

# NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 5, NO. 10, OCTOBER 2018



## *Mangiare*

**A SPAGHETTI SAUCE  
COMPETITION DINNER**

Special Thanks to our  
Proud Premier Sponsor



**FRIDAY, OCTOBER 12**

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**THE SENIOR CENTER WILL BE CLOSED ON OCTOBER 8  
IN OBSERVANCE OF COLUMBUS DAY**

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

## DIRECTOR'S CORNER:

It's a busy month at the Senior Center. Mark your calendars now so you won't miss these important presentations: The Fraud Squad Players, the Mind Diet, Understanding Music, Chakra Workshop, the Role of the Speech Language Therapist and Protecting Yourself from Medicare Fraud. It's Medicare enrollment season. Check out the article describing how the Mass College of Pharmacy can help you find the right Medicare Part D Plan. They're the experts and they're here to help you! Take advantage of these valuable services at no cost to you. If you have questions after reading the articles in this issue, call us!

*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](http://www.town.northborough.ma.us)

### SENIOR CENTER HOURS:

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

### COUNCIL ON AGING MEMBERS

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

### 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](mailto:apikelamarche@baypath.org) or leave a her a voicemail at: **978-875-1925**.

# Relax.

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## THE NORTHBOROUGH SENIOR CENTER IS THE "APPLE OF OUR EYES"! Fall is a wonderful time to enjoy the Northborough Senior Center Activities!

The Board of the Friends of the Northborough Senior Center and Whitney Place Assisted Living are cohosting a spaghetti sauce competition dinner. This is another "FUN" fundraiser to support the Northborough Senior Center.

### *Mangiare* A SPAGHETTI SAUCE COMPETITION DINNER



**Date: Friday, October 12, 2018**

**Time: 4:00 - 7:00 PM**

**Place: Whitney Place Assisted Living**

**Cost: \$25 - includes wine, dinner, dessert and entertainment**

We are accepting 6-8 entries for the competition. While attendees enjoy the meal; there will be an opportunity for all to vote for your favorite Italian sauce. Prizes will be awarded.



I would like to acknowledge the Committee for "**A Tropical Paradise Evening**" in August. Sue Savage was the lead Co-Chair and did an excellent job! Thank you Sue, Ed Bombard, Jane Fletcher, Forest Lyford, Pat O'Hearn, Jim Priest (Co-Chair/host) Crystal Rahaim, Carolyn & Henry Squillante and the staff at the Northborough Senior Center & Whitney Place Assisted Living. Please see the Committee's picture above.

Sincerely, *Anita Hagspiel, President*

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

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

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

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

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Town, State, Zip \_\_\_\_\_

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

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

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

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

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



## UNPARALLELED COMFORT AND CONVENIENCES

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



## — Ice Cream Cones \$1 a scoop! —



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

<b>Oct. 2</b>	Vickie's Chicken, Rice, Vegetable, Cranberry Sauce, Rolls/Butter, Assorted Desserts
<b>Oct. 9</b>	Stuffed Shells with Meatballs, Antipasto, Italian Bread, Assorted Desserts
<b>Oct. 16</b>	Shepherd's Pie with Peas or Corn, Salad, Cornbread, Assorted Desserts
<b>Oct. 23</b>	Baked Haddock, Potato, Vegetable, Rolls/Butter, Pudding w/Whipped Cream
<b>Oct. 30</b>	Spooky—Surprise Night! Roast Turkey Dinner w/ All the Fixings, Fun Dessert. No tricks—Just Treats. After dinner, please stay for a Spooky Concert by Dianna and her Students!

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: October 1, 15, 22, 29 • Time: 1:30 – 3:00 PM**  
**Instructor: Meredith Bohne • Pre-Registration Required • Cost: Free**  
 ESL teacher, Meredith Bohne, has taught English and ESL for more than 20 years, including at colleges. The October curriculum will cover fall foliage. Topics will include Verbs (past & present tense), Doctors, Shopping, Fall clothes, and Student requests.

**SPA SERVICES**

**Day/Date: Wednesday, October 3 • 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

**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. If you would like to learn how to play, please see the article on "Learning How to Play Mah Jong". Charlotte was fortunate enough to meet a woman from China who taught her to play Mah Jong in the Chinese manner. Since then, Charlotte has shared this knowledge with others. If you have played gin rummy it is an asset, but not necessary. It is less complicated than the American version.

**MANICURES/PEDICURES/REFLEXOLOGY**

**Days: Thursdays Dates: October 11 & 25**

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

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

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

**BIRTHDAY LUNCH**

**Date: Monday, October 22 • Time: 12:00 PM**

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

**CAN WHAT YOU EAT REALLY REDUCE YOUR RISK OF ALZHEIMER'S DISEASE AND DEMENTIA?**

**Day: Monday • Date: October 29 • Time: 1:00 PM • Cost: Free**  
**Presenter: Traci Robidoux, RD, LDN Dietitian/Nutritionist**

Research suggests that what you put on your plate can help or hinder cognitive abilities. The MIND diet, which refers to the Mediterranean-DASH Intervention for Neurodegenerative Delay, is a research-backed diet based on years of cumulative research that may reduce the risk of Alzheimer's disease and dementia. Finally....a diet for brain health!

**UNDERSTANDING MUSIC**

**Day: Wednesday • Date: October 3 • 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. Starting on Oct 3, we will be showing this excellent series of concerts over 23 weeks.

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a Member!



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\*\*Earn 2.59% Annual Percentage Yield (APY) on balances up to and including \$15,000 when qualifying requirements are met. Balances of \$15,001 and over, after qualifying requirements are met, will earn .25% APY. Minimum amount to open Intelligent Checking is \$5 and available for personal accounts only. Qualifying requirements must be met during each monthly statement cycle to earn APYs. Qualifying requirements are: 12 debit card purchases, e-statements, direct deposit or one ACH transaction per statement cycle. ATM fees will be refunded up to \$5 per statement cycle when qualifying requirements are met. If qualifying requirements are not met, account will earn 0.05% APY and ATM fees will not be refunded. Any non-refunded ATM fees may reduce earnings. Rates effective as of 8/1/18 and are subject to change without notice.



**BALANCING THE CHAKRA'S WITH MOVEMENT AND ESSENTIAL OILS****Day: Thursday • Date: October 18 • Time: 10:00 – 11:00 AM • Presenter: Rebecca Reber**

This workshop will begin with a brief explanation of both the Chakra system and essential oils. The chakra system is a profound map in your body based on the seven major energy centers that run from the base of the spine to the crown of the head. Each Chakra is a swirling energy force and by aligning and activating key areas in your chakras, you can give your body, mind and spirit a revitalizing overhaul.

We will use movement and essential oils to activate and align each Chakra. Essential oils, which are derived from plants, will help uplift our minds and spirits. At the end of the workshop you will be able to bring home an essential oil spritzer of your choice.

**FRAUD SQUAD PLAYERS****Day: Wednesday • Date: October 17 • Time: 1:30 PM • Cost: Free**

The "Fraud Squad Players" is a touring group of Family Services/RSVP Volunteers (must be age 55 years and older) who are committed to helping other seniors protect themselves against the ever-growing scams and frauds targeting them. The "squad" does so by acting out scripted scenes depicting real-life stories of attempts (often successful) by fraudsters to separate the elderly from their money.

Accompanying the troupe is an opportunity to discuss the epidemic of frauds targeting seniors and the myriad of ways seniors may be tricked. The discussion with a "peer group" may well be the first time an individual has spoken about a particularly bad experience. Embarrassment or fear of loss of independence should a family member find out keeps many from sharing with family.

**DAYBREAK AT THE NORTHBOROUGH SENIOR CENTER****A Social Day Program Providing Respite for Caregivers****Day: Tuesdays • Time: 11:30 AM – 2:30 PM • Pre-registration required**

If you're a care partner of someone with Dementia, Alzheimer's or memory loss, the DayBreak program may be just what you're looking for. Christine D'Angelo is the Facilitator in Northborough and Marlborough. DayBreak has been a very successful program at the Hudson Senior Center. As an outgrowth of our COME 2B Dementia Friendly initiative, we have partnered with the Senior Centers in Hudson and Marlborough to offer DayBreak 3 times per week. A person with Dementia or a Cognitive Impairment can attend 1 or all 3 days per week. DayBreak provides individuals with a safe and stimulating experience with fun activities and social interaction while providing care partners with much needed time for themselves!

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

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

**THE ROLE OF THE SPEECH LANGUAGE THERAPIST****Day: Tuesday • Date: October 16 • Time: 11:00 AM****Presenter: Nadine Y. Smith, MSCCC-SLP, MBA****Cost: Free • Pre-registration Required**

*Nadine Y. Smith's session is designed to deliver the following information:*

- What is the role of the Speech Language Pathologist in the inpatient setting during such events as stroke?
- Why and how does the Speech Language Pathologist address: disorders of swallowing (dysphagia), slurring of speech (dysarthria), motor planning of speech (apraxia), word finding (aphasia)
- What concerns should prompt you to request from your physician a speech language assessment
- Memory/attention/ executive function - obtaining the baseline to measure changes
- New diagnoses of neurological conditions - Parkinson's Disease, ALS
- What can you reasonably expect from Speech Treatment at each stage of care

*A Q&A session will follow.*

## 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.**

**AMERICA'S MUSIC CITY OF NASHVILLE FEATURING THE PATRIOTS VS. TITANS**
**November 8, 9, 10, 2018 (3 options)**
**ROD STEWARD THE ULTIMATE TRIBUTE**
**November 15th, 2018**
**Venus De Milo, Swansea, MA**
**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**
*Where Caring Makes a Difference*
*This state of the art facility offers 22 Assisted Living Residences designed for individuals with memory loss.*

- 24 Hour Staffing
  - Gracious Dining-Three meals daily specially tailored to suit your loved ones needs.
  - 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."*

*We also have an award winning skilled nursing facility on site to meet your short term and long term needs.*

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

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## OUTREACH NOTES

It is worth noting the following upcoming events and dates; Open Enrollment for Medicare (October 15– December 7), the 2018-2019 Low Income Home Energy Assistance Program /LIHEAP, a fuel assistance program, (November 1, 2018–April 30, 2019) and November 1st, the deadline to apply for an exemption on the February property tax bill. These events or programs can have a big impact on older residents and people living on a fixed income.

Dissatisfied or confused about your Medicare insurance coverage? Make an appointment with a SHINE counselor at the Northborough Senior Center to review your Medicare insurance choices and options. Appointments are limited. Schedule early and prepare by corraling your income information, an up to date medication list and your current health insurance cards.

Interested in signing up or changing a Medicare Part D/drug plan, only? Call to schedule an appointment with the Massachusetts College of Pharmacy faculty and students. They will be here on Tuesday, November 6 from 5:30–7:30 PM for individual appointments. They will be joined by Pauline O'Bray, SHINE Counselor. This is the second year that they will have a presence at the Senior Center to assist with this process and to make sure that as many people as possible receive unbiased help.

Make an appointment with the Outreach Coordinator for assistance in applying for LIHEAP and in completing your applications for property tax exemptions. Applicants for LIHEAP under the age of sixty should contact Family and Youth Services (508-393-5020) for assistance. The upper income limits for the 2018-2019 LIHEAP program are \$35,510 for 1 household member and \$46,437 for a 2 person household. Approved applicants receive assistance with their fuel bill, are qualified for a reduced electric rate and are eligible for heating system repairs as necessary. If you have questions about these guidelines or those for Northborough Property Tax Relief please contact me for more information.

Don't let paperwork prevent you from receiving benefits you are entitled to, help is available.

*Jocelyn Ehrhardt, MSW, Outreach Coordinator*  
I can be reached at 508-393-5035, [jehrhart@town.northborough.ma.us](mailto:jehrhart@town.northborough.ma.us)

## MEDICARE UPDATES

**October 15 – December 7**

Medicare plans change every year! This is the time to decide on your coverage for 2019.



**SHINE Can Help!** SHINE counselors provide free Medicare counseling to help you compare options. Call your senior center now for a SHINE appointment between October 15 and December 7! 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 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, October 16 • Time: 12:30 – 2:00 PM • Cost: Free**

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

## PROTECT YOURSELF FROM MEDICARE FRAUD!

**New Medicare cards are coming with new random numbers**

**Day: Wednesday • Date: October 10 • Time: 11:00 AM**

**Where: Northborough Senior Center • Cost: Free**

**Presenter: Christina O'Neill • Pre-registration Required**

*Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year?*

Come meet Christine O'Neill, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program, and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations.

This free information workshop will provide you with the tools to become a more informed and engaged health care consumer including information about the upcoming distribution of new Medicare cards with random numbers rather than Social Security numbers.

For more information and to reserve your seat please contact the Northborough Senior Center, at **508-393-5035** or at [KBurke@Town.Northborough.MA.US](mailto:KBurke@Town.Northborough.MA.US).

If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at **800-892-0890**.

This event is jointly sponsored by the Northborough Council on Aging and the Massachusetts Senior Medicare Patrol Program. The Massachusetts Senior Medicare Patrol Program is funded in part by grant number 90-MP 0226-03-01 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC 20201.

## FREE BLOOD PRESSURE CLINICS

**Tuesday, October 2 at 1:00 PM**

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

## FREE HEARING CLINIC

**Date: Wednesday, October 10**

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

## FLU CLINIC

**Date: Tuesday, October 23**

**Time: 9:30 – 11:00 AM**

**BOCCE**

**Day: Every Monday**  
**Time: 9:30 AM • Cost: Free**  
**Location: American Legion Post**

We are welcoming new players-no experience necessary. We play every Monday (excluding holidays or rain) at 9:30 AM at the Vincent F. Picard Post 234, the American Legion at 402 Main Street. Come join in the fun-all are welcome. It's a great way to start your week!

**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 per 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: Fridays • Time: 10:15 AM**  
**Instructor: Video Version of Sharon's Class**  
**Cost: Free**

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

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:**  
 10/4 – 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.

## CARDIO & WEIGHTS

We had planned to start this new class on October 4. Due to circumstances beyond our control, we have had to postpone this class until further notice. We will be posting on the website and in the Senior Center when we have more information.

## 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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**ELDER LAW WITH FRANK AND MARY***by Arthur P. Bergeron*

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

## WHY YOU SHOULD ALWAYS CONSIDER QUALIFYING FOR MASSHEALTH

Every week I speak to seniors or their loved ones who are paying for nursing home care or for care at home because they have been told they have too much in assets to qualify for MassHealth. In almost all cases, the senior who would benefit from MassHealth can, in fact, qualify, by restructuring his or her assets through the use of Medicaid Qualifying Annuities or through asset transfers to a "d4C" pooled trust. This fall I will be discussing these two devices for MassHealth qualification during my community elder law seminars. In both cases, however, MassHealth will have a lien, either on remaining annuity payments in the case of the purchase of Medicaid Qualifying Annuities or on the balance remaining in the d4C pooled trust account following the death of the MassHealth recipient, for reimbursement of expenses paid by MassHealth. If that's the case, then why bother to qualify for MassHealth?

- **If you are in a nursing home:**

- Once you are on MassHealth, the monthly nursing home cost drops to the MassHealth rate, which is often about 50% of the private pay rate. Therefore, the reimbursement that will be paid to MassHealth after death will be significantly less than the amount that would have been paid at the private pay rate. Any remaining funds can go to the family, friend, charity, or whomever else you would have wanted your hard-earned savings to go.
- Funds in the d4C pooled trust can be used to supplement your nursing home care. This program is especially valuable for seniors who have limited resources. \$50,000 in the d4C pooled trust can supplement your care for years. \$50,000 paid to the nursing home at the private rate will be gone after a few months.

- **If you are at home,** the home care hours paid for by MassHealth (often 40-50 hours a week) can supplement the home care you are paying for privately, thereby extending the time you can afford to stay at home while getting the care you need. Given the fact that private home care can cost \$25-\$30 per hour, the availability of MassHealth (through Frail Elder Waiver services) can mean the difference between living at home and moving to a nursing home.

As I mentioned, I will be presenting about Medicaid Qualifying Annuities and d4C pooled trusts in my fall seminars. Remember, all seniors are welcome at all senior centers, so if you can't attend in your community, you may go someplace else. Hospitality abounds at senior centers in our area. 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](http://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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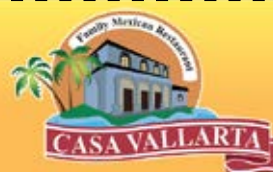
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## DULL MEN'S CLUB

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

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

## LEGAL CLINIC

**Date: Wednesday, October 9**  
**Time: 12:00 – 1:00 PM • Cost: Free**  
**Attorney: Kristine Romano • Appt. required**

The Legal Clinic will be staffed by Attorney Romano. 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: October 18 • Time: 2:00 PM**  
**Cost: Free • Leader: Bonnie Kenney**  
**Pre-Registration Required**

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

Better Breathers 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: October 26**  
**Time: 9:00 AM • Cost: Free**

Vet Talk is an informal social gathering at which coffee is 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. We'd like to make a monthly event. You are welcome to Vet Talk.

## LOW VISION SUPPORT GROUP

**Day: Thursday • Date: October 11**  
**Time: 1:00 PM • Cost: Free**  
**Leader: Agnes Sagerian**

Do you have vision loss of any kind? In general, our group meets on the second Thursday of the month at the Senior Center. This month we will have a discussion group. 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: October 1 & 15**  
**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: October 23**  
**Time: 1:00 • Cost: Free**

Michael Roman will be our speaker in October. The subject will be **"Learn how to think like your camera's light meter."** Please bring your camera to take part in the demonstration.

George Eastman said, "Embrace light. Admire it. Love it. But above all, know light. Know it for all you are worth, and you will know the key to photography."

## BOOK CLUB

**Day: 3rd Wednesday of the Month**  
**Date: October 17 • Time: 1:30 PM**  
**Leader: Maureen Sargent • Cost: Free**  
**Where: Senior Center**

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

## BEREAVEMENT GROUP

**Day: Second Monday • Date: October 15**  
**Time: 10:30 AM • Cost: Free**  
**Leader: Peggye Arcouette, MSW, LCSW**

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: October 10 & 24 • 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: 2nd & 4th Tuesday**  
**Date: October 9 & 23 • Time: 2:30 PM**  
**Cost: Free**

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 October 9 the presentation will be on You Tube and on October 23 the presentation will be on Facebook. 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!

## STUDENT/SENIOR BOOK GROUP

**Day: Wednesday • Date: October 3**  
**Time: 2:15 PM • Cost: Free**  
**Pre-Registration Required**

Algonquin's National English Honor Society has reached out to the Senior Center to participate with them in another book club meeting at the Northborough Senior Center. We're thrilled that Co-Presidents Paul Probst and Gabriela Paz-Soldan will be continuing this tradition that we started a few years back. We've chosen a book off of Algonquin's summer reading list, ***One in a Million Boy*** by Monica Wood. Please join us by reading this book and then we'll get together with the students on Wednesday, October 3 at 2:15 PM to discuss.



# The Real Estate Expert

KAREN SCOPETSKI

Article Provided By YOUR NORTHBOROUGH REALTOR



## SMALL RENOVATIONS WITH A BIG IMPACT

It's officially Fall. The heat is long gone and homeowners turn inward to their homes. There are some small home improvements that can be made to refresh the look and feel of your home on a shoe string budget. If you want to make some small but impactful updates to your house try these renovations that can fit any budget.

### IN THE KITCHEN

Pick up some peel and stick vinyl from your home improvement store to add a new backsplash to your kitchen walls without the fuss of tiling. Upgrade your kitchen faucet to something sleek and modern or to a different finish that suits your taste. Install new drawer pulls to cabinets to add your own style to the room.

### THE FRONT DOOR

There's nothing better than a welcoming doorway. Make a great first impression by updating the front of your home. Paint the front door a bright, friendly color; yellow and red are two classic options. Installing a kick plate to the bottom of your door not only protects your door from everyday wear but also gives your door a more luxe look. Placing vibrant greenery and blooms by the front door, both inside and outside, makes any home feel more welcoming.

### BRING NEW LIFE TO OLD FURNITURE.

You don't need to rush out and buy all new furniture for your home. Instead, alter pieces you already own. Give your worn-out sofa and arm chairs a modern update with slipcovers. Buy a colorful ottoman and some throw pillows to give your living room a whole new feel. Adding wallpaper or an accent color to the back of a bookcase gives the piece some flair for little effort. Artfully arrange books and knick knacks without overcrowding to bring a designer's touch to the room.

### TINY CHANGES, BIG IMPACT

Sometimes it's the small things that make the biggest difference when updating a home. Swap out old, basic switch and outlet plates for ones with more style. With options spanning the ornate to imitation stone, you're guaranteed to find a style that suits your decor. Add bold new house numbers in a bright color or arranged in a unique way. The more creative you get, the bigger an impact you'll make. Install new light bulbs designed to bring a bright but friendly warm light to make each room feel more inviting.



Even if your budget is tighter than you would like there are still small home improvements you can make your house feel updated and warm. Sometimes all it takes is a dose of your favorite color or the simple act of putting your own creative stamp on the place.

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# 14 OCTOBER 2018 SENIOR CENTER CALENDAR

MONDAY			TUESDAY			WEDNESDAY		
1	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Bocce at American Legion 10:00 AM Harmonica Club 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119	12:00 PM Pickleball@ Town Hall Gym 1:00 PM Pitch 1:00 PM Zumba Gold 1:30 PM ESL Class 2:00 PM Needlers	2	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119 12:00 PM Ping Pong	1:00 PM Tuesday Trivia 1:00 PM Blood Pressure Clinic 2:00 PM Yoga with Nancy 4:00 PM Better Breathers 5:00 PM Bistro @119 6:30 PM Seated Chair Yoga	3	9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Diabetes Self Management 10:00 AM Dull Men's Club 10:30 AM Yang Style Tai Chi 10:30 AM SPA 11:00 AM Chair Yoga w/Diane 11:00 AM Understanding Music	
8	COLUMBUS DAY CENTER CLOSED		9	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119 12:00 PM Ping Pong	1:00 PM Tuesday Trivia 1:30 PM Legal Clinic 2:00 PM Yoga with Nancy 2:30 PM Technology Club 4:00 PM Sewing & Knitting Night 5:00 PM Bistro @119 6:30 PM Seated Chair Yoga 7:00 PM COA Meeting	10	9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Diabetes Self Management 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	
15	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Bocce at American Legion 10:00 AM Harmonica Club 10:30 AM Bereavement 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119	12:00 PM Pickleball@ Town Hall Gym 12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 1:30 PM ESL Class 2:00 PM Needlers	16	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:00 AM Speech Therapist Role 11:30 AM DayBreak	12:00 PM Ping Pong 12:00 PM Bistro@119 12:30 PM Wellness/Health Clinic 1:00 PM Tuesday Trivia 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga	17	9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Diabetes Self Management 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	
22	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Bocce at American Legion 10:00 AM Harmonica Club 11:00 AM Chair Yoga w/Diane	12:00 PM Bistro Birthday Lunch 12:00 PM Pickleball@ Town Hall Gym 1:00 PM Pitch 1:00 PM Zumba Gold 1:30 PM ESL Class 2:00 PM Needlers	23	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 9:30 AM Flu Shot Clinic 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong	12:00 PM Bistro@119 1:00 PM Tuesday Trivia 1:00 PM Photography Club 2:00 PM Yoga with Nancy 2:30 PM Technology Club 4:00 PM Sewing & Knitting Night 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga	24	9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Diabetes - Self Management 10:00 AM Dull Men's Club 10:30 AM Yang Style Tai Chi 11:00 AM Chair Yoga w/Diane	
29	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Rug Hooking 9:00 AM Massage w/Melanie 9:30 AM Bocce at American Legion 10:00 AM Harmonica Club 10:00 AM Jewelry Making 11:00 AM Chair Yoga w/Diane	12:00 PM Bistro@119 12:00 PM Pickleball@ Town Hall Gym 1:00 PM Pitch 1:00 PM Zumba Gold 1:30 PM ESL Class 2:00 PM Needlers	30	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong	12:00 PM Bistro@119 1:00 PM Tuesday Trivia 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga	31	9:00 AM Strength Training 9:00 AM Pool Players 10:00 AM Dull Men's Club 10:30 AM Yang Style Tai Chi 11:00 AM Chair Yoga w/Diane	
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**Happy Halloween**



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

Expires 10/31/18 Coupon Code 217

**\$11.99+tax**

2 small 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 10/31/18 Coupon Code 119917

**\$2.00 OFF**

any purchase of \$20.00 or more

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

Expires 10/31/18 Coupon Code 517

**Large Cheese Pizza \$8.99**

\*Additional charge for toppings and SPECIALTY TOPPINGS

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

Expires 10/31/18 Coupon Code 89917

**\$18.99+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 10/31/18 Coupon Code 189917

**All Coupons Expire October 31, 2018**

**Order Online at www.thehouseofpizza.com**



THURSDAY		FRIDAY	
12:00 PM Bistro@119 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing 2:15 PM Student/Senior Book	<b>4</b> 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 2:15 PM Ping Pong	<b>5</b> 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 9:30 AM Art w/Helen 10:15 AM Stretch Break 12:00 PM Pickleball@Town Hall Gym
11:00 AM Presentation 12:00 PM Bistro@119 12:30 PM Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing	<b>11</b> 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 10:45 AM Cardio & Weights 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 2:15 PM Ping Pong	<b>12</b> 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 9:30 AM Art w/Helen 10:15 AM Stretch Break 12:00 PM Pickleball@Town Hall Gym 4:00 PM Friends Fundraiser at Whitney Place
11:00 AM Presentation 12:00 PM Bistro@119 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Book Club 1:30 PM Memoir Writing 1:30 PM Fraud Squad	<b>18</b> 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Chakra Presentation 10:00 AM Walking Club 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Pickleball@Town	12:00 PM Hall Gym 1:00 PM Bridge 1:00 PM Quilting 1:00 PM Zumba Gold 2:00 PM Better Breathers 2:15 PM Ping Pong	<b>19</b> 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 9:30 AM Art w/Helen 10:15 AM Stretch Break 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 1:30 PM Memoir Writing	<b>25</b> 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 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Pickleball@Town	12:00 PM Hall Gym 1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Coloring Class 2:15 PM Ping Pong	<b>26</b> 9:00 AM Vet Talk 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 9:30 AM Art w/Helen 10:15 AM Stretch Break 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 1:30 PM Memoir Writing			



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

## Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

Answer to  
September  
Sudoku

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

## CROSSWORD PUZZLE

### ACROSS

- 1 Antiballistic Missile (abbr.)
- 4 Son of Ruth
- 8 Heddles of a loom
- 12 Shaft
- 13 Dismiss
- 14 US dam
- 15 Tier
- 17 Winglike
- 18 Chateaubriand heroine
- 19 Delirium tremens (abbr.)
- 21 Variation (pref.)
- 24 Blaubok
- 28 Time period
- 31 Ecclesiastic box
- 33 Abridged (abbr.)
- 34 Atl. Coast Conference (abbr.)
- 35 Dismal
- 36 Beam
- 37 Before
- 38 Burden
- 39 Middle (pref.)
- 40 Eradicate
- 42 P.I. tree
- 44 Gelderland city
- 46 Viper
- 50 E. Indian fiber plant
- 53 Can
- 56 Open
- 57 Initial (abbr.)
- 58 Bronze (Lat.)
- 59 Languish
- 60 Rattan
- 61 Bacon, lettuce, and tomato (abbr.)

### DOWN

- 1 Harp (Ital.)
- 2 Entice
- 3 Talking bird
- 4 Refuse
- 5 Life (pref.)
- 6 Slip
- 7 Title of property

### ANSWER TO PREVIOUS PUZZLE

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

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18							19	20				
			21		22	23		24		25	26	27
28	29	30			31		32			33		
34				35						36		
37				38					39			
40			41			42		43				
			44		45			46		47	48	49
50	51	52			53	54	55					
56					57					58		
59					60					61		

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A57

## 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.

### HOW DO I KNOW WHEN I WILL BE PICKED UP?

The night before (or the morning of) your trip, you will receive an automated call with a 20 minute pick-up window for your scheduled trip. You are responsible for waiting in a location where you can see the vehicle arrive during the entire 20 minute pick up window. Once the vehicle arrives, the driver will wait five (5) minutes before leaving for the next scheduled pick up.





## ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

### AGE-RELATED VISION PROBLEMS



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

— Source: Mayo Clinic



Have a question for the pharmacist?  
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**BEGINNER PIANO LESSONS**

**Day: Fridays • Date: Starting November 2**  
**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: October 4 & 18 • Time: 1:00 PM**  
**Cost: Free • Instructor: Connie Davis**

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

**JEWELRY MAKING CLASS**

**Day: Monday • Date: October 29**  
**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: October 11**  
**Time: 1:00 PM**  
**Instructor:**  
**Annie Wales**

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

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

**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: October 5, 12, 19, 26**  
**Time: 9:30 AM - 11:30 AM**  
**Cost: \$10 per class • Instructor: Helen Garcia**  
**Pre-Registration Required**

Friday art classes in October will cover 10 Tips for painting Loose Watercolors. Emphasis will be on flowers and fruits, buildings and easy landscapes. Join Helen and let your inner artist create something beautiful!

**TRADITIONAL RUG HOOKING**

**Day: Mondays • Dates: 10/29, 11/26, 12/17, 1/14, 2/25, 3/25, 4/29, 5/20, 6/24**  
**Time: 9:00 AM - 12:00 PM**  
**Cost: \$135 for 9 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: October 9 & 23**  
**Time: 4:00 - 8:00 PM • Cost: Free**  
**Leaders: Donna Towner & Shirley Tetreault**

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

**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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**MONDAY** .....

- 9:00 Aerobics/Strength Training
- 9:00 Pool
- 9:00 Rug Hooking (10/29)
- 9:30 Bocce at American Legion
- 10:00 Jewelry Making (10/29)
- 10:00 Harmonica
- 9:00 Massage by Melanie
- 10:30 Bereavement (10/15)
- 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 (10/1 & 15)
- 1:00 Pitch
- 1:00 Zumba Gold
- 1:30 English as a Second Language
- 2:00 Needlers

**TUESDAY** .....

- 9:00 Art Group
- 9:30 Beginner Tai Chi w/Helen
- 9:30 Flu Clinic (10/23)
- 10:00 Line Dancing
- 10:00 Pool for Beginners
- 10:30 Spa (10/3)
- 10:45 Qi Gong Tai Chi w/Helen
- 11:30 DayBreak
- 12:00 Bistro Lunch
- 12:00 Ping Pong
- 12:30 Wellness Clinic (10/16)
- 1:00 Blood Pressure (10/2)
- 1:00 Photography Club (10/23)
- 1:00 Trivia Tuesday
- 1:30 Legal Clinic (10/9)
- 2:00 Yoga with Nancy
- 2:30 Technology Club
- 5:00 Evening Bistro
- 6:00 Sewing & Knitting Night (10/9 & 23)
- 6:30 Seated Chair Yoga

**WEDNESDAY** .....

- 9:00 Aerobics/Strength Training
- 9:00 Pool
- 10:00 Dull Men's Club
- 10:30 SPA (10/3)
- 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 (10/10)
- 12:45 Bridge (SAYC)
- 1:00 Bingo
- 1:30 Memoir Writing (10/10 & 25)
- 1:30 Book Club (10/17)

**THURSDAY** .....

- 9:00 Mani/Pedi/Reflexology (10/11 & 25)
- 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 Coloring Class (10/25)
- 1:00 Low Vision Support Group (10/11)
- 1:00 Origami (10/11)
- 1:00 Quilting (10/4 & 18)
- 1:00 Zumba Gold
- 2:00 Better Breathers
- 2:15 Ping Pong

**FRIDAY** .....

- 8:30 Jazz Fusion
- 8:30 Qigong Tai Chi
- 9:00 Pool
- 9:00 Vet Talks (10/26)
- 9:30 Art with Helen
- 12:00 Pickleball (Town Hall Gym)
- 10:15 Stretch Break

**Coloring**

**Day: Thursday • Date: October 25**  
**Time: 1:00 PM • Cost: Free**  
**Instructor: Shirley Mollenhauer**  
**Pre-Registration Required**

It's the newest trend for adults – coloring! Remember how much fun you had coloring when you were a child? That inner child of yours is anxious to come out and play again. We'll supply the pages as well as the crayons and colored pencils. There are not many hobbies that we, as adults, enjoy that use eye-hand coordination. As kids, we worked hard to develop motor skills and it's important to preserve these skills as we age. It may also help fight cognitive loss, especially if we choose challenging pieces every so often. Sign up today for this fun and relaxing activity!

**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.

**OCTOBER ACTIVITIES**

## Shouldn't this be YOUR NEXT HOME?



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# NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | OCTOBER 2018

Northborough Senior Center

119 Bearfoot Road

Northborough, Massachusetts 01532

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