

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 7, NO. 3, MARCH 2020

Happy St. Patrick's Day!



Special Thanks to our
Proud Premier Sponsor

COLDWELL BANKER **KAREN SCOPETSKI**
RESIDENTIAL BROKERAGE REALTOR

Westborough HealthCare

Post-Acute Rehabilitation to
strengthen, support and help
you succeed on your *Next Step*
to getting home.

Call us Today!
508.366.9131

Short Term Rehabilitation * Respiratory Care * Respite Care * Wound Care * Hospice & Palliative Care



8 Colonial Drive, Westborough MA 01581 | 508.366.9131 | www.nextstephc.com

3 Friends Corner	13 Real Estate Expert
4 - 6 Special Events	14 - 15 Calendar
6 Trips	16 Brain Games
7 Health & Wellness	16 Northborough COA Van Service
8 - 9 Fitness	17 Ask a Pharmacist
10 Elder Law	18 Arts & Crafts
11 Local Dining	19 Weekly Activities
12 Groups & Courses	

We are currently accepting donations of greeting cards

DIRECTOR'S CORNER:

For the next few months, Eileen Bogle will be serving as the Interim Director for the Senior Center. Please feel free to drop by the office to say hello.



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

Office Assistant: Nancy Dragon

Outreach Coordinator: Jocelyn Ehrhardt

Program Coordinator: Terry Leo

The Bistro@119 Program Coordinators:

Vickie Killeen, Carolyn Harrington

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

SHINE Counselors: Pauline O'Bray, Susan Goellner

COUNCIL ON AGING MEMBERS

Chairperson: Adrienne Cost

Vice Chairperson: Jerry Anderson

Secretary: Linda Cragin

Members: Lee Beavers, Virginia Simms George,

Phylis Muthee, Alice Stapelfeld

Liaison to Selectmen: Tim Kaelin

Liaison to School Committee: John Kane

Bay Path Rep: Jarl Anderson

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



We are very excited to share an update about "focusing" on the future of our Senior Center.

Since early Fall, a dedicated group has been working on a Strategic Plan for the Northborough Senior Center to create some goals for the next five years. This effort is being funded by the Friends.

The project team has consisted of Kelly Burke and members of the Council on Aging and the Friends Board Of Directors. After a lot of hard work and dedication, the project team is completing the Strategic Plan.

Barrie Atkin, Atkin Associates, a consultant recommended by the Massachusetts Council on Aging, has provided her expertise and facilitation.

The project team is presently working on rebranding/marketing materials including a logo for the Senior Center.

The whole process should be completed by the summer.

Sincerely Yours,

Anita Hagspiel
President of the Friends

Adrienne Cost
Chairperson of the
Northborough Council on Aging



**NEWS FROM THE FIRE DEPARTMENT:
The Proper Operation of Smoke Detectors and CO alarms**

Date: Tuesday • Date: March 10 • Time: 4:30 - 5:00 PM
Cost: Free • Instructor: Peter Galas

Northborough Fire Department would like to invite you to an informational meeting on Tuesday, March 10 from 4:30 - 5:00 PM at the Northborough Senior Center. We are launching a new program to help to ensure proper operation of smoke detectors and CO alarms, as well as general household fire safety for Seniors. We hope to see you.

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

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

**FRIENDS OF NORTHBOROUGH SENIOR CENTER, INC.
MEMBERSHIP & DONATION FORM**

Today's Date _____ Note: Membership renewal is due annually in January.

Name(s) _____

Address _____

Town, State, Zip _____

Phone _____ Email _____

\$5 Individual \$10 Couple \$10 Non-resident INDIVIDUAL \$20 Non-resident COUPLE

\$25 Family \$100 Life* per person

Optional Donation: \$25 — \$35 — \$50 — \$100 — \$150 — \$250 — Other —

Payable to: Friends of Northborough Senior Center, Inc.
119 Bearfoot Road • Northborough, MA 01532



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





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

- March 3** Bread/Rolls & Butter, Caesar Salad, Chicken Pot Pie, Cranberry Sauce, Assorted Desserts \$9

- March 10** Bread & Butter, Cheese Stuffed Shells with Meat Balls, Garden Salad, Assorted Desserts \$9

- March 17** Gray Corned Beef with all The Fixings, Homemade Irish Bread, Special Dessert \$14
Ticketed Event - 75 Person Limit, Entertainment by George Curtis

- March 24** Bread/Rolls & Butter, Roast Pork, Applesauce, Potato, Vegetable, Assorted Desserts \$9

- March 31** Bread/Rolls & Butter, Vickies Chicken, Cranberry Sauce, Vegetable, Rice Pilaf, Assorted Desserts \$9

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

ST. PATRICK'S DAY DINNER!

Please join us for our annual **Corned Beef and Cabbage Dinner on Tuesday, March 17th at 5:00 PM** in the Bistro. This popular ticketed event is limited to 75 people so please get your ticket early. Musical Entertainment will be provided by pianist George Curtis. - Vickie & Carolyn



NORTHBOROUGH SENIOR CENTER

A CAPPELLA CHORUS

Day: Wednesdays ▪ Time: 9:45 – 10:45 AM
Instructor: Manoj Padki ▪ Cost: \$3/class

We started the Singing Rounds class on April 17, 2019 and we have been making beautiful music every Wednesday from 9:45 to 10:45. We are now expanding our mandate & doing other styles of music as well. We even did a performance on December 10 at the Northborough Senior Center Bistro Dinner! What we need is your voice! Our goal is to sing beautiful music while building camaraderie and having fun. Please join us!

CHESS

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

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

ENGLISH AS A SECOND LANGUAGE - INTERMEDIATE

Date: Tuesdays ▪ Dates: March 17, 24, 31
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.

FREE HELP WITH STATE AND FEDERAL INCOME TAX RETURNS

Each year the Northborough Senior Center is pleased to pair with the AARP TAXAIDE Program to offer a free income tax service to seniors in the Northborough area. Local AARP volunteers staff the program, supported by the staff from the Senior Center. We are pleased to offer this opportunity again this year.

The AARP TAX-AIDE program helps low and middle income taxpayers file their Federal and Massachusetts personal income tax returns. Special attention is given to senior citizens with Federal Adjusted income of under \$80,000. The program also helps those who would not normally file a tax return but who qualify for the Massachusetts Senior Circuit Breaker, a partial tax refund of up to \$1100 for low income seniors whose real estate taxes or rent meets certain requirements. Residents of subsidized housing do not qualify for the Senior Circuit Breaker.

AARP TAX-AIDE volunteers are trained to assist in filing the basic income tax forms and schedules, including most forms for earned income, retirement income, interest and dividend income, simple business income, itemized deductions, the earned income credit, and Child Tax and Education credits. Volunteers are not trained to assist with depreciation, business returns, complex financial income, and taxpayers subject to the Alternate Minimum tax.

The AARP volunteers meet with taxpayers by appointment at the Northborough Senior Citizen's Center on Wednesday mornings, starting February 5 and ending April 13. Appointments are about an hour, with the first starting at 8:45 and last starting about 12:45.

You are asked to bring all your tax documents to your appointment. Please bring your copy of your 2018 Federal and State tax return. We will require proof of identity (a photo ID) and a Social Security Card or letter from the Social Security Administration documenting all Social Security numbers. Bring proof of health care coverage and the 1095-A if you purchased insurance on the MASS Connector. Bring all income statements - wage statements (W2), interest statements (1099-I), dividend statements (1099-D), retirement income statements (1099-R), social security statements, and brokerage statements (1099-B). Bring proof of real estate tax and water bill payments or rent payments. Bring mortgage statements, charity contributions, medical expenses, and tuition payment statements. Not having the required forms will usually mean rescheduling another appointment on a future Wednesday.



MANICURES/PEDICURES/REFLEXOLOGY**Day: Thursdays • Dates: March 5, 12, 19, 26****Time: First appt. is 9:30 AM; last appt. is 3:00 PM****Cost: Varies by Service/Price List at Front Desk/****Call for more Information • Technician: Veronica Thompson
Pre-Registration Required**

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

TUESDAY TRIVIA**Day: Tuesdays • Time: 1:00 PM • Cost: Free**

Looking for a lot of fun while sharpening your mind? We've all heard how important it is to use the mind and continually challenge it. Being involved in leisure activities that help stimulate your brain can help you live a longer and happier life. Studies have shown that time spent stimulating the brain can help prevent dementia and Alzheimer's disease. Why not try Tuesday Trivia? Enjoy sharpening your mind in a non-competitive environment.

SPA SERVICES**Day/Date: Wednesday, March 11****The first appointment is at 10:00 AM; the last appointment ends by 3:00 PM. Appt. required • Esthetician: Bonnie Leigh****Cost: See the menu of services at the Senior Center***Gift certificates for Spa Services are available at the Senior Center.*

Create your own hour of bliss in the privacy of our spa room right here at our center. Get comfy and let our skin care expert, Bonnie Leigh relax and beautify you with her gentle, healing touch and 30 years of experience. **Possibilities include:** Hydrating face mask, face, neck, and shoulder massage, Reiki, warm hand mitts with massage, brow shaping, facial hair removal with gentle wax, aromatherapy warm facial towels.

TECHNOLOGY TUESDAY**Date: Tuesday, March 17 • Time: 2:30 PM****Cost: Free • Pre-Registration Required**

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

ASK THE LIBRARIAN**Day: Tuesday • Date: March 24****Time: 12:00 PM • Where: The Bistro@119**

Visit with Town librarians Deborah Hersh and Donna Kafel during lunch at the Bistro and discover what today's free public library has to offer. More than just books and DVDs, the Northborough Free Library can connect you to a whole world of information and entertainment.

Each month we will feature an opportunity available to you at the Library. For example, did you know that you can get free books to read or listen to on your Kindle, laptop or smartphone? Bring your handheld device and your library card to our first session and we'll show you how.

DIVERSITY THROUGH COLLABORATION**TUESDAY WITH LAURI****Day: Third Tuesday of the month****Date: March 17****Time: 11:30 AM - 1:00 PM****Cost: Free • Leader: Lauri Ryding**

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

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

Lauri**WELCOME ALL COLORS!**

Diversity Through Collaboration invites people 60 and older who are LGBTQ and their allies to attend a **free** PowerPoint presentation, on **Growing Annuals for Bouquets**, followed by a Q & A with Mel Hardy, organic farmer from Fields Edge Flowers at the Callahan Center, Monday, March 30, at 3 PM. Light refreshments will be served. This program is made possible, in part, by funding from the Older Americans Act, as granted by BayPath Elder Services, Inc."

BIRTHDAY LUNCH**Date: Monday, March 23 • Time: 12:00 PM****Cost: Free sandwich of your choice for Northborough seniors with March 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 March, the Friends will treat you to a lunch at the Bistro@119, which includes a sandwich of your choice, and of course, cake and ice cream. Even if you're not celebrating a birthday, we'd love to have you join the festivities. Please call the Senior Center at **508-393-5035** to make your reservation. We mail out birthday coupons to Town Residents to be used the day of the birthday lunch at the Bistro@119. If you do not receive yours by the week before Birthday Lunch, please call us and pick up your coupon here.

CHAT AND LUNCH WITH THE CHIEF**Day/Date/Time: Thursday, March 12 at 9:00 AM (Coffee)****Day/Date/Time: Thursday, March 26 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 with coffee/tea and pastries served. On the fourth Thursday of each month, he'll be here for Lunch with the Chief. You can purchase a meal from the Bistro and join Chief Lyver's table for good food and good conversation.

LEARNING TO PLAY MAH JONG

Join Charlotte Holly for a new opportunity to learn and play Mah Jong, offered every Wednesday except the third Wednesday of the month at 1:30. If you want to learn please contact the center at **508-393-5035**. Those people currently playing please join the game when you are able.

MAH JONG (CHINESE VERSION)

Day: Thursdays • Time: 10:30 AM - 12:00 PM

Cost: Free • Instructor: Charlotte Holly

If you know how to play, join us on Thursdays at 10:30 AM to play.

If you would like to learn how to play, please see the article on "Learning How to Play Mah Jong" in this issue so we can set up a training. Charlotte was fortunate enough to meet a woman from China who taught her to play Mah Jong in the Chinese manner. She found it to be great fun. Since then, Charlotte has shared this knowledge with others and everyone seems to enjoy it. Anyone is welcome. If you have played gin rummy it is an asset, but not necessary. It is less complicated than the American version. So please drop by and check it out. You may discover a new pastime!

BEREAVEMENT GROUP

Day: Thursday • New Session March 5 to April 2

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 on Bearfoot Road. Rev. Sharron Lamothe, one of the chaplains with Faith and Family Hospice, will be the facilitator along with assistance from colleagues from Faith and Family.

No matter how dark and frightening the winters of struggle have been after the death of a loved one, we can be assured that spring will always come birthing new life. It is our hope that if you are experiencing the loss of a loved one, you will consider attending the bereavement support group. Then maybe you can begin to feel a sense of peace, solace and healing in such a difficult time in your life.

Rev. Sharron

MASSAGES BY MELANIE

Day: Mondays • Time: First Appt. is at 9:00 AM,

Last apt. is at 2:30 PM • Therapist: Melanie Railing

Cost: Varies by service. Price list at front desk. Call for more info.

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

**TRIPS**

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

BEST OF TIMES TRAVEL - DAY TRIPS

The Home Again Carol King Tribute - May 20th, 2020

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



The Corvettes Doo Wop Review - April 28th, 2020

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

BEST OF TIMES TRAVEL - OVERNIGHT TRIPS

Wine Country Pacific Coast Cruise

9 Days/8 Nights, April 6th - 14th, 2020.

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

Boston to Bermuda

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

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

AAA TRAVEL - OVERNIGHT TRIPS

Mediterranean Dreams: August 26 - September 5, 2020

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

Canada & New England Cruise:

September 27 - October 4, 2020

(8 Days) Acadia National Park, Portland, Kennebunkport, Halifax and Peggy's Cove. Inside cabin from \$1,399 per person.

Moving Morocco: October 5 - October 17, 2020

(13 days and 11 nights) stay in luxury desert camp in Merzouga, discover Moroccan flavors during foodie tour. Starting at \$3,924 per person.

OUTREACH NOTES**VOLUNTEER NOTES**

This month, ten years ago the Northborough Senior Center moved to its new location at 119 Bearfoot Road. Growth and expansion have been a big part of the first ten years. With considerably more space we have been able to welcome more participants and expand programming, including bold and innovative efforts like The Bistro@119. The developments of the past ten years have happened with considerable support and involvement of our Senior Center community.

Similarly Outreach, a sometimes confusing concept, has received exposure to greater numbers of people. That has led to the welcome opportunity to work with more residents regarding the broad range of Outreach Services. The aging services network, a layered system of services with differing eligibility requirements, can be frustrating to navigate. As Outreach Coordinator, I can assist. I anticipate that in the next decade, given current population trends, the visibility of the Outreach Department will be increasingly important.

Just as a committed group of people were key to getting the Senior Center at 119 Bearfoot Road built, a committed group of volunteers is working on a strategic plan for the years to come. Their efforts as well as the continued support and involvement of our Senior Center community is helping to ensure that we continue to remain relevant in the next ten years.

*Jocelyn Ehrhardt, MSW
Outreach Coordinator*

DAYBREAK AT THE NORTHBOROUGH SENIOR CENTER

A Social Day Program Providing Respite for Caregivers
Day: Tuesdays • Time: 11:30 AM – 2:30 PM
Pre-registration required

If you're a care partner of someone with Dementia, Alzheimer's or memory loss, the DayBreak program may be just what you're looking for. Christine D'Angelo is the Facilitator in Northborough and Marlborough. DayBreak has been a very successful program at the Hudson Senior Center. As an outgrowth of our COME 2B Dementia Friendly initiative, we have partnered with the Senior Centers in Hudson and Marlborough to offer DayBreak 3 times per week.

A person with Dementia or a Cognitive Impairment can attend 1 or all 3 days per week. DayBreak provides individuals with a safe and stimulating experience with fun activities and social interaction while providing care partners with much needed time for themselves!

Because grant funding is being used, we are providing you an opportunity to make a voluntary \$15 per day donation toward the cost of this service. Service includes lunch and activities. Donations are put directly into the program allowing for the expansion of services.

Making a voluntary donation in no way influences service delivery. Contact Jocelyn Ehrhardt, Outreach Coordinator at **508-393-5035** for more information. To sign-up, please contact Lisa Gardner at **978-568-9638** or lbbazarian@gmail.com.

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

WANT TO LOWER YOUR MEDICARE COSTS?

On January 1, 2020 the income and asset limits for the Medicare Savings Programs* increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays.

**Income and asset limits effective 1-1-20**

Income/month Assets

INDIVIDUAL	\$1,738	\$15,720
MARRIED COUPLE	\$2,346	\$23,600

Prescription drug co-payments with Extra Help effective 1-1-20 | Per 30-Day supply

GENERIC	\$3.60
BRAND NAME	\$8.95

To learn more and to request an application, contact MassHealth at: **1-800-841-2900** or **TTY at: 1-800-497-4648**. SHINE can also assist you with the application process. Call us to make an appointment at [Insert COA phone number].

Applications are also available on-line at:
<https://tinyurl.com/MassMSP>

*Medicare Savings Programs are also called "MassHealth Buy-In" and are administered by MassHealth.

SHINE (SERVING HEALTH INSURANCE NEEDS OF EVERYONE) APPOINTMENTS ARE AVAILABLE WITH OUR SHINE COUNSELORS

We have appointments available where you can meet individually with one of our SHINE Counselors, Pauline O'Bray and Susan Goellner. Please call the Senior Center at **508-393-5035** to schedule your appointment.

HERE'S TO YOUR GOOD HEALTH! WELLNESS CLINIC

Date: Tuesday, March 17 • Time: 12:30 – 2:00 PM • Cost: Free

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

FREE BLOOD PRESSURE CLINIC

Tuesday, March 3 at 1:00 PM

Where: at the Senior Center • Cost: Free

FREE HEARING CLINIC

Date: Wednesday, March 11

Time: 12:30 – 1:30 PM • Appt. Required

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.

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

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!

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.

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.

TAI CHI FOR ARTHRITIS

Day: Every Tuesday • Time: 9:30 – 10:30 AM
Suggested Donation: \$3/class
Instructor: Helen Morin

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

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

Chair Yoga is on hiatus for March. Look for its return in April.

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.

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)

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!

TAI CHI FOR VETS

Day: Tuesdays • Time: 9:00 AM

Cost: Free for Veterans Only • Leader: Kristin Higgins

Beginning or intermediate Tai Chi player - there's something for every one. Nothing to learn. Nothing to "get right." Just bring yourself, an open mind, and a willingness to let go.

Kristin Higgins, a certified TaijiFit International Instructor, wants to give Military Veterans the opportunity to experience the amazing health and calm that Taiji can bring. Free to Veterans and their families! Come see how this class can help YOU. TaijiFit is a mind/body "exercise" that combines the best of Tai Chi with modern Western fitness. Please call the Senior Center for more information about this class.

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.

GENTLE BALLET

Day: Mondays • Time: 9:45 AM

Suggested Donation: \$3/class • Pre-Registration Required

Ballet dancing is a timeless art form that combines exercise and artistry. Come join us for a gentle ballet class designed for seniors of all capabilities. This class uses ballet techniques to focus on strength, flexibility, and balance, as well as coordination and pattern making for memory improvement. No experience or tutus necessary! Come have fun with us and learn something new!

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.



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!

YOGA WITH NANCY

Day: Every Tuesday • Time: 2:00 PM

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

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



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

Want to Reach Seniors?

ADVERTISE TODAY

Call: **508-361-7000**
 Senior Center Communications, LLC
 Connecting Seniors with Consumer Brands through Senior Center Communications

Email: advertise@scccentral.com
www.seniorcentercommunications.com



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.

THE CIRCUIT BREAKER TAX CREDIT: A REASON TO POSSIBLY LOOK FORWARD TO FILING YOUR TAX RETURN

It is tax season again. You may be dreading it, or figuring you can ignore it because your income is low enough, especially if most of your income comes from Social Security. But, here is a reason to look forward to filing, at least for your Massachusetts return - the Circuit Breaker tax credit. No, the Circuit Breaker has nothing to do with electricity (and most people can't remember how it got the name). It is a tax credit based on the actual real estate taxes paid on residential property you own or rent and occupy as your principal residence. It is designed to help seniors reduce their tax or rent bill.

Here is how it works. First, determine what your income is for 2019. For purposes of this tax credit, you have to add in Social Security and some other income that you could normally exclude. Once you have that figure, take 10% of it. Now add together the real estate taxes and 50% of the water and sewer bills you paid for your home in 2019. If that total exceeds 10% of your income, the Commonwealth of Massachusetts will reimburse you for the overage **dollar for dollar** up to \$1,130. This is not a deduction or a credit against tax money you may have paid to the Commonwealth in 2019. You can get up to \$1,130 back even if you paid or otherwise owe nothing in state income tax in 2019. And if you are just learning about this benefit, you may be happy to know that you can also amend your earlier returns (or file new ones) for 2018 and 2017 to get payments back for those years too.

If you don't own a home, you may still be entitled to reimbursement from the Commonwealth. Just figure out what you paid in rent for 2019. Take 25% of that. If that amount exceeds 10% of your income as calculated above, the Commonwealth will pay you the difference **dollar for dollar** up to \$1,130 for 2019 and slightly smaller amounts for 2018 and 2017.

There are a few limits to consider. You must be a Massachusetts resident. You must be 65 or older. You must file a Massachusetts income tax return. If you are single, your income as calculated above cannot exceed \$60,000 for 2019. If you are a "head of household", it is \$75,000. If you are married, your joint income cannot exceed \$90,000. The assessed value of your home in 2019 cannot exceed \$808,000. If you can pass those hurdles, though, you should look into this. It may change the way you think about April 15th every year.

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

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
abergeon@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

 <p>TWO DOORS AWAY CAFE</p> <p>twodoorsawaycafe.com 508-393-1362 219 West Main St. Northborough, MA</p> <p>WEEKLY BREAKFAST, LUNCH AND FISH 'FRY-DAY' SPECIALS</p>	 <p>EST. 1942 UNO PIZZERIA & GRILL</p> <p>\$10 OFF \$20 OR MORE</p> <p>WWW.UNO.COM</p> <p>508-616-3300 225 Turnpike 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 3/31/20</small></p>	 <p>\$5 OFF \$25 OR MORE</p> <p>Pizza • Pasta • Salads • Subs</p> <p>www.thehomepizza.com</p> <p>508-393-5666 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 3/31/20. Coupon Code 52519</small></p>	 <p>\$20 OFF \$60 OR MORE</p> <p>508-366-2153 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 3/31/20.</small></p>
---	---	--	---

YOU'RE INVITED!

We invite you to come and experience our affordable, independent, and assisted living options at the **Orchard Hill at Sudbury**. Ask about our fun-filled activities and trips, renowned dining services, and the many other benefits our award-winning community has to offer.

Discover the Orchard Hill Difference.
Come take a tour & enjoy lunch with us!





ORCHARD HILL ASSISTED LIVING
978-218-3010 | 761 Boston Post Rd. | Sudbury, MA 01776 | orchard-hill.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



SALMON
HEALTH and RETIREMENT

CONTINUUM OF CARE

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



DULL MEN'S CLUB

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

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

LOW VISION SUPPORT GROUP

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

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

WOMEN'S DISCUSSION GROUP

Day: Mondays • Date: March 9 & 23
Time: 12:30 PM • Cost: \$2
Facilitator: Audrey DiMichele, M.Ed.

Are you looking for a safe, nurturing, and confidential environment to share your thoughts and feelings? Our Women's group offers you the opportunity to talk about any or all topics of concern to you. The group also will allow for new friendships and personal growth. We are always welcoming new members.

LEGAL CLINIC

Day: Tuesday • Date: March 10
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.

SCRABBLE

Day: Tuesday • Date: March 10 & 24
Time: 1:00 PM

Pre-registration Required

We're starting Scrabble afternoons twice a month at the Senior Center. We have several boards so that we can accommodate a number of games simultaneously. Join us for a fun filled afternoon where every letter counts in the original crossword game!

BOOK CLUB

Day: 3rd Wednesday of the Month
Date: March 18 • Time: 1:30 PM

Leader: Maureen Sargent

Cost: Free • Where: Senior Center

Please call the Senior Center to find out what their book selection is for the month or go to the town website for the Senior Center. The new title is posted under book club.

MEMOIR WRITING GROUP

Day: Wednesday • March 11 & 25
Cost: Free • Time: 1:30 PM

Participants enjoy writing and sharing their stories from various stages in their lives. Join this fun group as they remember and write about the interesting times of their lives. Some of the members arrive at 12 noon for lunch at the Bistro. New members are welcome.

BETTER BREATHERS CLUB

Day: 3rd Thursday of the month
Date: March 19 • 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.

Better Breathers will meet the third Thursday of each month at 2pm at the Northborough Senior Center. 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

PHOTOGRAPHY CLUB

Day: Tuesday • Time: 1:00 PM
Date: March 24 • Cost: Free

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

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

HARMONICAS AND UKELELES

The Harmonica Club has been a fixture at the Northborough Senior Center for the past 10 years. In April 2020, 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.

Please contact the Senior Center to let us know your interest, and be ready for the kickoff of the Harmonica & Ukelele Club in April 2020. Our first meeting is on Monday, April 6, 2020 at 10:00 AM.

Please note that the Harmonica Club will be taking a seasonal vacation from January to the start of the new Club on April 6th.

BEGINNER PIANO LESSONS

Day: Fridays • Time: 11:00 AM
Cost: \$10/class • Instructor: Dennis Deyo
Pre-Registration Required

This class will be for all older adults who have never taken piano lessons and want to start from the very beginning OR for those older adults who studied piano years ago and want to refresh their skills by starting over. These hour-long classes will be held on Fridays at 11 AM and students will be given a chance to take turns playing their music during the class. True beginners will be given a workbook to learn how to read music, a scale chart, an exercise book and a song book. Total cost for all materials will be \$35, and the cost for the one-hour class will be \$10. Sign up now. The class will be taught by Dennis Deyo, who has been a piano teacher for over 50 years.



Mistakes Sellers Make

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

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

FAILING TO "SHOWCASE" THE HOME.

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

OVER-IMPROVING THE HOME PRIOR TO SELLING.

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

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

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

USING THE "HARD SELL" DURING SHOWINGS.

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

FAILING TO TAKE THE FIRST OFFER SERIOUSLY.

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

NOT KNOWING YOUR RIGHTS AND OBLIGATIONS.

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

FAILURE TO EFFECTIVELY MARKET THE PROPERTY.

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

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





Hays

FUNERAL HOME

MEMORIES Shared LIFE Honored Embraced by COMMUNITY

508-393-6591 | haysfuneralhome.com

56 Main Street, Northborough

Director: Jeff Koopman | Jeff@haysfuneralhome.com

MONDAY		TUESDAY		WEDNESDAY			
2	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 12:00 PM Bistro@119	1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group	3	9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119 12:15 PM Ping Pong	1:00 PM Tuesday Trivia 1:00 PM Blood Pressure Clinic 1:00 PM ESL Class 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 5:30 PM Chess 6:30 PM Seated Chair Yoga	4	8:45 AM AARP Tax Guide 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Pickleball@Town Hall Gym 9:45 AM A Cappella Chorus 10:00 AM Dull Men's Club
9	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 12:00 PM Bistro@119	12:30 PM Women's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group	10	9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119 12:15 PM Ping Pong 1:00 PM Tuesday Trivia	1:00 PM ESL Class 1:00 PM Scrabble 1:30 PM Legal Clinic 2:00 PM Yoga with Nancy 4:00 PM Sewing & Knitting 5:00 PM Bistro@119 5:30 PM Chess 6:30 PM Seated Chair Yoga	11	8:45 AM AARP Tax Guide 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Pickleball@Town Hall Gym 9:45 AM A Cappella Chorus 10:00 AM SPA Services 10:00 AM Dull Men's Club 10:30 AM Tai Chi Yang Style
16	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 12:00 PM Bistro@119	1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group	17	9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 11:30 AM Tuesday with Laurie 12:15 PM Ping Pong 12:00 PM Bistro@119	12:30 PM Wellness Clinic 1:00 PM ESL Class 1:00 PM Tuesday Trivia 2:00 PM Yoga with Nancy 2:30 PM Tech Tuesday 5:00 PM Bistro@119 5:30 PM Chess 6:30 PM Seated Chair Yoga	18	8:45 AM AARP Tax Guide 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Pickleball@Town Hall Gym 9:45 AM A Cappella Chorus 10:00 AM Dull Men's Club 10:30 AM Tai Chi Yang Style 12:00 PM Bistro@119
23	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 12:00 PM Bistro Birthday Lunch	12:30 PM Women's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group	24	9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119 12:00 PM Ask the Librarian 12:15 PM Ping Pong	1:00 PM Tuesday Trivia 1:00 PM ESL Class 1:00 PM Photography Club 1:00 PM Scrabble 2:00 PM Yoga with Nancy 4:00 PM Sewing and Knitting 5:00 PM Bistro@119 5:30 PM Chess 6:30 PM Seated Chair Yoga	25	8:45 AM AARP Tax Guide 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Pickleball@Town Hall Gym 9:45 AM A Cappella Chorus 10:00 AM Dull Men's Club 10:30 AM Tai Chi Yang Style
30	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:30 AM Pickleball@Town Hall Gym 9:45 AM Gentle Ballet 10:00 AM Jewelry Making	12:00 PM Bistro@119 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group	31	9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119	12:15 PM Ping Pong 1:00 PM Tuesday Trivia 1:00 PM ESL Class 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 5:30 PM Chess 6:30 PM Seated Chair Yoga		



		THURSDAY		FRIDAY	
<p>10:30 AM Tai Chi Yang Style 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga</p>	<p>5</p>	<p>9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:30 PM Pickleball@Town Hall Gym</p>	<p>12:45 PM Bereavement Group 1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting Group 2:00 PM Flex and Tone w/Rebecca 2:15 PM Ping Pong</p>	<p>6</p>	<p>8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:30 PM Pickleball@Town Hall Gym</p>
<p>12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:30 PM Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing 1:30 PM Seated Chair Yoga</p>	<p>12</p>	<p>9:00 AM Chat with the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Low Vision Support Group 12:30 PM Pickleball@Town Hall Gym</p>	<p>12:45 PM Bereavement Group 1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Origami 2:00 PM Flex and Tone w/Rebecca 2:15 PM Ping Pong</p>	<p>13</p>	<p>8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:30 PM Pickleball@Town Hall Gym</p>
<p>12:00 PM Yoga with Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Book Club</p>	<p>19</p>	<p>9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:30 PM Pickleball@Town Hall Gym 12:45 PM Bereavement Group</p>	<p>1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting 2:00 PM Flex & Tone w/Rebecca 2:00 PM Better Breathers Club 2:15 PM Ping Pong</p>	<p>20</p>	<p>8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:30 PM Pickleball@Town Hall Gym</p>
<p>12:00 PM Bistro@119 12:00 PM Yoga with Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Memoir Writing</p>	<p>26</p>	<p>9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Chat with the Chief 12:30 PM Pickleball@Town Hall Gym</p>	<p>12:45 PM Bereavement Group 1:00 PM Bridge 1:00 PM Zumba Gold 2:00 PM Flex & Tone w/Rebecca 2:15 PM Ping Pong</p>	<p>27</p>	<p>8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:30 PM Pickleball@Town Hall Gym</p>

Answer to February Sudoku

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

Sudoku

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

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

©2019 Satori Publishing

DIFFICULTY: ★★☆☆☆

CROSSWORD PUZZLE

- ACROSS**
- 1 Son of Loki
 - 5 Buddhist monk
 - 9 Amer. Expeditionary Forces (abbr.)
 - 12 Alpine mountain goat
 - 13 King killed by Samuel
 - 14 Recommended daily allowance (abbr.)
 - 15 Lush
 - 17 Adjusted gross income (abbr.)
 - 18 Ahead
 - 19 Two-man fight
 - 20 Jazz style
 - 23 Political action committee (abbr.)
 - 24 Allusion
 - 25 Blanch
 - 30 Gelderland city
 - 31 Stone chip
 - 32 Revolver
 - 33 Kind of gypsum

- 35 Assistant
- 36 Wing
- 37 S. Afr. village
- 38 Handle
- 40 Asian mountains
- 43 Tattle
- 44 Aria (2 words)
- 48 No middle initial (abbr.)
- 49 Star facet
- 50 Afrikaans
- 51 Office of Economic Development (abbr.)
- 52 Shallow receptacle
- 53 S. Afr. fox

ANSWER TO PREVIOUS PUZZLE

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

DOWN

- 1 Nothing
- 2 Father: Arabic
- 3 King
- 4 Stage direction
- 5 Hole

- 6 Bedouin's cord
- 7 Numerous
- 8 Agent (abbr.)
- 9 Monkey puzzle
- 10 Border
- 11 Fall short
- 16 Newspaper
- 19 Arabic letter
- 20 Pronoun
- 21 Roomy
- 22 Limp
- 23 Veteran politician
- 25 Over (pref.)
- 26 Knot lace
- 27 Island (Fr.)
- 28 Dravidian language
- 29 Noble (Ger.)
- 31 Snow (Scot.)
- 34 Guido's note (2 words)
- 35 Awn
- 37 "The Jungle Book" python
- 38 River through Florence and Pisa
- 39 Cognomen
- 40 Three-banded armadillo
- 41 Conrad's "Victory" heroine
- 42 Card
- 44 Choose
- 45 Org. of Amer. States (abbr.)
- 46 Article (Fr.)
- 47 Bravo (Sp.)

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		

©2019 Satori Publishing

A74

NORTHBOROUGH COA VAN SERVICE *

Monday

Appts no sooner than 7:30 AM
Medical Appts, Work

Mondays (1st)

Wal-Mart/Target - Afternoon

Monday (2nd)

Christmas Tree Shop - Afternoon

Monday (3rd)

Lyman Street Plaza - Afternoon

Monday (4th)

Solomon Pond Mall - Afternoon
(If there is a fifth Monday
Westmeadow Plaza)

Tuesday

Appts. no sooner than 7:30 AM

Wednesday

Appts. no sooner than 7:30 AM
Senior Center, Medical Appts.,
Work, Grocery Shopping@
Hannaford in Marlboro Plaza,
Work Trips, Library

Thursday

Appts. no sooner than 7:30 AM
Senior Center, Medical Appts.,
Work

Friday

Appts. no sooner than 8:15 AM
Senior Center, In-town Errands,
Work, Hairdresser

* Please call the Senior Center at 508-393-5035 for details.

In-Town Trips and Out-of-Town Trips provided to Marlboro, Westboro, Shrewsbury, Worcester, Boylston, Northborough, Southborough Monday-Friday as scheduled. Reservations taken up to seven business days in advance. Minimum of 24 hours notice is required for all reservations. **508-752-9283 press 1.** No out-of-town trips unless pre-authorized. Trips to and from the Senior Center are available daily.

VAN TRANSPORTATION WEATHER CANCELLATION POLICY

If Northborough Schools are closed due to inclement weather, there will be no van transportation for that day. If there is a delay due to inclement weather, there will be a delay in transportation for the same amount of time.

AUTOMATIC FARE COLLECTION SYSTEM

Beginning January 1, 2019, WRTA implemented an Automatic Fare Collection System. There will be **no increase** of fares. The current fare collection system will transition from a cash & ticket system to a prepaid automatic system. Please call **508-791-9782** with any questions.



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...*



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

QUILTING

Day: 1st & 3rd Thursday • Dates: **March 5 & 19**
Time: 1:00 PM • Cost: **Free** • Instructor: **Connie Davis**

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

SEWING & KNITTING NIGHT

Day: 2nd and 4th Tuesday
Date: March 10 & 24 • Time: **4:00 - 8:00 PM**
Cost: Free • Leaders: **Donna Towner & Shirley Tetreault**

This is an opportunity to work on your own projects whether it be sewing or knitting. The room offers great lighting, tables, ironing boards, and cutting mats. Feel free to bring your own machine. Lots of time to work on your projects with new, longer hours. Come join us!

NEEDLERS (KNITTING GROUP)

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

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

JEWELRY MAKING CLASS

Day: Monday • Date: **March 30** • Time: **10:00 AM**
Instructor: Lori Burton • **Pre-Registration Required**

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

ORIGAMI

Day: Thursday • Date: **March 12**
Time: 1:00 PM

Instructor: Annie Wales
Cost: \$5
Pre-registration Required

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




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

Want to Reach Seniors?

Senior Center Communications, LLC
Connecting Seniors with Consumer Brands through Senior Targeted Communications

Tom Keller - Regional Director • 508-361-7000
tom@seniorcentercommunications.com
www.seniorcentercommunications.com



State Facts



- ★ Although over 30 communities in the colonies eventually renamed themselves to honor Benjamin Franklin, the Massachusetts Town of Franklin was the first and changed its name in 1778.
- ★ Massachusetts holds the two largest cities in New England: Boston, the largest, and Worcester.
- ★ The American industrial revolution began in Lowell. Lowell was America's first planned industrial city.
- ★ Norfolk County is the birthplace of four United States presidents: John Adams, John Quincy Adams, John Fitzgerald Kennedy and George Herbert Walker Bush.

Information taken from www.50states.com

MARCH 2020 WEEKLY ACTIVITIES

MONDAY

9:00	Aerobics/Strength Training	9:45	Gentle Ballet	1:00	Pitch
9:00	Massage by Melanie	10:00	Jewelry Making (3/30)	1:00	Zumba Gold
9:00	Pool Players	12:00	Bistro Lunch	2:00	Needlers
9:30	Pickleball	12:00	Bistro Birthday Lunch (3/23)		
		12:30	Woman's Discussion Group (3/9 & 23)		

TUESDAY

9:00	Art Group	12:00	Bistro Lunch	1:00	Scrabble (3/10 & 24)
9:00	Tai Chi for Vets	12:00	Ping Pong	1:30	Legal Clinic (3/10)
9:30	Beginner Tai Chi w/Helen	12:00	Ask the Librarian (3/24)	2:00	Yoga w/Nancy
10:00	Line Dancing	12:30	Wellness Clinic (3/17)	2:30	Technology Tuesday (3/17)
10:45	Qi Gong Tai Chi w/Helen	1:00	Photography Club (3/24)	4:00	Sewing & Knitting Night (3/10 & 24)
11:30	DayBreak	1:00	English as a Second Language	5:00	Evening Bistro
11:30	Tuesday with Laurie (3/17)	1:00	Tuesday Trivia	5:30	Chess
		1:00	Blood Pressure (3/3)	6:30	Seated Chair Yoga

WEDNESDAY

9:00	Aerobics/Strength Training	10:00	SPA (3/11)	1:00	Bingo
9:00	Pool Players	10:30	Yang Style Tai Chi	1:30	Memoir Writing (3/11 & 25)
9:30	Pickleball	12:00	Bistro Lunch	1:30	Book Club (3/18)
9:45	A Cappella Chorus	12:00	Yoga w/Rebecca	1:30	Seated Chair Yoga
10:00	Dull Men's Club	12:30	Hearing Clinic (3/11)		
		12:45	Bridge (SAYC)		

THURSDAY

9:00	Chat with the Chief (3/12)	12:30	Pickleball
9:30	Belly Dancing	12:45	Bereavement Group
9:30	Cribbage	1:00	Bridge
9:30	Manicures/Pedicures/Reflexology	1:00	Origami (3/12)
10:30	Mah Jong	1:00	Quilting (3/5 & 19)
10:45	Cardio & Weights	1:00	Zumba Gold
12:00	Bistro Lunch	2:00	Better Breathers (3/19)
12:00	Chat with the Chief (3/26)	2:00	Flex & Tone w/Rebecca
12:00	Low Vision (3/12)	2:15	Ping Pong

FRIDAY

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



Northboro
HOUSE OF PIZZA
508-393-3566

Pizza Pasta Salads Subs • 12 Main Street(Route 20), Northboro Center

508-393-3566 • www.thehouseofpizza.com

Delivery to Northboro & parts of Westboro, Marlboro & Shrewsbury

Store hours:
Sunday - Thurs 10AM - 10PM
Friday - Saturday 10AM - 11PM



WE DELIVER

FREE SMALL CHEESE PIZZA
with the purchase of any large pizza with one or more toppings
Cannot be combined w/any other offers or specials. Please mention coupons when ordering.
Expires 3/31/20 Coupon Code 21719

\$12.99+TAX
2 Small 1 Topping Pizzas
*Additional charge for toppings and SPECIALTY TOPPINGS
Cannot be combined w/any other offers or specials. Please mention coupons when ordering.
Expires 3/31/20 Coupon Code 129919

Large Cheese Pizza \$9.99
*Additional charge for toppings and SPECIALTY TOPPINGS
Cannot be combined w/any other offers or specials. Please mention coupons when ordering.
Expires 3/31/20 Coupon Code 99919

\$19.99+TAX
2 Large 1 topping Pizzas
*Additional charge for extra toppings and SPECIALTY TOPPINGS
Cannot be combined w/any other offers or specials. Please mention coupons when ordering.
Expires 3/31/20 Coupon Code 199919

All Coupons Expire March 31, 2020

Order Online at www.thehouseofpizza.com

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | MARCH 2020

Northborough Senior Center
119 Bearfoot Road
Northborough, Massachusetts 01532



Discover a New Way of Living

Benchmark Senior Living, known for our innovative approaches to care and award winning programs, is proud to be introducing our newest assisted living and memory care communities in Marlboro and Framingham.

Stop by to learn more about how we're keeping seniors connected to what matters!

The Branches of Framingham

518 Pleasant Street | Framingham MA
774.505.7040 | TheBranchesFramingham.com

The Branches of Marlboro

421 Bolton Street | Marlboro MA
508.841.3923 | TheBranchesMarlboro.com



A Benchmark Community Living Experience

EOEA Certification Pending

