

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 7, NO. 6, JUNE 2020

***Please call the
Senior Center to see which,
if any, programs will
be offered in June
508-393-5035***



Special Thanks to our Proud Premier Sponsor



3 Friends Corner	10 Elder Law
4 - 6 Programs & Activities	12 Groups & Courses
7 Health & Wellness	13 Real Estate Expert
8 - 9 Fitness	15 Trips
9 Northborough COA Van Service	15 Local Dining
	16 Brain Games

DIRECTOR'S CORNER

Dear Residents,
 I am writing this to you at the end of April and hope my words still ring true when you receive this in June. I am sure by now you have heard the phrases "these uncertain times" and "these unprecedented times" more than you would care to hear them. By now we almost do not need to be reminded anymore that we are facing an extremely challenging situation. Seniors (older adults, elders, wise ones- whatever your preferred term is) have a gift that many others in society do not. Seniors have the gift of resiliency. **Resilience is the result of successful adaptation to adversity.** Through decades of lived experiences, you have the tools to manage tough times, have insight on how to overcome crisis, and have learned how to cope, recover, and move forward. Coping skills don't have to be formal. Calling a friend, walking around the neighborhood, a game of virtual solitaire, watching a cheesy rom-com movie; these are all perfectly acceptable ways to cope with the tough times. If you are struggling to think of ways to cope, please give us a call. We would be happy to help you navigate the tough times. We are here for you.

Many have been asking about the plans to re-open senior center activities. Please know that we are actively strategizing how to do so safely. Our priority is keeping you safe, and keeping staff safe. We will coordinate any re-opening plans with local municipal health and safety departments. The process will certainly take time and will most likely be done in stages with a fluid timeline. We appreciate your patience with this process and 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**

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



WHITNEY PLACE
 ASSISTED LIVING AND MEMORY CARE



NORTHBOROUGH
 508.393.5655

WESTBOROUGH
 508.836.4354

WWW.SALMONHEALTH.COM



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 the Director's want you to know
WE ARE HERE FOR YOU!!!!
 Just think of the James Taylor song:
"You've Got a Friend"

You just call out my name...
 And you know wherever I am...
 I'll come running, oh ya baby, to see you again
 Winter, Spring, Summer and Fall
 All you have to do is call
 And I'll be there, Ya, Ya, Ya...
 You've got a friend"
 If you haven't joined the Friends yet - this is a great time to do so. Remember it is a small donation for the Northborough Senior Center that is a "Win-Win"!!!

Sincerely Yours,
Anita Hagspiel, President

DISCLAIMER:

Dear Reader, We plan our programs and prepare our newsletter nearly two months in advance. This means that our June newsletter was sent to print April 30th. Given how quickly the COVID 19 pandemic has 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.

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

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



508-852-2670 | 65 Briarwood Circle | Worcester, MA 01606
www.briarwoodretirement.com

Briarwood offers you and your family peace of mind.

Briarwood

- The Best Value in Senior Living
- Maintenance-free cottages and apartments
- Restaurant-style fine dining
- A vibrant and caring community

Knollwood Nursing Center

- Post-acute, palliative, and respite care
- Rehabilitative therapies 7 days a week
- Joint Commission Accreditation
- State-of-the-art pharmacy system

508-853-6910 | 87 Briarwood Circle | Worcester, MA 01606
www.knollwoodnursingcenter.com





A very special message of gratitude:

We have such a supportive community here in Northborough! We cannot thank you enough for all of the offers to assist and to volunteer your time! Our fantastic Bistro staff and Outreach staff helped organize an effort to get handmade cloth masks to seniors who need them. We want to especially thank the following individuals and organizations who helped make this possible:

Gayle Kellicker, Leslie O'Brien, Christina Renzullo, Karyn Moffa, Malini Kumar, Brenda Price-Stewart and the group "Coronavirus Quarantine-Who Needs Assistance group (Shrewsbury, MA and nearby)", Vidya Arcot and The Ladies of the Northborough Sai Center, Deepa Subramanian and Sankara Healthcare Foundation, and the Northborough Housing Authority.

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 for an invitation.

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.

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

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

ENGLISH AS A SECOND LANGUAGE - INTERMEDIATE

Date: Tuesdays • **Time:** 1:00 PM • **Cost:** Free

Cost: Students purchase textbook

Instructor: Meredith Bohne

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

NORTHBOROUGH SENIOR CENTER A CAPPELLA CHORUS

Day: Wednesdays • **Time:** 9:45 - 10:45 AM

Instructor: Manoj Padki • **Cost:** \$3/class

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

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

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!

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!

SPA SERVICES

Call for June 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

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

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.

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 June 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 June, 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.

NOW IS AN IMPORTANT TIME TO CONSIDER QUITTING SMOKING



We have special concern for smokers these days. As our lives are disrupted by the coronavirus, there are concerns about the damaging impact the coronavirus (COVID-19) may have on those who smoke. Dr. Nora Volkow, director of the National Institute on Drug Abuse, says, *“Because it attacks the lungs, the coronavirus that causes COVID-19 could be an especially serious threat to those who smoke tobacco or marijuana or who vape.”* Evidence shows that smoking harms the ability of the lungs to fight infection.

Despite the stressful times we’re living in, people who smoke may want to quit to improve their ability to fight the coronavirus. For others, the stress may have led them to relapse and start smoking again. But it’s never too late to try to quit. As the U.S. Surgeon General reported in January, quitting smoking at any age provides health benefits.

If you smoke, now may be a good time to call the Massachusetts Smokers’ Helpline at 1-800-QUIT NOW (1-800-784-8669) for free coaching and support 24 hours each day, seven days a week. Enroll online, access quit planning tools, peer support and

motivational text messages at KeepTryingMA.org. It can all be done from home.

Up to eight weeks of FREE nicotine replacement help from patches, gum or lozenges are available through the Helpline (with medical eligibility). With coaching and quit medication people can be twice as likely to quit for good compared to those who try to quit on their own.

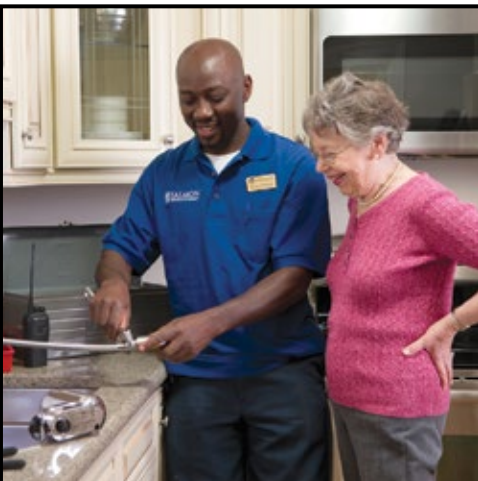
Quitting improves one’s health right away; lungs start to heal, and the body starts to repair its ability to fight infection.

For more information, call **1-800-QUIT-NOW** or visit KeepTryingMA.org. Or contact me, Tina Grosowsky, Program Coordinator, Central MA Tobacco-Free Community Partnership, tina.grosowsky@umassmed.edu or **508-856-5067**.



MEMORIES Shared LIFE Honored Embraced by COMMUNITY

508-393-6591 | haysfuneralhome.com | 56 Main Street, Northborough
 Director: Jeff Koopman | Jeff@haysfuneralhome.com



LIVE YOUR INSPIRED LIFE.

- Full-service, maintenance-free living
- Spacious 1, 2 & 3 bedroom deluxe apartment homes
- Chef-prepared meals in two restaurants
- On-site amenities including banking, hair salon, spa, staffed fitness center



The WILLOWS
 PREMIER RETIREMENT COMMUNITIES
 FOR ACTIVE ADULTS



One Lyman Street Westborough, MA • 508-366-4730

WWW.SALMONHEALTH.COM



CONTINUUM OF CARE

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

OUTREACH NOTES

Dear Friends,

As I write this month's Outreach Notes, life, due to the Covid-19 outbreak, is dramatically different. Under these unusual circumstances several Senior Center staff reached out by telephone to a large swath of Northborough's older population. It has been a heartening experience.

People overwhelmingly were appreciative of being contacted. The vast majority of people contacted reported following suggested protocols, being prepared themselves, with mask and gloves, to grocery shop or having an arrangement with family and neighbors. Some people expressed boredom but people also shared with us their strategies for dealing with the current situation: a favorite TV show, a regular walk on their street, a ride in the car and much more. Also notable were the many and creative examples of people helping one another through regular phone check-ins, collecting for the food pantry, no contact book swaps, mask making to name a few. People shared with us their new experiences using telehealth and zoom and numerous people offered to volunteer as needed.

The majority of our phone calls were reassuring. Your situation may be different or may have changed. We want to assure everyone, that despite the closure of Senior Center programs, the Senior Center is accessible. When not in the office, Senior Center staff are remotely monitoring messages left on the Senior Center phone line, responding and assisting as appropriate. The Senior Center has posted pertinent resource information on the town website. Our response will continue to evolve along with this situation. Stay well.

*Jocelyn Ehrhardt, MSW
Outreach Coordinator*

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 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.

This program has been made possible in part by funding from the MetroWest Health Foundation

SHINE

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

MEDICARE QUESTIONS?

Are you turning 65 in the next three months?

Are you over 65 and need to enroll soon?

Do you understand your Medicare deadlines and options?

Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the **SHINE** (Serving Health Insurance Needs of Everyone...on Medicare) program. Certified SHINE counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For assistance by phone, call the MetroWest regional office at 781-453-8076. Once you get the SHINE answering machine, leave your name, phone number and town. A counselor will call you back, as soon as possible.

**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

hats off
a walk-in barber shop
Times Square Plaza • 299 W Main Street Northboro, MA
www.hatsoffbarbershop.com
508-393-7647
ADULTS \$14 • SENIOR MEN* \$10
SENIOR WOMEN* \$13 *age 62 or older

FREE TAI CHI FOR VETERANS AND THEIR FAMILIES

Day: Tuesdays • Time: 9:00 AM

Cost: Free for veterans and their families

Leader: Kristin Higgins

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

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

STRENGTH TRAINING

Day: Mondays & Wednesdays

Time: 9:00 - 10:00 AM

Suggested Donation: \$3/class

Instructor: Linda Bonazzoli

Make your workout fun with this active class. You'll begin with a warm-up and ease into strength training with weights. The class incorporates aerobics and stretching as well. Linda has been an instructor at the Senior Center for more than 15 years. This class is adaptable to all capabilities so plan on checking it out soon.

TAI CHI/QI GONG/ MEDITATION MIND BODY & SPIRIT

Day: Every Tuesday

Time: 10:45 - 12:00 PM

Suggested Donation: \$3/class

Instructor: Rev. Helen Morin

Join us for a wonderful session of stretching known as Qi Gong, to improve your health increase energy and stimulate blood flow. Then relax into some Ancient Shaolin Temple exercises (all low impact). Then step gently into a progressive step by step learning of a modified Yang T'ai Chi form, from Villari's Self Defense studios. This one hour class will end with a guided healing meditation and you will begin your weekend balanced, focused and aware. Led by Rev Helen J. Morin, a certified teacher of Tai Chi.

BELLY DANCING

Day: Thursdays • Time: 9:30 AM

Instructor: Gypsy Phillips

Suggested Donation: \$3/class

Shimmy your way to a new figure while having fun at the same time. You'll learn the techniques and steps of this timeless dance form and have a great time.

LINE DANCING-HIGH BEGINNER

Day: Tuesdays • Time: 10:00 AM

Suggested Donation: \$3/class

Instructor: Mary Dragon

Line dancing is a fun way to exercise, reduce your stress and increase your energy. This class is a high beginner/easy intermediate. Popular and classic line dances are put to all different types of music. You are welcome to sit in on a class and see if this is for you. Let's Get Dancin'!

YOGA WITH REBECCA

Day: Every Wednesday

Time: 12:00 PM

Suggested Donation: \$3/class

Instructor: Rebecca Reber

The benefits of yoga are amazing including greater flexibility, balance, strength along with calming the mind and relaxation. This class begins with a meditation and gentle warm-up to an easy flow of postures in which choices will be given depending on experience level and then ending in a final relaxation or Savasana. Rebecca has been practicing yoga for over 15 years. She received her 200 certification three years ago and teaches at local COA. To find out more about her please visit www.rebeccareberyoga.com

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

Days: Mondays & Thursdays

Time: 1:00 PM

Suggested Donation: \$3/class

Instructor: Mary Abate

This easy-to-follow program allows anyone any age or either sex to be able to perform the Zumba Gold dance moves to upbeat and fun music. Join us and let the party begin!

TAI CHI FOR ARTHRITIS

Day: Every Tuesday • Time: 9:30 - 10:30 AM

Suggested Donation: \$3/class

Instructor: Helen Morin

Exercise helps arthritis! Studies show that Tai Chi is a great exercise. Join us for this special form of Tai Chi designed specifically for arthritis by Dr. Paul Lam, an arthritis sufferer, who wanted an alternative to medication. We begin with gentle stretching known as Qi Gong, then we learn step by step the Sun Arthritis form. After practicing Tai Chi for 45 minutes we have a guided healing meditation. Then you will be ready for a beautiful day!

TAI CHI/QI GONG/ MEDITATION MIND BODY & SPIRIT

Day: Every Friday

Time: 8:30 - 9:30 AM

Suggested Donation: \$3/class

Instructor: Rev. Helen Morin

Join us for a wonderful session of stretching known as Qi Gong, to improve your health increase energy and stimulate blood flow. Then relax into some Ancient Shaolin Temple exercises (all low impact). Then step gently into a progressive step by step learning of a modified Yang T'ai Chi form, from Villari's Self Defense studios. This one hour class will end with a guided healing meditation and you will begin your weekend balanced, focused and aware. Led by Rev Helen J. Morin, a certified teacher of Tai Chi.

CHAIR YOGA WITH DIANE

Day: 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

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

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.

NURSING HOME ALTERNATIVE DURING COVID-19

What is the alternative to being in a nursing home? That question is top of mind for many seniors now due to the high risk factors of the coronavirus, and the fact that the disease has become widespread within nursing home facilities.

While some folks simply cannot live at home as a medical matter, many of those in nursing homes, especially those who are there primarily because of their dementia symptoms, may be able to move back home or to a relative's home. Those who are considering this but wondering how they can pay for the care at home should consider the Frail Elder Waiver (FEW) program (sometimes referred to as the Choices program). As the name implies, the FEW allows people living in the community to "waive" the usual income limits. A senior who would otherwise be medically eligible for a nursing home using the MassHealth criteria can, instead, qualify for MassHealth benefits at home. The asset criteria for qualification are exactly the same:

- The senior cannot have more than \$2,000 in countable assets.
- The spouse can own the home, can have other assets up to \$128,640, and can have unlimited income.

For seniors who have too much in assets, the same strategies (transferring funds to a d4c pooled trust and/or buying an annuity) are available to allow the senior to restructure assets at the last minute, and then qualify.

Once the senior has qualified for the FEW, MassHealth will typically pay for between 40-50 hours of home care services per week to keep the senior at home. MassHealth may also pay a family member (other than the spouse) a stipend to stay home and care for the senior. While there may be a deductible involved depending on the senior's income, that deductible can come from the senior's income, which now won't be paid to the nursing home. It can also come from the spouse's funds, from the d4c trust, or from a reverse mortgage on the home.

If you are concerned that you or someone you love may need nursing home care in the near future, the Frail Elder Waiver is something you may want to consider as an alternative.

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 June virtual seminar, **GETTING CARE AT HOME DURING THE PANDEMIC**, 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.

Want to retire without Mortgage Debt?



Fixed Rate as low as

2.875% APR*

- **Quick application** – no fee to apply
- **Choose your maturity date** – up to 144 months
- **No closing costs****
- **Serviced locally** – and never sold



148 Main Street, Northborough • 508-393-8112

MyChoice Mortgage Refinance Disclosure: First position mortgage only. Property must be owner-occupied. Credit Union membership required. *Rate is higher for refinancing existing Central One mortgages and equities. Rate listed includes 0.25% discount for Direct Deposit and Electronic Loan Payment when the payment is taken from a Central One account. Must have a 720 credit score or higher to qualify for published rate. Rate based on 7 year term. Other terms and rates available. **Appraisal is needed for any loan to value over 70% of assessed value, or any loan amount over \$250,000, max loan to value is 80% of appraised value. If you live outside of Worcester County, additional Appraisal and Title Search Fees may apply. Rate valid as of 2/4/2020 and subject to change.



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
508.860.1470
abergeron@mirickoconnell.com



Watch our elder law legal clinics on YouTube: "ElderLawFrankAndMary"



Follow our Blog: "Getting All Your 'Docs' in a Row"

Excellence in our work.
Excellence in client service.
Excellence in value.

800.922.8337
www.mirickoconnell.com



ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

AGE-RELATED VISION PROBLEMS



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

— Source: Mayo Clinic



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



Do you have Ostomy, Urological, Wound Care or Incontinence supplies delivered to your home? Don't deal with a faceless 800 number, deal with a local, family business you can trust, call Bouvier's!



Our friendly and knowledgeable staff will use care and discretion to help you get the supplies you need delivered **right to your door!**

We proudly carry products from the leading product manufacturers, and offer a convenient and discreet drop ship program, as well as a free sample program with most brands. We can also special order any particular item for your specific needs and drop ship in one business day.

We also work with your doctor to provide direct insurance billing through most major insurances!

515 Lincoln Street, Marlborough, MA

Fax: 508-485-8777

Call 508-485-0432

www.bouvierpharmacy.com

*4 Generations of our Family
Caring for Yours...*

DULL MEN'S CLUB

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

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

LOW VISION SUPPORT GROUP

Day: Thursday
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, Breathe 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 ukuleles for chords and vocals, make for a rich musical treat for both experienced and new players. Come join the fun!

MEMOIR WRITING GROUP

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 • Time: 1:30 – 2:30 PM
Attorney: Kristine Romano
Cost: Free • Pre-Registration Required
 The Legal Clinic will be staffed by Attorney Kristine Romano. 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

It's a perfect time to try a new hobby! Making beautiful jewelry is both fun and easy when you have an expert like Lori working with you. Maybe you have a project that you've been working on but you need a little help. Maybe you have a great pair of earrings, but would like to make a great bracelet to match. Does something in your jewelry box need to be fixed? Bring it in and Lori can help. Sign up today to try your hand at something new and creative.

ORIGAMI

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

Origami workshop for May - 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.

WHAT IF I NEED TO SELL MY HOME NOW? WHAT CAN I DO?

Every day that passes, people have a need to buy and sell homes. That doesn't stop during the current pandemic. If you've had a major life change recently, whether with your job or your family situation, you may be in a position where you need to sell your home – and fast. While you probably feel like timing with the current pandemic isn't on your side, making a move is still possible. Rest assured, with technology at your side and fewer sellers on the market in most areas, you can list your house and make it happen safely and effectively, especially when following the current COVID-19 guidelines set forth by the National Association of Realtors (NAR) and the Centers for Disease Control and Prevention (CDC).

You may have a new baby, a new employment situation, a parent who moved in with you, you just built a home that's finally ready to move into, or some other major part of your life that has changed in recent weeks. Buyers have those needs too, so rest assured that someone is likely looking for a home just like yours.

According to the NAR Flash Survey: Economic Pulse taken April 5 – 6, real estate agents indicate, not surprisingly, that there's a noticeable decline in current homebuyer interest. That said, 10% of agents said in the same survey that they saw no change or even an increase in buyer activity. So, while buyer interest is low compared to normal spring markets, there are still buyers in the market. Don't forget, you only need one buyer – the right one for your home.

Here's the other thing – people are spending a lot of time on the Internet right now, given the stay-at-home orders implemented across the country. Buyers are actively looking at homes for sale online. Some of them are reaching out to real estate professionals for virtual tours and getting ready to make offers too. Homes are being sold in many markets.

THERE IS LESS COMPETITION RIGHT NOW

The same survey indicates that 56% of NAR members said sellers are removing their homes from the market right now. This can definitely work in your favor. If other sellers are removing their listings, your home has a better chance of rising to the top of a buyer's search list and being seen. Keep in mind, listings will pick up again soon, as 57% of the respondents note that sellers are only planning to delay the process by a couple of months. If you need to sell right now, don't wait for the competition to get back into the market again.

This year, delayed listings from the typically busy spring season will push into the summer months, so more competition will be coming to the market as the pandemic passes. Getting ahead of that wave now might be your biggest opportunity.

YOUR TRUSTED REAL ESTATE ADVISOR CAN HELP

Real estate agents are working hard every single day under untraditional circumstances, utilizing technology to help both buyers and sellers who need to continue with their plans. We're using virtual tours to show homes currently on the market, staying connected with the buyers and sellers through video chats, and leveraging resources to complete transactions electronically. We're making sure the families we support remain safe and can keep their real estate needs on track, especially as life is changing so rapidly.

BOTTOM LINE

Homes are still being bought and sold in the midst of this pandemic. If you need to sell your house and would like to know the current status in our local market, let's work together to create a safe and effective plan that works for you and your family.

27 years as a successful top producer with many prestigious awards and designations.

BUYING | SELLING | ALL YOUR REAL ESTATE NEEDS!



KAREN SCOPETSKI, V.P.
Your Northborough Realtor

Contact Karen Today!

Call: 508-380-0112
Email: Scopet@aol.com



KARENSCOPETSKI.COM



GUIDANCE FOR CLEANING & DISINFECTING

PUBLIC SPACES, WORKPLACES, BUSINESSES, SCHOOLS, AND HOMES



SCAN HERE FOR MORE INFORMATION

Follow guidance from state, tribal, local, and territorial authorities.

1 DEVELOP YOUR PLAN

DETERMINE WHAT NEEDS TO BE CLEANED.

Areas unoccupied for 7 or more days need only routine cleaning. Maintain existing cleaning practices for outdoor areas.

DETERMINE HOW AREAS WILL BE DISINFECTED. Consider the type of surface and how often the surface is touched. Prioritize disinfecting frequently touched surfaces.

CONSIDER THE RESOURCES AND EQUIPMENT NEEDED. Keep in mind the availability of cleaning products and personal protective equipment (PPE) appropriate for cleaners and disinfectants.

2 IMPLEMENT

CLEAN VISIBLY DIRTY SURFACES WITH SOAP AND WATER prior to disinfection.

USE THE APPROPRIATE CLEANING OR DISINFECTANT PRODUCT. Use an EPA-approved disinfectant against COVID-19, and read the label to make sure it meets your needs.

ALWAYS FOLLOW THE DIRECTIONS ON THE LABEL. The label will include safety information and application instructions. Keep disinfectants out of the reach of children.

3 MAINTAIN AND REVISE

CONTINUE ROUTINE CLEANING AND DISINFECTION. Continue or revise your plan based upon appropriate disinfectant and PPE availability. Dirty surfaces should be cleaned with soap and water prior to disinfection. Routinely disinfect frequently touched surfaces at least daily.

MAINTAIN SAFE PRACTICES such as frequent handwashing, using cloth face coverings, and staying home if you are sick.

CONTINUE PRACTICES THAT REDUCE THE POTENTIAL FOR EXPOSURE. Maintain social distancing, staying six feet away from others. Reduce sharing of common spaces and frequently touched objects.

MAKING YOUR PLAN TO CLEAN AND DISINFECT

Cleaning with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection.

Disinfecting kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

Is the area indoors?

YES

It is an indoor area.

NO

Maintain existing cleaning practices.

Coronaviruses naturally die in hours to days in typical indoor and outdoor environments. Viruses are killed more quickly by warmer temperatures and sunlight.

Has the area been occupied within the last 7 days?

YES

Yes, the area has been occupied within the last 7 days.

NO

The area has been unoccupied within the last 7 days.

The area will need only routine cleaning.

Is it a frequently touched surface or object?

YES

Yes, it is a frequently touched surface or object.

NO

Thoroughly clean these materials.

Consider setting a schedule for routine cleaning and disinfection, as appropriate.

What type of material is the surface or object?

Hard and non-porous materials like glass, metal, or plastic.

Visibly dirty surfaces should be cleaned prior to disinfection.

Consult EPA's list of disinfectants for use against COVID-19, specifically for use on hard, non-porous surfaces and for your specific application need. More frequent cleaning and disinfection is necessary to reduce exposure.

Soft and porous materials like carpet, rugs, or material in seating areas.

Thoroughly clean or launder materials.

Consider removing soft and porous materials in high traffic areas. Disinfect materials if appropriate products are available.

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, July 15, 2020

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

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>twodoorsawaycafe.com 508-393-1362 249 West Main St. Northborough, MA</p> <p>WEEKLY BREAKFAST, LUNCH AND FISH 'FRY-DAY' SPECIALS</p>	 <p>\$10 OFF \$20 OR MORE</p> <p>WWW.UNO.COM</p> <p>508-616-9281 225 Hampden Road Westborough, MA</p>  <p><small>Not valid on alcohol, gift cards, pick & 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 6/30/20</small></p>	 <p>\$5 OFF \$25 OR MORE</p> <p>Pizza • Pasta • Salads • Subs</p> <p>www.thehouseofpizza.com</p> <p>508-393-3566 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 6/30/20. Coupon Code 52519</small></p>	 <p>\$20 OFF \$60 OR MORE</p> <p>508-666-2153 45 Belmont Street Northborough, MA</p> <p>www.casavallarta.us</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 6/30/20.</small></p>
--	---	---	---

 <p>508-393-3566</p> <p>FREE SMALL CHEESE PIZZA 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 6/30/20 Coupon Code 21719</small></p>	<p>Pizza Pasta Salads Subs • 12 Main Street(Route 20), Northboro Center</p> <p>508-393-3566 • www.thehouseofpizza.com</p> <p>Delivery to Northboro & parts of Westboro, Marlboro & Shrewsbury</p> <p>Store hours: Sunday - Thurs 10AM - 10PM Friday - Saturday 10AM - 11PM</p> <p>\$12.99+TAX 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 6/30/20 Coupon Code 129919</small></p>	<p>WE DELIVER</p> <p>Large Cheese Pizza \$9.99</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 6/30/20 Coupon Code 99919</small></p>	<p>\$15.99+TAX 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 6/30/20 Coupon Code 159919</small></p> <p>\$19.99+TAX 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 6/30/20 Coupon Code 199919</small></p>
--	--	--	--

All Coupons Expire June 30, 2020

Order Online at www.thehouseofpizza.com

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | JUNE 2020

Northborough Senior Center
119 Bearfoot Road
Northborough, Massachusetts 01532

BRAIN GAMES

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

Answer to May Sudoku >

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

Sudoku

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

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

CROSSWORD PUZZLE

- ACROSS
- 1 "___ Abner"
 - 4 Aleutian island
 - 8 Vishnu's serpent
 - 12 Father: Arabic
 - 13 Banana genus
 - 14 Plant of the iris family
 - 15 Computer chip
 - 16 Raw
 - 18 Coptic clergyman
 - 20 Defiant shout
 - 21 Abstract being
 - 25 Sputnik dog
 - 29 Emery
 - 32 One
 - 33 Pack down
 - 34 Eur. finch
 - 36 Celsius (abbr.)
 - 37 Husband of Jezebel
 - 39 Easy job
 - 41 Of punishment
 - 43 Of birth
 - 44 Youth
 - 46 Benevolent and

- Protective Order of Elks (abbr.)
- 49 Lade (2 words)
- 55 Adjusted gross income (abbr.)
- 56 Spruce
- 57 Husband of Halcyone
- 58 Pitch
- 59 Glacial trough
- 60 Madame Bovary
- 61 Woman: obs.

ANSWER TO PREVIOUS PUZZLE

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

DOWN

- 1 Byron poem
- 2 Dayak people
- 3 Sawyer
- 4 ___ Darya River
- 5 Press for payment
- 6 Shak. contraction
- 7 Kernel (pref.)
- 8 Haw. island
- 9 Scot. alder tree
- 10 Give (Scot.)
- 11 Annex
- 17 Mulberry of India
- 19 S.A. herb
- 22 Explosive letters
- 23 Killer of Castor
- 24 Red dye
- 26 Arraign
- 27 Bleaching vat
- 28 Tamarisk salt tree
- 29 Poor-quality goods
- 30 US dam
- 31 Ancient weight
- 35 To yield profit
- 38 Aesir god
- 40 Vehicle compartment
- 42 Resin
- 45 Carplike fish
- 47 Irish writing
- 48 Ireland
- 49 Limited (abbr.)
- 50 Gold (Sp.)
- 51 Eastern church chalice veil
- 52 Rapid eye movement (abbr.)
- 53 Sports hall
- 54 Oxygen (pref.)

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	