

# NORTHBOROUGH TIMES

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

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**DIRECTOR'S CORNER:**

It's a very important month at the Senior Center. It's time for us to formally thank all of the volunteers who help make the Senior Center a success. For the past few years, we have been holding "Volunteer Appreciation Week". This month, we give our volunteers a small token of our appreciation for their service.

All of us have probably volunteered at one time or another in our lives. Whether it be serving on the PTO/PTA at our children's schools, Faith based activities, helping a neighbor, etc., we all know the satisfaction of helping and the good feelings we get from giving of ourselves. We would not be able to offer some of our classes, give great Front Desk customer service or have such great lunches and dinners without our volunteers. We are a very small staff and along with our volunteers, we pride ourselves on our welcoming atmosphere. Please join me in thanking the volunteers you interact with every day: those answering the phone or your questions at the Front Desk, those serving your meals in our busy Bistro and those leading classes. These folks are giving of their time and energy to make the Senior Center a place you love to visit. Give them a pat on the back. We all like to be recognized for a job well done and these volunteers deserve it!

We will be sending out invitations to all of our volunteers. If you have volunteered this past year, and for any reason you don't receive an invitation, please call us to inquire. In the past, we have received invitations back in the mail because of an incorrect address or name misspelling. We don't want anything like that to cause one of our volunteers to miss out. On behalf of the Council on Aging and staff, I want to thank each of our wonderful volunteers. Your dedication, friendliness and energy make the Senior Center a welcoming, vibrant place to be. We could not offer the variety of classes, programs and activities that we do without you!

*Kelly Burke*

**119 Bearfoot Road Northborough, MA**

(Handicapped Accessible)

Phone/After Hours Answering Machine:

**508-393-5035 • Fax: 508-393-1503**Web Address: [www.town.northborough.ma.us](http://www.town.northborough.ma.us)**SENIOR CENTER HOURS:**

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

**COUNCIL ON AGING MEMBERS**

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

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FRIENDS of the  
NORTHBOROUGH  
SENIOR CENTER, INC.

This Spring, The Board of Directors voted to assist the Senior Center by purchasing a second Ping Pong table because of the growing popularity of the game. This type of service is part of our fundraising efforts.

### Friends Cash Calendar Lottery

Exciting news! Our successful December fundraiser is back this month! The Friends will be selling the calendars through the end of the month. Throughout the month of June, a cash prize will be awarded every day. You'll have 30 chances to win. Every time you win, your name goes back into the drawing for another chance to win! These calendars are only \$10.00 apiece. Calendars are on sale at the front desk at the Senior

Center. All proceeds from this fundraiser go to the Senior Center to support programs and more! Questions? Contact Henry Squillante at [hsquill@aol.com](mailto:hsquill@aol.com)



**We are currently  
accepting donations of  
greeting cards**

### We will also be hosting an exciting new fundraiser: **A MURDER MYSTERY DINNER**

**Date: Friday, August 9th • Time: 5:00 PM • Place: The Northborough Senior Center's Bistro@119**

Vickie and Carolyn will be creating a special dinner while guests try to figure out the "Who Done It". More information will be available in the near future.

The Friends' Annual Meeting in May had a good turn-out. Friends' Members voted on the new Board of Directors and learned about our accomplishments and plans.

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](http://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 \_\_\_\_\_

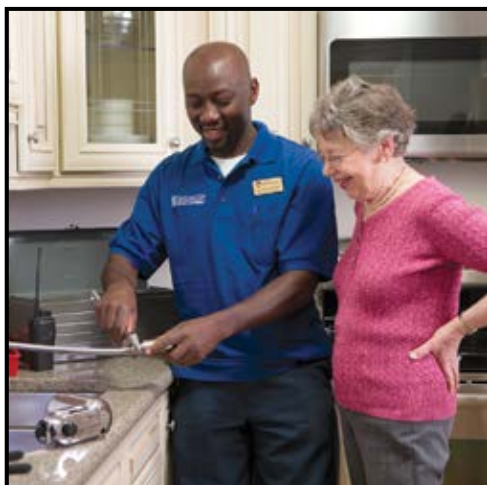
Phone \_\_\_\_\_ Email \_\_\_\_\_

☐ \$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 —

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



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



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

- June 4** Baked Haddock/Tartar Sauce, Rice Pilaf, Cole Slaw, Bread/Rolls & Butter, Strawberry Shortcake  
\$9
- June 11** Lasagna with Meat Sauce, Caesar Salad, Italian Bread/ Rolls & Butter, Assorted Desserts  
\$9
- June 18** Swedish Meatballs, Mashed Potatoes, Vegetables, Garden Salad, Bread/Rolls & Butter, Assorted Desserts, PLUS, following dinner, join us for a Piano Concert by local students of Dianna Wen  
\$9
- June 25** Chicken Kebob over Caesar Salad, Fruit Cup with Sherbet, Rolls/Butter, Special Dessert  
Tickets \$12

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!

## MAKE YOUR OWN FOURTH OF JULY TABLE RUNNER

**Day: Thursday • Date: June 6th**  
**Time: 9:00 AM – 12:00 PM**

**Cost: \$5 (Includes all supplies)**

**Instructors: Dale Schofield & Sue Hogan**

**Pre-Registration Required**

Join us! We are doing another wonderful craft class to celebrate the Fourth of July. This will brighten a table in your home. It could even be a wall decoration. Let the Senior Center know you're attending so we can have enough supplies.



## LEGAL CLINIC

**Date: Tuesday, June 11 • Time: 1:30 – 2:30 PM • Cost: Free**  
**Attorney: Kristine Romano • Pre-Registration Required**

The Legal Clinic will be staffed by Attorney Kristine Romano. 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: June 13 & 27 • 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, June 24 • Time: 12:00 PM**

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

## VETS TALK

**Day: Wednesday • Date: June 12 & 26**

**Time: 9:00 AM • Cost: Free • Leader: Mike Walling**

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



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\*Additional charge for toppings and SPECIALTY TOPPINGS

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Expires 6/30/19 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 6/30/19 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 6/30/19 Coupon Code 199919

All Coupons Expire June 30, 2019

Order Online at [www.thehouseofpizza.com](http://www.thehouseofpizza.com)





## JUNE 14TH FLAG DAY

**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*

### SINGING IN ROUNDS

**Day: Wednesdays • Time: 9:45 – 10:45 AM • Instructor: Manoj Padki**

**Cost: \$3/class • Pre-registration required**

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!

### 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.

### MANICURES/PEDICURES/REFLEXOLOGY

**Days: Thursdays • Dates: June 6, 13, 20**

**Time: First Appt. is a 9:30 AM, Last apt. is at 3:00 PM**

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

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

### MASSAGES BY MELANIE

**Day: Mondays • Time: First Appt. is at 9:00 AM,**

**Last apt. is at 2:30 PM • Therapist: Melanie Railing**

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

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

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## ENGLISH AS A SECOND LANGUAGE - INTERMEDIATE

There will be no ESL classes in June. See the July newsletter for more information.

## 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, June 26th**

**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: June 13 • Time: 1:00 PM • Cost: Free**

**Leader: Agnes Sagerian**

Do you have vision loss of any kind? Please join us for a presentation by a representative from Audio Journal who will update us about their services. 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

### SMALL GROUP TRAVEL CLUB

**Day: Tuesday • Date: June 18 • Time: 11:00 AM  
Leader: Cary Rominger • Cost: Free**

Join us on Tuesday, June 18 at 11:00 AM for our travel club meeting. At our meeting we will be talking about our upcoming trips for the end of 2019, but will be introducing a new way of travel for the Northborough Seniors. In an exclusive partnership, AAA has been able to secure an opportunity for our travelers to travel with a new tour operator called Club Adventures. Join us and learn more about the opportunity to join small groups of 16 or fewer travelers seeing sights and experiencing beautiful destinations in a way like no other operator can. Experience cultures and destinations in a more intimate and engaging way. Most of all, learn how you can join us in 2019 on our own Club Adventures departure to Paris, Bruges and Amsterdam in October! Bring your wanderlust and bring a friend! We look forward to seeing you there!





## OUTREACH NOTES

One of my roles at the Senior Center is that of Volunteer Coordinator. *Celebrate Service*, the theme for 2019 National Volunteer Week resonates with me and especially as we prepare our annual Volunteer Recognition. Volunteers are integral to the day to day operation of the Senior Center. Despite the broad shoulders of our two Bistro Managers, The Bistro@119 would not be possible without the work and support of volunteers. Volunteer instructors lead many Senior Center classes and programs, volunteers manage the phone calls, questions and sign ups at the front desk, they fundraise on our behalf and more. Volunteers have impact and ours are no exception.

A recent New York Times article, *Ageism: A 'Prevalent and Insidious Health Threat'* by Paula Span cited several examples in which intergenerational volunteering has been shown to positively affect ageist attitudes. Senior Center volunteers of all ages work side by side and grow to know and support one another. Volunteers can help to confront challenges and in many cases shape a new possibility where cumbersome institutions rooted in tradition can fall short. Please join me and celebrate service and our Senior Center volunteers. Consider the impact they make on behalf of the Center and our Northborough community. Thank you Volunteers!

*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](http://www.baypath.org) or call **508-573-7200** and ask for the Information and Referral Department.



## FREE BLOOD PRESSURE CLINIC

**Tuesday, June 4 at 1:00 PM**

**Where: at the Senior Center Cost: Free**

## FREE HEARING CLINIC

**Date: Wednesday, June 12**

**Time: 12:30 - 1:30 PM**

**Appt. Required**

## SCAM ALERT

### Don't Become a Victim of Medicare Fraud!

Medicare scams are common, including one in which people are being sent braces they don't need. The Senior Medicare Patrol (SMP) offers these tips to protect you from being scammed:

- Do not provide your Medicare or Social Security number to anyone, except your trusted medical providers.
- Medicare and Social Security will NOT call you and ask for personal information.
- Hang up if anyone calls offering you free products or claiming to be from Medicare to obtain personal information. Beware!
- Do not reply to any postcards you receive in the mail offering free braces, creams, pain medication, or other products.
- Do not respond to deceptive TV Ads.
- Do not accept or open any packages you did not order.



To report potential fraud, you can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890. For help with any Medicare issue, contact the **SHINE** (Serving Health Insurance Needs of Everyone...on Medicare) program. We have appointments available where you can meet individually with one of our SHINE Counselors, Pauline O'Bray and Susan Goellner. Please call the Senior Center at 508-393-5035 to schedule your appointment.



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

**Date: Tuesday, June 18**

**Time: 12:30 - 2:00 PM • Cost: Free**

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

## 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](mailto: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 begin your weekend balanced, focused and aware. Led by Rev Helen J. Morin, a certified teacher of Tai Chi.

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

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

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

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

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

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

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

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

**PICKLEBALL****Monday/Thursday/Friday: 12:00-3:30 PM****Date: June 3 through June 21****Wednesday: 10:00 AM – 12:00 PM****Location: Town Hall Gym, 63 Main Street Northborough**

Pickleball will be on hiatus starting June 24 as the gym will not be available for the summer due to Recreation summer camps. Pickleball will start again in September.

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!

**TRADITIONAL CHINESE  
YANG STYLE TAI CHI****Dates: Wednesdays • Time: 10:30 – 11:45 AM****Cost: \$3/class • Instructor: Yunping Hu**

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

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

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

**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 • 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**

**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**

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.



## WALKING CLUB

**Day: Thursdays • Dates: Through June 13**

**Time: 10:00 AM • Leader: Forest Lyford**

**Cost: Free**

The Walking Club hikes every Thursday and will continue through June 13.

The theme this Spring is "Still Waters."

We will be walking near lakes and

ponds in and near Northborough. Hikers

leave from the Senior Center at

10:00 A.M on Thursdays. Hikes are free and open to all.



## FLEX AND TONE

**Day: Thursdays • 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!



## 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.

### IF YOU SEE SOMETHING, SAY SOMETHING

One of my elder clients (we'll call her Mary) called about two weeks ago. She had received a call from a caseworker at Springwell, one of the network of regional entities charged by the Commonwealth's Office of Elder Services with investigating abuse complaints. Mary's husband had died recently. The staff person at Springwell told Mary there had been a report that Mary was not fully competent as a result of her husband's death and that one of her daughters and her late husband's son by a prior marriage were taking advantage of the situation by taking money from her. The staff person said she was investigating and wanted to verify that nothing had been taken, and asked for Mary's bank statements to verify that everything was on the up and up. Mary said she would not release anything to the staff person and then Mary called me. I spoke to the caseworker, who asked how long I had been dealing with Mary and asked that I meet with her alone to get a sense of the situation.

A few days later I went to Mary's house and met with her. She was fine. She was more than fine. She was indignant because, she said, she suspected that the call to Springwell had come from a granddaughter living on the West Coast who was concerned about making sure that Mary, who is a spring chicken herself, would change her estate plan to include the stepson. Since it just so happened that I had just gotten a letter from the granddaughter's "lawyer" (and boyfriend) asking for all the documents regarding Mary's husband's estate, I was able to verify Mary's suspicion about the source of the "abuse" complaint. I spoke to the caseworker at Springwell and am now documenting that, in fact, no money has been stolen, so she can close the case.

The point of this story is that, while Mary's initial reaction was irritation that the person from Springwell was "butting in" regarding this intimate family dynamic, the good news is that there really is a state-funded network of folks whose job is to make sure no one takes advantage of Mary, or you, or any senior, and that if you know of a senior who may be being taken advantage of, sometimes by strangers but more likely, in my experience, by "friends" or relatives, there is someplace you can call. These folks have the experience to get to the bottom of these things, as they did in Mary's case. The Commonwealth's Elder Abuse Hotline number is **800-922-2275**. Do a friend (or relative) a favor. If you see something, say something.

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

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[abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com)



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



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## OUTDOOR CONCERT

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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](http://dullmensclub.com) and come join us.

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

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

**BETTER BREATHERS CLUB****Day: 3rd Thursday of the month****Date: June 20 • Time: 2:00 PM****Cost: Free • Leader: Bonnie Kenney****Pre-Registration Required**

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

Better Breathers 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****Day: Tuesday • Time: 1:00 PM****Date: June 25 • Cost: Free**

Come join the fun! This month we will view some of the great pictures we have taken over the past year, and learn to put them in a presentation with music.

**MACRO PHOTOGRAPHY WORKSHOP****Day: Tuesday • Date: June 18****Time: 2:30 – 5:30 PM****Cost: \$10 • Pre-Registration Required**

Take your Macro Photography (extreme close-up photography) from good to great in this Macro Photography Workshop! During this workshop you will learn to sharpen your awareness of light on the landscape. If you are a Beginner to Intermediate photographer who is looking to fine tune your skills and expand your knowledge of Photography then this course is for you. We will go over a Presentation and we will then head out and practice what we just learned on the grounds at the Senior Center! Then we will come back in to view our Images!

**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: June 10 & 24****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: June 12 & 26 • 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.

**AARP SMART DRIVER SAFETY COURSE**

Even the most experienced drivers can benefit from brushing up on their driving skills, so the Northborough Senior Center is offering a driver safety program through AARP on

**Monday, June 10 from 9:45AM to 3 PM.****Pre-Registration Required.**

The AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course attendees be taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass.

The fee is \$15 for AARP members and \$20 for non-members. The course will run from 9:45 AM to 3 PM with a break for lunch. Lunch is available at the Bistro@119, the Senior Center's in-house restaurant. Space is limited to 20 individuals. To register for the course, contact the Senior Center at **508-393-5035**.

**WHAT'S THE DIFFERENCE BETWEEN A STANDARD DRIVER'S LICENSE AND A REAL ID?****Day: Monday • Date: June 17****Time: 1:30 PM • Presenter: Michelle Ellicks****Pre-Registration Required**

The Registry of Motor Vehicles will offer a free workshop on license renewal and REAL ID for residents on June 17 at 1:30 PM at the Northborough Senior Center.

**Topics include:**

- What is the difference between "Standard ID" and "Real ID" driver's licenses and ID cards;
- How to renew a Massachusetts Driver's License or Massachusetts Identification (ID) Card; and
- What are the new federal and state requirements for renewing a Driver's License or ID card



# The Real Estate Expert

KAREN SCOPETSKI

Article Provided By YOUR NORTHBOROUGH REALTOR



## YARD CARE IS A BIG CONSIDERATION FOR HOMEOWNERS.

Real grass is high maintenance, a water hog, and expensive to replace. Artificial grass may be a good alternative for some households. Here are some of the pros and cons of turf:

### PRO: NO MAINTENANCE.

Artificial grass does not require mowing, edging, seeding, or watering. Once you lay it down, you're done.

### CON: INITIAL EXPENSE.

Turf prices range from \$8-14 per square foot. You can find some sales and deals, but keep in mind that you get what you pay for. The upside is you won't need to replace or re-seed it.

### PRO: LONG-TERM DURABILITY.

"The life expectancy of artificial turf can be upwards of 25 years," says Gardenista, "making it a less costly alternative to real turf over its life span."

### CON: IT MIGHT BE AGAINST THE RULES.

If you live in a community with a Homeowner's Association (HOA), be sure to get permission first. Turf is becoming more common, which is convincing more HOAs to approve its use, but check first. You don't want to make a big investment in turf only to be told you have to rip it out and replace it with grass.

### PRO: IT'S ECO-FRIENDLY.

The water savings element is huge if you're looking to live a little greener. Some manufacturers even use recycled materials, such as old tires or plastic bottles.

### CON: IT'S NOT BIODEGRADABLE.

Artificial grass will end up in a landfill some day.

### PRO: IT'S PET-FRIENDLY.

"The good news is that pet waste won't negatively impact your artificial grass, and turf is easy to clean," says Purchase Green. There are also specific types of turf that are designed for animals.

### CON: IT'S HOT.

"Real grass has a cooling effect when the air temperature is high. Artificial grass lacks this cooling quality," says SFGATE. "The grass itself may become hotter than the air and can make the surrounding air feel hotter."

### PRO: IT LOOKS GREAT ALL YEAR ROUND

If you live in an area where the lawn is dormant in the winter, it will be a nice change to see your lush, green (faux) lawn, even in negative temps.



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MONDAY			TUESDAY			WEDNESDAY		
<b>3</b>	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	12:00 PM Pickleball@Town Hall Gym 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers	<b>4</b>	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 Blood Pressure 1:00 PM Tuesday Trivia 1:00 PM Blood Pressure Clinic 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga	<b>5</b>	9:00 AM Strength Training 9:00 AM Pool Players 9:45 AM Singing in Rounds 10:00 AM Pickleball@Town Hall Gym 10:00 AM Dull Men's Club 10:30 AM Yang Style Tai Chi 11:00 AM Chair Yoga w/Diane	
<b>10</b>	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:45 AM AARP Driving Course 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	<b>11</b>	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 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga 7:00 PM COA Meeting	<b>12</b>	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Vets Talk 10:00 AM Dull Men's Club 10:00 AM Pickleball@Town Hall Gym 10:30 AM Yang Style Tai Chi 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119	
<b>17</b>	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 1:30 PM RMV-License Renewal 2:00 PM Needlers	<b>18</b>	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 11:00 AM Small Group Travel Club 11:30 AM DayBreak	12:00 PM Ping Pong 12:00 PM Bistro@119 12:30 PM Wellness/Health Clinic 1:00 PM Tuesday Trivia 2:30 PM Macro Photography 5:00 PM Bistro & Piano Concert 6:30 PM Seated Chair Yoga	<b>19</b>	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Dull Men's Club 10:00 AM Pickleball@Town Hall Gym 10:30 AM Yang Style Tai Chi 11:00 AM Chair Yoga w/Diane	
<b>24</b>	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:00 AM Rug Hooking 10:00 AM Harmonica Club 10:00 AM Gentle Ballet 10:00 AM Jewelry Making 11:00 AM Chair Yoga w/Diane	12:00 PM Bistro Birthday Lunch 12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers	<b>25</b>	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong	12:00 PM Bistro@119 1:00 PM Tuesday Trivia 1:00 PM Photography Club 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga	<b>26</b>	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Vets Talk 10:00 AM Dull Men's Club 10:00 AM Spa Services 10:30 AM Yang Style Tai Chi 11:00 AM Chair Yoga w/Diane	





## THURSDAY

## FRIDAY

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	<b>6</b> 9:00 AM July 4th Craft 9:30 AM Mani/Pedi/Reflexology 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Walking Club 10:30 PM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting Group 2:00 PM Flex and Tone 2:15 PM Ping Pong 2:30 PM Photoshop Elements/ Light Room	<b>7</b> 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 Pickleball@Town Hall Gym
12:00 PM Yoga w/Rebecca 12:30 PM Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Memoir Writing	<b>13</b> 9:00 AM Chat with the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:00 AM Walking Club 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Origami 1:00 PM Low Vision Support 2:00 PM Flex and Tone 2:15 PM Ping Pong 2:30 PM Photoshop Elements/ Light Room	<b>14</b> 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 Pickleball@Town Hall Gym
12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Book Club 1:30 PM Seated Chair Yoga	<b>20</b> 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 12:00 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting Group 2:00 PM Flex & Tone 2:00 PM Better Breathers 2:15 PM Ping Pong	<b>21</b> 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 Pickleball@Town Hall Gym
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	<b>27</b> 9:00 AM Chat with the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119	1:00 PM Bridge 1:00 PM Zumba Gold 2:00 PM Flex & Tone 2:15 PM Ping Pong	<b>28</b> 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons

Answer to  
May Sudoku

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

## Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

## CROSSWORD PUZZLE

### ACROSS

- 1 Charity  
5 Body of water  
9 Ohio college town  
12 Hello (Ital.)  
13 Molding  
14 Self (Scot.)  
15 Artificial fishing fly  
16 Approve  
17 Incorporated (abbr.)  
18 Palmetto  
20 Mau Mau country  
22 Nose  
24 Article  
25 Reedbuck  
26 Fr. month  
30 Alfonso's queen  
31 Babism founder  
32 Luzon people  
33 Taro  
36 Transpire  
38 Cutting tool  
39 Indian falcon  
40 Ming's planet  
43 River into the Rhone  
44 Father of Jehoshaphat  
45 Devil (Scot.)  
47 Munich's river  
50 Army service number (abbr.)  
51 Uncanny (Scot.)  
52 Pleasant  
53 Chin. chairman  
54 Machine gun  
55 Verb-forming (suf.)

### DOWN

- 1 Alas (Ger.)  
2 Taradiddle  
3 Methane (2 words)  
4 Hot Med. wind  
5 Birthstone  
6 Bedouin headband cord  
7 Legal action  
8 Arabic script  
9 Hindu month  
10 Refuse  
11 Razor-billed auk  
19 Borough (abbr.)  
21 Conger  
22 Lop  
23 Galilee town  
24 Boat  
26 John, Dutch

### ANSWER TO PREVIOUS PUZZLE

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

- 27 One of the Three Fates  
28 Needle case  
29 Mountain lake  
31 Drone  
34 Crone  
35 Departure  
36 Exclamation  
37 Tooth  
39 Drawing room  
40 Lady's title  
41 Mount near Olympus  
42 Billionth (pref.)  
43 Indian groom  
46 Within (pref.)  
48 Atl. Coast Conference (abbr.)  
49 Arikara people

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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A65

## 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?  
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### ORIGAMI

**Day: Thursday • Date: June 13**  
**Time: 1:00 PM • Instructor: Annie Wales**  
**Cost: \$5 • Pre-registration Required**

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

### JEWELRY MAKING CLASS

**Day: Monday • Date: June 24**  
**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.

### ART WITH HELEN

**Day: Fridays**  
**Instructor: Helen Garcia**  
**No Art Classes in June**

### TRADITIONAL RUG HOOKING

**Day: Mondays • Dates: June 24**  
**Time: 9:00 AM - 12:00 PM**  
**Cost: \$15 for 1 class**  
**Instructor: Joyce DiGregorio**  
**Pre-Registration Required**

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

### NEEDLERS (KNITTING GROUP)

**Day: Mondays • Time: 2:00 PM**  
**Cost: Free • Leader: Sue Goyette**

Want to 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!

### SEWING & KNITTING NIGHT

**Day: 2nd and 4th Tuesday**  
**Date: June 11 & 25**  
**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!

### 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.

### QUILTING

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

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



## UNPARALLELED COMFORT AND CONVENIENCES

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



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### CONTINUUM OF CARE

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



**MONDAY .....**

- 9:00 Aerobics/Strength Training
- 9:00 Massage by Melanie
- 9:00 Pool
- 9:00 Rug Hooking (6/24)
- 10:00 Jewelry Making (6/24)
- 10:00 Harmonica Club
- 10:00 Gentle Ballet
- 11:00 Chair Yoga w/Diane
- 12:00 Pickleball (6/3 to 6/21)
- 12:00 Bistro Birthday Lunch (6/24)
- 12:30 Women's Discussion Group (6/10 & 24)
- 1:00 Pitch
- 1:00 Zumba Gold
- 2:00 Needlers

**TUESDAY .....**

- 9:00 Art Group
- 9:30 Beginner Tai Chi w/Helen
- 10:00 Line Dancing
- 10:00 Pool for Beginners
- 10:45 Qi Gong Tai Chi w/Helen
- 11:30 DayBreak
- 12:00 Bistro Lunch
- 12:00 Ping Pong
- 12:30 Wellness Clinic (6/18)
- 1:00 Tuesday Trivia
- 1:00 Blood Pressure (6/4)
- 1:00 Photography Club (6/25)
- 1:30 Legal Clinic (6/11)
- 4:00 Sewing & Knitting Night (6/11 & 25)
- 5:00 Evening Bistro
- 6:30 Seated Chair Yoga

**WEDNESDAY .....**

- 9:00 Aerobics/Strength Training
- 9:00 Pool Players
- 9:00 Vets Talk (6/12 & 26)
- 9:45 Singing in Rounds
- 10:00 Dull Men's Club
- 10:00 Pickleball (6/3 to 6/21)
- 10:00 SPA (6/26)
- 10:30 Yang Style Tai Chi Class
- 11:00 Chair Yoga w/Diane
- 12:00 Bistro Lunch
- 12:00 Yoga w/Rebecca
- 12:30 Hearing Clinic (6/12)
- 12:45 Bridge (SAYC)
- 1:00 Bingo
- 1:30 Memoir Writing (6/12 & 26)
- 1:30 Book Club (6/19)
- 1:30 Seated Chair Yoga

**THURSDAY .....**

- 9:00 Chat with the Chief (6/13 & 23)
- 9:30 Mani/Pedi/Reflexology (6/6, 13 & 20)
- 9:30 Belly Dancing
- 9:30 Cribbage
- 10:00 Walking Club (6/6 & 13)
- 10:30 Mah Jong
- 10:45 Cardio & Weights
- 12:00 Bistro Lunch
- 12:00 Pickleball (6/3 to 6/21)
- 1:00 Bridge
- 1:00 Quilting (6/6 & 20)
- 1:00 Zumba Gold
- 1:00 Origami (6/13)
- 1:00 Low Vision Support Group (6/13)
- 2:00 Better Breathers (6/20)
- 2:00 Flex & Tone w/Rebecca
- 2:15 Ping Pong

**FRIDAY .....**

- 8:30 Qigong Tai Chi
- 9:00 Pool Players
- 9:30 Art with Helen (No class in June)
- 10:15 Stretch Break
- 11:00 Beginner Piano
- 12:00 Pickleball (6/7, 14, 21 only)

**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.



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# NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | JUNE 2019

Northborough Senior Center  
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