

# NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 7, NO. 8, AUGUST 2020

CHECK OUT  
PAGE 4  
FOR NEW  
WAYS TO  
CONNECT!

*Please call  
the Senior Center  
to see which  
programs will be  
offered in August  
508-393-5035*



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## DIRECTOR'S CORNER

### We sure do miss you here at the Senior Center!

These past few months have been unimaginable. I am so proud of the SC staff and our dedicated instructors and their ability to be creative and innovative on the fly. And you! Your ability to adapt and your openness to try programs in a new format is incredible. We understand how frustrating it is to not be "back to normal" yet, but please know we are working hard to carefully plan our "new normal" so you may return safely and without worry. Sign up for email alerts on the town website to be notified of any SC updates.

Senior Centers are vital for socializing and staying connected to the community. You will see in this newsletter that we now have 15 classes (and counting) available in new formats- online, on cable, and over teleconference. There is something for everyone and we are working hard to broaden our offerings throughout the rest of the summer and into the fall. We will continue to ensure that you have options.

You may have seen our vans back on the road- we have successfully resumed our transportation program for medical appointments, and grocery/pharmacy trips, under closely monitored safety protocols. Please call us to learn more.

The Friends of the Northborough Senior Center have been continually generous in their support of our Center, our programs, and the needs of Northborough seniors. One way in which they assist is by funding the mailing of this newsletter monthly. This newsletter is also available online so that you may receive it via email each month, which in turn reduces the amount of postage incurred. If you would prefer the online newsletter, please let us know and we will assist you in signing up. If you prefer to still receive a paper copy please notify us by October.

- Liz

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

## SENIOR CENTER HOURS:

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

## STAFF

Director: Liz Tretiak

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

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
- Private or shared apartments
- Individual attention from trained PCAs and a skilled recreation team
- Alzheimer's care
- Social events and recreation



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## CONTINUUM OF CARE

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





**CHANGES TO MAILING OF THE NORTHBOROUGH TIMES**

The Northborough Times is a newsletter that is mailed to 2700 Northborough residents over 60 years old and to members of the Friends in surrounding towns. It is an important communication informing people about the Northborough Senior Center's services, programs and activities. It can also be viewed online through multiple channels: the Town of Northborough's Website via Departments, the Senior Center Newsletter and the Friends' Webpage - **FriendsofNorthboroughSeniors.org**

The Friends of the Northborough Senior Center incur the cost for the hard copy mailing each month which amounts to approximately \$12,000 a year. We are in the process of evaluating how we can reduce this cost, while providing the Newsletter in hard copy to people who don't have online access.

Please be advised, as of October 1, 2020, we will no longer mail the hard copies to all residents over 60 years old. Hard copies will be available at various locations around Northborough including: The Senior Center, the Library, the Town Hall and various stores.

To continue to receive a mailed copy of The Northborough Times, you must specifically request it to be mailed to you. Please contact the Northborough Senior Center at **508-393-5035** if you would still like to receive the hard copy mailing. The money we can save on the mailing of the Northborough Times will be used to help support The Northborough Senior Center.

We thank you for your understanding and patience while we make these adjustments that will allow us to support the Senior Center more directly. *Anita Hagspiel, President*

**DISCLAIMER: Dear Reader,** We plan our programs and prepare our newsletter nearly two months in advance. This means that our **August** newsletter was sent to print **June 29** Given how quickly the COVID 19 pandemic as evolved and impacted day-to-day operations, the content of this newsletter may not reflect our current status at the time you receive it. We therefore recommend that you call us at **508-393-5035** for updates on our programs and other information that may be subject to change

**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.  
119 Bearfoot Road • Northborough, MA 01532



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## ONLINE OPPORTUNITIES

### Zoom Classes and Conference Calls...More ways to Connect!

Check out these new ways to stay involved and engaged during the pandemic. A new revised waiver will need to be signed going forward for all exercise class participants. Call the Senior Center for details... see full descriptions on Pages 8 & 9 throughout newsletter.

**Bereavement Support Group** / Telephone Conference Call  
Thursdays @ 12:45 PM

**Low Vision Support** / Telephone Conference Call  
Thursday/August 13 @ 1:00 PM.

**Trivia** / Zoom Call / Tuesdays @ 1 PM

**Memoir Writing** / Zoom Call  
2nd & 4th Wednesdays / August 12 & 26  
@ 1:30 PM

**Stretch Break** / Zoom Call / Fridays @ 10:15

**Tai Chi for Vets & Families** / Zoom Call  
Tuesdays @ 9:00 AM

### Tai Chi with Helen Morin

Beginner Tai Chi - Mondays at 10:00 AM  
Tai Chi for Arthritis - Tuesdays at 9:30 AM  
Advanced Yang Tai Chi - Tuesdays at 11:00 AM  
Beginner Yang Tai Chi - Fridays at 10:00 AM  
Advanced Yang Tai Chi - Fridays at 11:30 AM



**Seated Yoga with Rebecca** / Zoom Call / Tuesdays @ 1:00 PM

**Mat Yoga with Rebecca** / Zoom Call / Wednesdays @ 1:00 PM

**Zumba Gold** / Zoom Call / Thursdays @ 2:15 PM

**Strength Training Video** / Northborough Town Website  
Link - On Demand

## VIRTUAL CAREGIVER SUPPORT GROUP

Better Day Adult Social Day Program from Marlborough, MA is hosting a weekly caregiver support group on Zoom. It is held on Mondays from 5:30-6:30 PM.

Interested persons should email Regina Wolf Fritz at [regina@betterdayprogram.org](mailto:regina@betterdayprogram.org) for an invitation.

## WISE

### (Worcester Institute for Senior Education)

If you are looking for an interesting and stimulating online community to join, check out WISE. WISE, a premier lifelong learning institute sponsored by Assumption University, was established 27 years ago and offers courses and other educational activities for self-defined "seniors".

Go to [www.assumptionwise.org](http://www.assumptionwise.org) to check it out and register! Email WISE with questions at [wise@assumption.edu](mailto:wise@assumption.edu). Scholarships may be available.

Here is a sneak peek at upcoming courses:

- Flannery O'Connor and the Haunted South
- American Painters During Our Revolutionary War
- The Beatles - A Deep Dive
- The Transcontinental Railroad

## REMOTE CDSMP PROGRAMS

Now accepting registration for

### MY LIFE, MY HEALTH CHRONIC DISEASE SELF-MANAGEMENT

Choose a program to join from the comfort of your home.

#### Tele-conference\*

Wednesdays, 2:30-3:30 PM, July 29 - September 9

-OR-

**Zoom with us\*\*** Tuesdays, 11:30-2:00 PM, July 28 - September 8

Are you living with a physical or mental health condition such as diabetes, heart disease, asthma, COPD, cancer, arthritis, depression, anxiety, chronic pain, or other ongoing health condition?

Learn how to manage your health and improve your well-being. This FREE six-week workshop helps you devise a personalized approach to managing chronic illness symptoms on a daily basis. Topics include:

- Exercise and nutrition
- Managing pain, fatigue, difficult emotions, and depression
- Medications and making treatment decisions, and more!

In this **FREE 6 Week Series-plus Intro Session** (voluntary donations accepted, but not required in provision of program), you will learn skills to help you have increased energy and physical activity, decreased pain, fatigue, depression and fewer social limitations.

\***Phone Session** is abbreviated format, relying on individual self-study with 5-6 people in session, will keep you on track.

\*\* **Zoom Session** is on-line video chat with 8-21 people, covering subject areas in-depth.

**All workshop materials are provided. Consistent attendance is required.** For more information and to sign-up today:

Please call Renee D'Argento, Healthy Living Program Coordinator at **978-807-3875**.

## "PATHWAYS VIRTUAL COFFEE HOUR

**Tuesdays at 11:00 AM** • Grab your favorite mug and pull up a comfy chair for a casual chat!

LGBTQ+ folk and SOFFAs (Significant Others, Family, Friends, and Allies) always welcome! Please RSVP to Julie at [jnowak@baypath.org](mailto:jnowak@baypath.org)

## LIBRARY 'WE RECOMMEND' LIST

Are the books your friends recommend turning out to be not as good as you had hoped? Maybe you've just finished a really satisfying book and you'd like to read more just like it? Your Northborough librarians will create a personalized reading list of books that are just the right for you! Here's how: you'll answer 6 questions about the kinds of books you enjoy reading, and the librarians will send you a custom list of 8 or more suggestions of books and authors based on your answers to these questions. Go to the library website at [northboroughlibrary.org](http://northboroughlibrary.org) and fill out the 6 for 8 reader's profile form. You'll find this form under the "we recommend" tab on the main page. Choose "adults", and then click on "reader's profile". Answer the six questions and you'll receive your personal recommendations in just a few days! You can also contact us through email at [adults@cwmar.org](mailto:adults@cwmar.org) for reading suggestions, help with getting free ebooks, and all your informational needs.

## LEGAL CLINIC

**Day: Tuesday, August 11** • Time: 1:45 - 2:45 PM

**Attorney: George Pember** • Cost: Free

**Phone appointments available**

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

**NORTHBOROUGH SENIOR CENTER****A CAPPELLA CHORUS****Day: Wednesdays • Time: 9:45 – 10:45 AM****Instructor: Manoj Padki • Cost: \$3/class**

What we need is your voice! Our goal is to sing beautiful music while building camaraderie and having fun. Please join us!

**SPA SERVICES**

**Call for August dates. 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***(\*NEW VIRTUAL CLASS - SEE PAGE 4)***Day: Thursday • 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***BIRTHDAY LUNCH****Time: 12:00 PM • Cost: Free sandwich of your choice for****Northborough seniors with August 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 August, 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.

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

Join us as we welcome Chief Bill Lyver to the Senior Center for two visits this month. 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. On the second Thursday of each month, he'll be here for Chat with the Chief at 9:00 AM, coffee will be 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!

**TUESDAY TRIVIA***(\*NEW VIRTUAL CLASS - SEE PAGE 4)***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.

**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.

**MANICURES/PEDICURES/REFLEXOLOGY****Day: Thursday • 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.



**ENGLISH AS A SECOND LANGUAGE - INTERMEDIATE**

*(RETURNING IN SEPTEMBER)*

**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.

**FROM THE ASSESSOR'S OFFICE • Tax Relief on Your Home**

Please ask the Assessors Office about tax deductions provided by the Town of Northborough. You may qualify if you are a senior with low income and assets, if you are legally blind, or if you are a Veteran with a 10%+ disability. We can discuss your options and help you fill out an application. Please call or email us anytime; or you may wish to contact Jocelyn Ehrhardt at the Senior Center.

Find more info at <https://www.Town.Northborough.ma.us/Assessors-Department>.

Assessor: **508-393-5005**, [jbrownlee@town.northborough.ma.us](mailto:jbrownlee@town.northborough.ma.us)

Senior Center: **508-393-5035**, If in doubt - contact us! And tell your friends :)

**VETERAN'S SERVICES**

**ARE AVAILABLE:**

If you are a veteran, a veteran family member, the unmarried or remarried surviving spouse of a veteran, you may be eligible for benefits from either the state or the Federal Veteran's Administration. Benefits include help through MA General Law Chapter 115 with housing costs, medical bills, health care, and Federal Dept. of Veterans Affairs pensions, disability compensation and burial expenses. Call Director of Veteran Services, Justin Sousa at **774-293-2208** or email him at [jsousa@centralmassvets.org](mailto:jsousa@centralmassvets.org).

**During the COVID Crisis, he is working remotely from home and trying to deliver services as quickly and thoroughly as possible.**



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

**OUTREACH NOTES**

In the May issue of the *Northborough Times* I mentioned that staff were heartened by their outreach during Covid-19 to Northborough's older community. We have been reassured by the extent to which people have taken precautions, including arranging for assistance with necessary errands. Family, friends and neighbors contributed greatly, and on short notice, to this positive outcome,

The events of the past few months are a good reason to review Code Red and other emergency alert programs. Code Red is a program used by the Town of Northborough to make emergency public announcements. Code Red messages are delivered by phone; interested persons must sign up to receive Code Red notifications. It is an online sign up process. Senior Center staff are available at this time to assist people without computer access to sign up for these important notifications.

The Northborough Police Department's Dementia/ Cognitive Issues Alert form collects identifying and contact information for people experiencing confusion that may be at risk of wandering or becoming disoriented. A photo can be attached or uploaded for improved identification of at risk persons.

The National Grid Life Sustaining Equipment form helps to keep track of people who are dependent upon medical equipment powered by electricity. Submission of the Life Sustaining Equipment form is a means for identifying at risk situations and providing assistance in the event of a power outage. It will not affect the order in which your electric power is restored.

Emergencies occur with little warning. This type of preplanning might help to prevent a difficult situation from worsening. Available by contacting the Senior Center are checklists for emergency preparation, FEMA brochures regarding emergency preparation for people with disabilities, older people and for pet owners. Please contact me with questions about these programs or for any of the literature mentioned.

*Jocelyn Ehrhardt, MSW, Outreach Coordinator*

**COVID-19 AND MEDICARE****Did you know?**

- Coronavirus testing is covered by Medicare.
- Telehealth services are covered by Medicare.
- Enrollment in Medicare may be able to be done online, by phone or mail.
- SHINE counselors are available remotely to help with these and many other Medicare-related questions.

Trained **SHINE (Serving Health Insurance Needs of Everyone...on Medicare)** volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE phone appointment, call your local Senior Center. For other SHINE related matters, call 1-800-243-4636, then press or say 4. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.

**Scam Alert:** Never give your Medicare number, your Social Security number, your bank account information, your credit card numbers or any other personal information to someone you do not know and trust.

**SHINE (SERVING HEALTH INSURANCE NEEDS OF EVERYONE)** Please call the Senior Center at **508-393-5035** for availability of SHINE telephone appointments.

**WHEN THE SENIOR CENTER RE-OPENS THESE PROGRAMS /CLASSES WILL BE AVAILABLE****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](mailto: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 their website [www.baypath.org](http://www.baypath.org) or call **508-573-7200** and ask for the Information and Referral Department.

**HERE'S TO YOUR GOOD HEALTH! WELLNESS CLINIC**

**Date: Tuesday • 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**

**Day: Tuesday**

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

**FREE HEARING CLINIC**

**Day: Wednesday • Time: 12:30 - 1:30 PM**

**Appointment Required**

## FREE TAI CHI FOR VETERANS AND THEIR FAMILIES

(\*NEW VIRTUAL CLASS - SEE PAGE 4)

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

STRENGTH TRAINING VIDEO  
(NEW ON DEMAND - SEE PAGE 4)

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

(\*NEW VIRTUAL CLASS - SEE PAGE 4)

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](http://www.rebeccareberyoga.com)

## 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.

## ZUMBA GOLD

(\*NEW VIRTUAL CLASS - SEE PAGE 4)

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

(\*NEW VIRTUAL CLASS - SEE PAGE 4)

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

(\*NEW VIRTUAL CLASS - SEE PAGE 4)

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: Mondays & Wednesdays

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 (\*NEW VIRTUAL CLASS - SEE PAGE 4)**

**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.

**SEATED CHAIR YOGA**

(\*NEW VIRTUAL CLASS - TUESDAY AT 1:00)

**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.



Pauline Berkes  
(Rebecca's Mom)

**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.

**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!

**YOGA WITH NANCY**

**Day: Every Tuesday • Time: 2:00 PM**

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

Nancy Cimato is a seasoned Yoga Instructor who has taught her ever popular Yoga Class at the Senior Center for several years. Get the benefits of gentle exercise that benefits both body and soul. Nancy's classes are open to both the beginner and experienced Yoga student. Her gentle spirit and easy teaching style will make your Tuesday afternoons.

**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!

**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.

**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.



**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.

**HOW TO MINIMIZE YOUR TAXES**

Who likes paying taxes? No one! Below are some ways you may be able to minimize or avoid taxes:

**REAL ESTATE TAXES**

- **Abatements.** You may already be aware of the senior and veterans abatements, but did you know that you could be eligible for other abatements in your community. Contact the Assessor's Office to inquire.
- **Senior tax work-off.** Your community has a tax work-off program that allows you to substantially reduce your tax bill by "working off" or volunteering in designated town departments. Contact your Council on Aging to ask about eligibility and application deadlines.
- **The state "circuit breaker" program.** If your taxes (plus 50% of water and sewer bills) exceed 25% of your annual income, Massachusetts will reimburse you for part of the bill up to \$1,000, even if you do not pay state income taxes. You can also apply retroactively if you failed to apply for this over the past 2 years.

**INCOME TAXES**

- **Maximize your medical deductions.** Seniors who get care at home or live in an assisted living community or nursing home typically have many medical expenses. The cost of care and even the "rent" may be a medical deduction that can offset your income and reduce taxes. It may be a great time to pull tax-deferred funds and reduce or eliminate the taxes you would have paid.
- **Offset your gifting.** If your kids each received an equal share of your IRA before taxes, they may actually receive an unequal share after taxes if their federal tax brackets are different. To offset this, give your tax-deferred money to the children with less income and balance it off by increasing the shares to the others from other assets. Or, consider giving your IRA to charity; the charity receives it tax free *and* it may reduce your estate tax.

**ESTATE TAXES**

- **Don't worry about it unless your estate will be worth more than \$1 Million when you pass away.**
- **Give it away before you die.** If you (or your Power of Attorney agent) give away all your assets the day before you die, you will have reduced your taxable estate to zero and, therefore, your estate tax to zero. Remember, there is no gift tax unless you give away more than \$11,580,000 during your lifetime. If you can't give it all away, any amount you do give is not taxed in your estate, which will save Mass. estate tax.

For more information, please feel free to contact me at **508-860-1470** or **abergeron@mirickoconnell.com**. I will also focus on this issue in my August virtual seminar, which will be aired on your local cable station, Northborough Cable Access Television. You can also find the seminar on Frank and Mary's YouTube channel, **www.youtube.com/elderlawfrankandmary**. Frank and Mary's YouTube channel may be a helpful resource during COVID-19, as my co-hosts and I address many common issues facing seniors and the resources available during the pandemic through weekly virtual local cable TV shows.

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MIRICK O'CONNELL

ATTORNEYS AT LAW

To learn how Mirick O'Connell's Estate Planning Elder Law Attorneys can assist you and your loved ones, contact

Arthur P. Bergeron  
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abergeron@mirickoconnell.com



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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



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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](http://dullmensclub.com) and come join us.

**LOW VISION SUPPORT GROUP**

(\*NEW VIRTUAL CLASS - SEE PAGE 4)

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

This month participants can join in a telephone conference call instead of meeting at the Senior Center. Please call Agnes Sagerian at **508-393-8353** for the telephone number to call and the code to put in.

**QUILTING**

**Day: 1st & 3rd Thursdays • 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.

**BOOK CLUB**

**Day: 3rd Wednesday of the Month**  
**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**  
**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*

**HARMONICAS AND UKELELES**

**Day: Monday • Time: 10:00 AM**  
**Cost: Free • Instructor: Dan Ginsberg**

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 ukeleles for chords and vocals, make for a rich musical treat for both experienced and new players. Come join the fun!

**MEMOIR WRITING GROUP**

(\*NEW VIRTUAL CLASS - SEE PAGE 4)

**Day: Wednesday • 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.

**SCRABBLE**

**Day: Tuesday • Time: 1:00 PM**  
**Pre-registration Required**

We're playing Scrabble 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!

**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.

**SEWING & KNITTING NIGHT**

**Day: 2nd and 4th Tuesday**  
**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 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!

**PHOTOGRAPHY CLUB**

**Day: Tuesday • Time: 1:00 PM • Cost: Free**  
 Photography Club is open for all photographers: those who use cell phone cameras (iPhone or Android), and those who use a digital camera. Whether we shoot with a smartphone or a DSLR, we all share a like passion. Come join us!

**JEWELRY MAKING CLASS**

**Day: Monday • Time: 10:00 AM**  
**Instructor: Lori Burton**  
**Pre-Registration Required**

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**  
**Time: 1:00 PM**  
**Instructor: Annie Wales**  
**Cost: \$5**  
**Pre-registration Required**

Join the talented Annie Wales for a fun class making boxes and envelopes for gift cards. Look for samples at the Senior Center front desk.

**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.

## HOME SELLING TIPS

You can increase the value of your home and decrease the time it takes to sell by making a few simple improvements. Below are 20 suggestions to help you sell your home.

**Make the Most of that First Impression:** A well-manicured lawn, neatly trimmed shrubs and a clutter-free porch welcome prospects. So does a freshly painted - or at least freshly scrubbed - front door. If it's autumn, rake the leaves. If it's winter, shovel the walkways. The fewer obstacles between prospects and the true appeal of your home, the better.

**Invest a Few Hours for Future Dividends:** Here's your chance to clean up in real estate. Clean up in the living room, the bathroom, the kitchen. If your woodwork is scuffed or the paint is fading, consider some minor redecoration. Fresh wallpaper adds charm and value to your property.

**Check Faucets and Bulbs:** Dripping water rattles the nerves, discolors sinks and suggests faulty or worn-out plumbing. Burned out bulbs leave prospects in the dark. Don't let little problems detract from what's right with your home.

**Don't Shut Out a Sale:** If cabinets or closet doors stick in your home, you can be sure they will also stick in a prospect's mind. Don't try to explain away sticky situations when you can easily plane them away. A little effort on your part can smooth the way toward a closing.

**Think Safety:** Homeowners learn to live with all kinds of self-set booby traps: roller skates on the stairs, festooned extension cords, slippery throw rugs and low hanging overhead lights. Make your residence as non-perilous as possible for uninitiated visitors.

**Make Room for Space:** Remember, potential buyers are looking for more than just comfortable living space. They're looking for storage space, too. Make sure your attic and basement are clean and free of unnecessary items.

**Consider Your Closets:** The better organized a closet, the larger it appears. Now's the time to box up those unwanted clothes and donate them to charity.

**Make Your Bathrooms Sparkle:** Bathrooms sell homes, so let them shine. Check and repair damaged or unsightly caulking in the tubs and showers. For added allure, display your best towels, mats and shower curtains.

**Create Dream Bedrooms:** Wake up prospects to the cozy comforts of your bedrooms. For a spacious look, get rid of excess furniture.

**Open up in the Daytime:** Let the sun shine in! Pull back your curtains and drapes so prospects can see how bright and cheery your home is.

**Lighten up at Night:** Turn on the excitement by turning on all your lights - both inside and outside - when showing your home in the evening. Lights add color and warmth, and make prospects feel welcome.

**Avoid Crowd Scenes:** Potential buyers often feel like intruders when they enter a home filled with people. Rather than giving your house the attention it deserves, they're likely to hurry through. Keep the company present to a minimum.

**Watch Your Pets:** Dogs and cats are great companions, but not when you're showing your home. Pets have a talent for getting underfoot. So do everybody a favor: Keep Kitty and Spot outside, or at least out of the way.

**Think Volume:** Rock-and-roll will never die. But it might kill a real estate transaction. When it's time to show your home, turn down the stereo or TV.

**Relax:** Be friendly, but don't try to force conversation. Prospects want to view your home with a minimum of distraction.

**Don't Apologize:** No matter how humble your abode, never apologize for its shortcomings. If a prospect volunteers a derogatory comment about your home's appearance, let an experienced Real Estate Agent handle the situation.

**Keep a Low Profile:** Nobody knows your home as well as you do. But a Real Estate Agent knows buyers - what they need and what they want. Your Real Estate Agent will have an easier time articulating the virtues of your home if you stay in the background.

**Don't Turn Your Home into a Second-Hand Store:** When prospects come to view your home, don't distract them with offers to sell those furnishings you no longer need. You may lose the biggest sale of all.

**Defer to Experience:** When prospects want to talk price, terms, or other real estate matters, let them speak to an expert - your Real Estate Agent.

**Help Your Agent:** Your Real Estate Agent will have an easier time selling your home if showings are scheduled through his or her office. Offer to keep an eye on the brochure box attached to your sign and make sure it is always filled with flyers.

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# Sudoku

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

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

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DIFFICULTY: ★★★★★

GAME ANSWERS FOR THIS ISSUE WILL BE PUBLISHED IN NEXT MONTHS NEWSLETTER.

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

Answer to July Sudoku >

# CROSSWORD PUZZLE

## ACROSS

- 1 Canal bank
- 5 Raw (Fr.)
- 8 Afrikaans
- 12 Occupational Safety and Health Admin. (abbr.)
- 13 Ger. physicist
- 14 Dawn love song
- 15 Sample
- 17 Dressed
- 18 Anecdotes
- 19 Pointed missile
- 21 Verb-forming (suf.)
- 22 Exclamation
- 23 Hindu god of love
- 25 Clay mineral
- 29 Egypt. king
- 32 Academy (abbr.)
- 33 Corrode
- 35 Scientific name (suf.)
- 36 Remnant
- 38 Neptune's

## DOWN

- 40 Colorless
- 42 Dutch commune
- 43 Two-year-old sheep
- 45 Cob
- 47 Drone
- 50 Wings
- 52 Form into a chain
- 54 Proceed
- 55 Rom. first day of the month
- 56 Son of Ruth
- 57 Eur. canal
- 58 "Fables in Slang" author
- 59 Nostrum (Mediterranean)

## ANSWER TO PREVIOUS PUZZLE

C	F	M		C	A	A	M	S	A	A	L
H	A	E		A	B	B	E	C	A	D	E
A	M	T		M	A	L	E	H	O	R	S
D	E	A	D	S	E	D	E	R			
				L	O	A		R	I	S	E
D	I	S	C	L	A	I	M	A	C	L	U
E	E	C		A	D	I	E		O	A	S
A	R	U	M		V	I	S	C	O	U	N
L	I	M	A	N		A	E	T			
				C	E	A	R	A		C	U
B	A	R	R	A	C	U	D	A		N	A
T	A	N	O		E	L	A	N		I	R
U	R	A	N		R	E	D	D		T	B

## DOWN

- 1 Beerlike Arab drink
- 2 Television

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

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A79



## hats off

a walk-in barber shop

Times Square Plaza • 299 W Main Street Northboro, MA

[www.hatsoffbarbershop.com](http://www.hatsoffbarbershop.com)

508-393-7647

ADULTS \$14 • SENIOR MEN\* \$10

SENIOR WOMEN\* \$13 \*age 62 or older

## ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "Q" = "D"

"KV KT KDQNNQ S QNTKHSZON VPKDF  
VR ZN INOO QNTWNDQNQ, ZBV VPN  
FORHG ZNORDFT VR RBH  
SDWNTVRHT." — MOBVSHWP

PREVIOUS SOLUTION: "Flattery looks like friendship, just like a wolf looks like a dog." — Author Unknown

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E002

## BISTRO @119

Northborough Senior Center, 119 Bearfoot Road, Northborough, MA

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

Hello everyone, We have been thinking of you all during this difficult time. You are missed! It is our hope we will all be together soon enjoying new menu ideas, of course ice cream cones and an occasional root beer float. Please stay safe, strong and keep smiling. We can't wait to see you and cook for you again. ~ Vickie & Carolyn





**BEST OF TIMES TRAVEL - DAY TRIPS****The Ultimate Jimmy Buffet Tribute Show -  
Wednesday, September 30, 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.

**Comedy Hypnosis Show featuring Richard Barker -  
Thursday, November 5, 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.

**AAA TRAVEL - OVERNIGHT TRIPS**

**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.

## PROGRAMS CONTINUED... WHEN THE SENIOR CENTER RE-OPENS THESE PROGRAMS / CLASSES WILL BE AVAILABLE

**NORTHBOROUGH FREE LIBRARY OUTREACH:  
LIBRARY ON THE GO**

Since its founding some 150 years ago the Northborough Free Library has envisioned its role as being a key partner in a welcoming and safe community that values learning, participation, cooperation among organizations, and the pursuit of both individual and group interests.

As part of this mission it had become clear that there is an underserved subset of our community that has difficulty in accessing all the services described that the library has to offer. This group is primarily made up of our elderly population over 65 that are either home-bound or have transportation issues.

In October of 2017 The Northborough Free Library was awarded a Federal Grant through the Library Services & Technology Act (LSTA) Direct Grant Program administered through the Massachusetts Board of Library Commissioners. The goal of the two year grant was to underwrite the design, development, and initial implementation of an outreach program to home bound individuals in the community.

"Library On The Go" is the program that has grown out of this initial award. Northborough residents who are unable to physically travel to the library, may register for this service. These include individuals who may have permanent or temporary disabilities or health problems, residents who do not have access to transportation, temporarily or

permanently residing in Assisted Living facilities as well as library patrons who have been hospitalized or are temporarily confined to their home. Patrons are able to select specific materials or have materials chosen for them by Library staff, checked out of the Library via their Library Card, and delivered to their homes by Volunteer Library Couriers.

In response to the current public health crisis, the Library was closed to the public since March 17th. The first phase of the Library's re-opening began on June 17th with the reopening of the outdoor media and book drops in the Library parking lot. Additionally, the Library is offering "no touch" curbside pick up service on a scheduled basis. The Library is also expanding its "Library On The Go" outreach efforts to all Library Patrons. As of July 6th Patrons could make requests of materials from the Library collections with the options of curbside pickup or home delivery. The home delivery/retrieval of materials will initially be scheduled for Tuesdays and Thursdays between 10:00 AM and 2:00 PM.

For more details and current information:

Library Website: [www.northboroughlibrary.org](http://www.northboroughlibrary.org)

Phone: 508-393-5025 x5 / Outreach Coordinator:

[rstarzyk.library@gmail.com](mailto:rstarzyk.library@gmail.com)

## NORTHBOROUGH SENIOR CENTER TRANSPORTATION

**TO SCHEDULE A RIDE CALL:  
508-752-9283 & PRESS 1**

RIDES ARE PROVIDED  
MONDAY - THURSDAY 7:30AM - 3:00PM  
FRIDAY 8:15AM - 11:15AM

**NORTHBOROUGH SENIOR CENTER  
508-393-5035**

### Where Caring Makes a Difference

*This state of the art facility offers 22 Assisted Living Residences designed for individuals with memory loss.*

- 24 Hour Staffing
  - Gracious Dining- Three meals daily specially tailored to suit your loved ones needs.
  - Snacks anytime in our Country Kitchen
  - Individual personal assistance tailored to suit your loved ones needs.
  - A full range of individually tailored recreational events.
  - Full Housekeeping, Laundry and Linen service to maintain a peaceful, uncluttered home.
  - Medical Care and Emergency Response
  - No Entrance Fees
  - Escorted transportation to events appointments and area shopping malls
- All of these services are covered in our monthly rate, which others charge for as "extras."

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

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

**COLEMAN HOUSE**  
AN ASSISTED LIVING & SENIOR CARE RESIDENCE

112 West Main Street • Northborough, Massachusetts 01532  
Tel: 508-351-9355 • Fax: 508-393-2503 • [www.colemanhouse.com](http://www.colemanhouse.com)

# NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | AUGUST 2020

Northborough Senior Center  
119 Bearfoot Road  
Northborough, Massachusetts 01532

 <p><b>twodoorsawaycafe.com</b> <b>508-393-1362</b> <b>249 West Main St.</b> <b>Northborough, MA</b></p> <p>WEEKLY BREAKFAST, LUNCH AND FISH 'FRY-DAY' SPECIALS</p>	 <p><b>\$10 OFF \$20 OR MORE</b></p> <p><a href="http://www.unos.com">www.unos.com</a></p> <p><b>508-616-0300</b> 225 Turnpike Road Westborough, MA</p>  <p><small>Not valid on alcohol, gift cards, pick &amp; choose menu, special deals on takeout, lunch, bar or late night, or any other special offer, coupon or discount. One coupon per table. Void where prohibited by law. No cash value. Expires 8/31/20</small></p>	 <p><b>\$5 OFF \$25 OR MORE</b></p> <p>Pizza • Pasta • Salads • Subs <a href="http://www.thehouseofpizza.com">www.thehouseofpizza.com</a></p> <p><b>508-393-3566</b> 12 Main Street (Route 20) Northboro Center</p> <p>Hours: Sunday - Thurs 10AM - 10 PM Friday - Saturday 10AM - 11 PM</p>  <p><small>Please mention coupon when ordering. Not valid with any other offers or specials. Tax and gratuity not included. One offer valid per party per visit. Reproductions of coupon is not valid. No cash value. Expires 8/31/20. Coupon Code 52519</small></p>	 <p><b>\$20 OFF \$60 OR MORE</b></p> <p><b>508-366-2153</b> 45 Belmont Street Northborough, MA <a href="http://www.casavallarta.us">www.casavallarta.us</a></p>  <p><small>Not valid with any other offers or specials. One offer valid per party per visit. Mon. - Thurs. only. Reproductions of coupon is not valid. No cash value. Expires 8/31/20.</small></p>
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 <p><b>508-393-3566</b></p> <p><b>FREE SMALL CHEESE PIZZA</b> with the purchase of any large pizza with one or more toppings</p> <p><small>Cannot be combined w/any other offers or specials. Please mention coupons when ordering. Expires 8/31/20 Coupon Code 21719</small></p>	<p><b>Pizza Pasta Salads Subs • 12 Main Street(Route 20), Northboro Center</b></p> <p><b>508-393-3566 • www.thehouseofpizza.com</b></p> <p>Delivery to Northboro &amp; parts of Westboro, Marlboro &amp; Shrewsbury</p> <p>Store hours: Sunday - Thurs 10AM - 10PM Friday - Saturday 10AM - 11PM</p> <p><b>\$12.99+TAX</b> 2 Small 1 Topping Pizzas</p> <p><small>*Additional charge for toppings and SPECIALTY TOPPINGS</small></p> <p><small>Cannot be combined w/any other offers or specials. Please mention coupons when ordering. Expires 8/31/20 Coupon Code 129919</small></p>	<p><b>WE DELIVER</b></p> <p><b>Large Cheese Pizza \$9.99</b></p> <p><small>*Additional charge for toppings and SPECIALTY TOPPINGS</small></p> <p><small>Cannot be combined w/any other offers or specials. Please mention coupons when ordering. Expires 8/31/20 Coupon Code 99919</small></p>	<p><b>\$15.99+TAX</b> 2 Medium 1 Topping Pizzas</p> <p><small>*Additional charge for toppings and SPECIALTY TOPPINGS</small></p> <p><small>Cannot be combined w/any other offers or specials. Please mention coupons when ordering. Expires 8/31/20 Coupon Code 159919</small></p> <p><b>\$19.99+TAX</b> 2 Large 1 topping Pizzas</p> <p><small>*Additional charge for extra toppings and SPECIALTY TOPPINGS</small></p> <p><small>Cannot be combined w/any other offers or specials. Please mention coupons when ordering. Expires 8/31/20 Coupon Code 199919</small></p>
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All Coupons Expire August 31, 2020      Order Online at [www.thehouseofpizza.com](http://www.thehouseofpizza.com)