

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 6, NO. 7, JULY 2019

A DANCE WITH DEATH

A 1957 Sock Hop Gone Sour!

The Murder Mystery Co.
THE EXPERTS IN MYSTERY ENTERTAINMENT

A Fundraiser to support the Friends and the Senior Center.

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THE SOCK HOP QUEEN
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THE CHEERLEADER
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119 Bearfoot Road Northborough, MA

(Handicapped Accessible)

Phone/After Hours Answering Machine:

508-393-5035 • Fax: 508-393-1503Web Address: www.town.northborough.ma.us**SENIOR CENTER HOURS:**

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

COUNCIL ON AGING MEMBERS

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

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

DIRECTOR'S CORNER:

It may be the lazy days of summer but we've got a lot going on at the Senior Center. Join us in air conditioned comfort as you join your friends at an exercise class, learn something new at a presentation, or simply enjoy a book in the lobby. Who wants to heat up the kitchen when you can enjoy a delicious lunch or dinner at the Bistro@119? Vickie and Carolyn have wonderful menus planned for your enjoyment. Please see more details about how you can cool off with us at the Senior Center and have some summer fun!

Kelly Burke

We are currently accepting donations of greeting cards

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A DANCE WITH DEATH 

What to Wear to your 1950's Prom

IDEAS

- Tea Length Dresses
- Elbow Length Gloves
- Full Skirts or Pencil Skirts
- Black Tuxes
- White Coat Suits
- Ornate Necklines
- Halter Tops
- Chiffon Scarfs
- Flared Skirts
- Gathered Tiers
- Flaring Peplums
- Fleck Suits

Movie Inspiration

Mad Men
Breakfast at Tiffany's
Back to the Future
Cadillac Records



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

YOU'RE INVITED

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



FRIENDS of the
NORTHBOROUGH
SENIOR CENTER, INC.

MURDER MYSTERY DINNER THEATER

Date: Friday, August 9th • Time: 5:00 PM

Place: The Northborough Senior Center's Bistro@119

Cost: Includes a full Dinner and Play. \$35 each.

A Murder Mystery Dinner Theater. An entertaining way to support the Friends and the Senior Center.

"The Murder Mystery Company" performs thrilling mysteries across the Nation and they're coming to the Northborough Senior Center!

Our chefs, Vickie and Carolyn will be preparing a delicious dinner

(your choice of Pot Roast, Baked Haddock or a vegetarian option) with all the fixings including beverages and dessert. Anything can happen during this comedic Clue-style performance and everyone in attendance will have the opportunity to solve the case. You'll even recognize some local talent among the actors. The experts at "The Murder Mystery Company" are accommodating all of The Friends' of the Northborough Senior Center's needs for this one-of-a-kind dinner theatre event.

Tickets will be on sale beginning on July 10th. You're welcome to use the suggestions of what to wear (found to the left of this article) if you choose, but there's no dress code to attend this fun evening!

Sincerely, *Anita Hagspiel, President*

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.
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Ice Cream Cones ARE BACK! **\$1 A SCOOP**
Chocolate, Vanilla, Strawberry

BISTRO@119

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

- July 2** Chicken Pot Pie, Garden Salad, Bread & Butter, Assorted Desserts
\$9
- July 9** Beef Kebobs over Rice Pilaf, Vegetables, Bread and Butter, Assorted Desserts. George Curtis will be entertaining with Piano Playing while you dine.
\$9
- July 16** Shrimp Scampi w/Linguini, Salad, Rolls & Bread, Assorted Desserts
\$9
- July 23** NEW! Beef Short Rib Ravioli w/Brown Gravy Mushroom Sauce, Caesar Salad w/Bread/Rolls & Butter
\$9
- July 30** NEW! Asian Pork Tenderloin w/Rice, Vegetables, Chocolate Trifle Dessert
\$9

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!



LEGAL CLINIC

Date: Tuesday, July 9 • **Time:** 1:30 – 2:30 PM • **Cost:** Free
Attorney: Richard Dustin • **Pre-Registration Required**

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

CHAT WITH THE CHIEF

Day: Thursdays • **Dates:** July 11 & 25 • **Time:** 9:00 AM
Cost: Free • **Pre-Registration Required**

Join us as we welcome Chief Bill Lyver to the Senior Center for twice monthly visits. The Chief contacted the Senior Center because he'd like to meet with residents to share updates from the Police Department. He's also interested in hearing of your concerns or questions. There will be coffee/tea and pastries served.

BIRTHDAY LUNCH

Date: Monday, July 22 • **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.

THE ART OF DOWNSIZING, PERFECTED!

Day: Wednesday • **Date:** July 24 • **Time:** 11:00 AM
Cost: Free • **Presenters:** Kim McCarthy & Chris Stratford
Pre-Registration Required

Join us for this lively, informative and often humorous presentation. Kim McCarthy, CEO of Generations on the Move, Inc. a Senior Move Specialist and Chris Stratford, Realtor, Coldwell Banker take the stress out of downsizing (what do I do with all this stuff) selling your home (do I need to update this) and buying the "just right" place to call home (where do I begin). Information and solutions are offered as they take that overwhelming feeling and "send it packing!"



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*Additional charge for toppings and SPECIALTY TOPPINGS

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

Expires 7/31/19 Coupon Code 129919

Large Cheese Pizza \$9.99

*Additional charge for toppings and SPECIALTY TOPPINGS

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

Expires 7/31/19 Coupon Code 99919

\$19.99+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 7/31/19 Coupon Code 199919

All Coupons Expire July 31, 2019

Order Online at www.thehouseofpizza.com

NEW

BEREAVEMENT GROUP**Day: Thursday • Dates: July 11 – August 15****Time: 12:45 – 2:15 PM • Facilitator: Rev. Sharron Lamothe • Cost: Free**

When we lose a loved one caused by illness, an accidental traumatic event or even natural causes, we can expect that we are going to go through some kind of a grief process. The one whom we have loved so dearly is no longer with us, so we need to mourn that loss if we are ever going to move forward with our lives. Our grief and mourning has no time line or limit. It never moves forward logically or step-by-step, and we may feel its grip over and over again.

Everyone experiences grief when a loss occurs. There is no way around it or over it or under it. We must work through it so healing can take place. This is hard work. A support group is one of the ways to help one move through the grief process.

Beginning, Thursday July 11th and for five weeks thereafter, ending August 15th, Faith and Family Hospice of Marlborough, Ma. will be offering a bereavement support group at the Northborough Senior Center on Bearfoot Road. We will meet each Thursday from 12:45-2:15 p.m. Rev. Sharron Lamothe, one of the chaplains with Faith and Family Hospice, will be the facilitator along with assistance from colleagues from Faith and Family.

No matter how dark and frightening the winters of struggle have been after the death of a loved one, we can be assured that spring will always come birthing new life. It is our hope that if you are experiencing the loss of a loved one, you will consider attending the bereavement support group being offered in July. Then maybe you can begin to feel a sense of peace, solace and healing in such a difficult time in your life.

Rev. Sharron

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.

SINGING IN ROUNDS**Day: Wednesdays • Time: 9:45 - 10:45 AM****Instructor: Manoj Padki****Cost: \$3/class • Pre-registration required****Singing in Rounds will be on Hiatus for July, to return on August 14.**

Please join us as we welcome Manoj and his new class. Singing in Rounds is 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. Come lift your voice and your spirits with this fun class!

MANICURES/PEDICURES/REFLEXOLOGY**Days: Thursdays • Dates: July 11, 18, 25****Time: First Appt. is at 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.

MASSAGES BY MELANIE**Day: Mondays • Dates: July 1, 15, 22****Time: First Appt. is at 9:00 AM, Last apt. is at 2:30 PM****Therapist: Melanie Railing****Cost: Varies by service. Price list at front desk. Call for more info.**

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

VETS TALK**Vets Talk will be on hiatus in July and August.****Look for its return in September.**

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HELLO SUMMER

ENGLISH AS A SECOND LANGUAGE - INTERMEDIATE

Please call for July class schedule.

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!

LEARNING TO PLAY MAH JONG

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

SPA SERVICES

Day/Date: Wednesday, July 24th

The first appointment is at 10:00 AM;

the last appointment ends by 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

LOW VISION SUPPORT GROUP

Day: Thursday • Date: July 11 • Time: 1:00 PM • Cost: Free

Leader: Agnes Sagerian

Do you have vision loss of any kind? Please join us for a presentation by Traci Robidoux, RD, LDW, the Dietitian/Nutritionist at BayPath Elder Services, Inc. Traci will speak on the importance of protein in our diet. Please contact our coordinator, Agnes Sagerian at **508-393-8353** with any questions. We welcome you to join our group.

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.

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.

BEST OF TIMES TRAVEL - DAY TRIPS

Diamond's & Pearls, Cash & Kings Tribute Show
Tuesday, August 27, 2019

Lake Pearl, Wrentham, MA / \$94 pp

New Hampshire's Turkey Train
Friday, October 11, 2019

Meredith, NH / \$101.95 pp

BEST OF TIMES TRAVEL - OVERNIGHT TRIPS

The Common Man - N.H. Getaway
October 3-4, 2019 (2 Days/1 Night)

Plymouth, N.H.

\$349pp Double Occupancy / \$449 Single Occupancy

PENN Dutch Country's Miracle of Christmas
December 3-5, 2019 (3 Days/2 Nights)

Pennsylvania. \$459pp Double Occupancy /

\$559pp Single Occupancy

AAA TRAVEL - OVERNIGHT TRIPS

Greece & Its Islands
October 1-12, 2019 (12 Days)

Round Trip from Boston. \$4549pp Double Occupancy

Iceland - Northern Lights - 6 Days
October 9-14, 2019

Roundtrip from Boston / \$2,599 pp Double Occupancy





OUTREACH NOTES

A Bereavement Group facilitated by Rev. Sharon Lamothe, Chaplain with Faith and Family Hospice, will be offered at the Northborough Senior Center. The group will meet in five week increments beginning on Thursday, July 11, 2019 through August 15, 2019. Meetings are from 12:45 - 2:15 PM.

We know that many people in our community have experienced loss. If you are dealing with grief, consider attending the Bereavement Group. Grief can be a complex experience. People dealing with grief may also be trying to manage other day to day stressors, including other losses. Social support is a key component of recovery and resilience.

I recently read the account of two women who after years of resisting counseling found relief, comfort and reassurance in the process of unburdening. Other counseling resources are also available. Please contact the Outreach Department to discuss the Bereavement Group and other resources.

*Jocelyn Ehrhardt, MSW,
Outreach Coordinator*

I can be reached at 508-393-5035

BAYPATH ELDER SERVICES, INC.

BayPath provides an array of services and programs for older adults, caregivers, and persons with disabilities to support their independence and dignity. Some programs have eligibility criteria, such as age, need, income, and/or insurance. To find out more, please visit our website www.baypath.org or call **508-573-7200** and ask for the Information and Referral Department.



FREE BLOOD PRESSURE CLINIC

Tuesday, July 2 at 1:00 PM

Where: at the Senior Center Cost: Free

FREE HEARING CLINIC

Date: Wednesday, July 10

Time: 12:30 - 1:30 PM

Appt. Required

MEDICARE'S FREE PREVENTIVE SERVICES

Many preventive services are covered by Medicare with no deductible or co-pay. These services are free whether you have Original Medicare or a Medicare Advantage plan, such as an HMO. Disease prevention and early detection services can keep you from getting certain diseases or can help you find health problems early, when treatment works best. Talk with your doctor or health care provider to find out what tests or other services you may need. There are rules which state when and how often Medicare will pay for these. Some of the free services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Bone mass measurements
- Cardiovascular screening
- Diabetes screening and prevention program
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

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

HERE'S TO YOUR GOOD HEALTH! WELLNESS CLINIC

Date: Tuesday, July 16

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.



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 AM – 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 enjoy your week 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****(No class 7/1)****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

Pickleball is off for the summer. Look for its return in September.

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!

**TRADITIONAL CHINESE
YANG STYLE TAI CHI****On Hiatus in July, returning August 28****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.

YOGA WITH REBECCA**Day: Every Wednesday (No class 7/17)****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**Day: Monday and Wednesday****Time: 11:00 AM ▪ Cost: \$3/class****Instructor: Diane Ginsberg**

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.

STRETCH BREAK**Day: Every Friday ▪ Time: 10:15 AM****Cost: \$3 ▪ Instructor: Sharon McDevitt**

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

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





Pauline Berkes
(Rebecca's Mom)

SEATED CHAIR YOGA

Day: Tuesdays (No class 7/16)

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.

SEATED CHAIR YOGA

Day: Wednesdays (No class 7/17) • **Time:** 1:30 PM

Cost: \$3 • **Instructor:** Rebecca Reber

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

GENTLE BALLET

Day: Mondays • **Time:** 10:00 AM • **Cost:** \$3/class

Instructor: Lucy Jacek • **Pre-Registration Required**

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

POOL FOR BEGINNERS

Day: Tuesdays

Time: 10:00 AM – 12:00 PM

Location: Pool table room

Cost: \$5/class

Instructor: Kevin Wright

Pre-registration is required

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



CARDIO & WEIGHTS

Day: Thursdays • **Time:** 10:45 to 11:30 AM

Cost: \$3 • **Instructor:** Sharon McDevitt

This 45 minute class works your cardiovascular system (heart and lungs) with a low impact aerobic workout. The introduction of weight/strength training, builds strength and speeds up metabolism so you can burn more calories at rest as well as tone and sculpt muscles. Class ends with core strengthening exercises and a relaxing cooldown and stretch. All participants are urged to work at their own intensity levels. Please let the instructor know if you have any orthopedic issues which need to be addressed or modified.

YOGA WITH NANCY

Yoga with Nancy is on hiatus. Please check our page on the Town website for updates.

PING PONG

Day/Time: Tuesdays at 12:00 PM

and Thursdays at 2:15 PM

Cost: Free

Feel free to come play Ping Pong at the above times; or if you would like to play on a different day/time, check with the front desk for room availability.



FLEX AND TONE

Day: Thursdays (No class 7/18) • **Time:** 2:00 PM • **Cost:** \$3

Instructor: Rebecca Reber

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



Do you know about our Outreach Services?

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

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

PROTECTING THE COTTAGE

Are you lucky enough to own that special place, whether it's a camper in Maine or a house on the Cape, where you, your children and your grandchildren can go to enjoy some time away together during our all-too-brief New England summers? If so, you most likely would like to leave that vacation home to your family to enjoy for generations to come, without worrying about having to sell it in order to qualify for MassHealth, either because you need nursing home care or because you need a lot of care at home in order stay out of a nursing home.

If you are married and you need to qualify for MassHealth, you can usually transfer your assets to your spouse. Since your home is not a countable asset, it will be safe. If your spouse has more than the allowable maximum (now \$126,420) in other assets, your spouse can simply use the extra assets to buy an annuity. Unlike your main residence, a vacation home may be considered a countable asset, and therefore would need to be sold with the proceeds used to buy that annuity. Of course, if you and your family love that vacation home, that sale is exactly what you are trying to avoid.

Your vacation home, then, is the one asset you'd need to protect ahead of time. Typically, you would do that by conveying a so-called "remainder interest" in that home to your children, or to one or more of them as trustee of an irrevocable trust for their benefit. You would retain a "life estate" in the property, allowing you control of the home while you are still alive. Five years after you have transferred this remainder interest, it will no longer be countable or lienable if you later need to qualify for MassHealth. By taking this precaution, you are also avoiding probate. At the moment of your death, your life estate will expire, leaving your children (or the trust for their benefit) as the owner of the summer home without going through the probate process. Also, when you die, the tax basis of the property will jump to its date of death value, so that if your children do end up needing to sell the summer home, any capital gains tax will be eliminated or reduced substantially.

So while your kids are visiting this summer, talk with them about protecting this family treasure. You may also want to talk with your lawyer about it. In the meantime, kick back and enjoy the summer! If you need more information on this, you can contact me at **508-860-1470** or **abergeron@mirickoconnell.com**. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube Channel, **www.youtube.com/elderlawfrankmary** and find more in-depth commentary on legal issues on Mirick O'Connell's Trusts and Estates blog, **"Getting All Your 'Docs' in a Row."**

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Watch our elder law
legal clinics on YouTube:
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Enjoy these discounts from some of the eateries in our Northborough area.

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SUDBURY'S PREMIER ASSISTED LIVING COMMUNITY PRESENTS...

OUTDOOR CONCERT TUESDAY, JULY 30 AT 6:30 PM



SHADES OF GRAY Civil War Era Camp Band

Composed of 6 members mostly made up of reenactors. Sing-a-long with rousing patriotic songs such as "Oh Susanna", "Camp Town Races, and "Bonnie Blue Flag".

RSVP by calling 978-218-3010



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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.

BOOK CLUB**Day: 3rd Wednesday of the Month****Date: July 17 • 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.

BETTER BREATHERS CLUB**Day: 3rd Thursday of the month****Date: July 18 • Time: 2:00 PM****Cost: Free • Leader: Bonnie Kenney****Pre-Registration Required**

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

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

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

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

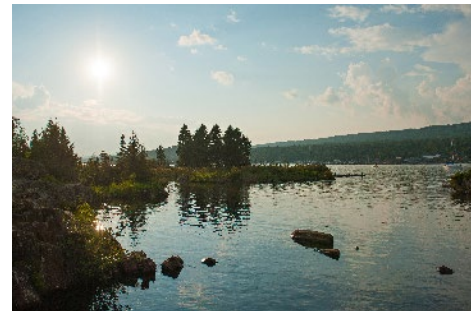
Our own Northborough Senior Center Harmonica Club is in its 9th Season and is always opening its doors for new members. Anyone who has played the harmonica as a youngster, mid-life, or in your golden years, is invited to join us. We play mostly old favorites and patriotic songs, and at holiday performances we play songs that our guests can sing along with. If interested, or to get more information, please leave your name and phone number at the Front Desk at the Northborough Senior Center, and someone from the Harmonica Club will contact you

PHOTOGRAPHY CLUB**THE PHOTOGRAPHY CLUB WILL BE ON HIATUS FOR THE SUMMER.**

We will be back in September with field trips, a cell phone photography class and lots of great images to share!

LANDSCAPE PHOTOGRAPHY WORKSHOP**Day: Tuesday****Date: July 9 • Time 2:30 to 5:00 PM****Instructor: Steve McGrath****Cost: \$10 • Pre-Registration Required**

In this Beginner/Intermediate Landscape Photography Class, Steve will show you all the various camera settings you can use when taking Landscape Photography utilizing your Shutter and Aperture settings for the best exposure, including understanding and using natural light, finding the best composition, understanding the ways different focal length lenses behave, and using depth of field and the use of filters. Tripods are also a plus but not mandatory for the class and you can use Film or Digital Cameras. There will be a presentation, then we will head out into the grounds around the Senior Center to photograph and after we will have a critique of our work!

**MACRO PHOTOGRAPHY WORKSHOP (WITH FLOWERS)****Day: Tuesda • Date: July 23 • Time 2:30 to 5:00 PM****Instructor: Steve McGrath****Cost: \$10 • Pre-Registration Required**

Take your Macro Photography from good to great by capturing flowers at the Senior Center. During this workshop you will learn to sharpen your awareness of light on the landscape. If you are an Intermediate to Advanced photographer, looking to fine tune your skills and expand your knowledge of Photography then this course is for you. This course is ideal for the photographer with some knowledge of manual camera settings that want to take their abilities to the next level. Join Steve McGrath as he reveals his tips and techniques for taking quality close up as well. This course is informative for both Digital and SLS (file) photographer. Bring a camera with macro capabilities, a sturdy tripod and a large memory card.

TECHNOLOGY TUESDAY**TECHNOLOGY TUESDAY WILL BE OFF FOR THE SUMMER.**

We will look forward to their return in the fall. Many thanks to the Algonquin Students and their teacher, Eileen Palmer, who took time to come help us with our technology issues!

WOMEN'S DISCUSSION GROUP**Day: Mondays • Dates: July 8 & 22 • 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.

MEMOIR WRITING GROUP**Day: 2nd & 4th Wednesdays • Dates: July 10 & 24 • 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. the Senior Center at **508-393-5035**.

The Real Estate Expert

KAREN SCOPETSKI
Article Provided By YOUR NORTHBOROUGH REALTOR



IMPORTANT DECISIONS TO MAKE BEFORE YOU SELL A HOME

Adding a home to the real estate market offers a great first step to sell your residence.

However, before you list your house, you'll want to consider the short- and long-term ramifications.

Ultimately, there are several key decisions for home sellers to make before they list their residences, including:

1. WHAT ARE MY FUTURE PLANS?

After you sell your house, where will you live? You'll need to consider life after your home sale so that you can map out the home selling journey accordingly. If you have another residence lined up, you may be able to slow down the home selling process. This will ensure you can take your time, perform plenty of housing market research and do everything possible to maximize the value of your home sale.

2. HOW MUCH IS MY HOME WORTH?

What you originally paid for your house is unlikely to match your home's present value. As such, you'll need to understand what your home is worth today so you can price it appropriately. A home appraisal will make it easy for you to learn about your house's strengths and weaknesses.

During this appraisal, a home inspector will examine your property's interior and exterior and identify any problem areas. Then, you can better understand the true value of your house. Don't forget to look at the prices of comparable houses in your city or town too. This can provide you with valuable housing market data and help you understand whether you're getting ready to sell a home in a buyer's or seller's market.

3. WHAT CAN I DO TO ENJOY A FAST, SEAMLESS HOME SELLING EXPERIENCE?

The home selling journey can be tricky. Lucky for you, real estate agents are available in cities and towns nationwide, and these housing market professionals can help you enjoy a fast, seamless home selling experience. A real estate agent boasts comprehensive housing market experience. He or she can offer tips to help you revamp your house's interior and exterior before you add your residence to the real estate market. That way, you can boost your chances of a quick home sale.

Also, a real estate agent will go above and beyond the call of duty throughout the home selling journey. This housing market professional will set up home showings and open houses, keep you up to date about offers on your home and negotiate with homebuyers on your behalf. And if you ever have home selling questions, a real estate agent is happy to respond to your queries immediately.

Collaborate with a real estate agent as you prepare to embark on the home selling journey, and you can move one step closer to maximizing the value of your residence.

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

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MONDAY		TUESDAY		WEDNESDAY	
1	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:00 AM Gentle Ballet	11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 1:00 PM Pitch 2:00 PM Needlers	2	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119	12:00 PM Ping Pong 1:00 PM Tuesday Trivia 1:00 PM Blood Pressure Clinic 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga
8	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Harmonica Club 10:00 AM Gentle Ballet 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119	12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers	9	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Bistro@119 1:00 PM Tuesday Trivia	1:30 PM Legal Clinic 2:30 PM Landscape Photography Workshop 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga 7:00 PM COA Meeting
15	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:00 AM Gentle Ballet 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119	1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers	16	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 5:00 PM Bistro@119
22	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:00 AM Gentle Ballet 11:00 AM Chair Yoga w/Diane 12:00 PM Birthday Lunch	12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers	23	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 Macro Photography Workshop w/Flowers 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga
29	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Harmonica Club 10:00 AM Gentle Ballet 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119	1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers	30	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 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga
			31	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Dull Men's Club 10:00 AM Spa Services 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Dull Men's Club 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca



THURSDAY		FRIDAY	
12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga	4 CENTER CLOSED FOR 4TH OF JULY	5 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons	
12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Memoir Writing	11 9:00 AM Chat with the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:45 PM Bereavement Group 1:00 PM Bridge	12 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons	
12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Book Club	18 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:45 PM Bereavement Group	19 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons	
12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Memoir Writing	25 9:00 AM Chat with the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119	26 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons	
12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga			

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

Answer to
June Sudoku

Sudoku

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

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

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DIFFICULTY: ★★☆☆

CROSSWORD PUZZLE

ACROSS

- 1 Buttocks
5 Reel
9 Adjective-forming (suf.)
12 Leaf-cutting ant (suf.)
13 Scientific name (suf.)
14 No (Scot.)
15 Beer
16 Polish border river
17 Poetic contraction
18 Europe (abbr.)
20 Swed. sculptor
22 Spot on cards or dice
25 Flat fish
27 Flood
28 Or best offer (abbr.)
29 Irish exclamation
31 Answer requested (abbr.)
34 102 (Rom. numeral)
35 Book (Lat.)
37 Indo-Chin. people
38 Thessaly mountain
40 Large intestine beginnings
41 Interstate Commerce Commission (abbr.)
42 Poetic contraction
44 Eye-infesting worm
45 Council for Econ. Advisors (abbr.)
46 Firearm
49 Recommended daily allowance (abbr.)
51 Melody
52 Fine Cuban tobacco
54 Regard
58 Centers for Disease Control (abbr.)
59 Acid (pref.)
60 Heddles of a loom

ANSWER TO PREVIOUS PUZZLE

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

- 61 Compass direction
62 Foot (suf.)
63 Forbidden
1 Hat
2 Shoshonean
3 As written in music
4 Geological vein angle
5 Scarce
6 Group of seals
7 Same (Lat.)
8 Nose opening
9 Limp
10 Rhine tributary
11 Dregs
19 Hereditary property
21 Brythonic sea god
22 Little: music
23 Bird
24 Taro (2 words)
26 Biblical tower
30 Deck
32 Flower holder
33 Geophagy
36 Electric catfish
39 Bronze money
43 Summary
46 Medieval warclub
47 Acquired immune deficiency syndrome (abbr.)
48 Run
50 Accountant (abbr.)
53 Child (pref.)
55 Amer. Automobile Assn. (abbr.)
56 Mortar mixer
57 Flightless bird

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
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57				58				59		
60				61				62		
63										

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A66

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 implemented 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@bouverpharmacy.com



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

ORIGAMI**Day: Thursday****Date: July 11****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.

**SEWING & KNITTING NIGHT****Day: 2nd and 4th Tuesday****Date: July 9 & 23****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!

QUILTING**Day: 1st & 3rd Thursday • Dates: July 18****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.

BEGINNER PIANO LESSONS**Day: Fridays • Time: 11:00 AM****Cost: \$10/class • Instructor: Dennis Deyo****Pre-Registration Required**

This class will be for all older adults who have never taken piano lessons and want to start from the very beginning OR for those older adults who studied piano years ago and want to refresh their skills by starting over. These hour-long classes will be held on Fridays at 10 AM and students will be given a chance to take turns playing their music during the class. True beginners will be given a workbook to learn how to read music, a scale chart, an exercise book and a song book. Total cost for all materials will be \$35, 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 a piano teacher for over 50 years.

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**JEWELRY MAKING IS ON HIATUS
FOR THE SUMMER.**

Look for its return on September 23, 2019. Please delete "Vets Talk" and replace with: Vets Talk is on hiatus for the summer but will be back in September. Look for updates at the Senior Center, the website and in the September newsletter for the next meeting date.

WHERE LIBERTY DWELLS THERE IS MY COUNTRY.

- Benjamin Franklin



Sue Hogan and Dale Schofield,
Craft Instructors

JOIN US

Join us for our next event.
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Something that you'll want to make.
You'll take it home to decorate.

- Sue Hogan

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- Social events and recreation



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CONTINUUM OF CARE

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

MONDAY

9:00 Aerobics/Strength Training
 9:00 Massage by Melanie (7/1, 15, 22)
 9:00 Pool Players
 10:00 Harmonica Club
 10:00 Gentle Ballet
 11:00 Chair Yoga w/Diane
 12:00 Bistro Lunch
 12:00 Bistro Birthday Lunch (7/22)
 12:30 Women's Discussion Group (7/8 & 22)
 1:00 Pitch
 1:00 Zumba Gold (No class 7/1)
 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 (7/9)
 12:30 Wellness Clinic (7/16)
 1:00 Tuesday Trivia
 1:00 Blood Pressure (7/2)
 1:00 Photography Club (Hiatus)
 4:00 Sewing & Knitting Night (7/9 & 23)
 5:00 Evening Bistro
 6:30 Seated Chair Yoga (No class 7/16)

WEDNESDAY

9:00 Aerobics/Strength Training
 9:00 Pool Players
 9:00 Vets Talk (7/10 & 24)
 10:00 Dull Men's Club
 10:00 SPA (7/24)
 11:00 Chair Yoga w/Diane
 12:00 Bistro Lunch
 12:00 Yoga w/Rebecca (No class 7/17)
 12:30 Hearing Clinic (7/10)
 12:45 Bridge (SAYC)
 1:00 Bingo
 1:30 Memoir Writing (7/10 & 24)
 1:30 Book Club (7/17)
 1:30 Seated Chair Yoga (No class 7/17)

THURSDAY

9:00 Chat with the Chief (7/11 & 25)
 9:30 Mani/Pedi/Reflexology (7/11, 18, 25)
 9:30 Belly Dancing
 9:30 Cribbage
 10:00 Walking Club
 10:30 Mah Jong
 10:45 Cardio & Weights
 12:00 Bistro Lunch
 12:45 Bereavement Group
 1:00 Bridge
 1:00 Quilting (7/18)
 1:00 Zumba Gold (No class 7/1)
 1:00 Origami (7/11)
 1:00 Low Vision Support Group (7/11)
 2:00 Better Breathers (7/18)
 2:00 Flex & Tone w/Rebecca (No class 7/18)
 2:15 Ping Pong

FRIDAY

8:30 Qigong Tai Chi
 9:00 Pool Players
 10:15 Stretch Break
 11:00 Beginner Piano

**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.

Where Caring Makes a Difference

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

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NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | JULY 2019

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