

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 5, NO. 9, SEPTEMBER 2018



Applefest

**LUNCHEON &
BAKE-OFF**

SEPTEMBER 14TH

Info on page 3

Special Thanks to our
Proud Premier Sponsor



NORTHBOROUGH SENIOR CENTER

119 Bearfoot Road Northborough, MA (Handicapped Accessible)

Phone/After Hours Answering Machine: **508-393-5035**

Fax: 508-393-1503

Web Address: **www.town.northborough.ma.us**

SENIOR CENTER HOURS:

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



We are currently accepting donations of greeting cards

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| 3 Friends Corner | 13 Real Estate Expert |
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THE SENIOR CENTER WILL BE CLOSED ON SEPTEMBER 3 IN OBSERVANCE OF LABOR DAY

DIRECTOR'S CORNER:

Please join me in welcoming two new staff members to our staff here at the Senior Center. Bob Lang started in June as a Van Driver. Carolyn Harrington started in July working with Vickie Killeen in the Bistro@119. They are both wonderful additions to our team! Many thanks to the Friends of the Northborough Senior Center for funding Carolyn's position. We are fortunate to have such a strong fundraising arm of this organization that supports our goals and growth!

There are lots of presentations, new classes and the return of popular programs to look forward to this fall. I hope to see you at Applefest events. Make sure to enter our Applefest Bake-off on Friday and enjoy a fabulous Bistro Luncheon. The Friends of the Senior Center and the COA/Senior Center have tables at the Applefest Street Fair. Make sure to stop by and say "hi". Please read more about what we have planned for you in this issue.

We'd love to have you join us! *Kelly Burke*

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 Staff	Nancy Dragon
Outreach Coordinator	Jocelyn Ehrhardt
The Bistro@119 Manager	Vickie Killeen
SHINE Counselors	Pauline O'Bray, Susan Goellner
Program Coordinator	Terry Leo

Notary Services are available at the Senior Center by appointment only. Please call for more information.

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FRIENDS of the
NORTHBOROUGH
SENIOR CENTER, INC.

THE NORTHBOROUGH SENIOR CENTER IS THE "APPLE OF OUR EYES"!

Once again, the Board of the Friends and the Council on Aging are teaming up to bring you fantastic joined booths at the Applefest Street Fair, on Saturday, September 15th. We invite you to stop by and join in on some fun while learning about everything we do.

Friends, Maureen Sargent and Lorna Johnson, share their quotes:

"We love spending time and volunteering at the Senior Center. It's a bright spot in our community to connect and meet new friends. After being in town over 50 years and knowing so many people, it's a great place to deepen those friendships that we never had time for in the earlier years."

Sincerely, *Anita Hagspiel, President*



APPLEFEST BAKE-OFF

Day: Friday • Date: September 14

Join us for a fun kick-off to Applefest in Northborough on Friday, September 14. Get out all your favorite recipes that have apples as the main ingredient, put on your apron, and start baking so you can enter your creation in the Bake-Off. Please bring your entry to the Senior Center by 10:00 AM. Local community leaders will be on hand to judge and we'll award prizes to the three best entries. Winners will be announced at the 11:30 AM luncheon.



APPLEFEST LUNCHEON

**Day: Friday • Date: September 14 • Pre-Registration Required/Tickets \$10
Time: 11:30 AM • Where: The Bistro@119**

The menu includes: Choice of: Corn Chowder or Tomato Basil Soup
Choice of: White Meat Chicken Salad, Cranberry Walnut Chicken Salad **or** White Meat Tuna Salad On a Croissant with Tomato and Lettuce on the side, Bag of Chips, Apple Crisp with Whipped Cream, Coffee, Tea, Apple Cider, Bottle of Water. Reservations are required in advance and tickets are available at the Senior Center from September 3 to September 4. Winners of the Applefest bake-off will be announced at this luncheon.

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

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

Name(s) _____

Address _____

Town, State, Zip _____

Phone _____ Email _____

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

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

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

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

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

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

UNPARALLELED COMFORT AND CONVENIENCES

- Warm and gracious setting for seniors needing a little help with daily routines
- Private or shared apartments
- Individual attention from trained PCAs and a skilled recreation team
- Alzheimer's care
- Social events and recreation



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- 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.

Sept. 4 \$9	Chicken Pot Pie with Cranberry Sauce, Cornbread, Assorted Desserts
Sept. 11 \$9	Roast Pork with Applesauce, Potato, Vegetable, Rolls/Butter, Assorted Desserts
Sept. 18 \$9	Pasta with/Sauce, Meatballs, Sausages, Salad, Italian Bread, Assorted Desserts (George Curtis, Pianist, will provide piano music)
Sept. 25 \$9	Meatloaf, Potato, Vegetable, Rolls/Butter, Salad, Assorted Desserts

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: 9:30 AM – 3:00 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: September 10, 17, 24 • Time: 1:30 – 3:00 PM
Instructor: Meredith Bohne • Pre-Registration Required

ESL teacher, Meredith Bohne, has taught English and ESL for more than 20 years, including at colleges. She is friendly, helpful and looking forward to teaching at the Northborough Senior Center. This month, classes will focus on healthy eating and apple recipes to share. We will discuss Applefest events, U.S. History, and Conversation topics requested by class members.

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.

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

MANICURES/PEDICURES/REFLEXOLOGY

Days: Thursdays Dates: September 6 & 20
Time: Appointments 9:00 AM – 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, September 24 • 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 September, 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.

AUTHORING A BOOK

Day: Thursday • Date: September 20 • Time: 1:00 PM

Cost: Free • Presenter: George Curtis • Pre-Registration Required

Have you ever thought of authoring a book? Well, George Curtis did, and he will give a short introductory reading of his e-book that was published by Amazon. It is a Young Adult romantic novel entitled The Snow Globe. He will explain how the story came about and give information on how you can access Amazon to do the same thing yourself. George will share his experience from dreaming of writing a book through publication. He's currently working on the sequel to his first novel. (You can also hear him play piano for the dinner on Tuesday, September 18)

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

Day: Wednesday • Date: October 17 • Time: 1:00 PM

Cost: Free • Presenter: Traci Robidoux, RD, LDN Dietitian/Nutritionist

The truth is, yes it can. 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 is proven to reduce the risk of Alzheimer's disease and dementia. Finally....a diet for brain health!

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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.

NEW HAMPSHIRE'S' TURKEY TRAIN
October 2, 2018

**GERMANY'S CULTURAL CITIES
AND THE ROMANTIC ROAD**
October 4 - 15, 2018
AAA Member Choice Vacations

**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 2nd - 3rd
Hudson Valley and New York City

SEVEN NIGHT HAWAII CRUISE
March 23 - 30, 2019

TUSCANY & ITALIAN RIVIERA
June 21 - 28, 2019



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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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**JOIN US ON SEPTEMBER 18TH AT 3:30 PM FOR
OUR NEXT AAA TRAVEL CLUB MEETING**

Join us on September 18th for our next AAA Travel Club meeting where we will be highlighting our amazing tour of Tuscany planned for spring 2019. During our meeting we will not only be going over our Tuscany tour, but also discussing some of our plans to visit the beautiful country of Greece and spend time on the Islands of Santorini. We encourage you to join us on September 18th for a great travel afternoon. Bring a friend and some suggestions for future itineraries and destinations. We look forward to seeing you then!

DIABETES PREVENTION PROGRAM

Day: Tuesday • Date: September 18

Time: 11:00 AM • Cost: Free

The Northborough Senior Center is excited to introduce the YMCA's Diabetes Prevention Program to our center. This program, offered by the Hockomock Area YMCA in Partnership with the YMCA of Central Massachusetts, is designed to support adults with prediabetes in reducing their risk for developing Type 2 Diabetes. The year-long program follows a Centers for Disease Control and Prevention (CDC)-approved curriculum in the CDC's Diabetes Prevention Recognition Program of 25 sessions. In a welcoming, small-group environment, participants work together with a Y-USA trained Lifestyle Coach to learn about eating healthier and increasing their physical activity. In addition, the program includes a 12-week YMCA family membership to the YMCA. An information session will be offered at the Senior Center on Tuesday, September 18, 2018 at 11 a.m. The session will provide an overview of the program as well as prediabetes risk assessment tools. It will be followed by an opportunity for individual questions and assessments.

Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of Type 2 Diabetes by 71% in adults over age 60. Please attend the September 18th information session to learn more.

DIABETES - SELF-MANAGEMENT SERIES

Day: Wednesdays • Dates: September 19 - October 24

Time: 9:30 Am - Noon • Cost: Free

Pre-Registration Required

Northborough Senior Center will be hosting a free six-week program on diabetes disease self-management, a participant education program developed by Stanford University. The class is for adults living with and/or caring for someone with diabetes. The sessions are geared to help manage and educate participants and are led by professionals with diabetes themselves.

Subjects covered in the sessions include:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia
- Appropriate use of medications
- How to communicate effectively with family, friends and medical professionals
- Nutrition tips and advice
- Decision making
- How to evaluate new treatments

The program meets once a week on Wednesdays, starting September 19 to October 24, - from 9:30 to 12:00 PM. Each participant will also receive a companion book, "Living a Healthy Life With Chronic Conditions," and an audio relaxation CD. To register please call **508-393-5035**.

OUTREACH NOTES

Students belonging to the National English Honor Society at Algonquin Regional High School have, for the third year in a row, proposed a student/Senior Center book group in September. It has been well received by students and Senior Center participants in previous years.

A book will be selected from the students' summer reading list. The common theme this summer is friendship. Participants will read the book and then come together to discuss it. The intergenerational book group provides a unique opportunity and a special context for the students and the older participants to know one another.

At times the Senior Center is perceived in narrow terms. Visitors to the Senior Center are often surprised to find that many of the activities, like the upcoming book group, are about much more. An opportunity to experience community, active living and the value of those around us can be found right here.

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

MEDICARE UPDATES

It's that time of year again!

If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During the annual Medicare Open Enrollment, you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call now to schedule your SHINE appointment any time during the Open Enrollment from **October 15 through December 7th!**

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

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



SHINE (SERVING HEALTH INSURANCE NEEDS OF EVERYONE) APPOINTMENTS ARE AVAILABLE WITH OUR SHINE COUNSELORS

We have appointments available where you can meet individually with one of our SHINE Counselors,

Pauline O'Bray and Susan Goellner. Please call the Senior Center at **508-393-5035** to schedule your appointment.



HERE'S TO YOUR GOOD HEALTH! WELLNESS CLINIC

Date: Tuesday, September 18 • 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.

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.

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.

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, September 4 at 1:00 PM

Where: at the Senior Center Cost: Free

FREE HEARING CLINIC

Date: Wednesday, September 12

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



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

This month, we welcome back Ms. Yunping Hu back from vacation. 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: Sharon McDewitt

Cost: \$3

Welcome back Sharon! 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 (On hiatus until further notice)

Day: Wednesdays • **Time:** 12:00 PM
Cost: \$3/class • **Instructor:** Gene Pacelli

Gene is currently teaching eight (8) classes a week of senior yoga at various venues. He has also been teaching very vigorous yoga classes at Harvard University for the last 17 years, and in many health clubs in the greater Boston area.

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:** 9/13 – 12/13 • **Time:** 10:00 AM

The hikes will start on Thursday, September 13 and 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.

NEW

CARDIO & WEIGHTS

Day: Thursdays • **Date:** Starting October 4, 2018
Time: 10:45 AM • **Cost:** \$3

Instructor: Sharon McDevitt • **Pre-Registration Required**

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.

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.

When you DON'T need an Irrevocable Trust

Most seniors I meet for the first time ask me whether they need an irrevocable trust. None of them wants one, of course. Who would want to take the assets you have accumulated over a lifetime and transfer them to the trustee of a trust you do not control? No one, of course, unless you thought it was the only way to protect those assets from being lost, either to nursing home expenses or to MassHealth liens. During my fall elder law seminars, I will be discussing irrevocable trusts, who should have them, what they should and should not say, and how you can fix or get rid of them if they no longer work. In the meantime, though, let me give you my sense of the many seniors who do not need an irrevocable trust, at least not yet:

- **Most married couples.** If you are married and one of you needs to qualify for MassHealth, either because you need nursing home care or because you need a lot of care at home to avoid going to a nursing home, it is usually a fairly simple matter to transfer assets from the "sick" spouse to the "well" one. Since there is no "lookback" period for transfers between spouses, the "sick" spouse can often qualify for MassHealth the day after these transfers are made. While these transfers may involve tax penalties for the "sick" spouse, they are the same penalties the "sick" spouse would have paid putting assets into an irrevocable trust years before. However, one major asset a couple may want to put into an irrevocable trust is a second home, since dealing with this at the last minute may not be possible.
- **Young people.** Typically, I do not recommend that people put their assets into an irrevocable trust until they are over 70, since the likelihood that they will need nursing home care or a lot of home care before they turn 75 is fairly small, and aversion to losing control of your assets at that "young" age is fairly great.
- **People who want to keep control of over \$750,000 in assets.** A senior will often tell me that he or she wants to protect the family home for the kids, but wants to keep control of all the other assets. In that case, lost control of the house now would be a waste. If the senior needs nursing home care today, he could transfer the house to the kids today (or to an irrevocable trust), use the \$750,000 to pay for 5 years of nursing home care during the lookback period, and know that he could then apply for MassHealth after 5 years.

Remember, all seniors are welcome at all senior centers, so if you can't attend this seminar 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 and find more in-depth commentary on legal issues on our blog at <http://mirickoconnelltrustsandestateslawblog.wordpress.com/>.



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DULL MEN'S CLUB

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

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

LEGAL CLINIC

Date: Wednesday, September 11
Time: 12:00 – 1:00 PM • Cost: Free
Attorney: Aaron Hutchins • Appt. required

The Legal Clinic will be staffed by Attorney Hutchins. 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: September 20 • 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*

LOW VISION SUPPORT GROUP

Day: Thursday • Date: September 20
Time: 1:00 PM • Cost: Free
Leader: Tracie Robidoux, RD, CDN
Dietitian/Nutritionist

Do you have vision loss of any kind? In general, our group meets on the second Thursday of the month at the Senior Center but this month we'll meet on the third Thursday. Please join us for a presentation by Traci Robidoux, RD, LDN. Dietitian/Nutritionist. Traci will be speaking on Heart Health. Please contact our coordinator, Agnes Sagerian at **508-393-8353** with any questions. We welcome you to join our group.

NEW**VET TALK**

Day: Friday • Date: September 28
Time: 9:00 AM • Cost: Free

Welcome to the first Vet Talk at the Northborough Senior Center. Vet Talks have been popular at the Marlborough and Hudson Senior Centers and we are looking forward to offering them here. 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.

WOMEN'S DISCUSSION GROUP

Day: Mondays • Dates: September 10 & 24
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: September 25
Time: 1:00 • Cost: Free

We'll kick off the fall season with a presentation about our new slide scanner and demonstrate scanning 35mm film and slides.

The scanner is courtesy of generous donations from a group of Photography Club members and from the Friends of the Northborough Senior Center. With this scanner we can convert pictures, film, and slides to digital files.

Over the summer we have been working with our scanner to learn how to use it and its software. We hope to have instructions and brief training ready for the Fall.

BOOK CLUB

Day: 3rd Wednesday of the Month
Date: September 19 • 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: September 10
Time: 10:30 AM • Cost: Free
Leader: Peggys 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: September 12 & 26 • 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.

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.

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

FROM MY HOME TO YOURS -

Fall is in the air, we have wonderful local farms that offer fresh produce including the ever popular, apples. Instead of talking home buying and market assessments, I have included a Fall favorite recipe. I hope you enjoy this Easy Apple Crisp as much as my family does.

EASY APPLE CRISP

INGREDIENTS:

- 2 1/2 pounds medium Granny Smith and Golden Delicious apples (about 5 or 6), peeled, cored, and sliced 1/4 inch thick
- 2 to 3 tablespoons granulated sugar
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon fine salt
- 1/2 cup packed light brown sugar
- 1/2 cup uncooked rolled oats
- 1/3 cup all-purpose flour
- 4 tablespoons cold unsalted butter (1/2 stick), cut into small pieces, plus more for coating the dish



INSTRUCTIONS

- Heat the oven to 350°F and arrange a rack in the middle. Lightly coat an 8-by-8-inch baking dish with butter.
- Combine the apples, granulated sugar, cinnamon, and 1/8 teaspoon of the salt in a large bowl and toss to coat. Place the apple mixture in the prepared baking dish and set aside.
- Using the same bowl as for mixing the apples, mix together the brown sugar, oats, flour, and remaining 1/8 teaspoon salt until evenly combined. With your fingertips, blend in the butter pieces until small clumps form and the butter is well incorporated, about 2 minutes.
- Sprinkle the topping evenly over the apples and bake until the streusel is crispy and the apples are tender, about 50 to 60 minutes. Let cool on a rack at least 30 minutes before serving.

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MONDAY		TUESDAY		WEDNESDAY	
<div>September 2018</div>					
3 LABOR DAY CENTER CLOSED		4 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		5 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	
10 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Bocce at American Legion 10:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:30 AM Bereavement 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119		11 9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Bistro@119 12:00 PM Legal Clinic		12 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 12:00 PM Bistro@119	
17 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Bocce at American Legion 10:00 AM Massage w/Melanie 10:00 AM Harmonica Club 11:00 AM Chair Yoga w/Diane		18 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 CDC Pre-Diabetes Presentation 11:30 AM DayBreak		19 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	
24 9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Rug Hooking 9:30 AM Bocce at American Legion 10:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:00 AM Jewelry Making 11:00 AM Chair Yoga w/Diane		25 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		26 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 12:00 PM Bistro@119	



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THURSDAY

FRIDAY

12:00 PM Bistro@119 12:45 PM Bridge - SAYC Group 1:00 PM Bingo	6 9:00 AM Mani/Pedi/Reflexology 9:30 AM Cribbage 9:30 AM Belly Dancing 10:30 AM Mah Jong 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting 2:15 PM Ping Pong	7 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
12:30 PM Free Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing	13 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 Origami 2:15 PM Ping Pong	14 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 11:30 AM Applefest Luncheon 12:00 PM Pickleball@Town Hall Gym
12:00 PM Bistro@119 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Book Club	20 9:00 AM Mani/Pedi/Reflexology 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Walking Club 10:00 AM Low Vision Support Group 10:30 AM Mah Jong 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	1:00 PM Authoring a Book 1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting 1:00 PM Low Vision 2:00 PM Better Breathers 2:15 PM Ping Pong	21 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
12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing	27 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 Coloring Class 2:15 PM Ping Pong	28 8:30 AM Tai Chi/Qi Gong 8:30 AM Jazz Fusion 9:00 AM Pool Players 9:00 AM Vet Talk 9:30 AM Art w/Helen 10:15 AM Stretch Break 12:00 PM Pickleball@Town Hall Gym



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Sudoku

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

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

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Answer to
August
Sudoku

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

CROSSWORD PUZZLE

ACROSS

- 1 Jackfruit
- 5 Ten (pref.)
- 8 Dayak people
- 12 Original sinner
- 13 Devon river
- 14 Wings
- 15 Air
- 17 Byron poem
- 18 Compass direction
- 19 Chin. duck eggs
- 21 Wool cluster
- 22 Loose woman
- 23 Fermented honey drink
- 25 Chateaubriand heroine
- 28 Golf club
- 31 Polish rum cake
- 32 Women's Army Corps (abbr.)
- 33 Munich's river
- 34 Annona
- 36 Pers. carpet
- 37 Close
- 38 Guest house
- 39 Trend

DOWN

- 1 Green
- 2 Arabian Sea gulf
- 3 Window lead
- 4 Soul or spirit (Fr.)
- 5 Cotton fabric
- 6 Exodus (abbr.)
- 7 Of pottery
- 8 Adjective-forming (suf.)
- 9 Flatter
- 10 Rhine tributary

ANSWER TO PREVIOUS PUZZLE

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

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

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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?
Email questions to: pharmacist@bouvierpharmacy.com



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Fax: 508-485-8777

Call 508-485-0432

www.bouvierpharmacy.com

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HAND APPLIQUE**Day:** 2nd and 4th Tuesday**Dates:** September 11 & 25**Time:** 6:00 – 8:00 PM • **Cost:** Free**Leaders:** Donna Towner & Shirley Tetreault

The class offers Hand Applique for all levels. Bring your own project or come for inspiration. We share tips and techniques. If you're looking for a new hobby or you'd like to share your love of hand appliqué with like-minded folks, this is the workshop for you! We welcome new leaders Donna Towner and Shirley Tetreault. Many thanks to former leader Beth Cunningham for bringing this class to the Senior Center years ago. Her commitment, talent and leadership is greatly appreciated!

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:** September 6 & 20 • **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:** September 24**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:** September 13**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 your work on your knitting/crocheting or other handwork with others? Looking for direction on a particular project? Join this creative group as they share common experiences of a hobby they just love!

ART WITH HELEN**Day:** Fridays • **Date:** September 7, 14, 21 & 28**Time:** 9:30 AM – 11:30 AM**Cost:** \$10 per class • **Instructor:** Helen Garcia**Pre-Registration Required**

September always brings out the need to paint a new Fall landscape complete with pumpkins! Classes this month will include tips and techniques for great Fall paintings; - color mixing and sponge painting for foliage; and close up portraits of Fall veggies and fruits. Join us to create your perfect Fall painting!

TRADITIONAL RUG HOOKING**Day:** Mondays

Dates: 9/24,
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:** \$150 for 10 classes**Instructor:** Joyce DiGregorio**Pre-Registration Required**

This is an open class for students at any level of rug hooking experience. Students are welcome to 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.

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Knollwood
Nursing Center
YOUR PARTNERS IN CARE

MONDAY	
9:00	Aerobics/Strength Training
9:00	Pool
9:30	Bocce (American Legion)
10:00	Massage by Melanie
10:00	Jewelry Making (9/24)
10:00	Pickleball (Town Hall Gym)
10:00	Harmonica Club
11:00	Chair Yoga with Diane
12:00	Bistro Lunch
12:30	Women's Discussion Group (9/10 & 24)
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
10:00	Line Dancing
10:00	Pickleball (Town Hall Gym)
10:00	Pool for Beginners
10:45	Qi Gong Tai Chi w/Helen
11:30	DayBreak
12:00	Bistro Lunch
12:00	Ping Pong
1:00	Tuesday Trivia
1:00	Photography Club (9/24)
2:00	Yoga with Nancy
5:00	Evening Bistro
6:00	Hand Applique (9/11 & 25)
6:30	Seated Chair Yoga
WEDNESDAY	
9:00	Aerobics/Strength Training
9:00	Pool
10:00	Dull Men's Club
10:30	Yang Style Tai Chi Class
10:30	SPA (10/3)
11:00	Chair Yoga w/Diane
12:00	Bistro Lunch
12:30	Hearing Clinic (9/12)
12:45	Bridge (SAYC)
1:00	Bingo
1:30	Memoir Writing (9/11 & 25)
1:30	Book Club (9/19)

THURSDAY	
9:00	Mani/Pedi/Reflexology (9/6 & 20)
9:30	Cribbage
9:30	Belly Dancing
10:00	Walking Club (9/13 thru 12/13)
10:30	Mah Jong
12:00	Bistro Lunch
12:00	Pickleball (Town Hall Gym)
1:00	Origami (9/13)
1:00	Quilting (9/6 & 20)
1:00	Zumba Gold
1:00	Bridge
1:00	Coloring Class (9/27)
1:00	Low Vision Support Group (9/20)
2:15	Ping Pong

FRIDAY	
8:30	Qigong Tai Chi
8:30	Jazz Fusion
9:00	Pool
9:30	Art with Helen
10:00	Pickleball (Town Hall Gym)
10:15	Stretch Break (Video)

Coloring

Day: Thursday • Date: September 27
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.

SEPTEMBER ACTIVITIES

Shouldn't this be YOUR NEXT HOME?



We invite you to come and experience our affordable, independent, and assisted living options at the Orchard Hill at Sudbury. Ask about our fun-filled activities and trips, renowned dining services, and the many other benefits our award-winning community has to offer.

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NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | SEPTEMBER 2018

Northborough Senior Center
119 Bearfoot Road
Northborough, Massachusetts 01532

CHECK YOUR HEARING

YES NO

☐ ☐

Do people mumble or speak in softer voices than they used to?

☐ ☐

Do you find it difficult to understand speech in background noise or in a restaurant?

☐ ☐

Do you turn up the volume of your television or radio?

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS
YOU MAY HAVE HEARING LOSS.
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