

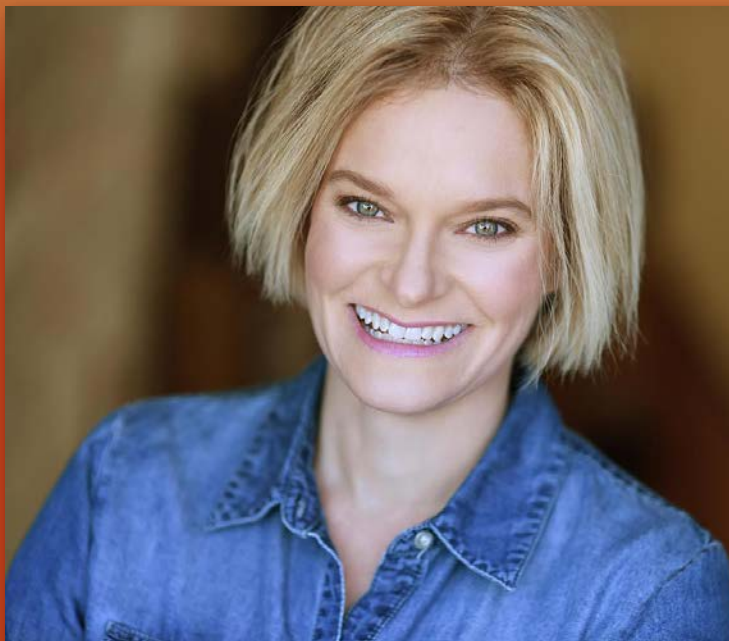
NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 6, NO. 10, OCTOBER 2019

Phyllis Diller Believes in Me



written and performed by **Phyllis Gordon** directed by **Fran Weinberg**



Join us for this great Friends' Fundraiser.

More details on page 3.

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- | | |
|----------------------|-----------------------|
| 3 Friends Corner | 13 Real Estate Expert |
| 4 - 6 Special Events | 14 - 15 Calendar |
| 6 Trips | 16 Brain Games |
| 7 Health & Wellness | 16 Northborough |
| 8 - 9 Fitness | COA Van Service |
| 10 Elder Law | 17 Ask a Pharmacist |
| 11 Local Dining | 18 Arts & Crafts |
| 12 Groups & Courses | 19 Weekly Activities |

THE SENIOR CENTER WILL BE CLOSED ON MONDAY, OCTOBER 14TH 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 anything! The Friends are hosting a great Fundraiser on October 15: "Phyllis Diller Believes in Me". You'll laugh, you'll cry and most importantly you'll be uplifted by the positive message in this one woman show! Get your tickets (\$10.00) early as seating is limited. It's Medicare Enrollment season. If you're new to Medicare, attend the "Introduction to Medicare" by our very own SHINE Counselor, Pauline O'Bray on October 8 at 6:15 PM. If you're not changing your health insurance but want to choose a Part D drug component, the faculty and students from Mass College of Pharmacy will be here to check your Health Insurance's formulary to make sure your prescription drugs will be covered in the New Year. Take advantage of these valuable services at no cost to you. They're the experts and they're here to help you. Join us for a spooktacular time at our Halloween Celebration. Tickets are available for a delicious dinner and Piano Concert for just \$12. Please contact us with any questions and we're looking forward to seeing you at the Senior Center.

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,

Phyllis Muthee, Alice Stapelfeld

Liaison to Selectmen: Tim Kaelin

Liaison to School Committee: John Kane

Bay Path Rep: Jarl Anderson

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FRIENDS of the
NORTHBOROUGH
SENIOR CENTER, INC.

OCTOBER IS NOT "FALLING" SHORT THIS YEAR...

The Friends of the Northborough Senior Center presents a fabulous "Fun" raiser this month on **Tuesday, October 15 at 2:30 PM.**

Tickets are available at the front desk for \$10 per person.



"Phyllis Diller Believes In Me" A one-woman show

When funny Phyllis Gordon is on the verge of quitting stand-up comedy, she is visited by comic legend Phyllis Diller. The older Phyllis teaches the younger how to believe--in herself.

"PHYLLIS GORDON IS AN ABSOLUTE DELIGHT. HER SHOW IS FUNNY AND FULL OF GENUINE EMOTION. DON'T BE SURPRISED IF YOU FIND YOURSELF WITH A TEAR IN YOUR EYE, EVEN AMONG THE CONSTANT LAUGHS."

We will have a refreshment stand for this matinee theatre event. All proceeds benefit the Northborough Senior Center.

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**

SAFETY IN YOUR HOME

Day: Tuesday • Date: October 29

Time: 1:00 PM • Cost: Free • Pre-Registration Required

Jessica Martelli, a Northborough resident and Occupational Therapist from Whittier Rehab Hospital in Westborough will present a program on Senior Home Safety on Tuesday, October 29th at 1:00 PM. Topics will include home security, health/physical safety and avoidance of scams.



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!

SAVE THE DATE

- **Mass College Pharmacy**
The Mass College of Pharmacy faculty and students will be at the Senior Center on November 5TH. 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!
- **Living Well with Hearing Loss**
Join Worcester State University speech-language pathology graduate students on November 7 at 10 AM in an interactive presentation.
- **Veterans Luncheon**
November 8 at 11:00 AM



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ADULTS \$14 • SENIOR MEN* \$10

SENIOR WOMEN* \$13 *age 62 or older

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.

- Oct. 1** NEW Creamy Tortellini with a Mixture of Vegetables and Grilled Chicken Breast, Assorted Bread Basket, Assorted Desserts
\$9
- Oct. 8** Meatloaf, Scalloped Potatoes, Vegetables, Assorted Bread Basket, Assorted Desserts
\$9
- Oct. 15** Baked Ham, with Pineapple, Homemade Macaroni and Cheese, Caesar salad, Assorted Bread Basket, Assorted Desserts
\$9
- Oct. 22** Bowl of Homemade Beef Stew Served with Crusty Bread, Garden Salad, Basket of Cornbread, Apple Crisp
\$9
- Oct. 29** Open Faced Turkey Sandwich with Gravy, Mashed Butternut Squash, Cranberry Sauce, Caesar Salad, Assorted Bread Basket, Spooky Dessert. Spooktacular Halloween Concert. No Tricks-Just Treats. After dinner, please stay for a Spooky Concert by Dianna and her Students.
\$12 Ticket

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!

CHAT WITH THE CHIEF

Day: Thursday • Dates: October 10

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: October 15

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 L.Ryding@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.



LUCIE BLUE TREMBLAY CONCERT

Day: Saturday • Date: October 5th

Time: 4:00 PM

Where: Natick

Community-Senior Center

117 East Central Street, Natick

Lucie Blue is touring and sharing her latest CD, "Counting My Blessings" with

her fans and friends across the USA and Canada. This show will make you laugh, cry and connect with others. It is a wonderful time to gather and celebrate our lives recognizing the importance of community and holding each other up in love. Seating is limited. Contact the Northborough Senior Center to reserve your ticket. Donations appreciated. For LGBTQ 60+ and their allies.

This program is made possible, in part, by funding from THE OLDER AMERICANS ACT, as granted by BayPath Elder Services, Inc. and sponsored by Mirick O'Connell Attorneys at Law.



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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 10/31/19 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 10/31/19 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 10/31/19 Coupon Code 199919

All Coupons Expire October 31, 2019

Order Online at www.thehouseofpizza.com

LEGAL CLINIC

Day: Tuesday • Date: October 8 • Time: 1:30 – 2:30 PM

Attorney: Kristine Romano

Cost: Free • Pre-Registration Required

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

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: October 3, 10, 17 & 24

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

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

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

ENGLISH AS A SECOND

LANGUAGE - INTERMEDIATE

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

Cost: Students purchase textbook

Instructor: Meredith Bohne

Free Class, but students purchase textbook. We are reading aloud to improve pronunciation. We will discuss April 19 (an important date in History). We will discuss Patriot's Day, George Washington, and Earth Day. We are practicing verbs in grammar and going over talking to a doctor and foods. 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 college.

HOME IMPROVEMENT CONTRACTING

Date: October 16 • Time: 1:00 PM • Cost Free

Pre-registration required

Considering a home improvement project? Join us for an informative presentation by the MA. Office of Consumer Affairs on Home Improvement Contracting. Learn the products available, consumer laws, protection and your rights. Hire Smart.

BIRTHDAY LUNCH

Date: Monday, October 28 • Time: 12:00 PM

Cost: Free sandwich of your choice for

Northborough seniors with October 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.



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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, October 9****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: October 3 & 10****(New Series starts October 31 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.

Beginning Thurs., October 31 and for five weeks thereafter, ending November 28 (six weeks total), Faith and Family Hospice of Marlborough, Ma. will be offering a bereavement support group at the Northborough Senior Center on Bearfoot Road. We will meet each Thursday from 12:45 – 2:15 PM. Rev. Sharron Lamothe, one of the chaplains with Faith and Family Hospice, will be the facilitator along with assistance from colleagues from Faith and Family.

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

*Rev. Sharron***HIGH SCHOOL/SENIOR CENTER BOOK GROUP****Day: Tuesday • Date: October 1 • Time: 2:30 PM****Presenters: Paul Probst and Gabriela Paz'Soldan • Cost: Free**

Algonquin's National English Honor Society has reached out to the Senior Center to plan another book discussion. We're thrilled that Co-Presidents Paul Probst and Gabriela Paz-Soldan will be continuing this tradition that we started a few years ago. We've chosen a book from Algonquin's Summer Reading List, *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. Please join us for a discussion on October 1 at 2:30 PM.

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.

SMARTPHONE PHOTOGRAPHY WORKSHOP**Day: Tuesdays • Dates: October 22 & 29****Time: 2:30 – 4:30 PM • Cost \$25 for both classes****Instructor: Steve McGrath • Pre-Registration Required**

This class is dedicated to helping you use smartphone photography. Steve will teach you how to take and create great pictures on your phone as well as recommending what editing apps to use and how to share and print your images. Steve will review the essential controls on your phone along with the best free and low-cost tools for editing and image management.

WALKING CLUB**Day: Thursdays • Dates: October 3, 10, 17, 24 and 31****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.

Johnny Mathis Christmas, The Ultimate Tribute

December 4th, 2019, Danversport Yacht Club, Danvers, MA
\$ 94 includes Transportation, Driver's Gratuity, Lunch, Show, Tax & Gratuity

BEST OF TIMES TRAVEL - OVERNIGHT TRIPS**PENN Dutch Country's Miracle of Christmas
December 3-5, 2019 (3 Days/2 Nights)**

Pennsylvania. \$459 pp Double Occupancy /
\$559p p Single Occupancy

OUTREACH NOTES

There are a number of program deadlines this time of year. Read on for information about the programs that may benefit you.

The Low Income Home Energy Assistance Program (LIHEAP) assists with a financial award toward home heating costs and eligibility for an electric utility discount. In most cases the financial assistance is paid directly to the heating source. New and recertifying applications are being accepted for the assistance period that begins November 1, 2019 and ends April 30, 2020. The income eligibility level for LIHEAP increased from last year to \$37,360 for a single person household and \$48,855 for a two person household. I am available to help Northborough residents, 60 and older, with the application process; Family and Youth Services (508-393-5020) assists individuals under the age of 60 and families. Please call to schedule an appointment or with questions about fuel assistance. Individuals and families that are not eligible for LIHEAP may qualify for fuel assistance from other sources.

Households that have been approved for LIHEAP can apply for a quarterly discount on their water bill. A copy of the letter documenting the LIHEAP award must be submitted to the Public Works Department with a Low Income Water Discount Form. The Low Income Water Discount Form is available on the Public Works website or upon request from the Senior Center Outreach Coordinator.

Property tax exemptions are available to eligible homeowners in Northborough. New and recertifying application are due to the Assessor's Office by November 15, 2019. Information about available property tax exemptions and eligibility criteria can be obtained on the Assessor's website, in person at the Assessor's Office and at the Northborough Senior Center.

Open Enrollment for Medicare begins October 15 and runs through December 7. Insurance plan and fee changes are announced this time of year. SHINE counselors, volunteers specially trained to assist people with Medicare insurance options, are independent of any and all insurance companies. A meeting with a SHINE counselor can help you with personalized insurance plan recommendations for the upcoming year. On November fifth students from the Massachusetts College of Pharmacy and Health Sciences will be at the Senior Center to assist people with enrolling in a Part D or drug plan. Appointments for SHINE and MCPHS assistance book early, call to schedule your appointment now.

*Jocelyn Ehrhardt, MSW,
Outreach Coordinator*

I can be reached at 508-393-5035

FLU CLINIC

**Held at the Senior Center Thursday October 10
10:00 AM - 12:00 PM**

FREE BLOOD PRESSURE CLINIC

Tuesday, October 1 at 1:00 PM

Where: at the Senior Center • Cost: Free

FREE HEARING CLINIC

Date: Wednesday, October 9

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

IT'S THAT TIME OF YEAR AGAIN!

October 15 - December 7. Medicare plans change every year! This is the time to decide on your coverage for 2020.

SHINE Can Help!**(SERVING HEALTH INSURANCE NEEDS OF EVERYONE)**

SHINE counselors provide free Medicare counseling to help you compare options. 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.

REMINDER: Bring your Medicare card, any other insurance cards and information from your current plan, as well as a detailed list of all your prescriptions! 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.

HERE'S TO YOUR GOOD HEALTH! WELLNESS CLINIC

Date: Tuesday, October 15 • 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.

AN INTRODUCTION TO MEDICARE

Day: Tuesday • Date: October 8 • Time: 6:15 - 7:15 PM

Presenter: Pauline O'Bray, SHINE Counselor

Are you new to Medicare, turning 65 soon, or planning to retire after age 65? This session will answer some of the most frequently asked questions including: How and when should I sign up for Medicare? If I'm still working after I turn 65, do I still need Medicare? What are the parts of Medicare and what options are there for additional coverage? How does Medicare drug coverage work?

This free session presented by SHINE Counselor Pauline O'Bray will help you make informed decisions about your health care coverage. Call the front desk at **508-393-5035** to reserve your spot.

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



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!

NEW
TIME

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!

YOGA WITH NANCY

Yoga with Nancy is on hiatus.

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.

POOL FOR BEGINNERS

Day: Tuesdays • Dates: October 1 & 29 • 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.

PLANNING DURING THE LAST YEAR OF YOUR LIFE

Thanks to modern technology and medical advances, the chances of detection of a chronic illness are much greater than they were say in the 1970s; the likelihood of living a bit longer and enjoying that extra time also outweighs that of the past. So, why not make the most of the time you have left!

In a set of seminars this fall, which I am calling MAKING THE MOST OF THE LAST YEAR OF YOUR LIFE, I am inviting doctors, geriatric care managers and others in elder services to talk about the many things you may want to consider to make that last year as good as it can be. If you or someone you know (or their caregiver) is at that point in life, here are some legal tips you may want to consider:

- **Give things away.** I often joke that, rather than give things away after you die, you should give things away now, so your friends and relatives can get to say thank you, and you can get to hear it. If your asset value is over \$1 Million, you can also save on Massachusetts estate tax this way. There is no gift tax (unless you are giving and have given over \$11.4 Million), and every dollar you give away, even if you do it the day before you die, will reduce your taxable estate, and therefore your estate tax, thereby reducing the amount you would otherwise inadvertently give to the Massachusetts Department of Revenue.
- **Structure things to avoid probate.** Give your family a break, help them avoid the time and expense of the probate process, usually by making sure that any asset that would otherwise have to go through probate (your car, your house, bank accounts without a named death beneficiary) will instead pass directly to the people to whom you want to give them. You can typically do that by making sure the property is held jointly with the person to whom you want to give it, or by using a "payable on death" designation to name a beneficiary, or by putting the property into a revocable trust. If you have ever been on MassHealth, even if you are not on it now, structuring things this way can help you avoid any claim that MassHealth might have against your probate assets.
- **Have an appropriate Health Care Proxy and Durable Power of Attorney,** so your wishes can be carried out no matter how you are feeling during that last year.

- **Have a MOLST** (Medical Orders for Life Sustaining Treatment) form. Do you want to die at home? If so, make sure the MOLST directs that you not be taken to the hospital. Do you want artificial resuscitation? You get to decide, if it's in the MOLST form.

Now go ahead, have that bowl of ice cream and the extra piece of chocolate cake. Live a little! If you need more information on this, you can contact me at **508-860-1470** or **abergeon@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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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: October 16 • Time: 1:30 PM****Leader: Maureen Sargent****Cost: Free • Where: Senior Center**

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

BETTER BREATHERS CLUB**Day: 3rd Thursday of the month****Date: October 17 • Time: 2:00 PM****Cost: Free • Leader: Bonnie Kenney****Pre-Registration Required**

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

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

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

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

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

LOW VISION SUPPORT GROUP**Day: Thursday • Date: October 10 • 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.

PHOTOGRAPHY CLUB**Day: Tuesday • Time: 1:00 PM****Date: October 22 • Cost: Free**

This month the club will continue on a photographic journey of Northborough. Pictures of town events, historical buildings, natural areas of interest, and more will be collected and compiled at the end of a year, following September (2020) into a book:

"A year in the life of Northborough." Any and all Senior Center members are welcome to share interesting photographs of the town and town events. Come join us on site visits and workshops for anyone who snaps pics with a phone or camera.

**TECHNOLOGY TUESDAY****Date: October 22 • 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!

WOMEN'S DISCUSSION GROUP**Day: Mondays • Date: October 7 & 28 • 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: October 9 & 23 • 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.

VETS TALK**Day: Tuesday • Date: October 1, 15 & 29 • Time: 9:00 AM • Cost: Free****Leader: Mike Walling**

A program for Veterans. Please join us at the Senior Center for talk, and coffee). Vets Talk is a chance for only veterans to get together to talk about what's going on in the world or anything else that comes to mind over coffee. There's no agenda or structure, just the opportunity to shoot the breeze in a way only those who have served can do and understand. Going forward, Vets Talk will be held every other Tuesday.

**Day: 2nd & 4th Tuesday • Date: October 8 & 22 • 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!

The Real Estate Expert

KAREN SCOPETSKI

Article Provided By YOUR NORTHBOROUGH REALTOR



WHY AN INVESTMENT PROPERTY SHOULD BE YOUR FIRST REAL ESTATE PURCHASE

Not ready to buy a home for yourself but want to take advantage of great market conditions? Consider buying an investment property! It's a trend that's taking over real estate, as savvy investors look to put their money in an appreciating asset. Here are five reasons to consider it.

1. RATES ARE CRAZY LOW

Lower rates mean more affordable lending, or more for your money if you choose to reach higher.

2. BECAUSE IT WILL APPRECIATE

According to CoreLogic, "The overall home price index (HPI) has increased on a year-over-year basis every month for seven years." The long-term price appreciation of real estate can provide one of the safest investments out there.

3. BECAUSE PASSIVE INCOME IS GOOD

Yes, it's nice to know there will likely be appreciation over time, but the real key to success with investment properties is passive income.

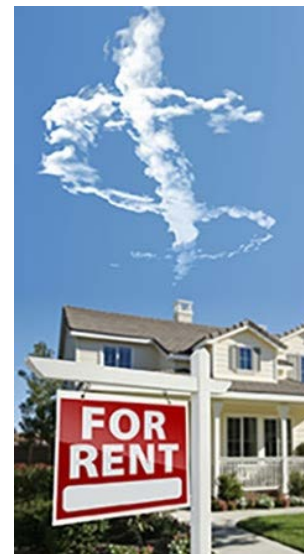
"The best part about rental properties is that they provide a stable income," said Mashvisor. "What would be better than having a check sent to you every month? In order to have positive cash flow, you have to make sure you invest in a profitable rental property."

4. TO TURN IT INTO A SHORT-TERM RENTAL

The short-term rental market has opened up a new world of opportunity for investors. By buying in the right location—by the beach, near a ski resort, or in close proximity to a popular annual event like Coachella, you have the potential of making a significant return in a short period of time. Just be sure to check the local laws, as lots of cities have been cracking down on Airbnb and other services.

5. BECAUSE IT CAN HELP YOU BUY THE HOME OF YOUR DREAMS DOWN THE LINE

"Buying an investment property before your first home does not imply that you won't have the funds to purchase your actual home at some point," said Mashvisor. "In fact, investment properties that have been purchased wisely and have grown in value can offer you a sizeable amount of wealth and equity."



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MONDAY	TUESDAY	WEDNESDAY
	1 9:00 AM Vets Talk 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	2 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
7 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	8 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	9 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 10:30 AM Tai Chi w/Yunping
14 COLUMBUS DAY CENTER CLOSED	15 9:00 AM Vets Talk 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	16 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 12:00 PM Bistro@119
21 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	22 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 ESL Class 1:00 PM Tuesday Trivia	23 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
28 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	29 9:00 AM Vets Talk 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	30 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



THURSDAY

FRIDAY

11:00 AM Chair Yoga w/Diane 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	3	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 Quilting 1:00 PM Zumba Gold 2:00 PM Flex and Tone 2:15 PM Ping Pong	4	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
11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:30 PM Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Memoir Writing	10	9:00 AM Chat with the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:00 AM Walking Club 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Flu Clinic 12:30 PM Pickleball@Town Hall Gym	12:45 PM Bereavement Group 1:00 PM Bridge -SAYC Group 1:00 PM Origami 1:00 PM Zumba Gold 1:00 PM Low Vision Support Group 2:00 PM Flex and Tone 2:15 PM Ping Pong	11	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 Yoga with Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:00 PM Home Improvement Contracting 1:30 PM Seated Chair Yoga 1:30 PM Book Club	17	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	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	18	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	24	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	12:00 PM Pickleball@ Town Hall Gym 1:00 PM Bridge 1:00 PM Zumba Gold 2:00 PM Flex & Tone 2:15 PM Ping Pong	25	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	31	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 12:30 PM Pickleball@ Town Hall Gym	12:45 PM Bereavement Group 1:00 PM Bridge 1:00 PM Zumba Gold 2:00 PM Flex & Tone 2:15 PM Ping Pong		

Answer to
September
Sudoku

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

Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

CROSSWORD PUZZLE

ACROSS

- 1 Priest
4 Amer. Cancer Society (abbr.)
7 Quill for winding silk
10 Gray and black plaid
11 Least bit
12 Dance
14 Gum
16 Active
17 Serum (pref.)
18 Leal
20 Comparative ending
21 Dance step
22 Chamber
24 Ten-sided figure
28 Setting
31 Elevator inventor
32 Tactical Air Command (abbr.)
34 Two-toed sloth
35 Aunt (Fr.)
37 Refuge
39 Basse-Normandie city
41 Bother
42 Exclamation
44 Military group
46 Unexploded bomb (abbr.)
49 Amorphous mass
51 Lie (2 words)
53 Sayings (suf.)
54 Husband of Fatima
55 Tennyson character
56 Son of, in Gaelic names
57 Civil War commander
58 Adjusted gross income (abbr.)

DOWN

- 1 Die away
2 Ger. industrial

ANSWER TO PREVIOUS PUZZLE

HAI				IBIS				TAE
OGRE				NACL				AMY
BORA				DIS				ASTER
				IRBIL				DIANA
DOGLE				BEG				
ABA				VORA				MAAR
CETA				DEG				ALAE
EDEN				YEAH				ORA
				THE				TAPPER
AERIE				LETHE				
BROCAT				EL				OCTO
ADA				TAA				NILE
SAD				HIDE				ACC

- 3 valley
4 Soft drink
5 lt. poet
6 S.A. rodent
7 Pierce
8 Cubic feet per second (abbr.)
9 King's yellow
10 Chaste
11 But (Sp.)
12 Gyrating (pref.)
13 Dross
14 Sp. article
15 Dough (Ital.)
16 Eye (pref.)
17 Speck
18 Greek letter
19 Quinine
20 Nose (pref.)
21 No (Scot.)
22 Europe (abbr.)
23 Spoken alphabet letter
24 Eur. Economic Community (abbr.)
25 Noble (Ger.)
26 Of birth
27 Kimono sash
28 Mollusk
29 Valley
30 Rhinoceros beetle
31 42 (Rom. numeral)
32 Garden plot
33 Cistern
34 Hyson

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

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A69

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.



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AGE-RELATED VISION PROBLEMS



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

— Source: Mayo Clinic



Have a question for the pharmacist?
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ORIGAMI

Day: Thursday • **Date:** October 10
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.

SEWING & KNITTING NIGHT

Day: 2nd and 4th Tuesday
Date: October 8 & 22

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!

QUILTING

Day: 1st & 3rd Thursday
Dates: October 3 & 17
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.

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!

JEWELRY MAKING

Day: Monday • **Date:** October 21
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.

ART WITH HELEN

On Hiatus. Check with Front Desk for October schedule.

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.



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- Alzheimer's care
- Social events and recreation



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WESTBOROUGH
 508.836.4354

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SALMON
 HEALTH and RETIREMENT

CONTINUUM OF CARE

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

MONDAY

9:00	Aerobics/Strength Training	9:45	Gentle Ballet	12:00	Bistro Birthday Lunch (10/28)
9:00	Massage by Melanie	10:00	Harmonica Club	1:00	Pitch
9:00	Pool Players	10:00	Jewelry Making (10/21)	1:00	Friend's Meeting (10/28)
9:30	Pickleball	11:00	Chair Yoga w/Diane	1:00	Zumba Gold
		12:00	Bistro Lunch	2:00	Needlers

TUESDAY

9:00	Art Group	11:30	DayBreak	1:00	Photography Club (10/22)
9:00	Vets Talk (10/1, 15, & 29)	12:00	Bistro Lunch	1:00	Scrabble (10/8 & 22)
9:30	Beginner Tai Chi w/Helen	12:00	Ping Pong	2:30	Digital Photography I (10/1, 8 & 15)
10:00	Line Dancing	12:30	Wellness Clinic (10/15)	2:30	Technology Tuesday
10:00	Pool for Beginners	1:00	English as a Second Language	4:00	Sewing & Knitting Night (10/8 & 22)
10:45	Qi Gong Tai Chi w/Helen	1:00	Tuesday Trivia	5:00	Evening Bistro
1:00	English as a Second Language	1:00	Blood Pressure (10/1)	6:30	Seated Chair Yoga

WEDNESDAY

9:00	Aerobics/Strength Training	10:00	SPA (10/9)	12:45	Bridge (SAYC)
9:00	Pool Players	10:30	Yang Style Tai Chi	1:00	Bingo
9:30	Pickleball	11:00	Chair Yoga w/Diane	1:30	Memoir Writing (10/9 & 23)
9:45	A Cappella Chorus	12:00	Bistro Lunch	1:30	Book Club (10/16)
10:00	Dull Men's Club	12:00	Yoga w/Rebecca	1:30	Seated Chair Yoga
		12:30	Hearing Clinic (10/9)		

THURSDAY

9:00	Chat with the Chief (10/10)	12:45	Bereavement Group (10/3 & 10, New Series Begins 10/31)
9:30	Mani/Pedi/Reflexology (10/3, 10, 17, 24)	1:00	Bridge
9:30	Belly Dancing	1:00	Quilting (10/3 & 17)
9:30	Cribbage	1:00	Zumba Gold
10:00	Walking Club	1:00	Origami (10/10)
10:30	Mah Jong	1:00	Low Vision Support Group (10/10)
10:45	Cardio & Weights	2:00	Better Breathers (10/17)
12:00	Bistro Lunch	2:00	Flex & Tone w/Rebecca
12:30	Pickleball	2:15	Ping Pong

FRIDAY

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

NORTHBOROUGH
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Outreach Services Coordinator
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northboroughlibraryonthego@gmail.com

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NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | OCTOBER 2019

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