

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 6, NO. 3, MARCH 2019



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WEATHER CLOSINGS

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

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

DIRECTOR'S CORNER:

This month marks our **9th Anniversary in this Senior Center**. It's hard to believe that it's flown by so fast. We've added so many classes, events and programs to our calendar that we could never have had at our old address, 1 Centre Drive. The exercise classes, pool tables, ping pong tables and, of course, the Bistro@119 would never have been possible on Centre Drive. Many thanks to the Friends of the Senior Center for purchasing another Ping Pong table for the Senior Center. We have many enthusiastic players that enjoy this great sport and the comradery that comes along with it. As always, we are grateful for the generosity and support we receive from the Friends!

Kelly Burke

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

SENIOR CENTER HOURS:

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

COUNCIL ON AGING MEMBERS

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

BayPath is in need of Northborough Meals on Wheels

Volunteer Drivers. If you are interested in volunteering a couple of hours a week at lunchtime to help our seniors in need please contact Anne at: apikelamarche@baypath.org or leave a her a voicemail at: **978-875-1925**.

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THERE IS NO SUCH THING AS "CABIN FEVER" IN MARCH AT THE NORTHBOROUGH SENIOR CENTER...

The Northborough Senior Center Recipe:

Combine happy hearts
Melt hearts into one
Add a lot of friends
Mix well with respect
Add gentleness, laughter, joy, and lots of fun
Pour in much understanding
Don't forget the programs and services
Blend in listening ears
Allow to grow & share
Sprinkle with smiles and hugs
Bake for a lifetime

YIELD: ONE FABULOUS SENIOR CENTER

Sincerely, *Anita Hagspiel, President*



FRIENDS of the
NORTHBOROUGH
SENIOR CENTER, INC.



Anita and Tom Hagspiel

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

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

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

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

Name(s) _____

Address _____

Town, State, Zip _____

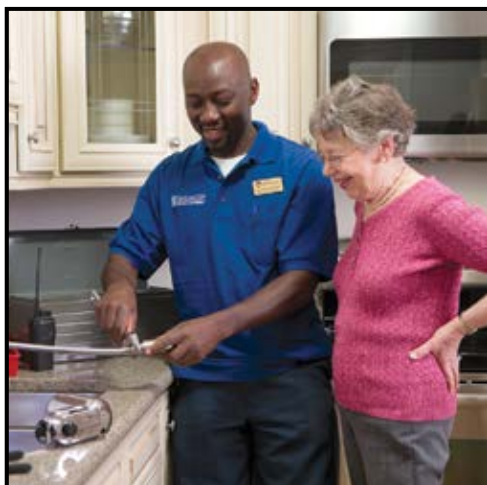
Phone _____ Email _____

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

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

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

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

- March 5** Baked Haddock, Rice Pilaf, Vegetables, Rolls & Butter, Assorted Desserts
\$9
- March 12** **St. Patrick's Day Dinner** - Ticketed Event
\$14
Serving Gray Corned Beef with all the Fixings, Homemade Irish Bread, Special Dessert
- March 19** Baked Ziti with Italian Meatballs & Sauce, Salad, Bread & Butter, Assorted Puddings with Whipped Cream
\$9
- March 26** Chicken Marsala, Rice Pilaf, Vegetable, Bread & Butter, Assorted Desserts
\$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!

BIRTHDAY LUNCH

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

Cost: Free sandwich of your choice for Northborough seniors with March 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 March, the Friends will treat you to a lunch at the Bistro@119, which includes a sandwich of your choice, and of course, cake and ice cream. Even if you're not celebrating a birthday, we'd love to have you join the festivities. Please call the Senior Center at **508-393-5035** to make your reservation.

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



UNDERSTANDING MUSIC

Day: Wednesdays through March 20

Time: 11:00 AM • Cost: Free

Leader: Richard Kung

This year commemorates the 100th anniversary of the great American composer, conductor, author, music educator, and pianist Leonard Bernstein. In 1958, he presented a televised series of lecture from Carnegie Hall with the New Philharmonic called "Young People's Concerts."

This is a series of 23 concerts, each approximately an hour long, covering topics such as "What Does Music Mean," "What is American Music," as well as forms of music, folk music, classical music, Latin music, jazz, etc. The series included performances by the young Yo-Yo Ma, James Oliver Buswell IV, among other famous artists.

We started this series on October 3rd. We'll continue showing this excellent series of concerts every Wednesday from 11:00 AM – 12:00 PM through March 20. You may join at any time and come for as many as you like. You're bound to learn something new!

DINNER AND A SHOW FEATURING "JUG O' PUNCH"

Day: Tuesday • Date: March 12

Time: 5:00 – 7:00 PM

Cost: Tickets \$14

(Includes Dinner & Entertainment)

Pre-Registration Required

Tickets available at Front Desk.



Join us on Tuesday evening March 12 at 5:00 PM for a St. Patrick's Day Dinner and a very special concert beginning at 6:00 PM. Your ticket cost includes Corned Beef Dinner with all the fixings and Irish music performed by none other than the fantastic Jug o' Punch Band. The Jug o' Punch has been entertaining audiences in Massachusetts and beyond for nearly 40 years! They have played at festivals, in pubs, on television and radio and in one particularly memorable instance, under a tin roof while hail was pelting down! Though band members and repertoire have changed over the years, 'The Jug o' Punch has always delivered a rollicking good time!

STUDENT/SENIOR BOOK GROUP

Day: Tuesday • Date: March 26 • Time: 2:30 PM

Cost: Free • Pre-Registration Required

Algonquin's National English Honor Society has reached out to the Senior Center to participate with them in another book club meeting at the Northborough Senior Center. We're thrilled that Co-Presidents Paul Probst and Gabriela Paz-Soldan will be continuing this tradition that we started a few years back. We've chosen a book off of Algonquin's summer reading list, *The Secret Life of Bees* by Sue Monk Kidd. Please join us by reading this book and then we'll get together with the students on Tuesday, March 26 at 2:30 PM to discuss.

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.

TECHNOLOGY TUESDAY

Date: March 12 and 26 • Time: 2:30 PM • Cost: Free

Pre-Registration Required

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

NEW

CHAT WITH THE CHIEF

Day: Thursdays • Dates: March 7 & 28

Time: 9:00 AM • Cost: Free • Pre-Registration Required

Join us as we welcome Chief Bill Lyver to the Senior Center for the first of what will become 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.

EASTER/SPRING DOOR DECORATION

Day: Wednesday • Date: April 3 • Time: 10:00 AM – 12:00 PM

Cost: \$5 (includes all supplies)

Instructors: Sue Hogan/Dale Schofield

Pre-Registration Required

Join Sue and Dale as they lead you in creating a beautiful Door Decoration for Spring or Easter. This is a fun and easy craft that will brighten up your front door or make a great gift for a friend or family member. Please let the Senior Center know you're attending so we have enough supplies for everyone.



NEW IN 2019

Manoj Padki will be offering **"Singing in Rounds"**, one of the oldest forms of communal singing. As research keeps showing, there are countless cognitive, health and social benefits of singing - and, more specifically, engaging in singing with others. Look for its debut early spring 2019. Please call in and register your interest in joining this class.



AARP TAX APPOINTMENTS

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

DO I NEED MY TAXES DONE THIS YEAR?

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

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

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

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

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

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



MANICURES/PEDICURES/REFLEXOLOGY**Days: Thursdays • Dates: March 14 & 21 • Time: First Appt. is a 9:30 AM, Last apt. is at 3:00 PM****Cost: Price list at front desk • Technician: Veronica Thompson**

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

ENGLISH AS A SECOND LANGUAGE**Day: Mondays • Dates: March 4, 11, 18, 25****Time: 10:30 AM - 12:00 PM****Cost: Students purchase textbook • Instructor: Meredith Bohne**

We will discuss Shopping at the Grocery Store, Foods that may help when you have the Flu, Pronunciation of Restaurant Menus, Women's history reading. As always, we will discuss topics requested by the class. Students from any town are welcome.

MAH JONG (CHINESE VERSION)**Day: Thursdays • Time: 10:30 AM - 12:00 PM****Cost: Free • Instructor: Charlotte Holly**

If you know how to play, join us on Thursdays at 10:30 AM to play. If you would like to learn how to play, please see the article on "Learning How to Play Mah Jong" in this issue so we can set up a training. Charlotte was fortunate enough to meet a woman from China who taught her to play Mah Jong in the Chinese manner. She found it to be great fun. Since then, Charlotte has shared this knowledge with others and everyone seems to enjoy it. Anyone is welcome. If you have played gin rummy it is an asset, but not necessary. It is less complicated than the American version. So please drop by and check it out. You may discover a new pastime! Holly can contact you and set up a training.

LEARNING TO PLAY MAH JONG

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

SPA SERVICES**Day/Date: Wednesday, March 13****Time: first appt. is 10:30 AM; last appt. is 3:00 PM****Appt. required • Esthetician: Bonnie Leigh****Cost: See the menu of services at the Senior Center***Gift certificates for Spa Services are available at the Senior Center.*

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

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

LEGAL CLINIC**Date: Tuesday, March 12 • 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.

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

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

TRIPS

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

BEST OF TIMES TRAVEL - DAY TRIPS

Dancing Dream, Mama Mia! ABBA Tribute Band
Wednesday, April 24, 2019

Danversport Yacht Club, Danvers, MA / \$94 pp

The Edwards Twins • Sunday, May 19, 2019

Lake Pearl, Wrentham, MA / \$94 pp

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

Lake Pearl, Wrentham, MA / \$94 pp

Friday, October 11, 2019 • New Hampshire's Turkey Train
Meredith, NH / \$101.95 pp

BEST OF TIMES TRAVEL - OVERNIGHT TRIPS

Bermuda Cruise aboard Norwegian Cruise Line Gem
May 10-17, 2019 (8 Days/7 Nights)

Round Trip from Boston. Starting at \$1599 Double Occupancy (inside cabin)

The Boston Red Sox vs. The New York Yankees
with New York City Tour
August 3-4, 2019.

\$399pp Double Occupancy / \$499 Single Occupancy / \$389pp Triple Occupancy / \$379pp Quad Occupancy

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

Beat the Mid-Winter Blues Cruise featuring
The Sicilian Tenors. Southern Caribbean Cruise from NY
February 14-24, 2020 11 days/10 nights

See pricing/cabin options on the Town website

AAA TRAVEL - OVERNIGHT TRIPS

Tuscany & The Italian Riviera
June 21-28, 2019 (8 Days)

Round Trip from Boston

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

Round Trip from Boston. \$4549pp Double Occupancy

OUTREACH NOTES

I recently read an article in which Senior Centers of today were described as portals. That image resonated with me and it describes the Northborough Senior Center well.

The Senior Center as a gateway is a concept that we work to promote. The Senior Center is many things. It is a site for health and wellness activities: nurse visits, informational presentations and varied and daily fitness classes that are subsidized for an affordable three dollars per class. Also available are massage, spa, reiki treatments and more. Resource information, advocacy and benefit eligibility matters are addressed in a confidential one on one manner through the Outreach Department. Legal guidance in the monthly Legal Clinic, Medicare insurance counseling through SHINE and free AARP income tax preparation are also available. Transportation via the Senior Center van is provided through the Senior Center in cooperation with WRTA. There are enrichment activities, opportunities for socialization and volunteering. The Bistro@119, open to the public, offers freshly prepared lunches Monday through Thursday and dinner on Tuesday evening. Entertainment and informational opportunities are sometimes paired with the Bistro. Each meal time offers also the opportunity for friends new and old to gather. DayBreak, a day program and joint effort with the Hudson and Marlborough Senior Centers, is an opportunity for people with cognitive impairment to engage in meaningful activity and socialize while giving caregivers some respite. DayBreak is at the Northborough Senior Center on Tuesdays.

The Senior Center as portal reflects the commitment to responsive, local and thoughtful service to the diverse needs and interests of the community. We welcome you.

*Jocelyn Ehrhardt, MSW,
Outreach Coordinator*

I can be reached at 508-393-5035



FREE BLOOD PRESSURE CLINIC

Tuesday, March 5 at 1:00 PM

Where: at the Senior Center Cost: Free

FREE HEARING CLINIC

Date: Wednesday, March 13

Time: 12:30 - 1:30 PM

Appt. Required

WHAT IF MY MEDICARE PLAN WON'T COVER A DRUG I NEED?

If your Medicare plan won't cover a drug or the co-pay is high, you have options. You can ask your doctor whether there are generic, over-the-counter, or less expensive brand-name drugs that could work as well as the ones you're taking now. You can see if you qualify for a Special Enrollment Period to change to a different plan.

You can also request a coverage determination called an "exception" if:

- You think your plan should cover a drug that's not on its formulary because the other treatment options on your plan's formulary won't work for you.
- You believe your plan's coverage rules, like prior authorization, should be waived.
- You think your plan should charge a lower amount for a drug you're taking on the plan's non-preferred drug tier because you can't take any of the other lower cost drugs for the same condition.

If you request an exception, your doctor will need to give a supporting statement to your plan explaining why you need the drug you're requesting.

VOLUNTEER OPPORTUNITY

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

DAYBREAK AT THE NORTHBOROUGH SENIOR CENTER

A Social Day Program Providing Respite for Caregivers

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

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

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

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

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

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.

HERE'S TO YOUR GOOD HEALTH! WELLNESS CLINIC

Date: Tuesday, March 19

Time: 12:30 - 2:00 PM • Cost: Free

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

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**Day/Time: Monday, Thursday, Friday****Time: 12:00 – 3:30 PM****Location: Town Hall Gym, 63 Main Street Northborough**

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

TAI CHI FOR ARTHRITIS**Day: Every Tuesday • Time: 9:30 – 10:30 AM****Cost: \$3/class • Instructor: Helen Morin**

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

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

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

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

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

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

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

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



Pauline Berkes
(Rebecca's Mom)

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

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

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

NEW

SEATED CHAIR YOGA

Day: Wednesdays • Time: 1:30 PM

Cost: \$3 • Instructor: Rebecca Reber

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

NEW

GENTLE BALLET

Day: Mondays • Time: 10:15 AM • Cost: \$3/class

Pre-Registration Required

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

POOL FOR BEGINNERS

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

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

Instructor: Kevin Wright • Pre-registration is required

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



YOGA WITH NANCY

Yoga with Nancy is on hiatus until spring.

NEW

FLEX AND TONE

Day: Tuesdays • Time: 2:00 PM

Cost: \$3 • Instructor: Rebecca Reber

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

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.



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ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron



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

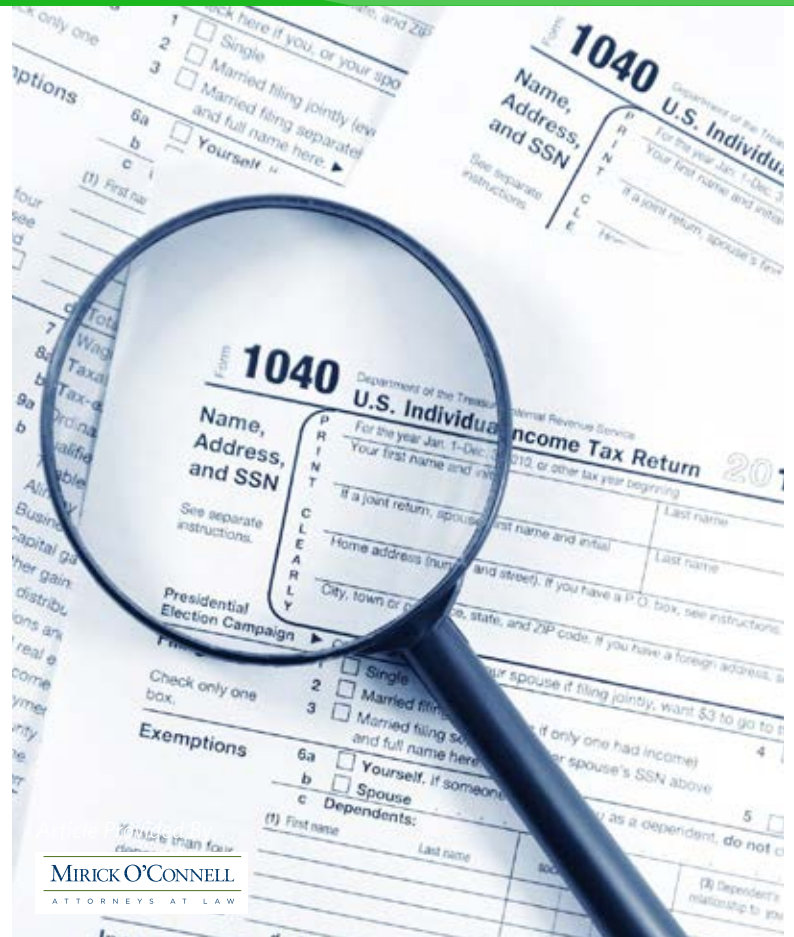
IT'S TAX TIME AGAIN— HERE ARE FOUR QUICK TIPS

If you or your spouse is chronically ill, here are four quick tips to consider if you itemize deductions on your income tax returns:

- 1. LONG TERM CARE INSURANCE PREMIUMS ARE USUALLY DEDUCTIBLE.** They are part of your medical expense deduction. While there is a cap on the amount, the cap goes up with age and is over \$5,000 if you are over 70.
- 2. MOST OF YOUR COST OF STAYING AT HOME IS DEDUCTIBLE IF YOU ARE CHRONICALLY ILL.** If you need substantial assistance with at least two of the activities of daily living (eating, toileting, transferring, bathing, dressing) or need "substantial" supervision for your safety (and have needed it for at least 90 days), then the cost of your care, including home care services, is deductible. That can be especially important if you have tax-deferred accounts that you did not want to use because of the cost of taking a withdrawal. By using those funds to provide for this care, you are basically withdrawing them tax-free.
- 3. MONTHLY ASSISTED LIVING BILLS MAY BE TAX-DEDUCTIBLE IF YOU ARE CHRONICALLY ILL.** If you are "chronically ill" and your doctor certifies that you need to live in an assisted living community because of your illness, the entire cost of assisted living may be deductible as a medical expense. Once again, this may be important if you are paying for the assisted living with tax-deferred funds or with low basis assets which might otherwise be subject to income tax on capital gain.
- 4. IF YOUR CHILD PAYS YOUR ASSISTED LIVING OR HOME CARE BILLS THE CHILD MAY BE ABLE TO DEDUCT THE EXPENSE.** If your child contributes more than 50% of your living expense in any year, then your child may take your medical expenses as his or her medical deduction.

If you must pay for the cost of being chronically ill, it might be helpful if you can get a tax deduction for it. However, in order to obtain a tax benefit for medical expenses, you must itemize deductions. In order to itemize, your deductions must exceed \$12,000 if single, \$24,000 if married. Also, your medical deductions are reduced by 7.5% of your Adjusted Gross Income before you get the benefit of the medical expense.

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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Wednesday, March 27th from 1:30-3pm
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Presented by: Denise Thomas, Alzheimer's Association
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Thursday, April 18th at 5pm
DRIVING DECISIONS

Presented by: Michele Ellicks, Community Outreach Coordinator for the Registry of Motor Vehicles (RMV)
Buffet served at 4:30pm, Seminar begins at 5:00pm

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MASSAGES BY MELANIE

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

Therapist: Melanie Railing

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

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

DULL MEN'S CLUB

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

Day: Wednesdays • **Time:** 10:00 – 11:00 AM

Cost: Free • **Leader:** Bernie Gillon

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

BOOK CLUB

Day: 3rd Wednesday of the Month

Date: March 20 • **Time:** 1:30 PM

Leader: Maureen Sargent

Cost: Free • **Where:** Senior Center

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

BETTER BREATHERS CLUB

Day: 3rd Thursday of the month

Date: March 21 • **Time:** 2:00 PM

Cost: Free • **Leader:** Bonnie Kenney

Pre-Registration Required

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

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

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

PHOTOGRAPHY CLUB

Day: Tuesday • **Date:** March 26

Time: 1:00 PM • **Cost:** Free

Join us and be part of the fun we are having in this great club. We'll talk about our new scanner and share the pictures we have taken. Last month we had a sharing session where people brought Shutterfly books, special framed pictures and craft projects done with the images they had taken. We'd love to see your projects too. Do you have a subject you'd like to discuss? We're open to suggestions. We're a mixed group of novice and experienced photographers. We'd love to have you join us!

LOW VISION SUPPORT GROUP

Day: Thursday • **Date:** March 14

Time: 1:00 PM • **Cost:** Free

Leader: Agnes Sagerian

We welcome back the Low Vision Support Group this month! Do you have vision loss of any kind? Please join us for a presentation by Detective Brian Griffin. Detective Griffin will share information about the latest scams and how to avoid them. Please contact our coordinator, Agnes Sagerian at **508-393-8353** with any questions. We welcome you to join our group.

HARMONICA CLUB

Day: Mondays • **Time:** 10:00 AM

Cost: Free

We welcome back the Harmonica Group this month. 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.

DIGITAL PHOTOGRAPHY I

Day: Tuesdays • **Date:** February 12 – March 12

Time: 3:30 – 5:00 PM

Instructor: Steve McGrath

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

Pre-Registration Required

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

MEMOIR WRITING GROUP

Day: 2nd & 4th Wednesdays

Dates: March 13 & 27 • **Cost:** Free

Time: 1:30 PM

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

PHOTOSHOP ELEMENTS AFTERNOON

Day: Thursdays (No Class March 14)

Time: 1:00 to 2:00 Class time

2:00 to 3:30 Lab

Cost: \$5 • **Pre-Registration Required**

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

WOMEN'S DISCUSSION GROUP

Day: Mondays • **Dates:** March 11 & 25

Time: 12:30 PM • **Cost:** \$2

Facilitator: Audrey DiMichele, M.Ed.

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

DIVERSITY THROUGH COLLABORATION 2019!

This is a joint effort among five Councils on Aging in Metrowest: Natick, Framingham, Marlborough, Hudson and Northborough Senior Centers, to connect with people 60 and older, who are LGBTQ and their allies. **This month, please join us for the following Discussion:**

**THE ROADMAP TO AGING**

Please join us on Tuesday, March 21 at 12:30 PM for a discussion of what the Senior Center has to offer you! Have you had concerns about aging related topics: Health Insurance, Transportation, Food Resources, Benefits Information and Eligibility, Services for all income levels? Our discussion will include detailed information about SHINE, Outreach and other resources that'll help you understand and use the maze of public and private services. We'll also talk about classes, events and more at Senior Centers in this area. A light luncheon will be served. Questions? Please call **508-393-5035**.

The Real Estate Expert

KAREN SCOPETSKI
Article Provided By YOUR NORTHBOROUGH REALTOR



DO YOU HAVE HIDDEN STORAGE SPACES IN YOUR HOME?

One problem that just about every homeowner faces is the lack of storage space. There are plenty of hidden storage spaces in your home that you may be overlooking. With a little creativity, you can store things without moving anything in your home.

LOOK UP: It's very easy to extend the shelving in your home upward. If you look up, and there's a lot of empty space, there's a lot of possibilities for storage. You can add shelving directly to the wall or replace smaller shelving units with taller ones. Keep a step stool handy in order to reach any items that you may need access to.

THE STAIRS GO FURTHER THAN UP: If you have large spaces under staircases that you aren't using, you're missing out on an opportunity for storage. There are ways that you can make an under-the-stairs closet space. You can install shelving and fit a door over the area, or if a door won't work, try a room screen or even a curtain.

USE YOUR DOORS: There's plenty of clever and inexpensive ways to organize your things using closet and room doors. Everything from hanging baskets to shoe racks and bags can be easily installed just by hanging a unit over the door.

REDESIGN YOUR CLOSET: Closets tend to become overfilled quickly. If you peer inside of the closet and see a bunch of wasted space, there's some opportunity for reorganization there. You can add shelving to the back of the closet for additional storage. You can also move rods and other shelving around in order to add more practical space to put things.

LOOK IN THE CABINETS: There's plenty of storage space under your cabinets. Using stackable storage bins for under the bathroom sink, is a great place to keep extra toothpaste, cleaning supplies, and soap. In the kitchen, be sure that every cabinet has a purpose. Use a spice rack to keep herbs and spices in order. You can use something as simple as a towel bar and install it on a cabinet door to organize pot lids.



The most important part of organization and storage is that you find what you need easily. Use the above tips to create your own unique storage spaces within your home.

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14 MARCH 2019 SENIOR CENTER CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|--|---|--|
| 4 9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:15 AM Gentle Ballet 10:30 AM ESL Class 12:00 PM Bistro@119 Pickleball@Town 12:00 PM Hall Gym 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers | 5 9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119 12:00 PM Ping Pong 1:00 PM Tuesday Trivia 1:00 PM Blood Pressure Clinic 2:00 PM Flex and Tone 3:30 PM Digital Photography 1 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga | 6 9:00 AM Strength Training 9:00 AM Pool Players 10:30 AM Yang Style Tai Chi 11:00 AM Dull Men's Club 11:00 AM Understanding Music 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca |
| 11 9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Jewelry Making 10:00 AM Harmonica Club 10:15 AM Gentle Ballet 10:30 AM ESL Class 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym 12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers | 12 9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Bistro@119 1:00 PM Tuesday Trivia 1:30 PM Legal Clinic 2:00 PM Flex and Tone 2:30 PM Technology Tuesday 3:30 PM Digital Photography 1 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga 7:00 PM COA Meeting | 13 9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Dull Men's Club 10:30 AM Yang Style Tai Chi 10:30 AM SPA 11:00 AM Understanding Music 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca |
| 18 9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:15 AM Gentle Ballet 10:30 AM ESL Class 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym 12:00 PM Pickleball@Town 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers | 19 9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Bistro@119 12:30 PM Wellness/Health Clinic 1:00 PM Tuesday Trivia 2:00 PM Flex and Tone 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga | 20 9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Dull Men's Club 10:30 AM Yang Style Tai Chi 11:00 AM Understanding Music 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca |
| 25 9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Rug Hooking 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:15 AM Gentle Ballet 10:30 AM ESL Class 12:00 PM Bistro Birthday Lunch 12:00 PM Pickleball@Town Hall Gym 12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers | 26 9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Bistro@119 1:00 PM Tuesday Trivia 1:00 PM Photography Club 2:00 PM Flex and Tone 2:30 PM Technology Tuesday 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga | 27 9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Dull Men's Club 10:30 AM Yang Style Tai Chi 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group |



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| THURSDAY | | FRIDAY |
|---|---|---|
|  | | 1 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym |
| 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga | 7 9:00 AM Chat with the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 10:30 AM Mah Jong 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym | 8 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym |
| 12:30 PM Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing 1:30 PM Seated Chair Yoga | 14 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym | 15 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym |
| 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Book Club 1:30 PM Seated Chair Yoga | 21 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym 1:00 PM Bridge | 22 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym |
| 1:00 PM Bingo 1:30 PM Memoir Writing 1:30 PM Seated Chair Yoga | 28 9:00 AM Chat with the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 10:30 AM Mah Jong 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym | 29 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym |



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- SALMON VNA & Hospice

Answer to
February
Sudoku

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

Sudoku

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

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

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DIFFICULTY: ★★☆☆

CROSSWORD PUZZLE

ACROSS

- 1 Compass direction
4 Caviar
7 To be announced (abbr.)
10 Other (Sp.)
11 Yale student
12 Heat
14 Charged lepton
15 Apt
17 Aid to Dependent Children (abbr.)
18 Flexible wood
19 Noun-forming (suf.)
20 Ironwood
22 Nose (pref.)
24 Fort
27 19th century rifle bullet
31 Blue (Fr.)
32 Stool pigeon
34 Estrade
35 Showy flower
37 Therm
39 Crab-eating macaque
41 Wool (Lat.)
42 Dead on arrival (abbr.)
45 Aloe derivative
47 Possesses
50 Slub (2 words)
52 False friend
53 Half a ticket
54 Indo-Chin. language
55 Trolley
56 This one (Lat.)
57 Finesse
58 Trouble

DOWN

- 1 Detachable button
2 Upholstery fabric
3 Eternity
4 Roe (2 words)
5 Strong-scented
6 Iron (Ger.)
7 Brace
8 Low
9 Son of Zeus
10 Tumor (suf.)
13 Physicians, for short
16 Carriage
18 Old times

ANSWER TO PREVIOUS PUZZLE

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| A | M | A | S | A | A | L | S | V | E | N |
| C | O | L | U | M | B | E | T | A | M | A |
| H | U | A | C | O | B | A | R | L | I | P |
| T | E | E | H | E | E | R | A | T | I | T |
| | | | | | | | | | | |
| | | | | | | | | | | |
| E | A | T | A | A | M | A | L | I | S | T |
| K | E | O | S | H | E | B | O | L | P | E |
| G | R | O | U | P | G | E | D | A | A | L |
| | | | | | | | | | | |
| A | R | C | A | N | A | G | A | R | A | N |
| A | A | E | G | O | T | A | B | O | O | |
| R | A | D | L | I | B | O | C | C | U | R |
| E | D | E | A | N | E | M | E | S | N | E |

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | 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 | | | |
| | 56 | | | | | 57 | | | 58 | | | |

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A62

NORTHBOROUGH COA VAN SERVICE *

Monday

Appts no sooner than 7:30 AM
Medical Appts, Work

Mondays (1st)

Wal-Mart/Target - Afternoon

Monday (2nd)

Christmas Tree Shop - Afternoon

Monday (3rd)

Lyman Street Plaza - Afternoon

Monday (4th)

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

Tuesday

Appts. no sooner than 7:30 AM

Wednesday

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

Thursday

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

Friday

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

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

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

VAN TRANSPORTATION WEATHER CANCELLATION POLICY

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

NEW AUTOMATIC FARE COLLECTION SYSTEM

Beginning January 1, 2019, WRTA will implement an Automatic Fare Collection System. There will be **no increase** of fares. The current fare collection system will transition from a cash & ticket system to a prepaid automatic system. Please call **508-791-9782** with any questions.



ASK A PHARMACIST

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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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LATCH HOOK ART

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



ORIGAMI

Day: Thursday • Date: March 14
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.

QUILTING

Day: 1st & 3rd Thursday
Dates: March 7 & 21 • Time: 1:00 PM
Cost: Free • Instructor: Connie Davis

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

JEWELRY MAKING CLASS

Day: Monday • Date: March 11
Time: 10:00 AM • Instructor: Lori Burton
Pre-Registration Required

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

TRADITIONAL RUG HOOKING

Day: Mondays
Dates: 3/25, 4/29, 5/20, 6/24
Time: 9:00 AM - 12:00 PM
Cost: \$60 for 4 classes
Instructor: Joyce DiGregorio
Pre-Registration Required

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

NEEDLERS (KNITTING GROUP)

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

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

ART WITH HELEN

Day: Fridays • Date: March 1, 8, 15, 22, 29
Time: 9:30 AM - 11:30 AM
Cost: \$10 per class
Instructor: Helen Garcia
Pre-Registration Required

This month, the class will be focusing on doing exercises in creating "luminosity" and "depth" in landscape paintings. Helen will explore these techniques with you in paintings of sunrises and sunsets, and moonlight on water. Helen welcomes beginners as well as more experienced painters.

SEWING & KNITTING NIGHT

Day: 2nd and 4th Tuesday
Date: March 12 & 26
Time: 4:00 - 8:00 PM • Cost: Free
Leaders: Donna Towner & Shirley Tetreault

This is an opportunity to work on your own projects whether it be sewing or knitting. The room offers great lighting, tables, ironing boards, and cutting mats. Feel free to bring your own machine. Lots of time to work on your projects with new, longer hours. Come join us!

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Knollwood
Nursing Center
 YOUR PARTNERS IN CARE

MONDAY

9:00 Aerobics/Strength Training
 9:00 Massage by Melanie
 9:00 Pool
 9:00 Rug Hooking (3/25)
 10:00 Jewelry Making (3/11)
 10:00 Harmonica Club
 10:15 Gentle Ballet
 10:30 English as a Second Language
 12:00 Pickleball (Town Hall Gym)
 12:00 Bistro Lunch
 12:30 Women's Discussion Group (3/11 & 25)
 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 (3/19)
 1:00 Tuesday Trivia
 1:00 Blood Pressure (3/5)
 1:00 Photography Club (3/26)
 1:30 Legal Clinic (3/12)
 2:00 Flex and Tone
 2:30 Tuesday Technology (3/12 & 26)
 4:00 Sewing & Knitting Night (3/12 & 26)
 5:00 Evening Bistro
 6:30 Seated Chair Yoga

WEDNESDAY

9:00 Aerobics/Strength Training
 9:00 Pool Players
 10:00 Dull Men's Club (3/6 only - 11:00 AM)
 10:30 SPA (3/13)
 10:30 Yang Style Tai Chi Class
 11:00 Understanding Music (thru 3/20)
 12:00 Bistro Lunch
 12:00 Yoga with Rebecca
 12:30 Hearing Clinic (3/13)
 12:45 Bridge (SAYC)
 1:00 Bingo
 1:30 Memoir Writing (3/13 & 27)
 1:30 Seated Chair Yoga
 1:30 Book Club (3/20)

THURSDAY

9:30 Mani/Pedi/Reflexology (3/14 & 21)
 9:30 Belly Dancing
 9:30 Cribbage
 10:30 Mah Jong
 12:00 Bistro Lunch
 12:00 Pickleball (Town Hall Gym)
 1:00 Bridge
 1:00 Quilting (3/7 & 21)
 1:00 Zumba Gold
 1:00 Photoshop Elements Class
 1:00 Low Vision (3/14)
 1:00 Origami (3/14)
 2:00 Better Breathers (3/21)
 2:00 Flex & Tone w/Rebecca
 2:15 Ping Pong
 3:30 Digital Photography (3/5 & 12)

FRIDAY

8:30 Qigong Tai Chi
 9:00 Pool Players
 9:30 Art with Helen (3/1, 8, 15, 22, 29)
 10:15 Stretch Break
 11:00 Piano
 12:00 Pickleball (Town Hall Gym)

CAN YOU HELP?

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


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NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | MARCH 2019

Northborough Senior Center

119 Bearfoot Road

Northborough, Massachusetts 01532

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FRIDAY MORNING, MARCH 29, 1974

Telephone 268-4900 44 Pages—13 Cents

Spring be busy

THURSDAY, MARCH 28, 1974
FRIDAY, MARCH 29, 1974
SATURDAY, MARCH 30, 1974
SUNDAY, APRIL 1, 1974
MONDAY, APRIL 2, 1974

The Boston Globe

Where Were You?

THE TOP NEWS STORIES

March 29, 1974

45 Years Ago

Minimum wage bill passed;
base raised in steps to \$2.30



Richard C. Abdnor, Mayor of Boston, is seen here in a photo taken before his death.

Boston population shrinks, shifts

By William F. Taylor
Globe Staff

While Boston's population decreased by more than 10,000 persons from 1960 to 1970, that of the city's neighborhoods showed an increase in population during that period.

And while the metropolitan population of Boston decreased by almost 100,000 persons during the same 10-year period, the increase was restricted largely to sections of the city's inner and outer rings.

There were two of the people brought out by a year-long study of Boston's neighborhood population, by the United Community Planning Office, a nonprofit, nonprofit arm of the Massachusetts Bay United Way.

The study, based on 1960 and 1970 Federal census data, was made public yesterday.

Carving Boston up into 12 neighborhood units, the researchers came up with the following population trends in the Boston area during the 1960s.

West End, whose population increased from 23,320 to 24,100, or 3.3 percent, experienced the greatest population losses in a percentage basis of any area in the city.

The South End showed the biggest population increase, although the largely Irish neighborhood of South Boston and Charlestown, the Italian North End, and Dorchester, a predominantly black area, also showed substantial increases in population.

SCOTT, Page 22

Senate leader opposes immunity for Nixon Votes to impeach are there—Mansfield

By David B. Starnes
Washington Post

WASHINGTON — Sen. Edward Brooke, R-Mass., today opposed President Nixon's request for immunity from prosecution for the Watergate scandal.

Brooke, who is a member of the Senate Judiciary Committee, said he would vote against the bill to grant immunity to the President and his aides.

"The question will be whether," he said, "the majority will be able to bring a majority to the floor to support the bill."

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Former Teamsters Union president James R. Hoffa looks thoughtful during his visit to Norfolk state prison at which he addressed inmates on food for prison reform. Story, Page 15.

No 'breakthrough' for Kissinger

US, Soviets fail in weapons talks

By Daniel S. Rabinovitch
Globe Washington Staff

WASHINGTON — The United States and the Soviet Union have failed in three days of negotiations in Moscow to make the hoped-for halfway toward a new agreement to limit nuclear weapons.

In a communiqué issued by the White House and simultaneously in Moscow yesterday following Secretary of State Henry A. Kissinger's talks with Soviet leaders, the two sides held out promise of progress in trade, economics, scientific and technical areas.

But in the crucial issue of the Strategic Arms Limitation Talks (SALT II), the communiqué reserved to clichés of diplomacy. It was clear that Kissinger was unable to achieve the "conceptual breakthrough" he had anticipated.

This disappointing development may cause President Nixon either to delay his visit to Moscow — a summit meeting there was planned for June — or to go there on schedule without hope of signing an agreement on SALT II.

If he decides on the latter course, experts believe the trip will be no more than a flashy right-wing tour. That would produce adverse repercussions for the White House in this country and lower American prestige in Western Europe.

A high-ranking official traveling with Kissinger said that Soviet officials presented an unexpected set of SALT proposals that are "unacceptable" and that it is likely to kick off "a brawl" in Washington, in part between the State and Defense Dept.

Kissinger is expected to pursue negotiations further with Soviet Foreign Minister Andrei Gromyko when the latter comes to New York for the special session of the United Nations General Assembly next month.

He also may have to make another trip to Moscow in May before the two sides can agree on a framework within which the technical negotiations can hammer out an agreement.

Following Brezhnev's trip to Washington last year, the two sides agreed to aim for a second disarmament accord by the end of 1974. The target of SALT II is a limitation on offensive strategic weapons, including multiple, independently targetable nuclear weapons (MIRVs).

Agreements on concepts of what

KISSINGER, Page 6