/Helen	6:30 PM Seated Chair Yoga		
	11:30 AM DayBreak			
	9:00 AM Art Group	12:00 PM Bistro@119		
	9:30 AM Tai Chi w/Helen	12:00 PM Ping Pong		
	10:00 AM Pool for Beginners	1:00 PM Tuesday Trivia		
	10:00 AM Line Dancing	2:00 PM Yoga with Nancy		
	10:00 AM Pickleball@Town Hall Gym	5:00 PM Bistro@119		
	10:45 AM Tai Chi w/Helen	6:30 PM Seated Chair Yoga		
	11:30 AM DayBreak			



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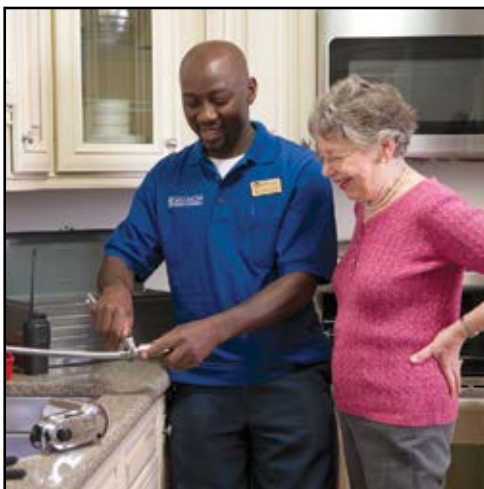
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THURSDAY		FRIDAY	
	5 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Pickleball@Town Hall Gym 10:30 AM Mah Jong 12:00 PM Bistro@119 1:00 PM Bridge	1:00 PM Zumba Gold 1:00 PM Quilting 2:15 PM Ping Pong	6 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:15 AM Stretch Break
	12 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Pickleball@Town Hall Gym 10:30 AM Mah Jong 12:00 PM Bistro@119	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Origami 2:15 PM Ping Pong	13 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:15 AM Stretch Break
12:00 PM Bistro@119 12:30 PM Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing 1:30 PM Legal Clinic	19 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Pickleball@Town Hall Gym 10:30 AM Mah Jong 12:00 PM Bistro@119 1:00 PM Bridge 1:00 PM Zumba Gold	1:00 PM Low Vision Support Group 1:00 PM Quilting 2:00 PM Better Breathers 2:15 PM Ping Pong	20 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:15 AM Stretch Break
12:00 PM Yoga w/Gene 12:00 PM Bistro@119 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing	26 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Pickleball@Town Hall Gym 10:30 AM Mah Jong 12:00 PM Bistro@119	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Coloring Class 2:15 PM Ping Pong	27 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 10:00 AM Pickleball@Town Hall Gym 10:15 AM Stretch Break
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Sudoku

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

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

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Answer to
June
Sudoku

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

CROSSWORD PUZZLE

ACROSS

- 1 Tibetan priest
5 More than enough
8 Ancient Heb. month
12 Son of Samuel
13 Television channel
14 Before (Lat.)
15 Dissertation
17 Two-horse chariot
18 A (Ger.)
19 Braid linen tape
21 Male cat
22 Card game
23 Balto-Slav
25 Rain tree
28 Iron lung
31 Smile
32 Hours (abbr.)
33 Insect
34 Active
36 Nutlike drupe
37 Diagonal (abbr.)
38 River into the North Sea

DOWN

- 1 Dead
2 Shelter (Fr.)
3 Air
4 Amer. Automobile Assn. (abbr.)
5 Arawakan language
6 City on the Irtysh
7 Eye of an insect
8 All points

ANSWER TO PREVIOUS PUZZLE

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

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

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Monday (2nd)

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Monday (3rd)

Lyman Street Plaza - Afternoon

Monday (4th)

Solomon Pond Mall - Afternoon
(If there is a fifth Monday
Westmeadow Plaza)

Tuesday

Appts. no sooner than 7:30 AM

Wednesday

Appts. no sooner than 7:30 AM
Senior Center, Medical Appts.,
Work, Grocery Shopping@
Hannaford in Marlboro Plaza,
Work Trips, Library

Thursday

Appts. no sooner than 7:30 AM
Senior Center, Medical Appts.,
Work

Friday

Appts. no sooner than 8:15 AM
Senior Center, In-town Errands,
Work, Hairdresser

* Please call the Senior
Center at 508-393-5035
for details.

In-Town Trips and Out-of-Town Trips provided to Marlboro, Westboro, Shrewsbury, Worcester, Boylston, Northborough, Southborough Monday-Friday as scheduled. Reservations taken up to seven business days in advance. Minimum of 24 hours notice is required for all reservations. **508-752-9283 press 1.** No out-of-town trips unless pre-authorized. Trips to and from the Senior Center are available daily.

VAN TRANSPORTATION WEATHER CANCELLATION POLICY

If Northborough Schools are closed due to inclement weather, there will be no van transportation for that day. If there is a delay due to inclement weather, there will be a delay in transportation for the same amount of time.

HOW DO I KNOW WHEN I WILL BE PICKED UP?

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



ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

AGE-RELATED VISION PROBLEMS



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

— Source: Mayo Clinic



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



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Fax: 508-485-8777

Call 508-485-0432

www.bouvierpharmacy.com

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

HAND APPLIQUE**Day: 2nd and 4th Tuesday****Dates: July 10 & 24 • Time: 6:00 – 8:00 PM****Leaders: Donna Towner & Shirley Tetreault****Cost: Free**

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

QUILTING**Day: 1st & 3rd Thursday****Dates: July 5th and 19th • Time: 1:00 PM****Cost: Free • Instructor: Connie Davis**

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

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

Want to work on your knitting/crocheting or other handwork with others? Looking for direction on a particular project? Join this creative group as they share common experiences of a hobby they just love!

**JEWELRY MAKING CLASS****Day: Monday • Date: July 30****Time: 10:00 AM • Instructor: Lori Burton****Pre-Registration Required**

It's a perfect time to try a new hobby! Making beautiful jewelry is both fun and easy when you have an expert like Lori working with you. Sign up today to try your hand at something new and creative.

**ORIGAMI****Day: Thursday****Date: July 12****Time:****1:00 PM****Instructor:****Annie Wales****Cost: \$5****Pre-registration Required**

Join the talented

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

PIANO LESSONS

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

ART WITH HELEN

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

Coloring**Day: Thursday • Date: July 26****Time: 1:00 PM • Cost: Free****Instructor: Shirley Mollenhauer****Pre-Registration Required**

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



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Knollwood
Nursing Center
YOUR PARTNERS IN CARE

MONDAY

9:00	Aerobics/Strength Training
9:00	Pool
9:30	Bocce (American Legion)
9:30	Massage by Melanie
10:00	Jewelry Making (7/30)
10:00	Pickleball (Town Hall Gym)
10:00	Harmonica Club
11:00	Chair Yoga with Diane (7/9, 16, 23, 30)
12:00	Bistro Lunch
12:30	Women's Discussion Group (7/9 & 23)
12:30	Pickleball at Town Hall Gym
1:00	Pitch
1:00	Zumba Gold (7/9, 16, 23, 30)
1:30	English as a Second Language
2:00	Needlers

TUESDAY

9:00	Art Group
9:30	Beginner Tai Chi w/Helen
10:00	Line Dancing
10:00	Pickleball (Town Hall Gym)
10:00	Pool for Beginners
10:45	Qi Gong Tai Chi w/Helen
11:30	DayBreak
12:00	Bistro Lunch
12:00	Ping Pong
1:00	Tuesday Trivia
2:00	Yoga with Nancy
5:00	Evening Bistro (7/10, 17, 24, 31)
6:00	Hand Applique (7/10 & 24)
6:30	Seated Chair Yoga (7/10, 17, 24, 31)

WEDNESDAY

9:00	Aerobics/Strength Training
9:00	Pool
10:00	Pickleball (Town Hall Gym)
10:00	Dull Men's Club
10:30	Yang Style Tai Chi
10:30	SPA (8/1)
11:00	Chair Yoga w/Diane
12:00	Yoga with Gene
12:00	Hearing Clinic (7/11)
12:00	Bistro Lunch
12:45	Bridge (SAYC)
1:00	Bingo
1:30	Memoir Writing (7/11 & 25)
1:30	Book Club (7/18)

THURSDAY

9:30	Cribbage
9:30	Belly Dancing
10:00	Pickleball (Town Hall Gym)
10:30	Mah Jong
12:00	Bistro Lunch
12:30	Pickleball (Town Hall Gym)
1:00	Origami (7/12)
1:00	Quilting (7/5 & 19)
1:00	Zumba Gold (7/12, 19, 26)
1:00	Bridge
1:00	Coloring Class (7/26)
1:00	Low Vision (7/19)
2:15	Ping Pong

CAN YOU HELP?

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

FRIDAY

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

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at 978.443.0080



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NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | JULY 2018

Northborough Senior Center
119 Bearfoot Road
Northborough, Massachusetts 01532



- Do people mumble or speak in softer voices than they used to?
 - Do you find it difficult to understand speech in background noise or in a restaurant?
 - Do you turn up the volume of your television or radio?

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