

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 5, NO. 11, NOVEMBER 2018

VETERANS' LUNCHEON

Friday, November 9

Every veteran who attends will receive a complimentary lunch. More info page 4.

**COME SHOP
THE ANNUAL**

Country Store Fair

Saturday, November 17

Proceeds from the fair go to the Senior Center. More info page 3.

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CENTER CLOSINGS

The Senior Center will be closed on Monday, November 12 in observance of Veterans Day and on Thursday and Friday, November 22 & 23 in observance of Thanksgiving. Per the personnel Code of Northborough Town Offices, the Senior Center will be open on Saturday, November 17 in order for the Town to observe the day after Thanksgiving (Friday, November 23) as a day off. See you on Saturday, November 17 at the Friends' Country Store Fair at the Senior Center.

We are currently accepting donations of greeting cards

DIRECTOR'S CORNER:

If you ride the WRTA vans and need help setting up an account for the Automatic Fare Collection System, please see the article under Northborough COA Van Service on page 16 for an opportunity to get help. I'm looking forward to seeing you at the Friends Country Store Fair. The Friends have been working hard to bring you a wonderful fair filled with crafters, baked goods, Grandma's Attic and vendors. The Bistro@119 will be open for Continental Breakfast and Lunch. Happy Thanksgiving to you and yours!

Kelly Burke

NORTHBOROUGH SENIOR CENTER

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

SENIOR CENTER HOURS:

Monday	8:00 AM - 4:00 PM	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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Giving thanks for the Northborough Senior Center!

It is that time again to mark your calendar for the Friends' of the Northborough Senior Center's annual Country Store Fair. The proceeds from the fair always go to the Senior Center.

Date: Saturday, November 17, 2018 • Time: 10:00 AM – 2:00 PM

Place: The Northborough Senior Center

You will have an opportunity to visit & enjoy:

- Our Wonderful Raffle Table
 - Our Delicious baked goodies on our decorated Bake table
 - The Bistro@119 - Our fair menu includes a continental breakfast and lunch
 - Our fabulous knitters' tables with items for everyone on your gift list
 - Our terrific Sewing Guild members who have fashioned a wide variety of clothes for 18" dolls
 - Many great Vendors with various homemade items
 - Grandma's Attic - Donations must go through our Friends' Board Members - please do not drop items off at the Senior Center.
- Call Crystal Rahaim, Chairperson of Grandma's Attic - **774-696-8560**

The Friends' Board welcomes folks to help us out:

- Volunteer your time - Bake something for our wonderful bake table
- Donate your Jewelry for the Jewelry Cart - Donate cleaned and priced items for Grandma's Attic

Call Anita Hagspiel, **508-414-8943**, for more information about the fair or if you have questions.

Sincerely, *Anita Hagspiel, President*



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

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

Name(s) _____

Address _____

Town, State, Zip _____

Phone _____ Email _____

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

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

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

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

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

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



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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.

- Nov. 6** Taco Tuesday on Election Day, Taco Bar with all the fixings Ice Cream Sundaes
\$9
- Nov. 13** Shrimp with Angel Hair Pasta, Salad, Crusty Bread, Assorted Desserts
\$9
- Nov. 20** Baked Ham with Pineapple, Baked Beans, Homemade Cole Slaw, Strawberry Shortcake
\$9
- Nov. 27** Lasagna with Meat Sauce, Antipasto, Italian Bread
\$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!

MASSAGES BY MELANIE

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

Last apt. is at 2:30 PM

Therapist: Melanie Railing • Cost: Varies by service/

Price list at front desk/Call for more info

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

TUESDAY TRIVIA

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

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

ENGLISH AS A SECOND LANGUAGE

Day: Monday • Dates: November 5, 12 & 26 • Time: 1:30 – 3:00 PM

Instructor: Meredith Bohne • Pre-Registration Required

ESL teacher, Meredith Bohne, has taught English and ESL for more than 20 years, including at colleges. She is friendly, helpful and looking forward to teaching at the Northborough Senior Center.

SPA SERVICES

Day/Date: Wednesday, November 7 • 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

**VETERANS' LUNCHEON**

Day: Friday • Date: November 9

Time: 11:00 AM • Pre-Register by November 5. Tickets required. Limit 100.

We will be honoring all veterans on Friday, November 9 at The Bistro@119 from 11:00 AM – 1:30 PM. Every veteran will receive a complementary lunch. Menu includes Caesar

Salad, Pot Roast, Baked Potato with Sour Cream, Vegetable, Rolls & Butter, Cake & Ice Cream, Coffee, Tea and Cold Drinks. Each Veteran is invited to bring one guest. Each Guest ticket is \$9.00. Please pick up your ticket by Thursday, November 8. Thanks to the Friends of the Senior Center, Inc. American Legion Post # 234 and the Church of the Nativity for their generous support.

LEARNING TO PLAY MAH JONG

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

MAH JONG (CHINESE VERSION)

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

Cost: Free • Instructor: Charlotte Holly

If you know how to play, join us on Thursdays at 10:30 AM 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!

BIRTHDAY LUNCH

Date: Monday, November 26 • Time: 12:00 PM

Cost: Free sandwich of your choice for Northborough seniors with November 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 November, 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: Wednesday • Time: 11:00 AM

Leader: Richard Kung • Cost: Free • Pre-Registration Required

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 like. You're bound to learn something new!

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BREAKFAST: Tues. - Fri. 6am-11pm & Sat. & Sun. 6am-1pm / LUNCH: Tues. - Fri. 11am-2pm / FISH 'FRY-DAY': 5pm-8pm

Take out or Dine in *Cash Only*

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.

FINDING YOUR PERSONAL FOUNTAIN OF YOUTH – THE MAGIC OF MOVEMENT**Day: Wednesday • Date: November 14****Time: 1:00 PM • Cost: Free****Presenter: Dr. Ryan Chin • Pre-Registration Required**

Dr. Ryan Chin is a Chiropractic Physician at

inBalance Chiropractic and Wellness in Shrewsbury, MA.

In his interactive presentation, "Finding your Personal Fountain of Youth - The Magic of Movement", he will provide applicable ways to help you sustain or return to a healthy and mobile lifestyle. Even if your mobility is limited, there are still techniques that can help you strengthen your body. This strength will ensure your ability to continue playing with your grandchildren, dance, or go outside with friends. Dr. Chin will provide individualized methods for you to be able to continue to live your life to your maximum potential through education on physiology, nutritional impacts, and general movement strategies.

Dr. Chin received his Doctorate of Chiropractic from Life Chiropractic College West in California. He is the Team Chiropractor for the Massachusetts Pirates and finds his passion in learning about the science, philosophy, and art behind chiropractic empowered by the fundamental belief that the human body is a powerful machine that is capable of healing itself.

MANICURES/PEDICURES/REFLEXOLOGY**Days: Thursdays • Dates: November 1 & 15****Time: First Appt. is a 9:00 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.

HAZARDOUS WASTE DAY

The Town of Northborough will be taking used sharps during the annual **Household Hazardous Waste Day on Saturday, November 10th from 9:00 until noon at the DPW Garage on 190 Main Street.** This service will be free to all residents. Those with used sharps must bring them in a closed, suitable container to avoid potential accidents. The red pharmacy containers are acceptable as well as used detergent bottles, coffee cans, etc. Containers must be fully closed.

**TRIPS**

Below is a list of our trips for 2018. For full itineraries, please visit the Senior Center or our page on the Town of Northborough website. Please make checks payable to the Northborough Senior Center. Sign up at the Senior Center or call 508-393-5035.

THE SICILIAN CHRISTMAS AMORE**December 4, 2018****Davensport Yacht Club, Danvers MA****CHRISTMAS NEW YORK STYLE****December 9th & 10th****Hudson Valley and New York City****SEVEN NIGHT HAWAII CRUISE****March 23 – 30, 2019****TUSCANY & ITALIAN RIVIERA****June 21 – 28, 2019****TRAVEL CLUB****Day: Tuesday • Date: December 4th****Time: 3:30 PM • Leader: Michael Ziegler****Join Us For Our Last Travel Club Meeting of the Year**

We are excited to announce that our final travel club meeting of the year will be on December 4th at 3:30 PM. At the meeting we will be discussing our amazing tour of Greece coming up in the fall of 2019, as well as announcing a new Holiday Tour in 2019 too! Please join us for a great time with refreshments, great travel discussions and a presentation on Greece and It's Islands. Please bring your friends and your travel ideas as to where you would like to go in 2020! Have a great Thanksgiving and see you in December!

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

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

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OUTREACH NOTES

Predictably winter is on its way. The Town of Northborough Emergency Preparedness Handbook advises residents to put together a '72 Hour Kit' in the event that basic services are cut off and outside help may not be available. The Handbook applies to any disaster including a winter weather event.

Checklists for household emergency planning can be lengthy and seem daunting. Start now by considering the elements that are especially important to your household and develop a plan. Based on the experiences of people during Hurricane Katrina a checklist for My Diabetes Emergency Plan was developed (www.mydiabetesemergencyplan.com). A ready supply of prescription medication is an item that may be important for many people. People dependent upon oxygen and other medical equipment are encouraged to plan for their needs in advance. Submit a Northborough Registry of Emergency Needs to the Board of Health. That information may help emergency personnel with planning and responding in such events.

Do you have a plan for communication; access to a fully charged cell phone, registration with the town-wide emergency notification system, Code Red, for emergency alerts. You can sign up for Code Red online on the Town of Northborough website (www.town.northborough.ma.us) or by filling out a form available at the Senior Center. Shelf stable, ready to eat food, pet supplies if you are a pet owner, battery operated lights and radios are additional elements of emergency planning that deserve consideration.

If transportation is a concern during winter months consider registering to ride the Senior Center van and leave the driving to someone else. When school in the Northborough/ Southborough School District is cancelled due to weather conditions, the van will also be cancelled. Make arrangements for snow removal before the bad weather arrives and be clear about your needs for plowing and or shoveling when arranging services. Bay Path Elder Services has developed a list of snow removal services, the range of services and rates vary. Please call, the Outreach Department is available to assist you in keeping winter surprises to a minimum.

If you ride the WRTA vans and need help setting up an account for the Automatic Fare Collection System, please see the article under Northborough COA Van Service on page 16 for an opportunity to get help.

Jocelyn Ehrhardt, MSW, Outreach Coordinator
I can be reached at 508-393-5035, jehrdt@town.northborough.ma.us

DON'T WAIT UNTIL IT'S TOO LATE!

Medicare Open Enrollment ends December 7th

Don't miss your chance to change plans

Call SHINE for help comparing options

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year.

Call your Senior Center and ask for a SHINE appointment. Be sure to bring your Medicare card, any other drug/health insurance cards and benefit information, and a detailed list of your prescription drugs to your appointment.

If there are no more appointments available at your center before December 7, there may be additional appointments in Framingham (508-532-5980, then press 0) and Needham (781-455-7555). Please call between 9AM and 4PM and ask the receptionist at the front desk for a SHINE appointment.

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

REMINDER: You should have received your new Medicare card in the mail and don't forget to bring your card and drug list to your appointment!

For SHINE related matters (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.

SHINE (SERVING HEALTH INSURANCE NEEDS OF EVERYONE)
APPOINTMENTS ARE AVAILABLE WITH OUR SHINE COUNSELORS
We have appointments available where you can meet individually with one of our SHINE Counselors, Pauline O'Bray and Susan Goellner. Please call the Senior Center at **508-393-5035** to schedule your appointment.

NEED HELP WITH YOUR MEDICARE PART D / PRESCRIPTION PLAN?

The Mass College of Pharmacy faculty and students will be at the Senior Center on Tuesday, November 6 from 5:30-7:30 PM to help with signing up/ changing your Medicare Part D/Prescription Plan for Open Enrollment. Call today (508-393-5035) to sign up for your appointment as there is limited availability. This Outreach Program processed over 1200 Part D Prescription Plans during last year's Open Enrollment period. Our own SHINE Counselor, Pauline O'Bray will be in attendance during these appointments.

HERE'S TO YOUR GOOD HEALTH! WELLNESS CLINIC

Date: Tuesday, November 20 • 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.

FREE BLOOD PRESSURE CLINICS

Tuesday, November 6 at 1:00 PM

Where: at the Senior Center Cost: Free

FREE HEARING CLINIC

Date: Wednesday, November 14

Time: 12:30 - 1:30 PM • Appt. Required





STRENGTH TRAINING

Day: Mondays & Wednesdays

Time: 9:00 – 10:00 AM

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

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

TAI CHI/QI GONG/ MEDITATION MIND BODY & SPIRIT

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

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

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

LINE DANCING-HIGH BEGINNER

Day: Tuesdays • Time: 10:00 AM

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

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

ZUMBA GOLD

Days: Mondays & Thursdays

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!

CHAIR YOGA WITH DIANE

Days/Dates: Every Monday & Wednesday

Time: 11:00 AM – 12:00 PM

Cost: \$3/class

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

TAI CHI/QI GONG/MEDITATION

MIND BODY & SPIRIT

Day: Every Tuesday

Time: 10:45 AM – 12:00 PM

Cost: \$3/class

Instructor: Rev. Helen J. Morin

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

TRADITIONAL CHINESE YANG STYLE TAI CHI

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: Friday, November 2 & 30

Time: 10:15 AM

Instructor: Video Version of Sharon's Class

Cost: Free

Because of the Veterans Lunch, Friends Country Store Fair and the Thanksgiving holiday, Stretch Break will only take place on November 2 & 30 this month. No classes will be held on November 9, 16 & 23.

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.

SEATED CHAIR YOGA

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



Pauline Berkes
 (Rebecca's Mom)

Rebecca Reber has been practicing yoga for about 15 years. In this class you will stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Rebecca will combine this with inhales and exhales as we work with props to get the most out of every movement. The hour session will end in a relaxing Savasana. This class is for beginners to more experienced yogis as any type of movement is wonderful. Come and have fun while enjoying the benefits of movement.

JAZZ FUSION

Day: Fridays • **Time:** 8:30 - 9:30 AM
Cost: \$3 • **Instructor:** Lucy Jacek

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

YOGA WITH GENE

This class is on hiatus.

YOGA WITH NANCY

Day: Tuesdays • **Time:** 2:00 PM
Cost: \$3/class • **Instructor:** Nancy Cimato
 (No class on 11/20)

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

WALKING CLUB

Day: Thursday
Dates:
 Through 12/13
Time: 10:00 AM

The hikes will continue until December 13. The theme this fall is "Nearby Trails." We will be walking on recreation trails within two miles of the Senior Center. The hikes will be held every Thursday starting at 10:00 AM and will last about two hours. A schedule of the hikes is available at the front desk and the group meets at the Senior Center. Hikes are free and open to all.



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.

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.

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

A NEW LAW THAT WILL CHANGE THE LIVES OF THOSE WITH DEMENTIA

In August, the Massachusetts legislature approved and Governor Baker signed "*An Act relative to Alzheimer's and related dementias in the Commonwealth*" legislation, Chapter 220 of the Acts of 2018 that will fundamentally improve the way people with dementia get treated, especially in our health care system.

The Act sets out first and foremost to make sure that those on the front lines of our medical system can identify, diagnose and deal appropriately with those who have dementia. The Massachusetts licensing authorities for doctors, physician assistants and all nurses are now required to include cognitive impairment education and training in the recertification process of all these professionals. For the first time, the entire medical treatment establishment is being required to learn how to diagnose, treat and care for those with dementia.

The Act also extends this compulsory training to all "mandated reporters" of elder abuse, from dentists to social workers to physical therapists, and many others. Hopefully, this training will help those many "mandated reporters" identify their patients who, because of dementia, are more vulnerable to abuse by others, both family members and strangers.

The Act requires that a doctor who has the "express or implied consent" of his or her patient will report an Alzheimer's diagnosis to a "family member or legal representative," together with information about care planning and available services in the area. This should give doctors the incentive to learn more not only about diagnosis but also about the unique local community programs and initiatives that could help their patients access available services in the area.

Finally, the legislation mandates that all hospitals in the Commonwealth implement "an operational plan for the recognition and management of patients with dementia or delirium in acute care settings." The hope is that, by not requiring an initial "one size fits all" approach to their problems, we can encourage different hospitals to try different organizational responses, then pick and choose what has worked best.

If you'd like to learn more about all this, you can go to the Alzheimer's Association website at <http://www.alzmassnh.org/advocacy/massachusetts/>. You can also see the Westborough TV interview that I and my co-host, Westborough Selectman Shelby Marshall, did in September with State Representative Danielle Gregoire, who chairs the House Committee on Elder Affairs which designed their legislation and got it passed. You can find that interview at my YouTube channel, Elder Law with Frank and Mary. 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/ElderLawFrankAndMary and find more in-depth commentary on legal issues on our blog at <http://mirickoconnelltrustsandestateslawblog.wordpress.com/>.



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DULL MEN'S CLUB

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

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

LEGAL CLINIC

Date: Tuesday, November 13
Time: 1:30 – 2:30 PM • Cost: Free
Attorney: Richard Dustin
Pre-Registration Required

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

BETTER BREATHERS CLUB

Day: 3rd Thursday of the month
Date: November 15 • Time: 2:00 PM
Cost: Free • Leader: Bonnie Kenney
Pre-Registration Required

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

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

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

HARMONICA CLUB

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

Our own Northborough Senior Center Harmonica Club is in its 8th Season and is always opening its doors for new members. Anyone who has played the harmonica as a youngster, mid-life, or in your golden years, is invited to join us. 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.

VET TALK

Day: Friday • Date: November 30
Time: 9:00 AM • Cost: Free

Welcome to one of our newest programs, Vet Talk at the Northborough Senior Center. Vet Talk is an informal social gathering at which coffee and snacks are served. Vet Talk is an unstructured meeting; no group leader, no rules other than keep it civil. Newcomers are usually asked what service you were in, where you served, when did you enter service, and what did you do in the service. We talk about our military experiences: basic training, specialty training, deployments, and military experiences. The heat or cold and smells that hit us in the face when we disembarked at our destination. Some of us saw combat, some didn't. Our having served binds us together. Try it out and see if this is for you. Our group will meet on the 4th Friday of every month. You are welcome to Vet Talk.

LOW VISION SUPPORT GROUP

Day: Thursday • Date: November 8
Time: 1:00 PM • Cost: Free
Leader: Agnes Sagerian

Do you have vision loss of any kind? Please join us for a presentation by Dr. Schaal, Professor and Department Chair of the Department of Ophthalmology and Visual Sciences at the University of Massachusetts Medical School who will speak on conditions of the eye. Please contact our coordinator, Agnes Sagerian at **508-393-8353** with any questions. We welcome you to join our group.

WOMEN'S DISCUSSION GROUP

Day: Mondays • Dates: November 5 & 19
Time: 12:30 PM • Cost: \$2
Facilitator: Audrey DiMichele, M.Ed.

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

PHOTOGRAPHY CLUB

Day: Tuesday • Date: November 27
Time: 1:00 • Cost: Free

Mary Kay Bedigian will be our speaker in November. She will give us tips on how to care, store and organize our photos, from those old photographs to the bundle of pictures on our computers and other devices.

Christina Scalise said, "Organization isn't about perfection. It's about efficiency, reducing stress and clutter, saving time and money, and improving your overall quality of life." The same is true with our endless array of digital, as well as those old treasures we need to scan in to digitize.

BOOK CLUB

Day: 3rd Wednesday of the Month
Date: November 21
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.

BEREAVEMENT GROUP

Day: Third Monday (this month only)
Date: November 19
Time: 10:30 AM • Cost: Free
Leader: Peggye Arcouette, MSW, LCSW

Because of the Veterans Day Holiday, we'll be meeting on the third instead of the second Monday. What is bereavement? Have you experienced loss or are you fearful of experiencing loss? Please join us to discuss this rather difficult subject surrounded by open ears and arms. Our goal is for you to leave feeling relieved, supported, optimistic, hopeful, and much more. All are welcomed.

MEMOIR WRITING GROUP

Day: 2nd & 4th Wednesdays • Cost: Free
Dates: November 14th & 28th
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.

TECHNOLOGY CLUB

Day: Tuesday • Date: November 13
Time: 2:30 PM • Cost: Free
Pre-Registration Required

We're starting a new Technology Club this fall that will offer a short presentation or tutorial followed by one on one help for issues with tablets, smart phones, computers, internet and more. The Club will be run by Mimi Witcher, Computer Instructor and Algonquin students. On November 13 the presentation will be on Internet Tips. We welcome your suggestions so that we can create a curriculum that suits your needs!

PRIVATE TECHNOLOGY TUTORING

We now have private tutoring available. If you need individual help learning Microsoft Word, Excel, PowerPoint, Publisher or Photoshop or if you have problems using your email, searching the Internet, etc. we can provide a tutor for \$10 for 45 minute private sessions. Please call the Senior Center at **508-393-5035** to make your appointment today!

THE REAL ESTATE EXPERT

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

PREPARING YOUR HOME FOR THE COLD

Take advantage of this cooler weather to get a few things done around your home to prepare for the upcoming colder weather. Use the following tips to get your homes interior and exterior in tip-top shape for the cold season.

INTERIOR:

#1 Home Safety: Before you close up your house and turn on the heat for the first time, you should make a point to check all of your safety devices to ensure that they work properly. Replace the batteries in your smoke detectors and carbon monoxide detectors and make sure your fire extinguishers aren't expired.

#2 Schedule Furnace Maintenance: Once the cold season strikes, your HVAC service is likely to be busy on service calls. Schedule a furnace call. Now is the ideal time to catch small furnace problems before they cause large – and expensive – problems during a cold snap.

#3 Improve Insulation: With improved insulation in your attic and walls, you'll be better able to prevent cold air from seeping into your interior. When cold drafts get into your home, they force your furnace to work overtime to heat your house. Investing in insulation can help you save on energy costs.

#4 Ready Quilts and Blankets: Freshen up stored quilts and winter blankets. Also, you might want to have your flannel sheets and pillowcases ready as well.

EXTERIOR:

#1 Check for Cracks: Look for cracks in your home's foundation and seal them properly to prevent cold drafts from getting inside. Cracks in your foundation or near windows also function as an entryway for unwanted critters like mice.

#2 Check Your Roof: It's important to check your roof for problems before cold weather hits. Check for loose shingles and make any necessary repairs before the winter arrives. Schedule a time to have your gutters cleaned to ensure optimum drainage.

#3 Reinforce Doors and Windows:

Before the cold weather hits, set aside a day to replace your door and window screens with storm windows. You can also add weather stripping to doors and windows to help keep cool air from seeping inside.

#4 Trim Your Trees: If you notice any dead branches or decaying limbs on the trees of your property, you should have them removed. These limbs can become hazardous when loaded with ice and snow. They can also prove vulnerable to winds, so it's best to remove them before they come down themselves.

Colder weather is just around the corner. Keep these tips in mind so you can keep your home in good shape during the winter months.



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MONDAY	TUESDAY	WEDNESDAY
		
5 <p>9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym</p> <p>12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 1:30 PM ESL Class 2:00 PM Needlers</p>	6 <p>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</p> <p>1:00 PM Blood Pressure 2:00 PM Yoga with Nancy 5:00 PM Bistro @119 6:30 PM Seated Chair Yoga</p> 	7 <p>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 Services 11:00 AM Chair Yoga w/Diane</p>
12 <p>VETERAN'S DAY SENIOR CENTER CLOSED</p>	13 <p>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</p> <p>1:30 PM Legal Clinic 2:00 PM Yoga with Nancy 2:30 PM Technology Club 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga 7:00 PM COA Meeting</p>	14 <p>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 Chair Yoga w/Diane 11:00 AM Understanding Music 12:00 PM Bistro@119</p>
19 <p>9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:30 AM Bereavement Group 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym</p> <p>12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 1:00 PM WRTA presentation 2:00 PM Needlers</p>	20 <p>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</p> <p>12:00 PM Bistro@119 12:30 PM Wellness/Health Clinic 1:00 PM Tuesday Trivia 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga</p>	21 <p>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 Chair Yoga w/Diane 11:00 AM Understanding Music</p>
26 <p>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 10:00 AM Jewelry Making 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro Birthday Lunch</p> <p>12:00 PM Pickleball@Town Hall Gym 1:00 PM Pitch 1:00 PM Friends Meeting 1:00 PM Zumba Gold 1:30 PM ESL Class 2:00 PM Needlers</p>	27 <p>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</p> <p>12:00 PM Bistro@119 1:00 PM Tuesday Trivia 1:00 PM Photography Club 2:00 PM Yoga with Nancy 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga</p>	28 <p>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 Chair Yoga w/Diane 11:00 AM Understanding Music</p>



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THURSDAY		FRIDAY	
	1 9:00 AM Mani/Pedi/Reflexology 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Walking Club 10:30 AM Mah Jong 12:00 PM Bistro@119	12:00 PM Pickleball@Town Hall Gym 1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting	2 8:30 AM Tai Chi 8:30 AM Jazz Fusion 9:00 AM Pool Players 9:30 AM Art w/Helen 10:00 AM Piano Lessons 10:15 AM Stretch Break 12:00 PM Pickleball@Town Hall Gym
	8 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Walking Club 10:30 AM Mah Jong 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Low Vision Support Group 1:00 PM Zumba Gold 1:00 PM Origami	9 8:30 AM Tai Chi 8:30 AM Jazz Fusion 9:00 AM Pool Players 9:30 AM Art w/Helen 10:00 AM Piano Lessons 11:00 AM Veterans' Luncheon 12:00 PM Pickleball@Town Hall Gym
11:00 AM Understanding Music 12:00 PM Bistro@119 12:45 PM Bridge - SAYC Group 1:00 PM Bingo	15 9:00 AM Mani/Pedi/Reflexology 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Walking Club 10:30 AM Mah Jong 12:00 PM Bistro@119 12:00 PM Pickleball@Town	12:00 PM Hall Gym 1:00 PM Bridge 1:00 PM Quilting 1:00 PM Zumba Gold 2:00 PM Better Breathers	16 8:30 AM Tai Chi 8:30 AM Jazz Fusion 9:00 AM Pool Players 10:00 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	22 <i>Happy Thanksgiving</i> SENIOR CENTER CLOSED	23 SENIOR CENTER CLOSED	
12:00 PM Bistro@119 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Book Club	29 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Walking Club 10:30 AM Mah Jong 12:00 PM Bistro@119	12:00 PM Pickleball@Town Hall Gym 1:00 PM Bridge 1:00 PM Zumba Gold 2:15 PM Ping Pong	30 8:30 AM Tai Chi 8:30 AM Jazz Fusion 9:00 AM Pool Players 9:00 AM Vet Talk 10:00 AM Piano Lessons 10:15 AM Stretch Break 12:00 PM Pickleball@Town Hall Gym



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Sudoku

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

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

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Answer to
October
Sudoku

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

CROSSWORD PUZZLE

ACROSS

- 1 Last of the Mohicans
- 6 Home Box Office (abbr.)
- 9 Repose
- 12 Hollow stone
- 13 Tree
- 14 Us (Ger.)
- 15 Lagoon
- 16 Goddess (Lat.)
- 17 Own (Scot.)
- 18 Inborn
- 20 Keen
- 22 Desert plant
- 24 Television channel
- 27 Amer. Dental Assn. (abbr.)
- 28 Bird
- 32 Air
- 34 Presidential nickname
- 36 Indian music
- 37 Glass-furnace mouth
- 39 Survey
- 41 Cistern
- 42 Brown vesuvianite
- 44 East
- 47 Principal commodity
- 52 According to (2 words)
- 53 Belonging to (suf.)
- 55 Eng. poet
- 56 Compass direction
- 57 Rhine tributary
- 58 Wife of Balder
- 59 No (Scot.)
- 60 Fiddler crab genus
- 61 Handwriting on the wall

DOWN

- 1 Fruit
- 2 No (Ger.)
- 3 Crest
- 4 Jewish month
- 5 Rom. author
- 6 Pronoun
- 7 contraction
- 8 Ruminant's stomach
- 9 Haw. feast
- 10 Initial (abbr.)
- 11 Anglo-Saxon slave
- 19 French art

ANSWER TO PREVIOUS PUZZLE

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

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A58

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. If you need help setting up an account, staff from WRTA/PBSI will be at the Senior Center on **Monday, November 19 at 1:00 PM** to help you. Please let us know you're planning to attend.



ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

AGE-RELATED VISION PROBLEMS



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

— Source: Mayo Clinic



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



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BEGINNER PIANO LESSONS

Day: Fridays • Date: November 2, 9, 16, 30
Time: 10:00 AM • Cost: \$10/class
Instructor: Dennis Deyo
Pre-Registration Required

On November 2, we will have a Beginning Piano Class. This will be for all Seniors who have never taken piano lessons and want to start from the very beginning OR for those Seniors who studied piano years ago and want to refresh their skills by starting over. Hour-long classes will be held on Fridays at 10 AM and students will be given a chance to take turns playing their music during the class. Students will be given a workbook to learn to read music, a scale chart, an exercise book and a song book. Total cost for all materials will be \$35 and the cost for the one-hour class will be \$10. Sign up now. The class will be taught by Dennis Deyo, who has been teaching these classes at the Center for a few years.

QUILTING

Day: 1st & 3rd Thursday
Dates: November 1 & 15 • 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: November 26
Time: 10:00 AM • Instructor: Lori Burton
Pre-Registration Required

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

**ORIGAMI**

Day: Thursday
Date: November 8
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.

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!

ART WITH HELEN

Day: Fridays • Date: November 2, 9, & 30
Time: 9:30 AM - 11:30 AM
Cost: \$10 per class • Instructor: Helen Garcia
Pre-Registration Required

This month Helen's classes will focus on contrasting colors when doing two color paintings. The classes will also allow students to test their abilities to mix colors. Join us this month to explore color. Beginners welcome!

TRADITIONAL RUG HOOKING

Day: Mondays • Dates: 11/26, 12/17, 1/14, 2/25, 3/25, 4/29, 5/20, 6/24
Time: 9:00 AM - 12:00 PM
Cost: \$120 for 8 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.

SEWING & KNITTING NIGHT

Day: 2nd and 4th Tuesday
Date: November 13 & 27
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!

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!

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Knollwood
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 YOUR PARTNERS IN CARE

MONDAY

- 9:00 Aerobics/Strength Training
- 9:00 Massage by Melanie
- 9:00 Pool
- 9:00 Rug Hooking (11/26)
- 10:00 Jewelry Making (11/26)
- 10:00 Harmonica
- 10:30 Bereavement (11/19)
- 11:00 Chair Yoga w/Diane
- 12:00 Pickleball (Town Hall Gym)
- 11:00 Chair Yoga w/Diane
- 12:00 Bistro Lunch
- 12:30 Women's Discussion Group (11/5 & 19)
- 1:00 Pitch
- 1:00 Zumba Gold
- 1:30 English as a Second Language (11/5 & 26)
- 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 (11/20)
- 1:00 Blood Pressure (11/6)
- 1:00 Photography Club (11/27)
- 1:00 Trivia Tuesday
- 1:30 Legal Clinic (11/13)
- 2:00 Yoga with Nancy (No class 11/20)
- 2:30 Technology Club (11/13)
- 4:00 Sewing & Knitting Night (11/13 & 27)
- 5:00 Evening Bistro
- 6:30 Seated Chair Yoga

WEDNESDAY

- 9:00 Aerobics/Strength Training
- 9:00 Pool
- 10:00 Dull Men's Club
- 10:30 SPA (11/7)
- 10:30 Yang Style Tai Chi Class
- 11:00 Chair Yoga w/Diane
- 11:00 Understanding Music
- 12:00 Bistro Lunch
- 12:30 Hearing Clinic (11/14)
- 12:45 Bridge (SAYC)
- 1:00 Bingo
- 1:30 Memoir Writing (11/14 & 28)
- 1:30 Book Club (11/21)

THURSDAY

- 9:00 Mani/Pedi/Reflexology (11/1 & 15)
- 9:30 Belly Dancing
- 9:30 Cribbage
- 10:00 Walking Club
- 10:30 Mah Jong
- 12:00 Bistro Lunch
- 12:00 Pickleball (Town Hall Gym)
- 1:00 Bridge
- 1:00 Low Vision Support Group (11/8)
- 1:00 Origami (11/8)
- 1:00 Quilting (11/1 & 15)
- 1:00 Zumba Gold
- 2:00 Better Breathers (11/15)
- 2:15 Ping Pong

FRIDAY

- 8:30 Jazz Fusion
- 8:30 Qigong Tai Chi
- 9:00 Pool
- 9:00 Vet Talks (11/30)
- 9:30 Art with Helen (11/2, 9, 30)
- 10:00 Piano
- 10:15 Stretch Break (11/2, 11/30)
- 12:00 Pickleball (Town Hall Gym)



NOVEMBER ACTIVITIES

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.

PINOCHLE ANYONE?

Day: Every Tuesday

Date: Starting November 6

Time: 1:00 PM • Cost: Free

Leader: Myrna Garber

If you know how to play Pinochle, please join us as we are putting together a group to play on Tuesday afternoons at the Senior Center. If you don't know how to play, we're happy to show you how. If you're familiar with card games, you'll pick it up in no time. Stop by and try something new!

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NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | NOVEMBER 2018

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