

# NORTHBOROUGH TIMES

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

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

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**DIRECTOR'S CORNER**

**Hello Everyone, and Happy Summer to you all!**

Although I am more of a Fall/Winter person, I have never been so thrilled for the warm weather to be here. In this new landscape of big social event cancellations, we can at least count on this: sunshine is not cancelled, fresh air is not cancelled, laughter is not cancelled. Get outside when you are able. Wave to your neighbor, chat from a safe distance, and try to find humor in the situation.



UMass Boston gerontologists report that 1 out of 4 people over the age of 65 worked last year. Are you in that category? Has that changed for you recently? If your employment status has recently changed please give us a call to discuss your options. Whether you need assistance with benefits, are figuring out your health insurance options, or maybe you are now looking for volunteer opportunities, we are here to help.

**Re-opening update:** We want to thank you all again for your patience as we work through the phases of re-opening. As of writing this today, at the end of May, it is Phase 1 of Governor Baker's plan. The guidance for older adults and those with health conditions is still "safer at home." We have moved many of our groups and fitness classes to a virtual format, and we hope you give them a try.

We are looking forward to seeing you again!  
- 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

**The Senior Center will be closed on Friday, July 3 for Independence Day.**

**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



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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



The Friends' Board of Directors wishes everyone a happy, healthy and safe summer.

We are holding our monthly meetings through ZOOM. Virtual "Fun Raisers" are being discussed. We will keep you posted.

The Friends' Annual Meeting is still on hold. Take Good Care.

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](http://www.friendsofnorthboroughseniors.org)

**DISCLAIMER:**

**Dear Reader,** We plan our programs and prepare our newsletter nearly two months in advance. This means that our **July** newsletter was sent to print **May 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



**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

**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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## NEW VIRTUAL PROGRAMS

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

Check out these new ways to stay involved and engaged during the pandemic. Call the Senior Center for details... See full descriptions on Pages 8 & 9

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

**Low Vision Support** / Telephone Conference Call  
Thursday/July 9 @ 1:00 PM.

**Memoir Writing** / Zoom Call  
2nd & 4th Wednesdays / July 8 & 22 @ 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 Beginning in July

## 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.

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

### 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!

### ASK THE LIBRARIAN

**Day:** Tuesday • **Time:** 11:00 AM  
Visit with 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!

### FROM THE LIBRARY:

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@cwmmars.org](mailto:adults@cwmmars.org) for reading suggestions, help with getting free ebooks, and all your informational needs.

### 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.

## 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.*

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**SPA SERVICES**

**Call for July 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.

**DIVERSITY THROUGH COLLABORATION**

**TUESDAY WITH LAURI**

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



I hope you can join us the 3rd Tuesday of the month, 11:30 AM - 1:00 PM at the Northborough Senior Center for a cup of coffee, cold drink and some good conversation and more. We have a few things lined up - movies, documentaries, TedX talks etc -group consensus. Or maybe just conversation. This 'event' will be monthly - the 3rd Tuesday of the Month here at the Senior Center - a great place to meet up - a fabulous & welcoming center. Maybe you know someone who is part of our LGBTQ community that would like to participate? Or a friend or ally? Any questions, please email LRyding@natickma.org or call me **508-647-6540 ext 1926** (Natick Community Center). Thanks again for your time and we look forward to seeing you.

*Lauri*

**BEREAVEMENT GROUP (\*NEW VIRTUAL CLASS)**

**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*

**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**

**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.

**BIRTHDAY LUNCH**

**Time: 12:00 PM • Cost: Free sandwich of your choice for Northborough seniors with July 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 July, 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.

**AARP TAX AIDE UPDATE**

Once the Senior Center is up and running, we will call everyone who had an AARP tax appointment that was cancelled due to the pandemic. The deadline for state and federal income tax returns and payments has been extended to July 15, 2020. Thank you for your patience. Call the Senior Center for updates and options.

**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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*Director: Jeff Koopman | [Jeff@haysfuneralhome.com](mailto:Jeff@haysfuneralhome.com)*



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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

**OUTREACH NOTES**

Friends,

I am glad for this opportunity to stay connected. Please know that Outreach Services continue to be available. I am offering Outreach assistance over the phone and through email. Even under these circumstances I have been able to provide people with resource information, assist with various benefit applications and troubleshoot problems. I can be reached at **508-393-5035** (leave a message) or at [jehrhardt@town.northborough.ma.us](mailto:jehrhardt@town.northborough.ma.us).

Despite the Covid-19 pandemic, day to day matters go on. SHINE phone consultations have been arranged for people preparing to retire, experiencing changes in their medical conditions and more. If you have a problem or are having a harder time than usual with personal matters contact the Senior Center. We look forward to working with you and that includes lending a listening ear.

Continue to support one another by limiting contact with others, washing hands, wearing a mask, encouraging others in this effort and resisting the urge to hoard consumer items.

Stay Well,

*Jocelyn Ehrhardt, MSW, Outreach Coordinator*

**SHINE**

(SERVING HEALTH INSURANCE NEEDS OF EVERYONE)

Please call the Senior Center at **508-393-5035** for availability of SHINE appointments.

**MEDICARE QUESTIONS? SHINE CAN HELP!**

The SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program offers free, confidential counseling on all aspects of health insurance to anyone on Medicare.

While in-person appointments are not being scheduled, help is available by phone. Call **1-800-243-4636 and press 4**. Once you get the SHINE answering machine, leave your name, phone number and town. A counselor will call you back, as soon as possible.



**SNAP ONLINE:** Massachusetts residents who receive SNAP benefits can use their EBT card to buy food online from Amazon and Walmart. To learn more or apply for Supplemental Nutrition Assistance Program (SNAP): [www.Mass.gov/SNAPonline](http://www.Mass.gov/SNAPonline) or call the Senior Center for assistance.

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

**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*

**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**

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**ADULTS \$14 • SENIOR MEN\* \$10**  
**SENIOR WOMEN\* \$13** \*age 62 or older

## 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

**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

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-SEE PAGE 4)

**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.

**YOU'RE SINGLE. DOES YOUR ESTATE PLAN (STILL) WORK?**

If you've been single all your life, you've had a lot of time to worry about protecting yourself and your assets while you are alive and making sure they go to the right people after you die. Occasionally, though, that plan needs updating as your situation changes, or as your worries do. For example:

- Do you have fewer assets than you once did? If so, your need to structure things to avoid estate taxation later may no longer be relevant.
- As you get older, are you worried about the impact on your assets if you need nursing home care? If you want to protect those assets from having to be spent down if you need to qualify for MassHealth, you will need to protect them five years ahead of time.
- Is the person you named to take care of things for you if you got sick (through a health care proxy or durable power of attorney) or died (through a will or trust) now getting old too? It is time to make sure you have named a replacement in case your old friend or relative can't handle it.
- Are the people you want to give things to getting old themselves? You may want to specify that what you give them will instead be held in trust for them, so that those assets will not get counted against them and have to be spent down if they need to qualify for MassHealth.

If, on the other hand, you recently became single because you just got divorced or (more likely for my clients) because your spouse died, your estate plan probably needs to change drastically, for a number of reasons:

- While you were both alive, you probably owned most things jointly, so that if one died, the other became the sole owner, without the necessity for probate or other legal entanglements. Once you are single, you need to rethink all this. If you want assets to pass to people when you die, while avoiding the time and cost of the probate process, you need to either give them the interest in the property now (an outright gift, a joint interest in bank accounts, or a remainder interest in real estate, for example) or create a trust. You can name yourself as trustee while you are alive, but you need to name someone else as successor trustee for after you die or become incompetent and to divide up the assets after you are gone.
- If your spouse was the only person you named to take care of legal things for you (through your durable power of attorney) or to make medical decisions for you (through your health care proxy), you need to name a replacement.

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 July 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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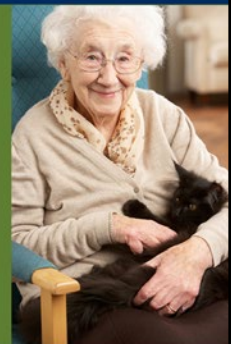


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To learn how Mirick O'Connell's Estate Planning Elder Law Attorneys can assist you and your loved ones, contact

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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!

**LEGAL CLINIC**

**Day: Tuesday, July 14**  
**Time: 1:30 – 2:30 PM**  
**Attorney: Richard Dustin**  
**Cost: Free • Pre-Registration Required**  
 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.

**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**

Origami workshop for July - Making paper lilies and roses.

**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.

## HOW TO MAKE EACH ROOM IN YOUR HOME MORE ECO-FRIENDLY

In times of rising temperatures and growing concerns of climate change, many of us are looking for small ways we can make a difference in our everyday lives. What better place to start than your own home?

It can be overwhelming to plan drastic eco-friendly changes to your home. That's why we've broken these tips down room-by-room so that you can make changes in just one area and then build from there. Starting small will help you see your environmentally-minded project through to the finish. Read on for tips for each room of your home to make your life more eco-friendly.

**Bedroom** - We'll start with a small and easy one: the bedroom. Odds are your bedroom isn't hogging too much power or creating a lot of waste. However, there are a few small changes you can make that will help you save some money while helping out the environment.

If your bedroom tends to get chilly at night, try using insulating curtains to help keep the cool air from slipping in through the windows. Similarly, on hot days close the curtains at peak sunlight hours to keep the bedroom cool. This small change could save you from having to turn up the heat or air conditioner when you enter your room each night.

The next time you clean out your closet, bring your items to a local thrift store or charity drop-off. You can even ask for a receipt which will make your donation tax-deductible. This way your clothes can extend their lives and stay out of a landfill a bit longer, and you'll be helping out someone who could use the clothing.

**Kitchen** - Kitchen appliances offer a lot of opportunity for energy and water waste. When shopping for appliances, seek out appliances that meet Energy Star standards.

When it comes to water, forego the plastic bottles and buy a glass or metal refillable water bottle. Tap filters can greatly improve the taste, and you might find after a few days that you don't even notice the water tasting differently.

Consider composting kitchen scraps in a composting bin. You can later use this for fertilizing plants in your yard and garden. And, finally, be sure you're recycling all of your empty food and beverage containers.



### **Living Room**

Is your living room your entertainment center? If so, many of your devices, like cable boxes and streaming media devices, might continue running on "standby mode" wasting electricity. To prevent this, simply plug all of your devices into a power strip and turn it off at night.

**Bathroom** - Start by using refillable hand soap containers rather than buying a new one each time you run out. This will save you a lot of money in the long run and save you trips to the store as well.

If your hot water takes a long time to heat up and you find yourself running the tap often, consider installing a recirculating water pump in your bathroom.

### **House-wide improvements**

To save on electricity throughout the house, make sure you're using compact fluorescent bulbs and only keeping the lights on when you're in the room.

When cleaning, try using non-toxic cleaners or making your own from solutions of water, vinegar, and citrus essentials.

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# Sudoku

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

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

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DIFFICULTY: ★★☆☆

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

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

Answer to June Sudoku >

# CROSSWORD PUZZLE

- ACROSS**
- 1 Cubic feet per minute (abbr.)
  - 4 Heddles of a loom
  - 8 Hall (Ger.)
  - 12 Have (Scot.)
  - 13 Clergyman
  - 14 Eur. juniper
  - 15 Amount (abbr.)
  - 16 Stallion (2 words)
  - 18 Late
  - 20 Passover meal
  - 21 Afr. eye-worm
  - 23 Pipe
  - 27 Deny
  - 32 Amer. Civil Liberties Union (abbr.)
  - 33 Eur. Economic Community (abbr.)
  - 34 Goodbye (Fr.)
  - 36 Org. of Amer. States (abbr.)
  - 37 Starch
  - 39 Male noble
  - 41 Marsh
  - 43 At the age of (Lat.)
  - 44 Wild rubber
  - 48 Caribbean island
  - 51 Senet
  - 55 Catch
  - 56 Pueblo Indian
  - 57 Dash
  - 58 Internat'l Red Cross (abbr.)
  - 59 Monitor lizard
  - 60 Spawning ground
  - 61 Television channel
- DOWN**
- 1 Sudan lake
  - 2 Eclat
  - 3 Dross (2 words)
  - 4 Computer aided manufacturing (abbr.)
  - 5 Down with (Fr., 2 words)
  - 6 Qualified words
  - 7 Reward
  - 8 Lava
  - 9 Rhine tributary
  - 10 Classifieds
  - 11 Shelter
  - 17 Pronoun
  - 19 Physician
  - 22 According to (2 words)
  - 24 Den (2 words)
  - 25 Zeal
  - 26 Plant disease
  - 27 Distribute
  - 28 Yesterday (Ital.)
  - 29 Adverb (abbr.)
  - 30 3 (Rom. numeral)
  - 31 Fr. pronoun
  - 35 Fiddler crab genus
  - 38 Diacritical mark
  - 40 Office of Economic Development (abbr.)
  - 42 Nat'l Endowment for the Arts (abbr.)
  - 45 Maple genus
  - 46 Dominion
  - 47 Irish exclamation
  - 49 Projection
  - 50 First principles
  - 51 Heat unit
  - 52 Berne's river
  - 53 Genetic letters
  - 54 Too

## ANSWER TO PREVIOUS PUZZLE

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

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				60				61		

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## NEW GAME!

### ENIGMA™ CRYPTOGRAM

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

"NLXSSOHA LEEGQ LTGO NHTOJCQFTI,  
WBQS LTGO X RELN LEEGQ LTGO X  
CEZ."

— XBSFEH BJGJERJ

PREVIOUS SOLUTION: "The written word can be erased - not so with the spoken word." — Author Unknown

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E001

ALL DAY TRIP AND OVERNIGHT TRIPS SUBJECT TO CHANGE ALL BEST OF TIMES TRIPS HAVE BEEN CANCELLED THRU JUNE 30TH

**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**

**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.

LOCAL DINING

Enjoy these discounts from some of the eateries in our Northborough area.

 <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>508-616-9300</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 7/31/20</small></p>	 <p><b>\$5 OFF \$25 OR MORE</b></p> <p>Pizza • Pasta • Salads • Subs</p> <p><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><b>Hours:</b> 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 7/31/20. 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</p> <p><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 7/31/20.</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 7/31/20 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 7/31/20 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 7/31/20 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 7/31/20 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 7/31/20 Coupon Code 199919</small></p>
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All Coupons Expire July 31, 2020

Order Online at [www.thehouseofpizza.com](http://www.thehouseofpizza.com)

# NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | JULY 2020

Northborough Senior Center

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