

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 6, NO. 9, SEPTEMBER 2019

Applefest Luncheon & Bake-Off

SEPTEMBER 20TH

More information on page 3.



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**THE SENIOR CENTER WILL BE CLOSED ON
MONDAY, SEPTEMBER 2 IN OBSERVANCE OF LABOR DAY.**

We are currently accepting donations of greeting cards

DIRECTOR'S CORNER:

There are a lot of presentations, new classes and the return of popular programs to look forward to this fall. I hope to see you at the Applefest events. Make sure to enter the Applefest Bake-Off on Friday, September 20. Buy your tickets for the Applefest Luncheon to be held at 11:30 AM that same day. The winner of the Bake-off will be announced at the Luncheon. Look for the Friends of the Northborough Senior Center and the COA/Senior Center booths at the Street Fair on Saturday, September 21. Make sure to stop by and say "hi". Please read this issue to see how

you can become more involved at the Center. We'd love to have you join us!

Kelly Burke



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ADULTS \$14 • SENIOR MEN* \$10

SENIOR WOMEN* \$13 *age 62 or older

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.

119 Bearfoot Road Northborough, MA

(Handicapped Accessible)

Phone/After Hours Answering Machine:

508-393-5035 • Fax: 508-393-1503

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

SENIOR CENTER HOURS:

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

STAFF

Director: Kelly Burke

Office Assistant: Nancy Dragon

Outreach Coordinator: Jocelyn Ehrhardt

Program Coordinator: Terry Leo

The Bistro@119 Program Coordinators:

Vickie Killeen, Carolyn Harrington

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

SHINE Counselors: Pauline O'Bray, Susan Goellner

COUNCIL ON AGING MEMBERS

Chairperson: Adrienne Cost

Vice Chairperson: Jerry Anderson

Secretary: Linda Cragin

Members: Lee Beavers, Virginia Simms George,

Phylis Muthee, Alice Stapelfeld

Liaison to Selectmen: Tim Kaelin

Liaison to School Committee: John Kane

Bay Path Rep: Jarl Anderson

YOU'RE INVITED!

SUDBURY'S PREMIER ASSISTED LIVING COMMUNITY PRESENTS...



OUTDOOR CONCERT

THURSDAY, SEPT 5TH AT 6:30 PM

JOHN D. KELLY

Bass Player & Vocalist

Please RSVP to Kris 978-218-3010



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FRIENDS of the
NORTHBOROUGH
SENIOR CENTER, INC.

"See You In September..."

The Friends Board of Directors and the Council on Aging/Senior Center are excited to team up for the 2019 Applefest Street Fair once again on Saturday, September 21, 2019.

Every year we come up with a fun game and prizes to learn more about the Senior Center. We hope you stop by and visit us.

The Northborough Senior Center recently created a new mission. The Friends voted to assist the Senior Center to develop a strategic plan and a rebranding plan in advance of the building's 10th anniversary in the Spring of 2020. We are pleased to work with Barrie Atkin, President of Atkin Associates, LLC, to complete this initiative.

A special Thank you to Vicki and Carolyn for helping to make the Friends' "Fun" raiser - The Murder Mystery Dinner on August 9th such a success. We can always depend on delicious food, service and presentation in the BISTRO!

Sincerely, *Anita Hagspiel, President*

BE A PART OF THE FUTURE

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

CAN YOU HELP?

The Senior Center has several volunteer vacancies. Positions include receptionist, The Bistro@119 and shopping helper on the van. Please contact Jocelyn Ehrhardt for more information.

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

www.friendsofnorthboroughseniors.org

YOU'RE INVITED

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



APPLEFEST BAKE-OFF

Day: Friday • Date: September 20

Join us for a fun kick-off to Applefest in Northborough on Friday, September 20. 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 that morning. 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 20

Pre-Registration Required/Tickets \$12

Time: 11:30 AM • Where: The Bistro@119

The menu includes: choice of Corn Chowder with Bacon or Butternut Squash Bisque. Choice of: Chicken Caesar Salad Roll up or Tuna with Lettuce and Tomato Roll up. Bag of Chips, Pickles, Fruit Garnish, Caramel Apple Cobbler with Whipped Cream, Coffee, Tea, Bottle of Water and Apple Cider.

Reservations are required in advance and tickets are available at the Senior Center starting September 3. Tickets must be paid for by Monday, September 16. 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



Ice Cream Cones ARE BACK!

Chocolate, Vanilla, Strawberry



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

- Sept. 3** Lasagna with Meat Sauce, Antipasto, Italian Bread and Butter, Assorted Desserts
\$9
- Sept. 10** Chicken Marsala, Rice Pilaf, Vegetable, Bread and Butter, Assorted Desserts. Musical entertainment by George Curtis while you dine
\$9
- Sept. 17** Shepherd's Pie with Corn or Peas, Caesar Salad, Rolls & Butter, Assorted Desserts
\$9
- Sept. 24** Hot Open Faced Roast Beef Sandwich with Gravy, Vegetable, Special Dessert
\$9

Please note that our dinners are very popular. We almost always have a waiting list for our ticketed "Dinner and a Show". Therefore, tickets must be paid in full by the Friday before the event. That way, if your plans change, someone from the waiting list can use your tickets. Thanks, in advance, for your understanding and cooperation with this new policy!

LEGAL CLINIC

Date: Tuesday, September 10 • Time: 12:00 – 1:00 PM
Cost: Free • Attorney: Aaron Hutchins • Pre-Registration Required

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

CHAT WITH THE CHIEF

Day: Thursdays • Dates: September 12 & 26
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

THE LAVENDER SCARE

Day: Monday • Date: September 16
Time: 7:00 PM • Location: Held at the Strand Theatre, 58 High Street, Clinton

The Lavender Scare tells the little-known story of an unrelenting campaign by the federal government to identify and fire employees suspected of being homosexual.

Guided discussion will follow the movie, thanks to generous funding from the Older Americans Act, as administered by BayPath Elder Services, Inc. We look forward to offering additional programs for LGBT people 55 and older with the new grant cycle October 2019 through September 2020.



TUESDAY WITH LAURI

Day: Third Tuesday of the month • Date: September 17
Time: 11:30 AM – 1:00 PM • Cost: Free • Leader: Lauri Ryding

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

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

Thanks again for your time and we look forward to seeing you.

Lauri

WALKING CLUB

Day: Thursdays • Dates: Starting September 19 – December 12
Time: 10:00 AM • Leader: Forest Lyford • Cost: Free

Welcome back Forest! The Walking Club will begin hikes on Thursday, September 19, and will continue every Thursday until December 12. The 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.



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Expires 9/30/19 Coupon Code 129919

Large Cheese Pizza \$9.99

*Additional charge for toppings and SPECIALTY TOPPINGS

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

Expires 9/30/19 Coupon Code 99919

\$19.99+TAX

2 Large 1 topping Pizzas

*Additional charge for extra toppings and SPECIALTY TOPPINGS

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

Expires 9/30/19 Coupon Code 199919

All Coupons Expire September 30, 2019

Order Online at www.thehouseofpizza.com

BIRTHDAY LUNCH

Date: Monday, September 23 • 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.

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: September 12, 19, 26

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.

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.

ENGLISH AS A SECOND LANGUAGE-INTERMEDIATE

Date: Tuesday, September 3 • Date: Monday, September 9, 16, 23 (no class 9/30)

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.

SAVE
THE
DATE

SAFETY IN YOUR HOME

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.

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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, September 11

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 • Dated: September 5 to October 10th

Date: New series starts September 5 • 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, Thursday September 5th and for five weeks thereafter ending October 10th (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 September. 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

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.

SMALL GROUP TRAVEL CLUB

Day: Tuesday • Date: September 24

Time: 11:00 AM • Leader: Cary Rominger • Cost: Free

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

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.

New Hampshire's Turkey Train
Friday, October 11, 2019

Meredith, NH / \$101.95 pp



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

AAA TRAVEL - OVERNIGHT TRIPS



Greece & Its Islands
October 1-12, 2019 (12 Days)

Round Trip from Boston. \$4549 pp Double Occupancy

Iceland - Northern Lights - 6 Days
October 9-14, 2019

Roundtrip from Boston / \$2,599 pp Double Occupancy

OUTREACH NOTES

Have you been thinking about visiting the Senior Center, signing up for a program or class? September is a great time to take that step. Programs and classes that were on a summer hiatus return to the schedule along with some new offerings.

Applefest weekend gets a headstart at the Senior Center on Friday with our Bake-Off, an apple themed dessert contest judged by community members. A kickoff luncheon (advance purchase tickets) is scheduled also for Friday at our own Bistro@119.

Summer is winding down and winter still months away but services at the Senior Center can help you get an early start on some of the business of winter. The Outreach Coordinator can assist with recertification and with new applicant forms for the Low Income Home Energy Assistance Program (LIHEAP) as well as with other matters of concern. SHINE volunteers help people sort through information for Medicare's annual (October 15-December 7) enrollment. Assemble needed documents and schedule your appointments in advance of bad weather and impending deadlines.

Whatever your reason: lunch at the Bistro, assistance from the Outreach Department or a new class or program, this September add the Senior Center to your routine.

*Jocelyn Ehrhardt, MSW,
Outreach Coordinator*

I can be reached at 508-393-5035

VOLUNTEER OPPORTUNITY

BayPath Elder Services' Long Term Care Ombudsman Program needs volunteers to visit Long Term Care facilities to make sure residents are getting the care and service they expect. Volunteers work with residents, staff, and families to achieve this end. The initial time commitment is a three day certification training, then up to two hours a week in the nursing home. Also there is a monthly volunteer meeting to discuss issues and best practices. Call Mary Brooks, Ombudsman Program Director at **508-573-7200 X235** to arrange an interview and learn more about this great opportunity.

FREE BLOOD PRESSURE CLINIC

Tuesday, September 3 at 1:00 PM
Where: at the Senior Center • Cost: Free

FREE HEARING CLINIC

Date: Wednesday, September 11
Time: 12:30 – 1:30 PM
Appt. Required

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 2020. 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 soon to schedule your SHINE appointment during the Open Enrollment, which from **October 15 through December 7th!**

REMINDER: Bring your Medicare 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 17 • 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

BAYPATH ELDER SERVICES, INC.

BayPath provides an array of services and programs for older adults, caregivers, and persons with disabilities to support their independence and dignity. Some programs have eligibility criteria, such as age, need, income, and/or insurance.

To find out more, please visit our website www.baypath.org or call **508-573-7200** and ask for the Information and Referral Department..



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: 12:00 – 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!

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!

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.

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.

YOGA WITH NANCY - Yoga with Nancy is on hiatus.



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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.

GETTING READY FOR THE REST OF YOUR LIFE

I will turn 70 in January. I have been blessed with good health, a wife I adore, three great kids, good friends in a great community. Both my parents died in their early 80's. Despite all the great advances in medicine since then, I figure that any healthy years I get after 80 will be "extra innings." It's always great to reminisce about yesterday, but I much rather focus on what lies ahead. Does any of this sound like you?

This fall, I will be focusing on dealing with the rest of your life, both in these columns and in my fall seminars. For those of us who are still healthy, that means doing several things:

- Make sure you have a (relatively new) Health Care Proxy and Durable Power of Attorney. Let people know how you want to be treated should you become sick. As we get older, the chances of becoming incapacitated, whether for a time or forever, just keep going up. You need to make sure that if you have what is euphemistically called a medical "incident," someone can take charge and make sure things are handled according to your wishes. While that may be your spouse, the older you (and he or she) get, the more you may want to consider having one of your children or another younger person handle those roles. You should also write down how you want to be treated and get that information added to your medical record by giving it to your doctor along with your health care proxy. Fill out the Massachusetts Medical Orders for Life-Sustaining Treatment (MOLST) form with your doctor.
- Be proactive. The older you are, the worse things will end up if you fall or have another serious medical emergency. So take some precautions. Have someone look at your house and suggest modifications (grab bars, stair lights, appliances that are easier to access, stoves that automatically shut off) that can reduce the chance of an accident in the home. Contact me if you need a recommendation for any of this. If you own a home, there is a great state program that can provide you with a no-interest or low-interest loan to pay for all this.
- Live a little, but make sure you don't go broke. Have you been putting off that dream vacation or trip to see the grandchildren in California? It's time, while you're healthy. On the other hand, your money needs to last the rest of your life. If you're losing sleep over this, talk to a financial planner and map out how to pay for the rest of your life on the remainder of your money.

In my up-coming columns this fall, I'll talk about dealing with life when you don't feel so great. In the meantime, though, enjoy today! If you need more information on this, you can contact me at

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

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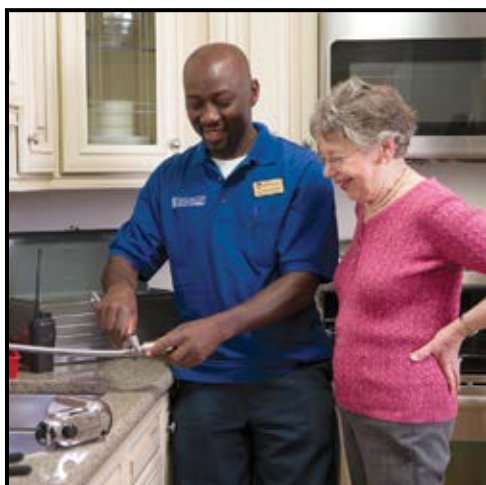
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DULL MEN'S CLUB

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: September 18 • 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: September 19 • 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: September 12 • Time: 1:00 PM
Cost: Free • Leader: Agnes Sagerian

Do you have vision loss of any kind? Please join us for a presentation by Courtney Courtney Cassels, CDP, Options Counselor at BayPath Elder Services, Inc. who will update us on available resources. 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: September 24 • Cost: Free

Photography Club resumes meetings, Tuesday, September 24, at 1 PM for another great year of photography skill learning and sharing. This year, starting in September, the club will embark 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.



DIGITAL PHOTOGRAPHY 1

Day: Tuesday • Dates: September 17, 24, October 1, 8, 15
Time: 2:30 – 5:00 PM • Instructor: Steve McGrath
Cost: \$10/class or \$45 for all 5 classes • Pre-Registration Required

Are you still getting to know your digital camera and its features? Here's an opportunity to learn from an expert in this seminar for beginners! Bring your camera and learn when and how to use its special features, such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography.

TECHNOLOGY TUESDAY

Look for the return of Algonquin students in October. They are ready, willing and able to help you with any questions about your cell phone, tablet, iPad, laptop or desk top. Look for more information in the October newsletter.

WOMEN'S DISCUSSION GROUP

Women's discussion will be on hiatus this month.

MEMOIR WRITING GROUP

Day: 2nd & 4th Wednesdays • Dates: September 11 & 25 • 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. the Senior Center at **508-393-5035**.

VETS TALK

Day: Tuesday • Date: September 17 • Time: 9:00 AM • Cost: Free • Leader: Mike Walling

A program for Veterans. Please join us at the Senior Center for talk, and coffee starting at 9:00 AM on September 17th (and every other Tuesday after that). 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.

SCRABBLE

Day: 2nd & 4th Tuesday • Date: September 10 & 24 • 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



THINKING OF BUYING AN OLDER HOME?

HERE ARE SOME THINGS TO KEEP IN MIND

When searching for the next house to call home, there's a lot to consider. Opening your home search to older constructions can increase your options, however older homes may be harboring issues beneath the surface. Here are some things to consider (and have inspected) when purchasing an older home.

FOUNDATION AND STRUCTURAL ISSUES

Due to their age, older homes should be inspected thoroughly for foundational and structural damage. Cracks or unevenness in the foundation can lead to moisture damage, dry rot, corrosion, and shifting of the house. According to Safewise, "Foundation repairs can escalate to over \$10,000, depending on the extent of the structural issues - and homeowners insurance won't cover these costs." If you suspect structural damage, be sure to have the building inspected by a licensed structural engineer.

ELECTRICAL AND PLUMBING ISSUES

Many older homes have their original plumbing and wiring, as updating these systems can be costly. Keeping the original knob-and-tube wiring or the original cast-iron pipes, however, can be a serious safety hazard. Old electrical systems can cause a fire, and old pipes can cause leaks or weak water pressure.

HAZARDOUS MATERIALS

The older a home is, the more likely it is to contain hazardous materials, such as asbestos and lead. Lead is commonly found in paint applied before 1978 and in plumbing installed before 1985. Asbestos can be found in gas fireplaces, roofing, and insulation that was installed before 1980.



OUTDATED HEATING AND COOLING SYSTEMS

Older homes were likely designed for oil, coal or wood heating systems and later retrofitted with newer HVAC systems, so it's important to understand when and how these upgrades were made. Even a more up-to-date heating system can be inefficient and unsafe if it hasn't been maintained properly.

Houses with cooling systems are likely to be a bit newer, but outdated cooling systems are known to have their own issues. Common problems with older AC units include improperly working fans, reduced efficiency, refrigerant leaks, and electrical problems.

TERMITES AND BUGS

Depending on where the home is located, termites and other bugs could be a major issue. The National Pest Management Association claims that termites alone cause around \$5 billion in property damage yearly. The older the home, the longer it has been exposed to the chance of infestations.

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| MONDAY | TUESDAY | WEDNESDAY |
|--|---|---|
| 2 LABOR DAY CENTER CLOSED | 3 9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Bistro@119 1:00 PM Tuesday Trivia 1:00 PM Blood Pressure 1:00 PM English as a Second Language 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga | 4 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 Yang Style |
| 9 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 English as a Second Language 11:00 PM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Bisto@119 12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers | 10 9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:00 AM SPA Services 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119 12:00 PM Ping Pong 12:00 PM Legal Clinic 1:00 PM Tuesday Trivia 1:00 PM Scrabble 4:00 PM Sewing & Knitting 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga 7:00 PM COA Meeting | 11 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Pickleball@ Town Hall Gym 9:45 AM A Cappella Chorus 10:00 AM Dull Men's Club 10:00 AM SPA Services 10:30 AM Tai Chi Yang Style 11:00 AM Chair Yoga w/Diane |
| 16 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 12:00 PM Bistro@119 1:00 PM Pitch 1:00 PM Zumba Gold 1:00 PM English as a Second Language 2:00 PM Needlers 7:00 PM Diversity Presentation @ Strand Theatre | 17 9:00 AM Art Group 9:00 AM Vets Talk 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 11:30 AM Tues. w/Lauri 12:00 PM Ping Pong 12:00 PM Bistro@119 12:30 PM Wellness/Health Clinic 1:00 PM Tuesday Trivia 2:30 PM Digital Photography I 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga | 18 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 Yang Style 11:00 AM Chair Yoga w/Diane |
| 23 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 10:00 AM Jewelry Making 11:00 PM Chair Yoga w/Diane 12:00 PM Bistro Birthday Lunch 12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 1:00 PM Friend's Meeting 1:00 PM English as a Second Language 2:00 PM Needlers | 24 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 Travel Group 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Bistro@119 1:00 PM Tuesday Trivia 1:00 PM Photography Club 1:00 PM Consumer Affairs Presentation 1:00 PM Scrabble 2:30 PM Digital Photography 1 4:00 PM Sewing & Knitting 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga | 25 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 Yang Style 11:00 AM Chair Yoga w/Diane |
| 30 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 12:00 PM Bistro@119 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers | | |



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 | 5 | 9:30 AM Cribbage 9:30 AM Belly Dancing 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Pickleball@ Town Hall Gym | 12:45 PM Bereavement Group 1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting 2:00 PM Flex and Tone 2:15 PM Ping Pong | 6 | 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art with Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym |
| 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 | 12 | 9:00 AM Chat with the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Pickleball@ Town Hall Gym | 12:45 PM Bereavement Group 1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Low Vision 1:00 PM Origami 2:00 PM Flex and Tone 2:15 PM Ping Pong | 13 | 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art with Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym |
| 12:00 PM Bistro@119 12:00 PM Yoga with Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Book Club | 19 | 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:00 AM Walking Group 10:00 AM Festive Fall Wreath 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Pickleball@ Town Hall Gym | 12:45 PM Bereavement Group 1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting Group 2:00 PM Better Breathers 2:00 PM Flex & Tone 2:15 PM Ping Pong | 20 | 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art with Helen 10:00 AM Applefest Bake-Off 10:15 AM Stretch Break 11:00 AM Piano Lessons 11:30 AM Applefest Luncheon 12:00 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 | 26 | 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 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 | 27 | 8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art with Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym |
| | | | | | |

Answer to
August
Sudoku

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

Sudoku

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

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

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DIFFICULTY: ★★★★★

CROSSWORD PUZZLE

ACROSS

- 1 Yellow Sea arm
4 Egypt. sacred bird
8 To (Scot.)
11 Monster
13 Salt
14 Alcott heroine
15 Cold Adriatic wind
16 Calamity
18 Victory site of Alexander
20 Huntress
21 Part of golf course
23 Plead
24 Amer. Bar Assn. (abbr.)
25 One that eats (suf.)
27 Volcano crater
31 Comprehensive Employment and Training Act (abbr.)
33 Degree (abbr.)
34 Wings

DOWN

- 35 Land west of Nod
36 Affirmative
38 Time (Ital.)
39 Article
41 Telegraph key
43 Eagle's nest
46 Hades river
47 Upholstery fabric
49 Eight (pref.)
52 Ohio college town
53 S. Afr. dialect
54 Victory site of Nelson
55 Down
56 Conceal
57 Atl. Coast Conference (abbr.)

ANSWER TO PREVIOUS PUZZLE

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

- 4 Anil (2 words)
5 Bondman's money
6 Science of (suf.)
7 Sole of a plow
8 Farewell, Brit.
9 So be it!
10 Jaguarundi's color phase
12 Male noble
17 Greek letter
19 Beverage (abbr.)
21 Carplike fish
22 Son of Ruth
23 Trifle
26 Arikara people
28 Baldness
29 Berne's river
30 Back
32 Capar
37 Cloche
40 Moor
42 Sound (pref.)
43 Down with (Fr., 2 words)
44 Mother of Brunhilde
45 Thoroughfare
46 Head
48 Jap. porgy
50 Tender loving care (abbr.)
51 Office of Economic Development (abbr.)

| | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|
| 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 |
| 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 | | |

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A68

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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*4 Generations of our Family
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ORIGAMI**Day: Thursday****Date:****September 12****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: September 10 & 24****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: September 5 & 19****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 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!

JEWELRY MAKING**Day: Monday • Date: September 23****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. 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**Day: Fridays • Date: September 6, 13, 20, 27****Time: 9:30 - 11:30 AM • Cost: \$10/class****Instructor: Helen Garcia****Pre-Registration Required**

This month, Helen will focus on using texture in your paintings. For example, focusing on tree bark, old and new stone or cement walls, wooden fences and doors. You will be using fiber paste to create rough surfaces. Classes will also include color mixing practice using a very limited pallet of basic colors. As always, these classes are open to beginners as well as more experienced students.

FESTIVE FALL**FEATURE****Day: Thursday****Date: September 19****Time: 10:00 AM - 12:00 PM****Cost: \$5 (includes class and materials)****Leaders:****Sue Hogan/Dale Schofield****Pre-Registration by September 16**

Fall is here and we've got a great craft for you to make for your home or give as a gift. Join Sue and Dale for a fun class where you're sure to have a lot of laughs and you'll leave with a beautiful wreath. Please let us know you're coming by September 16 so we'll have plenty of materials.

**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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- Social events and recreation



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- 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 | 1:00 | Pitch |
| 9:00 | Massage by Melanie | 10:00 | Harmonica Club | 1:00 | Friend's Meeting (9/23) |
| 9:00 | Pool Players | 10:00 | Jewelry Making (9/23) | 1:00 | Zumba Gold |
| 9:30 | Pickleball | 11:00 | Chair Yoga w/Diane | 1:00 | English as a Second Language (9/9, 16, 23) |
| | | 12:00 | Bistro Lunch | 2:00 | Needlers |
| | | 12:30 | Women's Discussion Group (9/9 & 23) | | |

TUESDAY

| | | | | | |
|-------|--------------------------|-------|------------------------------------|------|---|
| 9:00 | Art Group | 11:30 | DayBreak | 1:00 | Blood Pressure (9/3) |
| 9:00 | Vets Talk (9/17) | 12:00 | Bistro Lunch | 1:00 | Photography Club (9/24) |
| 9:30 | Beginner Tai Chi w/Helen | 12:00 | Ping Pong | 1:00 | Scrabble (9/10 & 24) |
| 10:00 | Line Dancing | 12:00 | Legal Clinic (9/10) | 2:30 | Digital Photography (9/17, 24, 10/1, 8, & 15) |
| 10:00 | Pool for Beginners | 12:30 | Wellness Clinic (9/17) | 4:00 | Sewing & Knitting Night (9/10 & 24) |
| 10:45 | Qi Gong Tai Chi w/Helen | 1:00 | English as a Second Language (9/3) | 5:00 | Evening Bistro |
| | | 1:00 | Tuesday Trivia | 6:30 | Seated Chair Yoga |

WEDNESDAY

| | | | | | |
|-------|----------------------------|-------|-----------------------|-------|----------------------------|
| 9:00 | Aerobics/Strength Training | 10:00 | SPA (9/11) | 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 (9/11 & 25) |
| 9:45 | A Cappella Chorus | 12:00 | Bistro Lunch | 1:30 | Book Club (9/18) |
| 10:00 | Dull Men's Club | 12:00 | Yoga w/Rebecca | 1:30 | Seated Chair Yoga |
| | | 12:30 | Hearing Clinic (9/11) | | |

THURSDAY

| | | | |
|-------|--------------------------------------|-------|----------------------------------|
| 9:00 | Chat with the Chief (9/12 & 26) | 12:45 | Bereavement Group (9/5 to 10/10) |
| 9:30 | Mani/Pedi/Reflexology (9/12, 19, 26) | 1:00 | Bridge |
| 9:30 | Belly Dancing | 1:00 | Quilting (9/5 & 19) |
| 9:30 | Cribbage | 1:00 | Zumba Gold |
| 10:00 | Walking Club (9/19 thru 12/12) | 1:00 | Origami (9/12) |
| 10:30 | Mah Jong | 1:00 | Low Vision Support Group (9/12) |
| 10:45 | Cardio & Weights | 2:00 | Better Breathers (9/19) |
| 12:00 | Bistro Lunch | 2:00 | Flex & Tone w/Rebecca |
| 12:00 | Pickleball | 2:15 | Ping Pong |

FRIDAY

| | |
|-------|----------------|
| 8:30 | Qigong Tai Chi |
| 9:00 | Pool Players |
| 9:30 | Art with Helen |
| 10:15 | Stretch Break |
| 11:00 | Piano |
| 12:00 | Pickleball |



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