

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 6, NO. 11, NOVEMBER 2019

VETERANS LUNCHEON

November 8. *Details on page 3.*

Friends' Country Store Fair

November 23. *Details on page 3.*



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**THE SENIOR CENTER WILL BE CLOSED ON
MONDAY, NOVEMBER 11 IN OBSERVANCE OF VETERANS
DAY AND NOVEMBER 28 & 29 FOR THANKSGIVING**
We are currently accepting donations of greeting cards

DIRECTOR'S CORNER:

Thank you to all those in the community who donated to our Veterans Luncheon. Your generosity was heartwarming and so appreciated!

I'm looking forward to seeing you at the Friends' Annual Country Store Fair. The Friends have been hard at work preparing for this year's fundraiser. There will be Crafters, Baked Goods, Grandma's Attic, Raffles and more! The Bistro@119 will be open for Continental Breakfast and Lunch. See you at the Fair!

Happy Thanksgiving to you and yours ~ Kelly Burke

MISSION STATEMENT

As the hub for all aspects of healthy aging, the mission of the Northborough Council on Aging/Senior Center is to enrich and enhance the lives of older adults in our community.

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 |

STAFF

Director: Kelly Burke

Office Assistant: Nancy Dragon

Outreach Coordinator: Jocelyn Ehrhardt

Program Coordinator: Terry Leo

The Bistro@119 Program Coordinators:

Vickie Killeen, Carolyn Harrington

Van Drivers: Dennis Parker, Bob Lang, Keith Cofer, Bill Daley

SHINE Counselors: Pauline O'Bray, Susan Goellner

COUNCIL ON AGING MEMBERS

Chairperson: Adrienne Cost

Vice Chairperson: Jerry Anderson

Secretary: Linda Cragin

Members: Lee Beavers, Virginia Simms George,

Phylis Muthee, Alice Stapelfeld

Liaison to Selectmen: Tim Kaelin

Liaison to School Committee: John Kane

Bay Path Rep: Jarl Anderson

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- All of these services are covered in our monthly rate, which others charge for as "extras."

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FRIENDS of the
NORTHBOROUGH
SENIOR CENTER, INC.

The Friends of the Northborough Senior Center received a heartwarming response from the Community in support of the Northborough Senior Center Veterans' Luncheon. Thank you for your generosity!

It's that time again to mark your calendars for the **FRIENDS' ANNUAL COUNTRY STORE FAIR**.

The proceeds from the fair always go to the Center.

Date: Saturday, November 23, 2019 • Time: 10 AM – 2 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 • Our fabulous knitters' tables
- The BISTRO - our Fair menu includes a continental breakfast and lunch • Many great Vendors with various home crafted items
- Grandma's Attic • Donations must go through our Friends' Board Members

PLEASE DO NOT DROP OF ITEMS AT THE SENIOR CENTER. Call Crystal Rahaim, Chairperson, at **774-696-8560** with questions.

The Friends' Board welcomes folks to help out:

- Volunteer your time that day • Donate cleaned and priced items for Grandma's Attic
- Bake something for our wonderful bake table • Donate your jewelry to the Jewelry cart

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

Sincerely, *Anita Hagspiel, President*



BE A PART OF THE FUTURE

Do you know that people age 60 and over make up 25% of Northborough's residents and that number is going to continue to rise? The Council on Aging/Senior Center is thrilled to announce that we are working with Barrie Atkin, President of Atkin Associates, LLC to position ourselves as an organization that ensures quality services and resources for residents living longer and healthier lives. Many thanks to the Friends of the Northborough Senior Center who are currently funding this very important work. Let us know if you'd like to be involved in this process by calling **508-393-5035** or email kburke@town.northborough.ma.us

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.

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!



VETERANS' LUNCHEON

Day: Friday • Date: November 8 • Time: 11:00 AM

Pre-Register by November 5

Tickets required. Limited Seating.

We will be honoring all veterans on Friday, November 8 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 Bottled Water. Each Veteran is invited to bring one guest. Each Guest ticket is \$10.00. Please pick up your ticket by Thursday, November 7. Thanks to the Friends of the Senior Center, Inc. American Legion Post # 234 and the Church of the Nativity for their generous support.

TECHNOLOGY TUESDAY

Date: November 19 • 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!

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



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

- Nov. 5** Antipasto, Stuffed Shells & Meatballs, Italian Bread, Assorted Desserts
 \$9
- Nov. 12** Garden Salad with Roll or Bread, Chicken Pot Pie, Assorted Desserts
 \$9
- Nov. 19** Taco Tuesday Buffet!
 \$9
 Chicken & Salsa, Seasoned Beef, Mexican Rice, Shells/Soft and Hard with all the Fixings. Surprise dessert
- Nov. 26** Roast Pork Loin, Apple Sauce, Potato, Vegetables, Assorted Bread Basket. Special 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!

BISTRO@119 PRICE INCREASE

At the start of the new year, new changes will be on the horizon at the Bistro 119. Because Northborough is going green in January, the cost of paper goods will increase. In addition, there has been a steady rise in food prices and delivery fees. As a result, we will have to slightly adjust some menu prices in the new year. More details to follow.

CHAT WITH THE CHIEF

Day: Thursday • Dates: November 14
Time: 9:00 AM • Cost: Free

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

DIVERSITY THROUGH COLLABORATION

TUESDAY WITH LAURI

Day: Third Tuesday of the month

Date: November 19

Time: 11:30 AM - 1:00 PM

Cost: Free • Leader: Lauri Ryding

I hope you can join us the 3rd Tuesday of the month, 11:30 AM - 1:00 PM at the Northborough Senior Center for a cup of coffee, cold drink and some good conversation and more.

We have a few things lined up - movies, documentaries, TedX talks etc - group consensus. Or maybe just conversation. This 'event' will be monthly - the 3rd Tuesday of the Month here at the Senior Center - a great place to meet up - a fabulous & welcoming center. Maybe you know someone who is part of our LGBTQ community that would like to participate? Or a friend or ally? Any questions, please email LRYding@natickma.org or call me **508-647-6540** ext 1926 (Natick Community Center). Thanks again for your time and we look forward to seeing you.

Lauri



BIRTHDAY LUNCH

Date: Monday, November 25

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.



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

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\$12.99+TAX

2 Small 1 Topping Pizzas

*Additional charge for toppings and SPECIALTY TOPPINGS

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

Expires 11/30/19 Coupon Code 129919

Large Cheese Pizza \$9.99

*Additional charge for toppings and SPECIALTY TOPPINGS

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

Expires 11/30/19 Coupon Code 99919

\$19.99+TAX

2 Large 1 topping Pizzas

*Additional charge for extra toppings and SPECIALTY TOPPINGS

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

Expires 11/30/19 Coupon Code 199919

All Coupons Expire November 30, 2019

Order Online at www.thehouseofpizza.com

LEGAL CLINIC

Day: Tuesday • Date: November 12 • Time: 1:30 – 2:30 PM

Attorney: Richard Dustin • Cost: Free • 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.

NORTHBOROUGH SENIOR CENTER

A CAPPELLA CHORUS

Day: Wednesdays • Time: 9:45 – 10:45 AM

Instructor: Manoj Padki • Cost: \$3/class

We started the Singing Rounds class on April 17, and we have been making beautiful music every Wednesday from 9:45 to 10:45. We are now expanding our mandate & doing other styles of music as well. We even have a performance planned for Tuesday, December 10 at the Northborough Senior Center Bistro Dinner. What we need is your voice! Our goal is to sing beautiful music while building camaraderie and having fun. Please join us!

MANICURES/PEDICURES/REFLEXOLOGY

Days: Thursdays • Dates: November 7, 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 Man-Pedi 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 - INTERMEDIATE

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

Cost: Students purchase textbook

Instructor: Meredith Bohne

This is a free class, but students purchase the textbook. We are reading aloud to improve pronunciation. We will discuss holidays, history and everyday subjects such as doctor appointments and food. As always, we will discuss topics requested by the class. Meredith Bohne is the teacher who has more than 20 years' experience teaching English in a college setting.

LIVING WELL WITH HEARING LOSS

Day: Monday • Date: November 7

Time: 10:00 AM • Cost: Free • Pre-Registration Required

Do you have a hearing loss? Do you know someone with a hearing loss? Do you wish to learn how to live well with a hearing loss? Join Worcester State University speech-language pathology graduate students on November 7 at 10 am. In an interactive presentation, we will discuss the impact of hearing loss on communication and general well-being. The importance of treating hearing loss, types of amplification and assistive devices, and strategies to facilitate communication, will be part of the presentation. There will be time to share your experiences and ask questions.

FUN, FABULOUS FROSTY

Day: Wednesday • Date: December 4

Time: 10:00 AM to 12:00 PM • Cost: \$5

Instructors: Sue Hogan & Dale Scholfield

Pre-Registration required by 11/27

Wouldn't this snowman look fabulous in your house? Maybe on your fireplace? Maybe on your porch? And what's really nice is you can keep this decoration made of wood up after the holidays! We're announcing this class early so you have time to sign up. Hope to see you on Wednesday, December 4th at 10:00 am. Sign up now because we have a limit of 12 people. Deadline to sign up is November 29th.



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

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

LEARNING TO PLAY MAH JONG

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

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

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

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

BEREAVEMENT GROUP**Day: Thursdays • Dates: November 7 through December 5th
Time: 12:45 – 2:15 PM****Presenter: Rev. Sharron Lamothe • Cost: Free**

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

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

Faith and Family Hospice of Marlborough, MA will be offering this bereavement support group at the Northborough Senior Center at 119 Bearfoot Road. We will meet each Thursday from 12:45-2:15 p.m. Rev. Sharron Lamothe, one of the chaplains with Faith and Family Hospice, will be the facilitator along with assistance from colleagues from Faith and Family.

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

*Rev. Sharron***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.

WALKING CLUB**Day: Thursdays • Time: 10:00 AM****Leader: Forest Lyford • Cost: Free**

The Walking Club's theme this Fall is "Farms." We will be visiting former and currently active farms in and near Northborough. Hikers leave from the Senior Center at 10:00 A.M on Thursdays. Hikes are free and open to all.

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**Johnny Mathis Christmas, The Ultimate Tribute**

December 4th, 2019, Danversport Yacht Club, Danvers MA
\$69pp includes Lunch, Show, Tax & Driver's Gratuity.
Price including Transportation: \$94.

Emmet Cahill's IRELAND

March 12, 2020, Venus DeMilo, Swansea, MA. Includes Plated Luncheon, Driver's Gratuity, Meal Tax & Gratuity, & Show Ticket. Price: \$94pp.

AAA TRAVEL - OVERNIGHT TRIPS**Mediterranean Dreams**

August 26 – September 5, 2020 (9 Nights) Athens, Greek Islands & Turkey cruise. Inside cabin from \$4,779 per person.

Canada & New England Cruise

September 27 – October 4, 2020 (8 Days) Acadia National Park, Portland, Kennebunkport, Halifax and Peggy's Cove. Inside cabin from \$1,399 per person.

SMALL GROUP TRAVEL CLUB**Day: Tuesday • Date: December 10 • Time: 11:00 AM****Leader: Cary Rominger • Cost: Free**

We will be getting together for our next travel club meeting to talk about the places you would like to travel to. We have been putting together some destinations for our travel club and we think it is time to get feedback from the group and put something together that everyone wants. We look forward to sharing our ideas for 2020 and having fun learning about where you would like to go as well!

OUTREACH NOTES

Winter can impact many facets of day to day life including safety, wellness and financial. Planning ahead can help to prevent, or offset, unexpected or detrimental effects.

Have a snow removal plan in place. Before making arrangements know your needs and make sure that they can be met. Many people find that snow plowing services are often separate from shoveling services and may require separate arrangements. Contracting with snow removal services in advance of winter may be cost effective. Prices for snow removal can spike when bad weather is imminent. Bay Path Elder Services, the Aging Services Access Point for Northborough and surrounding communities has compiled a town by town list of companies that provide landscaping and snow removal services. You can obtain a copy of the list by calling the Northborough Senior Center (508-393-5035).

Heating expenses are another winter variable that can have a big impact on households. Assistance may be available through the Low Income Home Energy Assistance Program (LIHEAP). I am happy to help applicants, age 60+, with the process as well as with alternative resources if necessary.

Other winter preparations include making sure smoke alarms and CO2 detectors are in working order. Prepare by stocking up on canned or shelf stable food items and keeping current on prescription refills. Consider obtaining a rechargeable lantern in the event of a power outage. Many rechargeable lanterns last several days.

Isolation any time of year adversely affects wellness. Cold temperatures and hazardous conditions can contribute to isolation. Be proactive. Now is a good time to identify classes or activities that help with engagement. The Senior Center offers a range of exercise classes subsidized for affordability. Other activities, group meetings and more are also available. Consider using the Senior Center van during winter months. Senior Center staff are happy to assist, just ask.

I welcome the opportunity to work with you on winter preparations or on other matters of concern to you.

Jocelyn Ehrhardt, MSW, Outreach Coordinator
I can be reached at 508-393-5035

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

Date: Tuesday, November 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.

FREE BLOOD PRESSURE CLINIC

Tuesday, November 5 at 1:00 PM

Where: at the Senior Center • Cost: Free

FREE HEARING CLINIC

Date: Wednesday, November 13

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

**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**

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. To best help you compare, you should have a [MyMedicare.gov](https://www.mymedicare.gov) account. If you don't have one already, you can go to MyMedicare.gov to easily create one, or it can be done at your SHINE appointment.

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 current prescription drugs to your 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.

**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.

**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

HELP WITH MEDICARE PART D

The Mass College of Pharmacy faculty and students will be at the Senior Center on Tuesday, November 5 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.



STRENGTH TRAINING**Day: Mondays & Wednesdays****Time: 9:00 – 10:00 AM****Cost: \$3/class • Instructor: Linda Bonazzoli**

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

**TAI CHI/QI GONG/ MEDITATION
MIND BODY & SPIRIT****Day: Every Tuesday****Time: 10:45 AM – 12:00 PM****Cost: \$3/class • Instructor: Rev. Helen Morin**

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

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

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

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

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

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

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

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

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

PICKLEBALL**Monday & Wednesday: 9:30 AM – 12:00 PM****Thursday/Friday: 12:30 – 3:00 PM****Location: Town Hall Gym, 63 Main Street, Northborough**

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

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

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

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

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

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

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

CHAIR YOGA WITH DIANE**Day: Monday and Wednesday****Time: 11:00 AM • Cost: \$3/class****Instructor: Diane Ginsberg**

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

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

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

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

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

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



Pauline Berkes
(Rebecca's Mom)

SEATED CHAIR YOGA

Day: Tuesdays • Time: 6:30 PM
Cost: \$3/class

Instructor: Rebecca Reber

Rebecca Reber has been practicing yoga for about 15 years. In this class you will stretch, twist and lengthen your bodies through a series of easy

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

SEATED CHAIR YOGA

Day: Wednesdays • Time: 1:30 PM

Instructor: Rebecca Reber • Cost: \$3/class

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!

YOGA WITH NANCY

Yoga with Nancy is on hiatus.



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POOL FOR BEGINNERS

Kevin Wright, Pool Instructor, has been teaching "Pool for Beginners" for years at the Senior Center. Because of other commitments, Kevin is no longer able to continue teaching. We thank Kevin for his time and commitment to his students and the Senior Center.

FLEX AND TONE

Day: Thursdays • Time: 2:00 PM • Cost: \$3 • Instructor: Rebecca Reber

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

CARDIO & WEIGHTS

Day: Thursdays • Time: 10:45 to 11:30 AM • Cost: \$3

Instructor: Sharon McDevitt

This 45 minute class works your cardiovascular system (heart and lungs) with a low impact aerobic workout. The introduction of weight/strength training, builds strength and speeds up metabolism so you can burn more calories at rest as well as tone and sculpt muscles. Class ends with core strengthening exercises and a relaxing cooldown and stretch. **All participants are urged**

to work at their own intensity levels.

Please let the instructor know if you have any orthopedic issues which need to be addressed or modified.

GENTLE BALLET

Day: Mondays • Time: 9:45 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!



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

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

GIVE YOUR SPOUSE A FINAL GIFT: ASSET PROTECTION

I often meet with a recently widowed man or woman together with one or more of their children. Typically, I am asked how the surviving parent's assets can be protected should he or she later need nursing home care. Unfortunately, at that point, all that the surviving spouse can do is give away assets, either to the children or to an irrevocable trust for their benefit, and wait five years. I usually avoid bringing up the hard truth that had the deceased spouse done some asset protection prior to death, the widow or widower's assets would be safe, even if it was done only months or even weeks before.

If you are married, no matter how sick you are, you have the ability to give your spouse a wonderful gift: greater economic security. If you execute a will saying that, at your death, the assets that you were going to leave to your surviving spouse anyway will instead be left in trust for his or her benefit and you name a trustee (such as one or more of your children or anyone else other than your surviving spouse), then all the assets that are in your name at the time of your death will be safe, non-countable and non-liable should your surviving spouse later need to qualify for MassHealth, even if he or she needs to qualify the day after your death. There is no five year wait.

You need to make sure, of course, that the assets you want to protect are in your name at the time of your death and that the assets will therefore go into this "testamentary trust" (a trust that is created through and is part of your will). So if your assets are held jointly with your spouse, you want to make sure someone has the presence of mind (and the legal power) to transfer the assets to your name alone before you die. If you have assets such as IRA or 401(k) accounts that name a death beneficiary, you want to make sure that the death beneficiary is changed to be the testamentary trust under your will for the benefit of your spouse. You want to make sure you have executed a Power of Attorney (POA), and that you tell the person named in the POA to get this done before you die if it has not been done already. The point, though, is that these transfers into your name can be done at the last minute, sometimes on the day you die, as long as you have already completed your will.

So whether you are sick or well, it's never too late to protect your spouse, so long as you do it before you are gone. Just don't wait too long. It's always too early until it's too late.

If you need more information on this, you can contact me at **(508) 860-1470** or **abergeron@mirickoconnell.com**. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube Channel, **www.youtube.com/elderlawfrankmary** and find more in-depth commentary on legal issues on Mirick O'Connell's Trusts and Estates blog, **"Getting All Your 'Docs' in a Row"**.

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



Follow our Blog: **"Getting All Your 'Docs' in a Row"**

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VETS TALK

There are no Vets Talks scheduled at this time. The Northborough Senior Center wants to thank Mike Walling for all his time and efforts in leading Vets Talk at the Northborough Senior Center.

DULL MEN'S CLUB

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

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

BOOK CLUB

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

HARMONICA CLUB

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

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

LOW VISION SUPPORT GROUP

Day: Thursday • Date: November 14
Time: 1:00 PM • Cost: Free
Leader: Agnes Sagerian

Do you have vision loss of any kind? Please join us for a presentation by Bob McGillivray, Director of Low Vision at the Carrol Center who will tell us about his facility and new technology. Please contact our coordinator, Agnes Sagerian at **508-393-8353** with any questions. We welcome you to join our group.

BETTER BREATHERS CLUB

Day: 3rd Thursday of the month
Date: November 21 • Time: 2:00 PM
Cost: Free • Leader: Molly Coyne, LPN, CDP
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! Please welcome Molly Coyne, LPN, CDP from Compassus Hospice & Palliative Care who is our new leader. The Northborough Senior Center wishes to thank Bonnie Kenney, Respiratory Therapist who led this group for years. We appreciate her time, efforts and leadership. In this group you will learn breathing techniques, talk about medications, tests, oxygen and nutrition, try some exercises, and much more. This month we'll focus on Flu Season and cold weather and their effects on breathing.

Immediately following this discussion, we'll open up the meeting to others to join us for a presentation of **"Choices in End of Life Care."** See the article directly below for more information.

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

CHOICES IN END-OF-OF-LIFE CARE

Date: November 21 • Time: 2:30 PM
(immediately following "Better Breathers")
Cost: Free • Presenter: Compassus Hospice & Palliative Care

Studies show that most Americans, given a choice, would prefer to die at home surrounded by their loved ones. This program discusses the principles, practices, and goals of palliative hospice care. By the end of the presentation, participants will understand the state of end life care in America; be able to describe the philosophies of palliative and hospice care and understand the difference; be able to recognize and dispel the common myths about hospice; be able to discuss the social, emotional, and spiritual needs of patients and families at the end of life; and be able to discuss some of the ethical dilemmas faced at the end of life.

SCRABBLE

Day: 2nd & 4th Tuesday
Date: November 12 & 26 • Time: 1:00 PM
Pre-registration Required

We're starting Scrabble afternoons twice a month at the Senior Center. We have several boards so that we can accommodate a number of games simultaneously. Join us for a fun filled afternoon where every letter counts in the original crossword game!

PHOTOGRAPHY CLUB

Day: Tuesday • Time: 1:00 PM
Date: November 26 • Cost: Free

This month we are very pleased to have Apple Creative Pro Nathaniel Campbell present Cell Phone (iPhone) Photography. We will take a really short road trip to the Apple Store at Solomon Pond Mall. Nathaniel will cover differences between DSLR and iPhone photography with the advantages of each. He will cover in detail the physical features of iPhone cameras, taking pictures, exposure and focus, regular and panoramic photos, editing (light and color), marking up photos (titles and drawing on photos) and sharing photos. Sign up for this trip at the front desk. Cost: free. 15 people max. This should be a very good session!

WOMEN'S DISCUSSION GROUP

Day: Mondays • Date: November 4 & 18
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.

MEMOIR WRITING GROUP

Day: 2nd & 4th Wednesdays
Dates: November 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.

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 11 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.

The Real Estate Expert

KAREN SCOPETSKI

Article Provided By YOUR NORTHBOROUGH REALTOR



WHY YOU SHOULD REPLACE YOUR ROOF BEFORE SELLING YOUR HOME

Are you thinking about putting your home on the market for sale? It doesn't matter if you've been living there for 50 years or five, you want to do everything you can to get the most out of your investment. Here's why a residential roof replacement might be a great choice to boost your ROI, or at least save you time and effort during the sale process.

INCREASE YOUR ASKING PRICE AFTER A ROOF REPLACEMENT

While it's a significant investment, a new roof is likely to recoup most of its upfront cost, as it's a top factor that home buyers look at when deciding on a home.

SAVE TIME ON ROOF REPAIR NEGOTIATIONS FROM BUYERS

Many buyers will look for any excuse to offer less on your home than what you're asking, and an aging roof could reduce your sale price by thousands. Dedicating the time and money to a new roof now will save you the headache of a lengthy back-and-forth over purchase price later.

MAXIMIZE EYES ON YOUR HOME AND SPEED UP THE SALE PROCESS

People don't want to put major improvements into a home they're just moving into. When buyers notice an older roof, they are more likely to skip seeing your home entirely. The more eyes on your property, the better, and likely the sooner you'll get the final offer settled.

KEEP LENDING COMPANIES SATISFIED WITH ADEQUATE ROOF REPAIRS

You might not care about the age of your roof when you list your home - let the next person deal with it. But you may come to care when the next person's mortgage company comes to do their own inspection of the property. If roof repairs are required, they may refuse to approve the loan or request the necessary fixes be completed before they will move forward with loaning any money.



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| MONDAY | TUESDAY | WEDNESDAY |
|---|--|---|
| <p>4</p> <p>9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 10:00 AM Harmonica Club 11:00 PM Chair Yoga w/Diane</p> <p>12:00 PM Bistro@119 12:30 PM Women's Discussion 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Knitting Group</p> | <p>5</p> <p>9:00 AM Art Group 9:30 AM Tai Chi w/Helen 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 ESL Class 1:00 PM Blood Pressure Clinic 4:00 PM Sewing & Knitting 5:00 PM Bistro@119 5:30-7:30 PM Help with Medicare Part D 6:30 PM Seated Chair Yoga</p> | <p>6</p> <p>9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Pickleball@Town Hall Gym 9:45 AM A Cappella Chorus 10:00 AM Dull Men's Club 10:30 AM Tai Chi w/Yunping 11:00 AM Chair Yoga w/Diane</p> |
| <p>11</p> <p>VETERANS DAY CENTER CLOSED</p> | <p>12</p> <p>9:00 AM Art Group 9:30 AM Tai Chi w/Helen 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</p> <p>1:00 PM ESL Class 1:00 PM Tuesday Trivia 1:00 PM Scrabble 1:30 PM Legal Clinic 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga</p> | <p>13</p> <p>9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Pickleball@Town Hall Gym 9:45 AM A Cappella Chorus 10:00 AM Dull Men's Club 10:00 AM SPA Services 10:30 AM Tai Chi w/Yunping 11:00 AM Chair Yoga w/Diane</p> |
| <p>18</p> <p>9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 10:00 AM Harmonica Club 11:00 PM Chair Yoga w/Diane</p> <p>12:00 PM Bistro@119 12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers</p> | <p>19</p> <p>9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM Tuesday with Lauri 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Bistro@119</p> <p>12:30 PM Wellness Clinic 1:00 PM ESL Class 1:00 PM Tuesday Trivia 2:30 PM Technology Tuesday 4:00 PM Sewing & Knitting 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga</p> | <p>20</p> <p>9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Pickleball@Town Hall Gym 9:45 AM A Cappella Chorus 10:00 AM Dull Men's Club 10:30 PM Tai Chi w/Yunping 11:00 AM Chair Yoga w/Diane</p> |
| <p>25</p> <p>9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 10:00 AM Harmonica Club 11:00 AM Chair Yoga w/Diane</p> <p>12:00 PM Bistro@119 Birthday Lunch 1:00 PM Pitch 1:00 PM Zumba Gold 1:00 PM Friends Meeting 2:00 PM Needlers</p> | <p>26</p> <p>9:00 AM Art Group 9:30 AM Tai Chi w/Helen 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>1:00 PM ESL Class 1:00 PM Photography Club 1:00 PM Scrabble 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga</p> | <p>27</p> <p>9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Pickleball@Town Hall Gym 9:45 AM A Cappella Chorus 10:00 AM Dull Men's Club 10:30 AM Tai Chi w/Yunping 11:00 AM Chair Yoga w/Diane</p> |



THURSDAY

FRIDAY

| | | | | | |
|--|----|---|--|----|---|
| | | 1 | 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:30 PM Pickleball@Town Hall Gym | | |
| 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga | 7 | 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:00 AM Walking Club 10:00 AM Living Well with Hearing Loss 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:30 PM Pickleball@Town Hall Gym | 12:45 PM Bereavement Group 1:00 PM Bridge -SAYC Group 1:00 PM Zumba Gold 1:00 PM Quilting Group 2:00 PM Flex and Tone 2:15 PM Ping Pong | 8 | 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 11:00 AM Veteran's Luncheon 12:30 PM Pickleball@Town Hall Gym |
| 12:00 PM Bistro@119 12:00 PM Yoga with Rebecca 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 | 9:00 AM Chat with the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:00 AM Walking Club 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:30 PM Pickleball@Town Hall Gym | 12:45 PM Bereavement Group 1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Origami 1:00 PM Low Vision Support 2:00 PM Flex & Tone 2:15 PM Ping Pong | 15 | 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:30 PM Pickleball@Town Hall Gym |
| 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Book Club | 21 | 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:00 AM Walking Club 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:30 PM Bistro@119 12:30 PM Pickleball@Town Hall Gym | 12:45 PM Bereavement Group 1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting 2:00 PM Flex & Tone 2:00 PM Better Breathers 2:15 PM Ping Pong 2:30 PM Presentation | 22 | 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:30 PM Pickleball@Town Hall Gym |
| 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Memoir Writing | 28 | THANKSGIVING DAY CENTER CLOSED | | 29 | CENTER CLOSED |

Answer to
October
Sudoku

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

Sudoku

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

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

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DIFFICULTY: ★★☆☆

CROSSWORD PUZZLE

ACROSS

- 1 Flood
4 Onager
7 Adopted son of Mohammed
10 Two
11 Baseball equipment
12 P.I. food
14 Gumbo
15 Kier (2 words)
17 Bronze (Lat.)
18 "The Bartered Bride" character
19 Collection of sayings
20 Honey possum
22 Ancient (abbr.)
24 Cue (2 words)
27 Massenet opera
31 Yemen capital
32 Legal action
34 Grape-vine disease
35 Galsworthy heroine
37 Windlass
39 Exclamation
41 Womb (pref.)
42 N. Caucasian language
45 Braz. fiber plant
47 Complete
50 Sarcasm
52 Pointed arch
53 Old-fashioned oath
54 Soul or spirit (Fr.)
55 Heddles of a loom
56 Noun-forming (suf.)
57 Prepaid (abbr.)
58 Mountain peak

DOWN

- 1 Teakettle: Fr. slang
2 Otolite (2 words)
3 Ohio college town
4 Surgeon's instrument
5 Fr.-Ger. region
6 Streak
7 Ibsen character
8 Volcanic scoria matter
9 Dayak people
10 Dead on arrival

ANSWER TO PREVIOUS PUZZLE

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

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | 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 | | | |
| | 55 | | | | 55 | | | | 55 | | | |

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A70

NORTHBOROUGH COA VAN SERVICE *

Monday

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

Mondays (1st)

Wal-Mart/Target - Afternoon

Monday (2nd)

Christmas Tree Shop - Afternoon

Monday (3rd)

Lyman Street Plaza - Afternoon

Monday (4th)

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

Tuesday

Appts. no sooner than 7:30 AM

Wednesday

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

Thursday

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

Friday

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

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

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

VAN TRANSPORTATION WEATHER CANCELLATION POLICY

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

NEW AUTOMATIC FARE COLLECTION SYSTEM

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



ASK A PHARMACIST

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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



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Call 508-485-0432

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**ORIGAMI**

Day: Thursday • Date: November 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: November 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.

SEWING & KNITTING NIGHT

Day: 2nd and 4th Tuesday • Date: November 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!

JEWELRY MAKING

Day: Monday • Date: November 25
Time: 10:00 AM
Instructor: Lori Burton • Pre-Registration Required • Cost: Varies

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. Maybe you have a project that you've been working on but you need a little help. Maybe you have a great pair of earrings, but would like to make a great bracelet to match. Does something in your jewelry box need to be fixed? Bring it in and Lori can help. Sign up today to try your hand at something new and creative.

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!

NOVEMBER 2019 WEEKLY ACTIVITIES

MONDAY

9:00 Aerobics/Strength Training
 9:00 Massage by Melanie
 9:00 Pool Players
 9:30 Pickleball
 9:45 Gentle Ballet

10:00 Harmonica Club
 10:00 Jewelry Making (11/25)
 11:00 Chair Yoga w/Diane
 12:00 Bistro Lunch
 12:00 Bistro Birthday Lunch (11/25)

12:30 Woman's Discussion Group (11/4 & 18)
 1:00 Pitch
 1:00 Friend's Meeting (11/25)
 1:00 Zumba Gold
 2:00 Needlers

TUESDAY

9:00 Art Group
 9:30 Beginner Tai Chi w/Helen
 10:00 Line Dancing
 10:45 Qi Gong Tai Chi w/Helen
 11:30 DayBreak
 11:30 Tuesday with Laurie (11/19)

12:00 Bistro Lunch
 12:00 Ping Pong
 12:30 Wellness Clinic (11/19)
 1:00 English as a Second Language
 1:00 Tuesday Trivia
 1:00 Blood Pressure (11/5)
 1:00 Photography Club (11/26)

1:00 Scrabble (11/12 & 26)
 1:30 Legal Clinic (11/12)
 2:30 Technology Tuesday (11/19)
 4:00 Sewing & Knitting Night (11/12 & 26)
 5:00 Evening Bistro
 6:30 Seated Chair Yoga

WEDNESDAY

9:00 Aerobics/Strength Training
 9:00 Pool Players
 9:30 Pickleball
 9:45 A Cappella Chorus
 10:00 Dull Men's Club

10:00 SPA (11/13)
 10:30 Yang Style Tai Chi
 11:00 Chair Yoga w/Diane
 12:00 Bistro Lunch
 12:00 Yoga w/Rebecca
 12:30 Hearing Clinic (11/13)

12:45 Bridge (SAYC)
 1:00 Bingo
 1:30 Memoir Writing (11/13 & 27)
 1:30 Book Club (11/20)
 1:30 Seated Chair Yoga

THURSDAY

9:00 Chat with the Chief (11/14)
 9:30 Mani/Pedi/Reflexology (11/7, 14, 21)
 9:30 Belly Dancing
 9:30 Cribbage
 10:00 Walking Club
 10:30 Mah Jong
 10:45 Cardio & Weights
 12:00 Bistro Lunch
 12:30 Pickleball

12:45 Bereavement Group (11/7 thru 12/5)
 1:00 Bridge
 1:00 Quilting (11/7 & 21)
 1:00 Zumba Gold
 1:00 Origami (11/14)
 1:00 Low Vision Support Group (11/14)
 2:00 Better Breathers (11/21)
 2:00 Flex & Tone w/Rebecca
 2:15 Ping Pong

FRIDAY

8:30 Qigong Tai Chi
 9:00 Pool Players
 10:15 Stretch Break
 11:00 Piano
 12:30 Pickleball

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Sun. 6am - 6pm

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Mon. - Sat. 8am - 7pm
Sun. 8am - 5pm

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NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | NOVEMBER 2019

Northborough Senior Center

119 Bearfoot Road

Northborough, Massachusetts 01532



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