

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 7, NO. 5, MAY 2020

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come and so will
happiness.
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Anita Krizzan

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We are currently accepting donations of greeting cards

THE SENIOR CENTER WILL BE CLOSED ON MONDAY, MAY 25 IN OBSERVANCE OF MEMORIAL DAY.

HELLO NORTHBOROUGH SENIORS,

My name is Liz Tretiak and I am so thrilled to be joining you as your Senior Center Director! Due to these unprecedented times and the call for social distancing, it may be some time before we meet in person. So please allow me to take a moment to introduce myself here. I am originally from a small town out in Berkshire County. I always knew I wanted to be in a helping profession so I pursued a B.A. in Sociology from Le Moyne College in Syracuse, NY, and then a M.S. in Clinical Art Therapy and Counseling from Springfield College in Springfield, MA. Both with concentrations in Older Adults and Alzheimer's Disease and related dementias.

I am passionate about the concept of "aging in place" at home in your community and continuing to be an active part of the community. Northborough has exceptional programs and activities that support that concept, plus a wonderfully dedicated staff and team of volunteers. I am so excited for all of the possibilities for additional creative programming that lie ahead of us- once we are able to congregate again!

I have been welcomed so warmly and have sincere gratitude for everyone who has made this transition so smooth. A special thank you goes out to Eileen Bogle who has done wonderful work as the Interim Director!

I look forward to working with you in the future and please call or email to introduce yourself!

- 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:

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



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- SALMON VNA & Hospice



NOTICE TO ALL

The Friends' Corner is written two months in advance. The Friends' Board Of Directors are hoping to hold our Annual Meeting on Monday, May 18th at 1:00 PM. We will notify everyone if we need to postpone the meeting because of the COVID-19.

We wish everyone good health.

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 May newsletter was sent to print March 30th. Given how quickly the COVID 19 pandemic as evolved and impacted day-to-day operations, the content of this newsletter may not reflect our current status at the time you receive it. We therefore recommend that you call us at **508-393-5035** for updates on our programs and other information that may be subject to change

OUTREACH NOTES

Dear Friends, I am writing this message at the end of March. People everywhere are dealing with uncertainty. This is a difficult and challenging time for many. We cannot predict, as we go to print with this, our May issue, when the Senior Center will reopen or if the programs planned for this month will occur. In any event this newsletter is an opportunity to connect with our valued community.

This is an evolving situation. The path forward will likely involve a combination of new and old approaches to providing programs and delivering services. Please check the Senior Center Website for updates and news you can use.

For the foreseeable future of this experience the Senior Center, even without access to its building, can offer an ongoing presence and a source of support in the community. We look forward to staying connected to you.

*Jocelyn Ehrhardt, MSW
Outreach Coordinator*

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

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

May 5
 \$9
 Cinco de Mayo- Taco Tuesday Dinner Buffet, Hard and soft shell wraps, seasoned white chicken breast and salsa, seasoned ground beef, Rice and Beans, Plus all the fixings, Assorted Puddings with whipped cream and garnish

May 12
 \$9
 Bread/Rolls & Butter, Caesar Salad, Ricotta stuffed shells with marinara sauce, Meatballs and Assorted Desserts

May 19
 \$9
 Bread/Rolls & Butter, Baked Haddock, Cole Slaw, Baked Potato & sour cream, Corn Pudding, Assorted Desserts. George Curtis, Pianist

May 26 (Day after Memorial Day)
WELCOME TO SUMMER BBQ BUFFET
 \$12 Ticketed Event
 Hamburger/cheese burgers, Hotdogs, Sausage, Onions & Peppers, Assorted summer salads, Strawberry shortcake with whipped cream

It is our hope that this newsletter finds you well. We are looking forward to returning to some sort of normalcy at the Bistro. So, let's celebrate and appreciate each other while enjoying some good food - TOGETHER! You will see our menu is starting to turn towards summer with an emphasis on popular summer foods with a refreshing theme. We are starting to grow our own herbs, so get ready for some fresh and healthy seasonings!

~ Vickie & Carolyn

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!

BIRTHDAY LUNCH

Date: Monday, May 11 • Time: 12:00 PM

Cost: Free sandwich of your choice for Northborough seniors with May 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 May, 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.

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.

CHESS CLUB

Day: Tuesdays • Time: 5:30 – 7:30 PM • Cost: Free

Leader: Tom Rizzo • Pre-Registration Required

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

ENGLISH AS A SECOND LANGUAGE - INTERMEDIATE

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

Cost: Students purchase textbook

Instructor: Meredith Bohne

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

NORTHBOROUGH SENIOR CENTER A CAPPELLA CHORUS

Day: Wednesdays • Time: 9:45 – 10:45 AM

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

We started the Singing Rounds class on April 17, 2019 and we have been making beautiful music every Wednesday from 9:45 to 10:45. We are now expanding our repertoire and doing other styles of music as well. What we need is your voice! Our goal is to sing beautiful music while building camaraderie and having fun. Please join us!

AARP TAX AIDE UPDATE

On March 27, 2020 Frank Dutt, the Tax-Aide Clinic coordinator for our area shared an update from the State Director. The update reports that Tax-Aide services are still suspended. Notifications will be provided when and if that changes. The deadline for state and federal income tax returns and payments has been extended to July 15, 2020.



ASK THE LIBRARIAN

Day: Tuesday • Date: May 26 • Time: 11:00 AM

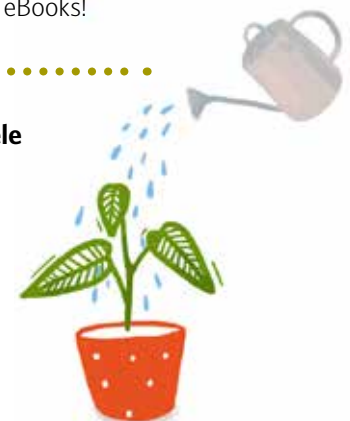
Our Town library employees will be at the Senior Center to share what today's free public library has to offer. More than just books and DVD's, the Northborough Free Library can connect you to a whole world of information and entertainment. Get free books to read or listen to on your Kindle, iPad, laptop,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

Applause, applause for Audrey DeMichele

for her dedication in leading the Women's Discussion Group!

Also, many thanks to Muffie Bigelow

for supplying the newspaper to the Senior Center for the last 35 plus years.



MANICURES/PEDICURES/REFLEXOLOGY

Day: Thursdays • Dates: May 7, 14, 21, 28

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.

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

Date: May 19

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



CHAT AND LUNCH WITH THE CHIEF

Day/Date/Time: Thursday, May 14 at 9:00 AM (Coffee)

Day/Date/Time: Thursday, May 28 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. Since we're in a new year, the Chief asked if we could change up the schedule for these discussions. On the second Thursday of each month, he'll be here for Chat with the Chief at 9:00 AM, coffee will be served. On the fourth Thursday of each month, he'll be here for Lunch with the Chief. You can purchase a meal from the Bistro and join Chief Lyver's table for good food and good conversation.

LEARNING TO PLAY MAH JONG

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

MAH JONG (CHINESE VERSION)

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

Cost: Free • Instructor: Charlotte Holly

If you know how to play, join us on Thursdays at 10:30 AM to play. If you would like to learn how to play, please see (Learning article above). Charlotte was fortunate enough to meet a woman from China who taught her to play Mah Jong in the Chinese manner. She found it to be great fun. Since then, Charlotte has shared this knowledge with others and everyone seems to enjoy it. Anyone is welcome. If you have played gin rummy it is an asset, but not necessary. It is less complicated than the American version. So please drop by and check it out. You may discover a new pastime!

BEREAVEMENT GROUP

Day: Thursday • New Session May 7th – May 28th

Time: 12:45 – 2:15 PM

Presenter: Rev. Sharron Lamothe

Cost: Free

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

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

Faith and Family Hospice of Marlborough, Ma. is offering a bereavement support group at the Northborough Senior Center. Rev. Sharron Lamothe, one of the chaplains with Faith and Family Hospice, will be the facilitator along with assistance from colleagues from Faith and Family.

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

Rev. Sharron

MASSAGES BY MELANIE

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

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

Cost: Varies by service. Price list at front desk.

Call for more info.

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

MASSACHUSETTS REGISTRY OF MOTOR VEHICLES

The RMV will be strictly enforcing a No Walk-In Policy. Only Customers with Appointment Reservations Will Be Served for Required In-Person Transactions

Effective Friday, March 27 the Massachusetts Registry of Motor Vehicles (RMV) is enforcing a strict no walk-in policy at its eight service centers that are open to the general public. The only transactions that will be processed at service centers are those that require an in-person transaction, including Commercial Driving Licenses or Permits (CDLs/CLPs), some new registrations, out-of-state conversions and new Mass IDs. Customers who need to complete these transactions will be required to make an online appointment reservation, and customers arriving without an appointment will be asked to leave and make an appointment online to return at a future date.

Appointment reservations can be made online at in the myRMV Online Service Center under "Make or Cancel a Reservation." Customers who make an appointment will receive a confirmation email that they should be prepared to show on arrival at their designated time at a specific service center. Customers can also call the Contact Center at 857-368-8000 to make a reservation.

The eight RMV Service Centers that are open for reservations are:

- Boston
- Brockton
- Fall River
- Lawrence
- Pittsfield
- Plymouth
- Springfield
- Worcester

The RMV offers many services online, including renewing motor vehicle registrations, and customers needing these services will only be serviced online at this time. If the service can be completed online, the RMV will not process the transaction in a service center. Renewals for standard driver's license and ID credentials can be performed online at Mass.Gov/RMV along with more than 40 other transactions that can be conducted online, over the phone, or by mail.

As a reminder, the RMV has already suspended knowledge/written exams and road tests for non-commercial (Class D and Class M) learner's permits. In addition, the federal government's REAL ID compliance deadline has been postponed, and is now next year, in October 2021. For this reason, the RMV has suspended at this time the issuance of new REAL IDs.

Commercial (CDL/CLP) Transactions and B2B/IRP Services
The Milford and Wilmington RMV Service Centers will remain open to exclusively perform walk-in commercial transactions for CDLs and permits (CLPs), and CDL road tests continue to be administered. Drop-off only services for B2B and IRP transactions will continue to be accepted at the Milford, Springfield, and Wilmington Service Centers.

60-Day Extension of Commercial and Non-Commercial Credentials
All Class D, Class M, and Class DM driver's licenses, ID cards, Learners' Permits, and commercial driver's licenses and permits (CDLs/CLPs) with an expiration date between March 1, 2020 and April 30, 2020, have had a 60-day extension applied



to their credential, with the exception of customers whose end of stay in the United States is the same as the expiration date on their driver's license, ID card, or Learner's Permit. Customers eligible for these extensions should wait to visit an RMV Service Center to renew after the State of Emergency has concluded. CDL Medical Certificates (Med Certs) expiring after March 1 will also have a 60-day extension applied to prevent license downgrades and elective medical visits, as well as alleviate demand on medical providers, during the State of Emergency.

Suspension Hearings

Customers may continue to request suspension hearings by visiting a RMV Service Center in-person on a first-come, first-served basis, but under new protocols, customers will be required to submit their application and all required supporting documentation depending on the type of suspension, before leaving and having a Hearings Officer call the customer directly to conduct their suspension hearing by phone.

Some suspended customers may already be able to complete the reinstatement process and payment online if all other outstanding requirements have been satisfied by visiting Mass.Gov/RMV and selecting "Pay my Reinstatement Fees."

Hearings are being conducted at Boston/Haymarket, Brockton, Fall River, Lawrence, Springfield, and Worcester. Hearings at the Pittsfield RMV occur weekly on Wednesdays and no hearings are conducted in Plymouth. Chemical test refusal (CTR) hearings are only held at Boston/Haymarket.

These and several additional measures are being implemented at the RMV to prioritize reducing customer volumes in physical locations and maintaining proper "social-distancing" under Governor Charlie Baker's declaration of a State of Emergency the week of March 9 and to complement the work that has been underway for weeks across state government to keep residents safe and healthy.

More information about available services and additional steps the RMV has taken under the State of Emergency declaration, including the extension of expiring licenses/permits and vehicle inspection stickers, is on the RMV website here.

The Baker-Polito Administration will continue to update the public on COVID-19 response and precautionary measures at Mass.Gov/Coronavirus.

Questions? Email us at RMVatlassupport@dot.state.ma.us.
Phone: **857-368-8000**.



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ADULTS \$14 • SENIOR MEN* \$10

SENIOR WOMEN* \$13 *age 62 or older

PLEASE KNOW THAT ALL TRIPS ARE SUBJECT TO CHANGE.

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.

ALL DAY TRIP AND OVERNIGHT TRIPS SUBJECT TO CHANGE**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 & Book. Gratuity, Show Ticket.

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

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

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

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

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.

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

HIGH PRESCRIPTION DRUG COSTS?**PRESCRIPTION ADVANTAGE MAY HELP!**

Prescription Advantage is a state assistance program which may lower the amount you pay for prescription drugs. It also allows qualified applicants to join or change their Medicare drug plan or Medicare Advantage plan. Eligibility is based on income only and there is no asset limit!

Who can join?

For Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are:

- 65 or older with an annual income at or less than \$63,800 for a single person or \$86,200 for a married couple. **OR**
- Under 65 with a disability, with an annual income at or less than \$23,989 for a single person or \$32,411 for a married couple.

For Massachusetts residents not eligible for Medicare, who are 65 or older, or under 65 with a disability, Prescription Advantage may provide primary drug coverage. Call Prescription Advantage to enroll over the phone or ask for an application form.

You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 3. You can apply online by going to www.prescriptionadvantagemma.org.

You may also contact the **SHINE Program** for help applying for Prescription Advantage. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call your local Senior Center.

For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 4.

SHINE (SERVING HEALTH INSURANCE NEEDS OF EVERYONE)

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

HERE'S TO YOUR GOOD HEALTH! WELLNESS CLINIC

Date: Tuesday, May 19 • 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, May 5 at 1:00 PM

Where: at the Senior Center • Cost: Free

FREE HEARING CLINIC

Date: Wednesday, May 13 • Time: 12:30 - 1:30 PM

Peter and Alex Lee from Professional Hearing Healthcare in Westborough will offer a 15 minute complimentary hearing screening. Please contact the Northborough Senior Center to schedule your appointment.

NEW

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

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

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

STRENGTH TRAINING**Day: Mondays & Wednesdays****Time: 9:00 - 10:00 AM****Suggested Donation: \$3/class****Instructor: Linda Bonazzoli**

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

TAI CHI/QI GONG/ MEDITATION MIND BODY & SPIRIT**Day: Every Tuesday****Time: 10:45 - 12:00 PM****Suggested Donation: \$3/class****Instructor: Rev. Helen Morin**

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

BELLY DANCING**Day: Thursdays • Time: 9:30 AM****Instructor: Gypsy Phillips****Suggested Donation: \$3/class**

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

LINE DANCING-HIGH BEGINNER**Day: Tuesdays • Time: 10:00 AM****Suggested Donation: \$3/class****Instructor: Mary Dragon**

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

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

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

**Days: Mondays & Thursdays****Time: 1:00 PM****Suggested Donation: \$3/class****Instructor: Mary Abate**

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

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

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

TAI CHI/QI GONG/ MEDITATION MIND BODY & SPIRIT**Day: Every Friday****Time: 8:30 - 9:30 AM****Suggested Donation: \$3/class****Instructor: Rev. Helen Morin**

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

CHAIR YOGA WITH DIANE**Day: 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.



Pauline Berkes
(Rebecca's Mom)

SEATED CHAIR YOGA

Day: Tuesdays • Time: 6:30 PM

Cost: \$3/class Instructor: Rebecca Reber

Rebecca Reber has been practicing yoga for about 15 years. In this class you will stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Rebecca will combine this with inhales and exhales as we work with props to get the most out of every movement. The hour session

will end in a relaxing Savasana. This class is for beginners to more experienced yogis as any type of movement is wonderful. Come and have fun while enjoying the benefits of movement.

SEATED CHAIR YOGA

Day: Wednesdays • Time: 1:30 PM

Instructor: Rebecca Reber • Suggested Donation: \$3/class

Join us for a seated chair yoga class where we will move with our breath through stretches, bends and twists. Come enjoy the movement and leave feeling relaxed and refreshed!

TRADITIONAL CHINESE YANG STYLE TAI CHI

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

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

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

GENTLE BALLET

Day: Mondays • Time: 9:45 AM

Suggested Donation: \$3/class

Instructor: Lucy Jacek • Pre-Registration Required

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

CARDIO & WEIGHTS

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

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

This 45 minute class works your cardiovascular system (heart and lungs) with a low impact aerobic workout. The introduction of weight/strength training, builds strength and speeds up metabolism so you can burn more calories at rest as well as tone and sculpt muscles. Class ends with core strengthening exercises and a relaxing cooldown and stretch. All participants are urged to work at their own intensity levels. Please let the instructor know if you have any orthopedic issues which need to be addressed or modified.

YOGA WITH NANCY

Day: Every Tuesday • Time: 2:00 PM

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

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

PING PONG

Day/Time: Tuesdays at 12:15 PM and

Thursdays at 2:15 PM • Cost: Free

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

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ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron

Arthur P. Bergeron is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell.

THE IMPACT OF COVID-19: WE ARE IN THIS TOGETHER!

In these columns, I generally try to provide legal tips and advice regarding how you, as seniors, can plan to make your life easier and to be prepared for life's inevitable emergencies. Well, here we are. We are all living through an emergency that none of us could have foreseen or planned for. We are all hunkering down, confused about what the next day will bring, concerned about the wellbeing of our families and friends. Jobs are being lost. Lives are in danger. What do you do next?

First, take care of yourself. As seniors (I'm with you; I turned 70 in January), we are especially vulnerable right now. Prepare for the medical emergency that might hit.

- Make sure your health care proxy (HCP) is accessible if needed. Most seniors have a health care proxy, but many have never given it to the person they named as their agent. Many more don't know where it is. If you have not given a copy to your doctor, you should. This would also be a great time to talk to the agent you named in your proxy about how you would like to be treated if Covid-19 hits you.
- Talk to the person you have named in your Power of Attorney. That person may need to be doing things for you if you're in the hospital or simply because you're stuck at home. That has become particularly true for folks in assisted living communities that have been essentially locked down.

Second, take care of those around you. This applies to your best friend and also to that woman or man down the street whom you see (or saw) all the time but is now stuck at home. Who knows, that neighbor may have no one to talk to right now, no one with whom to share the incredible anxiety that we are all facing. Email is fine, but there is something comforting about hearing someone's voice, so while we encourage social distancing, consider reaching out with a phone call.

Third, stay connected with your community. Senior centers and other traditional gathering places for seniors are now closed, but other sources of great information exist to help you navigate what is happening in your community. In particular, check out your community cable station, Northborough Cable, either by turning to your local cable channel, on Charter channel 191 or on Verizon channel 31, or by visiting their website, www.town.northborough.ma.us/cable-access-television. The folks at your community cable station are dedicated to keeping you informed about the services and programs that will help you cope, and to keeping you in touch with the rest of your community.

Finally, this may be a great time to do the estate plan you were always going to do but put off because you did not have the time or it was really not that important. You have the time. And it could be really important. If you need more information on this, you can contact me at **508-860-1470** or abergeron@mirickoconnell.com. You may also find Frank and Mary's YouTube channel to be a helpful resource, as I address many common issues facing seniors and their loved ones. All of my cable TV shows, educational seminars and 10-minute elder law Q&A Fireside Chats are available at www.youtube.com/elderlawfrankandmary.

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

Arthur P. Bergeron
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DULL MEN'S CLUB

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

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

LOW VISION SUPPORT GROUP

Day: Thursday • Date: May 14
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 Thursday
Dates: May 7 & 21 • 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
Date: May 20 • 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
Date: May 21 • 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 • Date: May 4
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 • May 13 & 27
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 • Date: May 12 & 26
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!

LEGAL CLINIC

Day: Tuesday • Date: May 12
Time: 12:00 – 1:00 PM
Attorney: Aaron Hutchins
Cost: Free • Pre-Registration Required

The Legal Clinic will be staffed by Attorney Aaron Hutchins. 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
Date: May 12 & 26
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
Date: May 26 • 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 • Date: May 18
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: May 14
Time: 1:00 PM

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

Origami workshop for May - Making paper lilies and roses.



AFTER A LONG, HARD WINTER, SPRING IS FINALLY HERE! Prepare your home with some often overlooked spring tasks:

WEATHERSTRIPPING

Weatherstripping the windows on your home is an easy and effective way to help save money on your energy bill. Weatherstripping is a material you can apply around your window and door frames to help ensure there's a good seal.

TEST AND CLEAN CEILING FANS

Reports show that an efficient ceiling fan in each room can help allow you to raise the thermostat setting about 4 degrees without reducing your comfort level. Ceiling fans can be a good way to air out the house and generate a cross-breeze.

REPLACE YOUR AC FILTER

While the warm weather is still technically several weeks away, you want to make sure your air conditioner is prepared and ready. It is recommended to replace the filter in the air conditioner in the spring. A new filter will likely optimize the efficiency of the unit.

REPLACE TORN OR DAMAGE WINDOW SCREENS

If you don't have an air conditioner, or if you simply like to keep the windows open in the spring and summer, it's a good idea to make sure your screens are in good shape.

CHECK YOUR ROOF SHINGLES

This should be done by a professional, as working on the roof can be dangerous without the proper training. You should ask the professional to make sure the shingles are not curling or clawing.

REPLACE ROTTEN SIDING OR TRIM

Make sure your home's siding and trim aren't damaged from windy, icy conditions. If your home is made of brick or stucco, look for any crumbling or deteriorated mortar. If you find a problem, contact a professional for help with repairing or replacing the damaged materials.

CLEAN GUTTERS AND DOWNSPOUTS

You're making sure the inside of your home is clean; why not make sure your gutters are, as well? This job, too, is best left to a professional, as climbing on a ladder is required.



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MONDAY		TUESDAY		WEDNESDAY			
4	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:45 AM Gentle Ballet 10:00 AM Harmonica and Ukeleles 10:30 AM Pickleball@Town Hall Gym	11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group	5	9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Bistro@119 12:15 PM Ping Pong	1:00 PM Tuesday Trivia 1:00 PM ESL Class 1:00 PM Blood Pressure 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 5:30 PM Chess Club 6:30 PM Seated Chair Yoga	6	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 11:00 AM Chair Yoga w/Diane
11	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:45 AM Gentle Ballet 10:00 AM Harmonica and Ukeleles 10:30 AM Pickleball@Town Hall Gym	11:00 AM Chair Yoga w/Diane 12:00 PM Bistro Birthday Lunch 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group	12	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 Legal Clinic 12:00 PM Bistro@119 12:15 PM Ping Pong	1:00 PM ESL Class 1:00 PM Tuesday Trivia 1:00 PM Scrabble 2:00 PM Yoga with Nancy 4:00 PM Sewing & Knitting 5:00 PM Bistro@119 5:30 PM Chess Club 6:30 PM Seated Chair Yoga	13	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 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119
18	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:45 AM Gentle Ballet 10:00 AM Harmonica and Ukeleles 10:00 AM Jewelry Making 10:30 AM Pickleball@Town Hall Gym	11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group	19	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 w/Laurie 12:00 PM Bistro@119 12:15 PM Ping Pong	12:30 PM Wellness Clinic 1:00 PM Tuesday Trivia 1:00 PM ESL Class 2:00 PM Yoga with Nancy 5:00 PM Bistro@119 5:30 PM Chess Club 6:30 PM Seated Chair Yoga	20	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 11:00 AM Chair Yoga w/Diane
25	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:45 AM Gentle Ballet 10:00 AM Harmonica and Ukeleles 10:30 AM Pickleball@Town Hall Gym	11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers Knitting Group	26	9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi w/Helen 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:00 AM Ask the Librarian 11:30 AM DayBreak 12:00 PM Bistro@119 12:15 PM Ping Pong	1:00 PM Scrabble 1:00 PM Tuesday Trivia 1:00 PM ESL Class 1:00 PM Photography Club 2:00 PM Yoga with Nancy 4:00 PM Sewing & Knitting 5:00 PM Bistro@119 5:30 PM Chess Club 6:30 PM Seated Chair Yoga	27	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 11:00 AM Chair Yoga w/Diane



THURSDAY		FRIDAY	
		1	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:30 PM Pickleball@Town Hall Gym
12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 2:00 PM Better Breathers Club	7	9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:30 PM Pickleball@Town Hall Gym 12:45 PM Bereavement Group	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting Group 2:00 PM Flex and Tone w/Rebecca 2:15 PM Ping Pong
12:00 PM Yoga with Rebecca 12:30 PM Free Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing 1:30 PM Seated Chair Yoga 2:00 PM Better Breathers Club	14	9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:30 PM Pickleball@Town Hall Gym 12:45 PM Bereavement Group 1:00 PM Bridge	1:00 PM Zumba Gold 1:00 PM Quilting Group 1:00 PM Low Vision Support Group 1:00 PM Origami 2:00 PM Flex & Tone w/Rebecca 2:15 PM Ping Pong
12:00 PM Bistro@119 12:00 PM Yoga with Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Book Club 2:00 PM Better Breathers Club	21	9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:30 PM Pickleball@Town Hall Gym	12:45 PM Bereavement Group 1:00 PM Bridge 1:00 PM Quilting 1:00 PM Zumba Gold 2:00 PM Flex & Tone w/Rebecca 2:00 PM Better Breathers 2:15 PM Ping Pong
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		8	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
		15	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
		22	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
		29	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

Answer to April Sudoku

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

Sudoku

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

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

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DIFFICULTY: ★★★★★

CROSSWORD PUZZLE

ACROSS

- 1 Universal product code (abbr.)
- 4 From (Scott.)
- 8 S. Afr. language
- 12 Classic car
- 13 Mine stair
- 14 Sayings (suf.)
- 15 Automated teller machine (abbr.)
- 16 Calm
- 18 Broad hill
- 20 Royal Air Force (abbr.)
- 21 Provide
- 25 Austral. wild dog
- 29 Muse (2 words)
- 32 Ointment
- 33 Turkish caliph
- 34 Rom. farce
- 36 Energy unit
- 37 Crazy
- 39 Radial (2 words)
- 41 Cathedral

DOWN

- 1 Russ. range
- 2 Wahoo fish
- 3 Staple
- 4 Illness
- 5 Lance of King Arthur
- 6 Abridged (abbr.)
- 7 Ivory (Lat.)
- 8 Luncheon
- 9 Mulberry of India
- 10 Donkey (Fr.)

ANSWER TO PREVIOUS PUZZLE

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

- 11 Male person
- 17 Rage
- 19 Afghanistan (abbr.)
- 22 Feminine (abbr.)
- 23 Norse mythical hero
- 24 Carbic grass
- 26 4th incarnation of Vishnu
- 27 Eng. poet
- 28 Prospects
- 29 "The Bartered Bride" character
- 30 Jewish month
- 31 Antelope
- 35 Serum (pref.)
- 38 Ancient Gr. city
- 40 Robot play
- 42 Extravehicular activity (abbr.)
- 45 Anti-satellite (abbr.)
- 47 Heddles of a loom
- 48 Cordage fiber
- 49 Unusual
- 50 Edible seed
- 51 Compass direction
- 52 Truth: Chin.
- 53 Altar constellation
- 54 Flushed

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19				20					
		21		22	23	24		25		26	27	28
29	30						31		32			
33			34					35		36		
37			38		39				40			
41				42		43						
			44		45				46		47	48
49	50	51				52	53	54		55		
56					57					58		
59					60					61		

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A76

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.



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



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Fax: 508-485-8777

Call 508-485-0432

www.bouvierpharmacy.com

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SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



MONDAY

- | | | | | | |
|------|----------------------------|-------|-----------------------|-------|------------------------------|
| 9:00 | Aerobics/Strength Training | 9:45 | Gentle Ballet | 12:00 | Bistro Birthday Lunch (5/11) |
| 9:00 | Massage by Melanie | 10:00 | Harmonica/Ukulele | 1:00 | Pitch |
| 9:00 | Pool Players | 10:00 | Jewelry Making (5/18) | 1:00 | Zumba Gold |
| 9:30 | Pickleball | 11:00 | Chair Yoga w/Diane | 2:00 | Needlers |
| | | 12:00 | Bistro Lunch | | |

TUESDAY

- | | | | | | |
|-------|-------------------------------|-------|------------------------------|------|-------------------------------------|
| 9:00 | Art Group | 12:00 | Bistro Lunch | 1:00 | Blood Pressure (5/5) |
| 9:00 | Tai Chi for Vets & Family | 12:00 | Ask the Librarian (5/26) | 1:00 | Scrabble (5/12 & 26) |
| 9:30 | Tai Chi for Arthritis w/Helen | 12:00 | Legal Clinic (5/12) | 2:00 | Yoga w/Nancy |
| 10:00 | Line Dancing | 12:15 | Ping Pong | 4:00 | Sewing & Knitting Night (5/12 & 26) |
| 10:45 | Qi Gong Tai Chi w/Helen | 12:30 | Wellness Clinic (5/19) | 5:00 | Evening Bistro |
| 11:30 | DayBreak | 1:00 | Photography Club (5/26) | 5:30 | Chess Club |
| 11:30 | Tuesday with Laurie (5/19) | 1:00 | English as a Second Language | 6:30 | Seated Chair Yoga |
| | | 1:00 | Tuesday Trivia | | |

WEDNESDAY

- | | | | | | |
|-------|----------------------------|-------|-----------------------|------|----------------------------|
| 9:00 | Aerobics/Strength Training | 10:30 | Yang Style Tai Chi | 1:00 | Bingo |
| 9:00 | Pool Players | 11:00 | Chair Yoga w/Diane | 1:30 | Memoir Writing (5/13 & 27) |
| 9:30 | Pickleball | 12:00 | Bistro Lunch | 1:30 | Book Club (5/20) |
| 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 (5/12) | | |
| | | 12:45 | Bridge (SAYC) | | |

THURSDAY

- | | | | |
|-------|-----------------------------|------|-------------------------|
| 9:00 | Chat with the Chief (5/14) | 1:00 | Bridge |
| 9:30 | Belly Dancing | 1:00 | Origami (5/14) |
| 9:30 | Cribbage | 1:00 | Quilting (5/7 & 21) |
| 9:30 | Mani-Pedi (5/7, 14, 21, 28) | 1:00 | Zumba Gold |
| 10:30 | Mah Jong | 1:00 | Low Vision |
| 10:45 | Cardio & Weights | 2:00 | Better Breathers (5/21) |
| 12:00 | Bistro Lunch | 2:00 | Flex & Tone w/Rebecca |
| 12:00 | Lunch with the Chief (5/28) | 2:15 | Ping Pong |
| 12:30 | Pickleball | | |
| 12:45 | Bereavement Group | | |

FRIDAY

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



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 Expires 5/31/20 Coupon Code 99919

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