

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 7, NO. 4, APRIL 2020

April is National Volunteer Month

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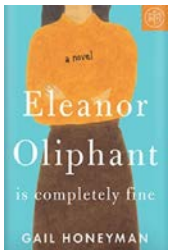
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We are currently accepting donations of greeting cards

**THE SENIOR CENTER WILL BE CLOSED ON MONDAY, APRIL 20
IN OBSERVANCE OF PATRIOT'S DAY.**

SAVE THE DATE:

NEHS Book Club/Northborough Senior Center Book Discussion



Please join us on **Thursday, May 7th at 2:15 PM** for a lively multi-generational discussion at the Center. Our Senior Center/ High School collaboration offers Eleanor Oliphant is Completely Fine (Gail Honeyman, author) as our mutual reading and discussion selection. **Copies will be available at the library.** A brief plot summary tells us that the main character, Eleanor Oliphant, struggles with appropriate social skills and tends to say exactly what she's thinking. Her life is carefully timetabled to avoid social interactions. As the story unfolds, we learn how everything changes when new people enter her life and open her heart.

TRIVIA NIGHT W/ALGONQUIN NATIONAL HONOR STUDENTS (ICE CREAM TOO!)

Date: Tuesday, April 7 • Time: 6:00 PM • Cost: Free



will be rewarded with ice cream. All are welcome! **Pre-register please.**

Come to the Senior Center on April 7th for a friendly competition of Trivia with the National Honor Society Students from Algonquin. This promises to be a fun evening and all players

MISSION STATEMENT

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

119 Bearfoot Road Northborough, MA

(Handicapped Accessible)

Phone/After Hours Answering Machine:

508-393-5035 • Fax: 508-393-1503

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

SENIOR CENTER HOURS:

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

STAFF

Interim Director: Eileen Bogle

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: Jarl Anderson

Secretary: Linda Cragin

Members: Lee Beavers, Virginia Simms George,

Phylis Muthee, Alice Stapelfeld, Muriel Swenor

Liaison to Selectmen: Tim Kaelin

Liaison to School Committee: Joan Frank

Bay Path Elder Services Rep: Jarl Anderson

UNPARALLELED COMFORT AND CONVENIENCES



- Warm and gracious setting for seniors needing a little help with daily routines
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- Alzheimer's care
- Social events and recreation



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



This Spring the Board of the Friends of the Northborough Senior Center are planning some great "Fun" raisers. These events will take place in August and October.

Mark your calendars for our **annual meeting on Monday, May 18th at 1:00 PM.**



"I always enjoy going to the Senior Center every day. I do puzzles and use the computer room and sometimes eat lunch and eat dinner every Tuesday. Once in a while I play pool with some people. The staff and the members are very nice. I miss Kelly Burke. I got a nice note from her."

Bill Edgar also helps the Board of Directors with our "Fun" raising events.

Sincerely Yours,
Anita Hagspiel
President

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!

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



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

- April 7** Bread & Butter, Baked Haddock, Scalloped Potatoes, Vegetables, Assorted Desserts \$9

- April 14** Italian Bread & Butter, Salad, Baked Lasagna with Meat Sauce, Assorted Puddings and Whipped Cream \$9

- April 21** TACO TUESDAY! Hard & Soft Shells, Seasoned Chicken and Beef with All the Fixings, Mexican Rice with Beans, and Ice Cream Novelties for Dessert \$9

- April 28** Bread & Butter, Fruit Cup, Marinated Chicken and Veggie Kebobs, served on a Bed of Rice Pilaf, Assorted Desserts \$9

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



WELCOME TO SPRING!

As the seasons change, so do the menus at **The Bistro**. You can expect to see more salads and seasonal fruits and veggies for lunches and dinner. We hope you can join us for Tuesday night dinners, especially on the 14th as **George Curtis** will be playing the piano for entertainment that evening.

~ Vickie & Carolyn

BIRTHDAY LUNCH

Date: Monday, April 27 • Time: 12:00 PM
Cost: Free sandwich of your choice for Northborough seniors with April 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 April, 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.

CHESS CLUB

Day: Tuesdays • Time: 5:30 - 7:30 PM • Cost: Free
Leader: Tom Rizzo • Pre-Registration Required

Are you interested in playing chess? Have you always wanted to learn or feel that you need to brush up your game? Anyone, of any skill level, is welcome to join us. Let us know if you need lessons or if you're all set to start playing. If you have a board, pieces and a chess clock bring them along. If not, we'll have supplies at the Senior Center.



ENGLISH AS A SECOND LANGUAGE - INTERMEDIATE

Date: Tuesdays • Time: 1:00 PM • Cost: Free
Cost: Students purchase textbook
Instructor: Meredith Bohne

This is a free class, but students purchase the textbook. This month, we'll focus on traditions for the holidays in the U.S. and your own country including recipes. We'll also practice grammar, vegetable names, popular foods and names of States. As always, we'll discuss topics requested by the class. Meredith Bohne has been teaching for more than 20 years and welcomes you to this class.

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, 2019 and we have been making beautiful music every Wednesday from 9:45 to 10:45. We are now expanding our repertoire and doing other styles of music as well. What we need is your voice! Our goal is to sing beautiful music while building camaraderie and having fun. Please join us!



FREE HELP WITH STATE AND FEDERAL INCOME TAX RETURNS

The AARP TAX-AIDE program helps low and middle income taxpayers file their Federal and Massachusetts personal income tax returns. Call to schedule your Wednesday appointment ending April 8th.

You are asked to bring all your tax documents to your appointment. Please bring your copy of your 2018 Federal and State tax return. We will require proof of identity (a photo ID) and a Social Security Card or letter from the Social Security Administration documenting all Social Security numbers. Bring proof of health care coverage and the (1095-A) if you purchased insurance on the MASS Connector. Bring all income statements-wage statements (W2), interest statements (1099-1), dividend statements (1099-D), retirement income statements (1099-R), social security statements, and brokerage statements (1099-B). Bring proof of real estate tax and water bill payments or rent payments. Bring mortgage statements, charity contributions, medical expenses, and tuition payment statements.

MANICURES/PEDICURES/REFLEXOLOGY**Day: Thursdays** ▪ **Dates: April 2, 9, 16, 23****Time: First appt. is 9:30 AM; last appt. is 3:00 PM****Cost: Varies by Service/Price List at Front Desk/****Call for more Information** ▪ **Technician: Veronica Thompson****Pre-Registration Required**

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

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.

SPA SERVICES**Day/Date: Wednesday, April 15****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.

TECHNOLOGY TUESDAY**Date: Tuesday, April 14** ▪ **Time: 2:30 PM****Cost: Free** ▪ **Pre-Registration Required**

Algonquin students will be at the Senior Center to help out with your technology questions. Need to figure out your e-reader, iPad, Cell Phone or Laptop? We have iPads and Skype here if you'd like to try them out. These students have gotten rave reviews for their knowledge and teaching abilities. Please let us know you're planning to come so we have enough students for everyone. Sign up and start getting the most out of technology!

ASK THE LIBRARIAN**Day: Tuesday** ▪ **Date: April 28** ▪ **Time: 11:00 AM**

Visit with our Town librarians and discover what today's free public library has to offer. More than just books and DVD's, the Northborough Free Library can connect you to a whole world of information and entertainment. Get free books to read or listen to on your Kindle, iPad, laptop, Chromebook or smartphone. Be prepared by bringing your library card and your device and learn how to enjoy eBooks!

**Spring Thing
DÉCOR FOR YOUR HOME****Day: Thursday** ▪ **Date: April 9th****Time: 9:30 AM - 12:00 PM****Cost: \$5** ▪ **Instructor: Sue Hogan****Pre-Registration Required**

*As the cold goes away
And the Flowers come back
We're having a craft class
And hope you'll come back*

Sign up early to make this adorable wall hanging. Limit 12

**DIVERSITY THROUGH COLLABORATION****TUESDAY WITH LAURI****Day: Third Tuesday of the month****Date: April 21****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. 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

**CHAT AND LUNCH WITH THE POLICE CHIEF****Day/Date/Time: Thursday, April 9 at 9:00 AM (Coffee)****Day/Date/Time: Thursday, April 23 at 12:00 PM (Lunch)**

Join us as we welcome Chief Bill Lyver to the Senior Center for two visits this month. He's interested in hearing of your concerns or questions. On the second Thursday of each month, he'll be here for Chat with the Chief at 9:00 AM with coffee/tea and pastries served. On the fourth Thursday of each month, he'll be here for Lunch with the Chief. You can purchase a meal from the Bistro and join Chief Lyver's table for good food and good conversation.



LEARNING TO PLAY MAH JONG

If you want to learn how to play, please contact the Senior Center **508-393-5035** and a time can be set up with Charlotte.

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 (Learning article above). 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!

BEREAVEMENT GROUP

Day: Thursday • Date: April 2 • Next Session April 23 – May 28
Time: 12:45 – 2:15 PM

Presenter: Rev. Sharron Lamothe

Cost: Free

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

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

Faith and Family Hospice of Marlborough, Ma. is offering a bereavement support group at the Northborough Senior Center. 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. Then maybe you can begin to feel a sense of peace, solace and healing in such a difficult time in your life.

Rev. Sharron

MASSAGES BY MELANIE

**Day: Mondays • Time: First Appt. is at 9:00 AM,
Last apt. is at 2:30 PM • Therapist: Melanie Railing**
Cost: Varies by service. Price list at front desk.

Call for more info.

Do you have muscle tension or stiffness? Do you want to stimulate the circulation of your blood and lymph fluids and increase your joint flexibility and range of motion? Massage therapy can help you with this and so much more! Melanie is a Licensed Therapeutic Massage Therapist with over 25 years of experience offering both chair and table massages. Please call the front desk, **508-393-5035** for more information and to schedule your relaxing massage.

TRIPS

Below is a list of our trips for 2020. For full itineraries, please visit the Senior Center or our page on the Town of Northborough website. Please make checks payable to the Northborough Senior Center.

BEST OF TIMES TRAVEL - DAY TRIPS**The Home Again Carol King Tribute – May 20th, 2020**

Price \$96. Live at Danversport Yacht Club, Danvers, MA. Includes Transportation, Driver's Gratuity, Plated Luncheon, Meal Tax & Gratuity, Show Ticket.

The Corvettes Doo Wop Review – April 28th, 2020

Lake Pearl, Wrentham, MA. Includes Plated Lunch Meal, Driver's Gratuity, Meal Tax, Meal Gratuity & Show Ticket: \$94pp. The Corvettes Doo Wop Review is dedicated to preserving and performing the music of the 1950's Doo Wop era.

Comedy Hypnosis Show featuring Richard Barker – Tuesday, June 16, 2020

Lake Pearl, Wrentham, MA. Includes Transportation, Meal, Tax, Gratuity, & Show Ticket. Ticket: \$94. Driver Gratuity is included. Celebrity Hypnotist to the Stars, Richard Barker is a world-renowned professional hypnotist, comedy stage hypnotist, television personality, author and keynote speaker.

The Ultimate Jimmy Buffet Tribute Show – Wednesday, July 15, 2020

York, ME. Includes Transportation, Driver Gratuity, Lobster Luncheon and Show. Ticket \$101 pp. This band is the most requested Jimmy Buffet Tribute group in the country and perform not only all the great Buffett songs you love.

BEST OF TIMES TRAVEL - OVERNIGHT TRIPS**Boston to Bermuda**

8 Days/7 Nights, May 15th – 22nd, 2020.

We have itineraries available, price varies by selection of cabins.

AAA TRAVEL – OVERNIGHT TRIPS**Mediterranean Dreams: August 26 – September 5, 2020**

(9 Nights) Athens, Greek Islands & Turkey cruise. Inside cabin from \$4,779 per person.

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

Moving Morocco: October 5 – October 17, 2020 (13 days and 11 nights) stay in luxury desert camp in Merzouga, discover Moroccan flavors during foodie tour. Starting at \$3,924 per person.

TRAVEL WITH AAA

Day: Tuesday • Date: April 21 • Time: 11:00 AM

Leader: Cary Rominger • Cost: Free

We will be getting together for our next AAA travel meeting to talk about the places you would like to travel to. We have been putting together some destinations for travel and we welcome any feedback. We look forward to sharing our ideas for 2020 and having fun learning about where you would like to go as well!

OUTREACH NOTES

April is designated Healthcare Decision Month. This designation draws attention on a yearly basis to important, but often overlooked, planning for all adults.

Healthcare Decision planning is an opportunity to make your healthcare wishes known to loved ones and to care providers. Healthcare Decision planning includes personal preferences regarding medical care as well as the persons that, if needed, are entrusted to make decisions on one's behalf.

These decisions can be difficult. There are many printed and online tools to help people discuss these matters with physicians, in some instances, attorneys and with one's family or support system. Templates for recording one's decisions are also available. Please note that there is also a process for making changes to one's Healthcare Decisions.

In all likelihood these are issues that you have thought about, perhaps they have even caused you concern. I would be happy to help you access forms as well as other resources that may help.

*Jocelyn Ehrhardt, MSW
Outreach Coordinator*

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 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

NEW MEDIGAP OPTIONS

People with original Medicare have the option to enroll in a supplement plan, known as "Medigap". These plans cover some of the gaps in Medicare coverage, such as deductibles, co-pays, and co-insurance. In Massachusetts, people can enroll at any time, with coverage effective the first of the following month.



Prior to this year, Massachusetts had two Medigap options, a Core plan with basic benefits, and Supplement 1, with benefits including coverage of the Part A & B deductibles, co-pays and co-insurance. Due to a change in federal law, people newly eligible for Medicare can no longer enroll in a Medigap plan that covers the Part B deductible (\$198 this year). A new Medigap plan, Supplement 1A, has been added. Supplement 1A is the same as Supplement 1, except that it doesn't cover the Part B deductible. Those newly eligible are limited to a Medigap Core or Supplement 1A plan. Those eligible prior to 2020 can enroll in any of the three plan options. Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. 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 4. 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, April 21 • Time: 12:30 - 2:00 PM
Cost: Free

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

FREE BLOOD PRESSURE CLINIC

Tuesday, April 7 at 1:00 PM
Where: at the Senior Center • Cost: Free

FREE HEARING CLINIC

Date: Wednesday, April 8 • Time: 12:30 - 1:30 PM
Peter and Alex Lee from Professional Hearing Healthcare in Westborough will offer a 15 minute complimentary hearing screening. Please contact the Northborough Senior Center to schedule your appointment.

NEW

FREE TAI CHI FOR VETERANS AND THEIR FAMILIES**Day: Tuesdays • Time: 9:00 AM****Cost: Free for veterans and their families****Leader: Kristin Higgins**

Please join us for a new Tai Chi program designed specifically for veterans and their families. Discover amazing health benefits and calm that practicing Tai Chi brings. The class is led by Kristin Higgins, a certified TaijiFit Instructor, and is completely free for veterans and their families.

The class uses mind/body "exercise" that combines the best of Tai Chi with modern Western fitness. It's a workout appropriate for any age or fitness level. There are no routines to learn, or choreography to remember. Just come with an open mind, a willingness to let go and see how this class can help you.

STRENGTH TRAINING**Day: Mondays & Wednesdays****Time: 9:00 - 10:00 AM****Suggested Donation: \$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 - 12:00 PM****Suggested Donation: \$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.

BELLY DANCING**Day: Thursdays • Time: 9:30 AM****Instructor: Gypsy Phillips****Suggested Donation: \$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.

LINE DANCING-HIGH BEGINNER**Day: Tuesdays • Time: 10:00 AM****Suggested Donation: \$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'!

YOGA WITH REBECCA**Day: Every Wednesday****Time: 12:00 PM****Suggested Donation: \$3/class****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

**Days: Mondays & Thursdays****Time: 1:00 PM****Suggested Donation: \$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!

TAI CHI FOR ARTHRITIS**Day: Every Tuesday • Time: 9:30 - 10:30 AM****Suggested Donation: \$3/class****Instructor: Helen Morin**

Exercise helps arthritis! Studies show that Tai Chi is a great exercise. Join us for this special form of Tai Chi designed specifically for arthritis by Dr. Paul Lam, an 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!

TAI CHI/QI GONG/ MEDITATION MIND BODY & SPIRIT**Day: Every Friday****Time: 8:30 - 9:30 AM****Suggested Donation: \$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.

CHAIR YOGA WITH DIANE**Day: Monday and Wednesday****Date: Starting April 15****Time: 11:00 AM****Suggested Donation: \$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.

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

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

FLEX & TONE**Day: Thursdays • Time: 2:00 PM****Suggested Donation: \$3/class****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!



STRETCH BREAK

Day: Every Friday • Time: 10:15 AM

Suggested Donation: \$3/class • 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. The goal for you is to have you become more flexible, strengthen your lower back and abdominals and rid yourself of neck and shoulder pain.



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 • Suggested Donation: \$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!

TRADITIONAL CHINESE YANG STYLE TAI CHI

Dates: Wednesdays • Time: 10:30 – 11:45 AM

Suggested Donation: \$3/class • Instructor: Yunping Hu

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

GENTLE BALLET

Day: Mondays • Time: 9:45 AM

Suggested Donation: \$3/class

Instructor: Lucy Jacek • 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!

CARDIO & WEIGHTS

Day: Thursdays • Time: 10:45 – 11:30 AM

Instructor: Sharon McDevitt • Suggested Donation: \$3/class

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

Day: Every Tuesday • Time: 2:00 PM

Suggested Donation: \$3/class • Instructor: Nancy Cimato

Welcome back Nancy! 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.

PING PONG

Day/Time: Tuesdays at 12:15 PM and

Thursdays at 2:15 PM • Cost: Free

Ping Pong is a lot of fun and a good workout. Join us for a game or two at the Senior Center.

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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.

COUPLES: 5 REASONS TO REVIEW YOUR ESTATE PLAN

I see about 500 new individuals or couples every year to talk about their estate plan. Occasionally, I find couples who have done no planning at all. In the vast majority of cases, though, people have a plan. It just may not be the right one, especially if it was done a while ago. Many lawyers (including me) will review your estate plan and make recommendations for changes for free. If you are a couple, here are some reasons you might want to have your estate plan reviewed:

1. You're older so therefore your concerns have changed.

My new clients are all over 55. Their original estate plans typically were designed for simplicity and probate avoidance. Once they get to a certain age, though, often around 65, they start worrying about possible nursing home costs, especially if one spouse passes away and the other later needs nursing home care. They can protect each other in this situation, but only with wills containing testamentary trusts. Their current plan, while it avoids probate and therefore saves possible probate costs, may expose their surviving spouse to vast nursing home expenses. If that is a concern, it may be time to update your estate plans.

2. Your assets have increased. Property values have gone up a lot. So have investments. If couples have assets worth more than \$1M, their children may be looking at a Massachusetts estate tax bill after the second spouse passes away. The initial marginal estate tax rate on the first dollar over \$1M is 40%. By structuring your estate plans correctly, they can typically eliminate the Massachusetts Department of Revenue as a beneficiary of their estate.

3. Your assets have decreased. Conversely, I often see clients with thick estate planning binders full of documents whose only basic purpose is to avoid estate taxation, even though their estate would no longer be subject to estate tax. Those packages typically do nothing to protect couples from potential nursing home bills. These folks may want to update their estate plans.

4. You have a useless irrevocable trust. Transferring assets, especially your home, to an irrevocable trust is unnecessary given recent changes in MassHealth rulings; and as such, the trust may no longer even be valid. Contrary to popular myth, these trusts can often be changed or undone if necessary.

5. Your family needs have changed. Perhaps one of the kids got divorced, or has financial problems, or there is a disabled child, or one of you is sick. Certain changes in the family dynamics may affect the way you have your estate plan designed. Make sure your plan meets your current needs.

Maybe your current plan is fine. Maybe it needs a few minor tweaks. Or, maybe there is something really wrong with your current estate plan, and it would be worth the money to fix it. You owe it to yourself to at least find out.

If you need more information on this, you can contact me at **508-860-1470** or abergeron@mirickoconnell.com. You may also find Frank and Mary's YouTube channel to be a helpful resource, as I address many common issues facing seniors and their loved ones. All of my cable TV shows, educational seminars and 10-minute elder law Q&A Fireside Chats are available at www.youtube.com/elderlawfrankandmary.

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Arthur P. Bergeron
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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 are 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.

LOW VISION SUPPORT GROUP

Day: Thursday • Date: April 9
Time: 12:00 PM • Cost: Free
Leader: Agnes Sagerian

Do you have vision loss of any kind? Please join us for a presentation by Traci Robidoux, RD, LDW, the Dietitian/Nutritionist at BayPath Elder Services, Inc. Traci will speak on the importance of protein in our diet. Please contact our coordinator, Agnes Sagerian at **508-393-8353** with any questions. We welcome you to join our group.

LEGAL CLINIC

Day: Tuesday • Date: April 14
Time: 1:45 – 2:45 PM
Attorney: George Pember
Cost: Free • Pre-Registration Required

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

SCRABBLE

Day: Tuesday • Date: April 14 & 28
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!

BOOK CLUB

Day: 3rd Wednesday of the Month
Date: April 15 • 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.



HARMONICAS AND UKELELES

Day: Monday • Date: April 6
Time: 10:00 AM • Cost: Free

The Harmonica Club has been a fixture at the Northborough Senior Center for the past 10 years. Starting this month, the Club will morph into the Harmonica & Ukelele Club, with beginner classes for any new members.

The combination of harmonicas for melody, and ukuleles for chords and vocals, make for a rich musical treat for both experienced and new players. Come join the fun!

BETTER BREATHERS CLUB

Day: 3rd Thursday of the month
Date: April 16 • Time: 2:00 PM
Cost: Free • Leader: Cindy Viens, R.N.
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! Cindy Viens, R.N. from **Compassus Hospice & Palliative Care** is our leader. In this group you will learn breathing techniques, talk about medications, tests, oxygen and nutrition, try some exercises, and much more. This is a free program, and refreshments will be provided.

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

MEMOIR WRITING GROUP

Day: Wednesday • April 8 & 22
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.

PHOTOGRAPHY CLUB

Day: Tuesday • Time: 1:00 PM
Date: April 28 • Cost: Free

Michael Roman, an accomplished Northborough photographer, will present an introduction to composition and how to improve your photography through the use of compositional techniques.

Ansel Adams said, "You don't make a photograph with just a camera. You bring to photography all the pictures you have seen, the books you have read, the music you have heard, the people you have loved."

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.



Mistakes Sellers Make

BASING THE ASKING PRICE ON NEEDS OR EMOTION RATHER THAN MARKET VALUE.

Many times sellers base their pricing on how much they paid for or invested in their home. This can be an expensive mistake. If your home is not priced competitively, buyers will reject it in favor of other larger homes for the same price. At the same time, the buyers who should be looking at your house will not see it because it is priced over their heads. The result is increased market time, and even when the price is eventually lowered, the buyers are wary because "nobody wants to buy real estate that nobody else wants". The result is low priced offers and an unwillingness to negotiate. Every seller wants to realize as much money as possible from the sale, but a listing priced too high often eventually sells for less than market value. An accurate market evaluation is the first step in determining a competitive listing price.

FAILING TO "SHOWCASE" THE HOME.

A property that is not clean or well maintained is a red flag for the buyer. It is an indication that there may be hidden defects that will result in increased cost of ownership. Sellers who fail to make necessary repairs, who don't "spruce up" the house inside and out, and fail to keep it clean and neat, chase away buyers as fast as REALTORS® can bring them. Buyers are poor judges of the cost of repairs, and always build in a large margin for error when offering on such a property. Sellers are always better off doing the work themselves ahead of time.

OVER-IMPROVING THE HOME PRIOR TO SELLING.

Sellers often unwittingly spend thousands of dollars doing the wrong upgrades to their home prior to attempting to sell in the mistaken belief that they will recoup this cost. If you are upgrading your home for your personal enjoyment - fine. But if you are thinking of selling, you should be aware that only certain upgrades to real estate are cost effective. Always consult with your REALTOR® BEFORE committing to upgrading your home.

CHOOSING THE WRONG REALTOR® OR CHOOSING FOR THE WRONG REASONS.

Many homeowners list with the real estate agent who tells them the highest price. You need to choose an experienced agent with the best marketing plan to sell your home. In the real estate business, an agent with many successfully closed transactions usually costs the same as someone who is inexperienced. That experience could mean a higher price at the negotiating table, selling in less time, and with a minimum amount of hassles.

USING THE "HARD SELL" DURING SHOWINGS.

Buying a home is an emotional decision. Buyers like to "try on" a house and see if it is comfortable for them. It is difficult for them to do if you follow them around pointing out every improvement that you made. Good REALTORS® let the buyers discover the home on their own, pointing out only features they are sure are important to them. Overselling loses many sales. If buyers think they are paying for features that are not particularly important to them personally, they will reject the home in favor of a less expensive home without the features.

FAILING TO TAKE THE FIRST OFFER SERIOUSLY.

Often sellers believe that the first offer received will be one of many to come. There is a tendency to not take it seriously, and to hold out for a higher price. This is especially true if the offer comes in soon after the home is placed on the market. Experienced REALTORS® know that more often than not the first buyer ends up being the best buyer, and many, many sellers have had to accept far less money than the initial offer later in the selling process. Real estate is most saleable early in the marketing period, and the amount buyers are willing to pay diminishes with the length of time a property has been on the market. Many sellers would give anything to find that prospective buyer who made the first, and ONLY, offer.

NOT KNOWING YOUR RIGHTS AND OBLIGATIONS.

The contract you sign to sell your property is a complex and legally binding document. An improperly written contract can allow the purchaser to void the sale, or cost you thousands of unnecessary dollars. Have an experienced REALTOR® who knows the "ins and outs" fully explain the contract you are about to sign.

FAILURE TO EFFECTIVELY MARKET THE PROPERTY.

Good marketing opens the door that exposes real estate to the marketplace. It means distinguishing your home from hundreds of others on the market. It also means selling the benefits, as well as the features. The right REALTOR® will employ a wide variety of marketing activities, emphasizing the ones believed to work best for your home.

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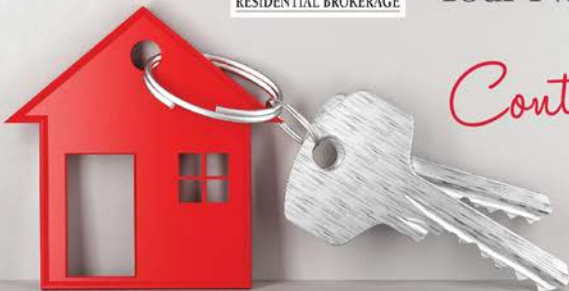
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MONDAY		TUESDAY		WEDNESDAY	
				1	8:45 AM AARP Tax Guide 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Pickleball@Town Hall Gym 9:45 AM A Cappella Chorus 10:00 AM Dull Men's Club
6	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 10:00 AM Harmonica and Ukeles	12:00 PM Bistro@119 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group	7	9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119 12:15 PM Ping Pong 1:00 PM Tuesday Trivia	1:00 PM ESL Class 1:00 PM Blood Pressure 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 5:30 PM Chess Club 6:00 PM Trivia w/Algonquin Honors 6:30 PM Seated Chair Yoga
13	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	12:00 PM Bistro@119 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group	14	9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:15 PM Ping Pong 12:00 PM Bistro@119 1:00 PM ESL Class	1:00 PM Tuesday Trivia 1:00 PM Scrabble 1:45 PM Legal Clinic 2:00 PM Yoga with Nancy 2:30 PM Tuesday Technology 4:00 PM Sewing & Knitting 5:00 PM Bistro@119 5:30 PM Chess Club 6:30 PM Seated Chair Yoga
20	PATRIOT'S DAY HOLIDAY		21	9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:00 AM Travel with AAA 11:30 AM DayBreak 11:30 AM Tuesday w/Laurie 12:00 PM Bistro@119	12:15 PM Ping Pong 12:30 PM Wellness Clinic 1:00 PM Tuesday Trivia 1:00 PM ESL Class 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 5:30 PM Chess Club 6:30 PM Seated Chair Yoga
27	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 Jewelry Making	11:00 AM Chair Yoga w/Diane 12:00 PM Bistro Birthday Lunch 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group	28	9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:00 AM Ask the Librarian 11:30 AM DayBreak 12:00 PM Bistro@119 12:15 PM Ping Pong	1:00 PM Scrabble 1:00 PM Tuesday Trivia 1:00 PM ESL Class 1:00 PM Photography Club 2:00 PM Yoga with Nancy 4:00 PM Sewing & Knitting 5:00 PM Bistro@119 5:30 PM Chess Club 6:30 PM Seated Chair Yoga
				29	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

THURSDAY		FRIDAY			
10:30 AM Tai Chi Yang Style 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	2	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 12:30 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 Flex and Tone w/Rebecca 2:15 PM Ping Pong	3	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:30 PM Pickleball@Town Hall Gym
12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:30 PM Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing 1:30 PM Seated Chair Yoga	9	9:00 AM Chat with the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 9:30 AM Spring Décor 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:30 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Low Vision Support Group 1:00 PM Zumba Gold 1:00 PM Origami 2:00 PM Flex and Tone w/Rebecca 2:15 PM Ping Pong	10	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:30 PM Pickleball@Town Hall Gym
11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Yoga with Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Book Club	16	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 12:30 PM Pickleball@ Town Hall Gym 1:00 PM Bridge	1:00 PM Zumba Gold 1:00 PM Quilting Group 2:00 PM Flex & Tone w/Rebecca 2:00 PM Better Breathers Club 2:15 PM Ping Pong	17	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:30 PM Pickleball@Town Hall Gym
12:00 PM Bistro@119 12:00 PM Yoga with Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Memoir Writing	23	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 Lunch with the Chief 12:30 PM Pickleball@ Town Hall Gym	12:45 PM Bereavement Group 1:00 PM Bridge 1:00 PM Zumba Gold 2:00 PM Flex & Tone w/Rebecca 2:15 PM Ping Pong	24	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:30 PM Pickleball@Town Hall Gym
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Answer to March Sudoku

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

Sudoku

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

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

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DIFFICULTY: ★★☆☆☆

CROSSWORD PUZZLE

ACROSS

- 1 Quid
- 4 Hall (Ger.)
- 8 Aid
- 12 Pointed (pref.)
- 13 US dam
- 14 Son of Samuel
- 15 Formal dance (Fr.)
- 16 Pomace (2 words)
- 18 Quote
- 20 High (Lat.)
- 21 Heath evergreen
- 23 Novice
- 25 7th incarnation of Vishnu
- 26 Sibilant sound
- 27 Industrial Workers of the World (abbr.)
- 30 Compass direction
- 31 Sultan's residence
- 32 Indo-Chin. language

DOWN

- 1 Vehicle compartment
- 2 Fiddler crab genus
- 3 Musical instrument (string)
- 4 Mosque student
- 5 Rhine tributary
- 6 Asian gazelle
- 7 Garland
- 8 Single (pref.)
- 9 Touch
- 10 Victory site of Nelson
- 11 Dip
- 17 Ankles
- 19 Amazon tributary
- 21 Former
- 22 Islamic month
- 23 Weary
- 24 Munich's river
- 26 Part of golf club
- 27 Mirage
- 28 Women's Army Aux. Corps (abbr.)
- 29 Transitional editing effect
- 31 Coast
- 35 Flood
- 36 Deadly
- 37 Old-style verb
- 38 Gulf of the Ionian Sea
- 39 Heb. avenger
- 40 Onionlike plant
- 41 Hole
- 42 Central daylight time (abbr.)
- 43 Aunt (Sp.)
- 45 Office of Economic Development (abbr.)
- 46 Orinoco tributary

ANSWER TO PREVIOUS PUZZLE

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

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

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A75

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.

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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ASK A PHARMACIST

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AGE-RELATED VISION PROBLEMS



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

— Source: Mayo Clinic



Have a question for the pharmacist?
Email questions to: pharmacist@bouvierpharmacy.com

QUILTING

Day: 1st & 3rd Thursday • **Dates:** April 2 & 16
Time: 1:00 PM • **Cost:** Free • **Instructor:** Connie Davis

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

SEWING & KNITTING NIGHT

Day: 2nd and 4th Tuesday
Date: April 14 & 28 • **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!

NEEDLERS (KNITTING GROUP)

Day: Mondays • **Time:** 2:00 PM
Cost: Free • **Leader:** Sue Goyette

Want to work on your knitting/crocheting or other handwork with others? Looking for direction on a particular project? Join this creative group as they share common experiences of a hobby they just love!



JEWELRY MAKING CLASS

Day: Monday • **Date:** April 27 • **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.

ORIGAMI

Day: Thursday • **Date:** April 9
Time: 1:00 PM
Instructor: Annie Wales
Cost: \$5
Pre-registration Required

Join the talented Annie Wales for a fun class making Greeting Cards. Look for samples at the Senior Center front desk.





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Tom Keller - Regional Director
508-361-7000

tom@seniorcentercommunications.com



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MONDAY

- | | | | | | |
|------|----------------------------|-------|---------------------------------|-------|------------------------------|
| 9:00 | Aerobics/Strength Training | 9:45 | Gentle Ballet | 12:00 | Bistro Birthday Lunch (4/27) |
| 9:00 | Massage by Melanie | 10:00 | Harmonica/Ukulele | 1:00 | Pitch |
| 9:00 | Pool Players | 10:00 | Jewelry Making (4/27) | 1:00 | Zumba Gold |
| 9:30 | Pickleball | 11:00 | Chair Yoga w/Diane (Start 4/15) | 2:00 | Needlers |
| | | 12:00 | Bistro Lunch | | |

TUESDAY

- | | | | | | |
|-------|-------------------------------|-------|------------------------------|------|-------------------------------------|
| 9:00 | Art Group | 11:30 | Tuesday with Laurie (4/21) | 1:00 | Scrabble (4/14 & 28) |
| 9:00 | Tai Chi for Vets | 12:00 | Bistro Lunch | 1:45 | Legal Clinic (4/14) |
| 9:30 | Tai Chi for Arthritis w/Helen | 12:15 | Ping Pong | 2:00 | Yoga w/Nancy |
| 10:00 | Line Dancing | 12:30 | Wellness Clinic (4/21) | 2:30 | Technology Tuesday (4/14) |
| 10:45 | Qi Gong Tai Chi w/Helen | 1:00 | Photography Club (4/28) | 4:00 | Sewing & Knitting Night (4/14 & 28) |
| 11:00 | Ask the Librarian (4/28) | 1:00 | English as a Second Language | 5:00 | Evening Bistro |
| 11:30 | DayBreak | 1:00 | Tuesday Trivia | 5:30 | Chess |
| | | 1:00 | Blood Pressure (4/7) | 6:30 | Seated Chair Yoga |

WEDNESDAY

- | | | | | | |
|-------|----------------------------|-------|---------------------------------|-------|---------------------------|
| 9:00 | Aerobics/Strength Training | 10:00 | SPA (4/15) | 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 (Start 4/15) | 1:30 | Memoir Writing (4/8 & 22) |
| 9:45 | A Cappella Chorus | 12:00 | Bistro Lunch | 1:30 | Book Club (4/15) |
| 10:00 | Dull Men's Club | 12:00 | Yoga w/Rebecca | 1:30 | Seated Chair Yoga |
| | | 12:30 | Hearing Clinic (4/8) | | |

THURSDAY

- | | | | |
|-------|----------------------------|-------|----------------------------|
| 9:00 | Chat with the Chief (4/9) | 12:45 | Bereavement Group (4/2) |
| 9:30 | Belly Dancing | | New Group (4/23 to May 28) |
| 9:30 | Cribbage | 1:00 | Bridge |
| 9:30 | Mani-Pedi (4/2, 9, 16, 23) | 1:00 | Low Vision Support (4/9) |
| 10:30 | Mah Jong | 1:00 | Origami (4/9) |
| 10:45 | Cardio & Weights | 1:00 | Quilting (4/2 & 16) |
| 12:00 | Bistro Lunch | 1:00 | Zumba Gold |
| 12:00 | Chat with the Chief (4/23) | 2:00 | Better Breathers (4/16) |
| 12:00 | Low Vision (4/9) | 2:00 | Flex & Tone w/Rebecca |
| 12:30 | Pickleball | 2:15 | Ping Pong |

FRIDAY

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



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