

NORTHBOROUGH
SENIOR CENTER

CONNECT · LEARN · ENGAGE

NEWS AND ACTIVITIES | VOLUME 8, NO. 11, NOVEMBER 2021

NORTHBOROUGH TIMES



*HAPPY
VETERAN'S
DAY*

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Special Thanks to our Proud Premier Sponsor

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.

SENIOR CENTER HOURS:

Mon., Wed., Thurs. 8:00 AM – 4:00 PM
Tues. 8:00 AM – 7:00 PM
Fri. 7:00 AM – 12:00 PM

119 Bearfoot Road Northborough, MA

(Handicapped Accessible)

Phone/After Hours Answering Machine:

508-393-5035 | Fax: 508-393-1503

town.northborough.ma.us

STAFF

Interim Director: Eileen Bogle

Office Assistant: Nancy Dragon

Outreach Coordinator: Jocelyn Ehrhardt

The Bistro@119 Program Coordinators:

Vickie Killeen, Carolyn Harrington

Van Drivers: Dennis Parker, Bob Lang,

Warren Johnson

SHINE Counselors: Pauline O’Bray, Jerry Beavers

COUNCIL ON AGING MEMBERS

Chairperson: Adrienne Cost

Vice Chairperson: Jarl Anderson

Secretary: Linda Cragin

Members: Lee Beavers, Virginia Simms George,

Theresa Lee, Phylis Muthee, Muriel Swenor,

Elizabeth Nasser

Liaison to School Committee: Kathleen Howland

Bay Path Elder Services Rep: Jarl Anderson

DISCLAIMER: Dear Reader, We plan our programs and prepare our newsletter weeks in advance. This means that our **November** newsletter was sent to print **October 8**. Given how quickly the COVID 19 pandemic has evolved and impacted day-to-day operations, the content of this newsletter may not reflect our current status at the time you receive it. We therefore recommend that you call us at **508-393-5035** for updates on our programs and other information that may be subject to change

FROM EILEEN'S DESK:

November is always a noteworthy month as we celebrate two important holidays. Veterans’ Day is our opportunity to honor our Veterans as we host a luncheon on Wednesday, November 10th.

As we plan our programs, several months ahead, please know that while programs have returned live at the center, many remain hybrid options (in person and Zoom) and others continue to be available through zoom or cable.

We wish you a Happy Thanksgiving, giving thanks to all of you for your support of the Senior Center.

~ Eileen

PLEASE KNOW THAT PROGRAMS MAY NEED TO BE CANCELLED OR MODIFIED FOR PUBLIC SAFETY CONCERNS IF COVID GUIDELINES CHANGE.



INCLUSION STATEMENT: The Northborough Senior Center values the diversity of our participants, staff, volunteers, vendors, and community members. Throughout our center, our services, and our programs, we promote and honor diversity, equity, and inclusion, and believe it inspires people to share their unique perspectives and passions with one another. We welcome all people regardless of race, color, socioeconomic status, cultural background, marital status, sexual orientation, gender identity, ability, national origin, and other forms of uniqueness.



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FRIENDS of the
NORTHBOROUGH
SENIOR CENTER, INC.

**ANNOUNCING THE FRIENDS OF THE
NORTHBOROUGH SENIOR CENTER ANNUAL FUND**

Adaptability and resiliency have been the key characteristics of any organization over the last few years. The Friends' of the Northborough Senior Center is no exception.

We've done a great deal to modify our fundraising efforts to be safe, fun, and raise money to support the Senior Center. Unfortunately, the pandemic has impacted our efforts once again and we were faced with the difficult decision to postpone our High Tea and Art Action and Country Store Fair.

And yet, there is still a way to help support our mission. The Annual Fund appeal has begun and we are asking everyone who would have supported the Friends throughout the year, consider donating to the Annual Fund. We were so humbled last year to have the support of so many near and far, including many first-time donors! Even the smallest gifts can make enormous impact.

The last few years have taught us to be thankful. On behalf of the Board, we are thankful for your friendship, membership, and support.

Happy Thanksgiving!,

Kerri Martinek

President, Friends of the Northborough Senior Center



FRIENDSHIP BRICKWAY

Looking for a Unique Gift Idea? Order online here:
<https://www.friendsofnorthboroughseniors.org/fundraisers/>

**The Senior Center will be closed
November 11 for Veterans Day and
November 25 & 26, 2021
for Thanksgiving.**

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

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!

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

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

Name(s) _____

Address _____

Town, State, Zip _____

Phone _____ Email _____

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

\$25 Family \$100 Life* per person

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

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



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- Alzheimer's care
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- WHITNEY PLACE Assisted Living and Memory Care
- BEAUMONT Skilled Nursing and Rehabilitation
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PLEASE REMEMBER TO SWIPE OR SIGN IN

We appreciate your taking time to sign into the computers in the lobby for each of the programs and events you attend at the Northborough Center. If you don't have your key tag with you, simply enter your first name and touch "next" on the screen; Then follow the prompts. The front desk can assist with key tags and the kiosks, if you have any questions. By entering your participation, we are able to call you when there are scheduling changes that affect the programs you attend. You also help ensure that the data on usage of the Center is accurate for city and state reports.



SAVE THE DATES:
HOLIDAY BAKE WITH AGNES
 December 6
HOLIDAY SEASON LUNCHEON
 December 8, 2021, piano music w/George Curtis
WELCOME THE NEW YEAR BRUNCH
 January 5, 2022, with music w/George Curtis



**CONGRATULATIONS APPLE BAKE-OFF
 WINNER: MAUREEN SARGENT**

BAYPATH ELDER SERVICES, INC.

BayPath provides an array of services and programs for older adults, caregivers, and persons with disabilities to support their independence and dignity. Some programs have eligibility criteria, such as age, need, income, and/or insurance. To find out more, please visit their website www.baypath.org or call **508-573-7200** and ask for the Information and Referral Department.

TABLETS/IPADS PROGRAM

Through the generosity of the MetroWest Health Care Foundation, we have an IPAD Loan Program for Northborough seniors. Partnering with our tech-savvy volunteers, this is a great opportunity to learn how to connect virtually with friends, family, classes and programs. If you feel you know the basics or need help trouble shooting, our volunteers can also help you sort through your questions. Call for information about this great opportunity.

INTERFACE: Northborough residents now have access to INTERFACE Referral Service, a new mental health resource. INTERFACE is a program of William James College, designed to increase awareness of mental health issues impacting children, families and adults and to facilitate access to appropriate outpatient services. Resource information and/or provider referrals from trained resource and referral counselors can be obtained by calling the Interface Helpline **(888-244-6843)**. The Helpline is available Monday through Friday from 9am to 5pm.

WATCH US ON LOCAL CABLE: Watch **Frank and Mary in Northborough**, a monthly show featuring topics of interest to seniors. Tune into your Public Access Channel on Charter 191 or Verizon 31 here in Northborough, or online via the Senior Center's YouTube channel, found at: <https://www.youtube.com/playlist?list=PLk479TOxptkX3vrlvAtkG7BV8odi7Esxg>

INTERMEDIATE ESL ON ZOOM

Date: Tuesdays • **Time:** 7:00 PM
Instructor: Meredith Bohne
Students will pay for book (\$15)
Topics: Food, Grammar, Verbs

Please sign up ahead of time with the Northborough Senior Center Office by phone **(508-393-5035)** or stop by front desk to give your name, phone, email.

NORTHBOROUGH COA VAN SERVICE * Please call the Senior Center at 508-393-5035 for details.

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

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

WRTAs Advisory Board voted to The Board voted to **extend the fare free service until Jan 1, 2022.** This includes both fixed route bus service and paratransit service. The fares and fare structure will be the same as it was in Feb 2020 pre-pandemic. Please call **508-791-9782** with any questions.

VETERANS DAY LUNCHEON**Date: Wednesday, November 10** • **Time: Noon****Location: At the Senior Center**

We will be honoring all veterans on Wednesday, November 10 at The Bistro@119 with a complimentary lunch. Seating will be limited to 75 people so early registration is strongly recommended. Tickets are required for this limited seating event. Pre-Register and pick up your ticket(s) by November 4. A limited number of guest tickets will be available for \$15.00 per ticket. We thank the Friends of the Senior Center, Inc., the American Legion Post #234 and Northborough's Veterans' Agent, Justin Souza for their support.

GENEALOGY WORKSHOP ON ZOOM**Dates: November 4 & 18** • **Time: 1:00 PM****Location: Online via Zoom** • **Group Leader: Pam Cerutti**

This is a continuous work group for people who are working on their family history and/or have attended beginner classes. Attendees meet via Zoom to share research methods, helpful online and offline resources, and ideas for breaking through brick walls. Call to register: **508-393-5035**.

NORTHBOROUGH FIRE DEPARTMENT

Over the past year or so, Northborough Fire Department has implemented a SeniorSAFE program. This is a program geared towards smoke and CO detector inspection, battery replacement and general fire safety in the homes of our senior population. Please feel free to contact the fire department with any questions or comments at **508-393-1537**. You can also contact me directly by email at pgalas@town.northborough.ma.us. We hope that everyone is remaining healthy and safe during these times, and we look forward to continuing this program for you.

Peter Galas / Fire Fighter/Paramedic / Northborough Fire Department

BETTER DAY CAREGIVER SUPPORT GROUP (VIRTUAL ZOOM GROUP)**Day: 2nd Monday of each month** • **Time: 5:30 - 6:30 PM**

At Better Day, we invite adults living with Alzheimer's and other forms of dementia to our unique social day program. We help our guests live life to its fullest through enriching, engaging and experiential programming. Better Day Caregiver Support and Group meets the 2nd Monday of each month via ZOOM from 5:30 to 6:30 PM. Contact Regina@info@betterday.org. Phone number: **508-481-0809**.

MUSIC THERAPY WORKSHOP**Day: Thursdays** • **Time: 11:00 AM until Noon****Dates: November 4, 18, December 2 & 9**

Join Board Certified Music Therapist Cara Brindisi for a 4-week Music Therapy workshop specially designed for the Northborough Senior Center. Each session is 60-minutes and will consist of a variety of experiential in Music Therapy, including but not limited to: active group singing, song discussion, expression through songwriting and instrument playing, and of course music-listening of familiar and preferred song choices.

Together, the group will provide a space for positive socialization and interaction as well as relaxation and reminiscence; goals supremely important in these times!

If you have specific questions regarding Music Therapy, please reach out to Cara at: carabrindisi@gmail.com.

**THURSDAY WALKING & HIKING GROUP****Day: Thursdays** • **Time: 10:00 AM****Meet at the Senior Center****Walk location different each week**

Thursday walks will be continuing again on Thursday mornings at 10 beginning on September 9th. Meet us at the Northborough Senior Center before 10. The walks will be for around an hour to allow people to get back before 12.

RMV PARTNERSHIP UPDATES

The Massachusetts Registry of Motor Vehicles (RMV) is offering "Senior Hours" every Wednesday from 9:00 a.m. to 10:00 a.m, for customers age 65 and older at 27 Service Center locations, and by reservation only.

How to make a reservation

The RMV offers three ways to make a reservation:

- Call (857) 368-8005, our dedicated phone line for customers over age 65;
- Visit our [myRMV Online Service Center](#) to make an online reservation; or
- Email us at MassDOTRMVSeniors@dot.state.ma.us
- Massachusetts law requires customers age 75 and older to [renew their driver's license in person](#).

Visit [Mass.Gov/myRMV](https://www.mass.gov/myRMV) for over 40 online transactions and services including updating an address, renewing a Mass ID card, and requesting a replacement license or ID card.

SEWING AND KNITTING**Day: Tuesday** • **Date: November 9****Time: 4:00 PM** (One night a month)**THANKSGIVING HOLIDAY COOKING****Day: Tuesday, November 16****Time: 2:00 PM**

Diane Leger of Northborough Board of Health Presents "Prepare a delicious, safe and healthy Thanksgiving dinner". Tasting available. This promises to be a lively and informative Senior Center discussion. Come join us. Call to register **508-393-5035**.

FREE HEARING SCREENINGS

by Professional Hearing Healthcare

Day : Tuesday • **Date: November 9** • **Time: 1:00****At the Senior Center. Appointments Required, Call 508-393-5035.****LOW VISION SUPPORT GROUP****Day: Thursday, November 18** • **Time: 1:00 PM****Cost: Free** • **Leader: Agnes Sagerian** • **To be held in person**Call to register at **508-393-5035**.

TECHNOLOGY TUESDAYS**Dates: November 9th and 30th • TIME: 3:30 – 6:00 PM**

Do you have any questions on how to use your E-reader, laptop, cellphone, iPad etc.? Sign up for one-on-one help with Algonquin Regional High Schools students for all your technology questions. We also have IPADS here at the Center if you'd like to try one out!

ART GROUP**Tuesdays 9:00 – 10:30 AM • No cost**

Bring a project you are working on or come to get inspired by like-minded creatives! All skill levels and all artistic mediums are welcome.

BOOK CLUB / 3rd Wednesday of the month**Date: November 17 • Time: 1:30 PM • In Person**

Call the Senior Center or check online for the book title.

PITCH CLASS**Day: Mondays • Time: 1:00 PM**

Come join the fun! Open to everyone.

SENIOR TAX WORKOFF

This program allows the Town of Northborough to utilize the knowledge and skills of it's senior residents in exchange for credit toward the residents' property tax bill. This program enhances municipal services while alleviating senior residents' tax burden. Income eligibility requirements apply. To find out more about this program please call the Senior Center at **508-393-5035**.

NEEDLERS KNITTING GROUP**Mondays at 2:00 PM • 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 fun group as they share common experiences of a hobby they love!

ACAPPELLA GROUP**Day: Wednesdays • Dates: November 3, 10, 17, 24****Time: 11:00 AM – 12:00 PM • Instructor: Manoj Padki**

As research keeps showing, there are countless cognitive, health and social benefits of singing - and, more specifically, engaging in singing with others. Come lift your voice and your spirits with this fun class!

SNAP FOR SENIORS:

Budget feeling tight? We might have a solution! Many people over the age of 60 are eligible for SNAP but don't use it. This could mean as much as \$100 per month available to buy groceries. The money you save on your grocery bill could be put towards other expenses. Please contact Jocelyn in Outreach to see if you qualify.

PHOTOGRAPHY CLUB**Day: Tuesday • Date: November 16****Time: 1:00 PM****Facilitator: Mary Kay Bedigian**

Photo friends, let's reunite together and share our summer experiences.

Bring any photos of summer fun.

If anyone completed the summer challenge, be ready to share.

**POOL PLAYERS IN ACTION AT THE SENIOR CENTER****CONVERTING PHOTOS, SLIDES, AND NEGATIVES TO COMPUTER FILES****Date: November 9 • Time: 11:00 AM**

Location: Technology Activity Room Instructor: Pam Cerutti

This class teaches the use of the wonderful scanner we have at the Senior Center. You will learn how to preserve your own photos, 35mm slides, and photo negatives as digital files, safe from damage or loss and sharable forever after. After taking this class, you can reserve time to come back and use the scanner. Space is limited. Call to register: **508-393-5035**.

QUILTING**Day: 1st and 3rd Thursday • Time 1:00 PM • 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!

JENNIE'S MAH JONG**Days: Thursday****Will be played at 10:00 AM and 1:00 PM****Cost: Free**

Open to all who have been instructed in this version of Chinese Mah Jong. Charlotte will provide lessons to anyone learning this game. Lessons are open to all at no charge. Call the Center for an appointment and Charlotte will call to set a time and date.

AMERICAN MAH JONG**Day: Tuesday • Time: 1:00 PM**

Join this lively bunch for a fun game of American Man Jong!

BINGO / Day: Wednesdays • Time: 1:00 PM

Bingo is back! Come join the fun!

PATHWAYS OF BAYPATH ELDER SERVICES

Did you know-? Our LGBTQ+ Initiative works constantly to increase outreach and connections to LGBTQ+ older adults, people with disabilities, and other isolated individuals... and it's here for YOU, too! Our coordinator Julie is always happy to help find information and support. You are warmly welcome to contact her with questions at jnowak@baypath.org or **508-573-7288** (direct line w/voicemail).

Keep up with our Pathways programming by joining our confidential email list and watching posts to our homepage (www.baypath.org) and social media. **PRIDE** never stops and neither will Pathways!

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

The class will be for all adults who have never taken piano lessons and want to start from the very beginning OR for those 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.

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.

PATHWAYS VIRTUAL**COFFEE HOUR (VIRTUAL CLASS)****Day: Tuesdays • Time: 11:00 AM****Grab your favorite mug and pull
up a comfy chair for a casual chat!**

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

LEGAL CLINIC**Day: Tuesday • Date: November 9****Time: 1:30 PM****Attorney: Kristine Romano****Cost: Free • To be held in person**

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.

THE DUNE SHACK**Day: Thursdays • Time: 11:00 AM****(VIRTUAL CLASS)**

This is a chill, cozy space where you can work on a project in progress, or spark your imagination with a fun weekly art project that you can make with materials you already have at home! LGBTQ+ folx and SOFFA (Significant Others, Family, Friends, and Allies) always welcome! Let your inner child play! Please RSVP to Julie at JNowak@baypath.org

WRITING GROUP (VIRTUAL CLASS)**Date: November 10 & 24 • Time: 1:30 PM****Coordinator: Yasmin Azad**

A story, a memory, a poem, an essay, a song. There are so many personal thoughts that can be put to 'paper.' Join the Writing Group and share your work or just listen to others--either way we hope you will be inspired. Call to register: **508-393-5035**.

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.

**MANICURES/PEDICURES/
REFLEXOLOGY****Day: Thursdays • Dates: November 4, 18****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**

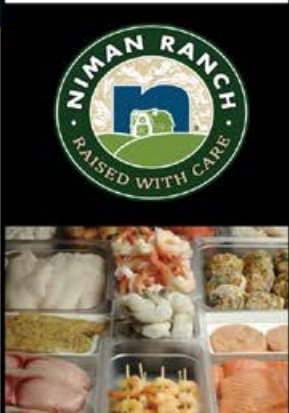
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LIFE Honored
Embraced by COMMUNITY

| MONDAY | TUESDAY |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:15 AM Matt Yoga w/Rebecca 12:00 PM Bistro Lunch 1:00 PM Pitch 2:00 PM Needlers Knitting Group | 9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi for Arthritis 10:45 AM Tai Chi/Qi Gong/Meditation 11:30 AM Daybreak 12:00 PM Bistro Lunch 1:00 PM Seated Yoga w/Rebecca 1:00 PM American Mah Jong 1:00 PM Trivia Tuesday 7:00 PM Intermediate ESL on Zoom |
| 11:15 AM Matt Yoga w/Rebecca 12:00 PM Bistro Lunch 1:00 PM Pitch 2:00 PM Needlers Knitting Group | 9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi for Arthritis 10:45 AM Tai Chi/Qi Gong/Meditation 11:00 AM Converting Photos to Digital 11:30 AM Daybreak 12:00 PM Bistro Lunch 1:00 PM Trivia Tuesday 1:00 PM Free Hearing Screenings 1:00 PM Seated Yoga w/Rebecca 1:00 PM American Mah Jong 1:30 PM Legal Clinic 3:30 PM Technology Tuesdays 4:00 PM Sewing & Knitting 5:15 PM COA Board Meeting 7:00 PM Intermediate ESL on Zoom |
| 11:15 AM Matt Yoga w/Rebecca 12:00 PM Bistro Lunch 1:00 PM Pitch 2:00 PM Needlers Knitting Group | 9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi for Arthritis 10:45 AM Tai Chi/Qi Gong/Meditation 11:30 AM Daybreak 12:00 PM Bistro Lunch 1:00 PM Seated Yoga w/Rebecca 1:00 PM Trivia Tuesday 1:00 PM American Mah Jong 1:00 PM Photography Club 2:00 PM Holiday Cooking 7:00 PM Intermediate ESL on Zoom |
| 11:15 AM Matt Yoga w/Rebecca 12:00 PM Bistro Lunch 12:30 PM Friends Board Meeting 1:00 PM Pitch 2:00 PM Needlers Knitting Group | 9:00 AM Art Group 9:00 AM Tai Chi for Vets 9:30 AM Tai Chi for Arthritis 10:45 AM Tai Chi/Qi Gong/Meditation 11:30 AM Daybreak 12:00 PM Bistro Lunch 1:00 PM Seated Yoga w/Rebecca 12:00 PM Bistro Lunch 1:00 PM Seated Yoga w/Rebecca 1:00 PM Trivia Tuesday 1:00 PM American Mah Jong 7:00 PM Intermediate ESL on Zoom |
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56 Main Street, Northborough / *Director: Jeff Koopman*

| WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>10:00 AM Dull Men's Club 3 10:00 AM Tai Chi Yang Style 11:00 AM Acapella Group 12:00 PM Bistro Lunch 1:00 PM Bingo</p> | <p>9:30 AM Cribbage 4 9:30 PM Manicures/Pedicures/Reflexology 10:00 AM Jennie's Mahjong 10:00 AM Thursday Walking & Hiking Group 11:00 AM Music Therapy Workshop 12:00 PM Bistro Lunch 1:00 PM Jennie's Mah Jong 1:00 PM Quilting 1:00 PM Zumba Gold</p> | <p>9:00 AM Strength Training w/Sharon 5 10:15 AM Stretch Break 11:00 AM Piano Lessons</p> |
| <p>10:00 AM Dull Men's Club 10 10:00 AM Tai Chi Yang Style 11:00 AM Acapella Group 12:00 PM Veteran's Lunch 1:00 PM Bingo 1:30 PM Writing Group</p> | <p>VETERAN'S DAY CENTER CLOSED</p> 11 | <p>9:00 AM Strength Training w/Sharon 12 10:15 AM Stretch Break 11:00 AM Piano Lessons</p> |
| <p>10:00 AM Dull Men's Club 17 10:00 AM Tai Chi Yang Style 11:00 AM Acapella Group 12:00 PM Bistro Lunch 1:00 PM Bingo 1:30 PM Book Club</p> | <p>9:30 AM Cribbage 18 9:30 PM Manicures/Pedicures/Reflexology 10:00 AM Jennie's Mahjong 10:00 AM Thursday Walking & Hiking Group 11:00 AM Music Therapy Workshop 12:00 PM Bistro Lunch 12:00 PM Zumba Gold 1:00 PM Geneology Workship on Zoom 1:00 PM Quilting 1:00 PM Jennie's Mah Jong 1:00 PM Low Vision Support Group</p> | <p>9:00 AM Strength Training w/Sharon 19 10:15 AM Stretch Break 11:00 AM Piano Lessons</p> |
| <p>10:00 AM Dull Men's Club 24 10:00 AM Tai Chi Yang Style 11:00 AM Acapella Group 12:00 PM Bistro Lunch 1:00 PM Bingo 1:30 PM Writing Group</p> | <p>THANKSGIVING CENTER CLOSED</p> 25 | <p>CENTER CLOSED</p> 26 |
| <p><i>November</i></p> | | |

OUTREACH NOTES

Bay Path Elder Services is the Aging Services Access Point (ASAP) for Northborough and thirteen other surrounding towns. Aging Service Access Points are replicated throughout the state and are an important part of the aging services network. They help to provide regional access to information and referral, assessment, case management, protective services and much more.

Bay Path recently announced that in addition to their Nursing Home Ombudsman Program, ombudsman services will be available to Assisted Living residents. Ombudsman programs provide advocacy, mediation and information on behalf of consumers and involved loved ones. This role is especially important given the vulnerability of the consumers. Residents of Assisted Living Residences, and Nursing Home residents, are not always aware of their protected rights in these settings. The Ombudsman can help to ensure that those rights are known and respected by all involved parties. The Assisted Living Ombudsman program will recruit volunteers to visit the Assisted Living Residences within its fourteen town catchment area. Caroline Drella is the Assisted Living Ombudsman who will be overseeing this effort. Caroline can be reached at **508-573-7200**.

Please contact me if you have questions about Assisted Living, Ombudsman programs or other aging related matters

Sincerely, *Jocelyn Ehrhardt, MSW, Outreach Coordinator*

FRIENDLY VOICES

During our outreach telephone calls to the seniors in our community throughout the COVID pandemic, we found that many people that were feeling isolated. A phone call made a world of difference. Many people did not realize how much the senior center offered, even with the building itself being closed. There is a definite need to connect to each other, so we will continue to reach out to seniors who would like to hear a 'friendly voice'. If you would like to be on that list of recipients, please call us! **508-393-5035**

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 might be just what you are looking for. Christine D'Angelo is the DayBreak Facilitator in Northborough and Marlborough. 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 one 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.

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

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7TH DON'T MISS YOUR CHANCE TO CHANGE PLANS SHINE CAN HELP!

It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. For the best comparison, you should have a Medicare account. If you don't have one already, you can go to Medicare.gov to easily create one, or SHINE can help you do it.

Call your Senior Center and ask for a SHINE appointment. At the time of your appointment you should have your:

- Medicare account Username and Password (if you have an account)
- Medicare card # and other drug/health insurance cards and benefit information
- Prescription drug list (dosage, quantity, frequency)

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible, your call within 2 days.



Northborough Helping Hands Association

FREE DURABLE MEDICAL EQUIPMENT AVAILABLE

Northborough Helping Hands Association, Inc. offers free medical equipment to Northborough residents and their families for short or long-term use. Available are wheelchairs, transport chairs, canes and walkers, commodes, high rise toilet seats and arms, bath chairs and benches, bed rails, long reach grabbers, bed trays and tables.

To arrange to pick up items at our storage facility, contact us by email at equipment@northboroughhelpinghands.org or phone Jane at **508-393-2893**, Marcia at **774-258-1053** or Sharon at **508-414-5447**

For information about other programs, see our website

www.northboroughhelpinghands.org



Sometimes you need a helping hand



STRENGTH TRAINING W/SHARON

In Person and Virtual Class
Dates: Fridays Time: 9:00 AM
Suggested Donation: \$3/class

This class will target both upper and lower body muscles for strength and for toning. I will also take you through a series of exercises that will focus on core strength and balance. Abs and lower back will also be targeted. You must be able to get down onto a mat or floor space. All fitness levels are welcome to join. Please let me know before class begins if you have any orthopedic issues which may need to be addressed with modifications.

STRENGTH TRAINING (ON CABLE)

Days: Mondays & Wednesdays
Time: 9:00 - 10:00 AM
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.

CHAIR YOGA WITH REBECCA

Day: Every Tuesday • Time: 1:00 PM
Instructor: Rebecca Reber
Suggested Donation: \$3/class

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.

TAI CHI FOR VETS (VIRTUAL CLASS)

Day: Tuesdays • Time: 9:00 AM
Instructor: Kristin Higgins of
Center Balance Lifestyle

Tai Chi for Vets returns! Join the zoom call on Tuesdays @ 9:00 AM for a free Tai Chi class specifically designed classes for Veterans of all Abilities. Call to register **508-393-5035**

ZUMBA GOLD

Days: Zoom Classes on Thursdays
Time: 1:00 PM • Instructor: Mary Abate
Suggested Donation: \$4/class

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!

MAT YOGA WITH REBECCA REBER

Day: Mondays 11:15 AM - Noon
Suggested Donation: \$3/class

Gentle mat yoga with Rebecca is back! Please call to register **508-393-5035**.

STRETCH BREAK (IN PERSON & ZOOM)

Days: Every Friday • Time: 10:15 AM
Instructor: Sharon Gallant
Suggested Donation: \$3/class

Stretch Break is a 45 minute class that consists of mat-based stretches for the entire body. 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.

TAI CHI-TRADITIONAL CHINESE YANG STYLE (VIRTUAL CLASS)

Days: Wednesdays • Time: 10 - 10:40 AM
Instructor: Yunping Hu
Suggested Donation: \$3/class

Traditional Chinese Yang Style Tai Chi is 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.

TAI CHI/QI GONG/MEDITATION MIND BODY & SPIRIT (IN PERSON)

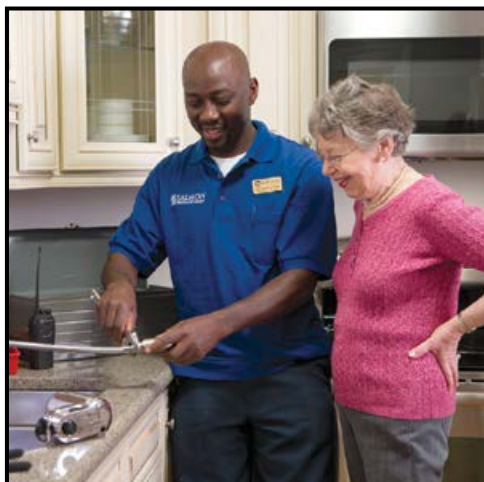
Days: Tuesdays • Time: 10:45 AM
Instructor: Rev. Helen Morin
Suggested Donation: \$3/class

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. **Call to register**.

TAI CHI FOR ARTHRITIS (IN PERSON)

Days: Tuesdays • Time: 9:30 - 10:30 AM
Instructor: Helen Morin • Call to register
Suggested Donation: \$3/class

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!



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- WHITNEY PLACE Assisted Living and Memory Care
- SALMON VNA & Hospice



ELDER LAW WITH FRANK AND MARY

by **Arthur P. Bergeron**
and **Leah A. Kofos**

Arthur and Leah are elder law attorneys in the
Trusts and Estates Group at Mirick O'Connell.

WHAT'S YOUR HEALTHCARE PLAN FOR 2022?

The Medicare Open Enrollment period began on October 15 and runs until December 7. It's time to assess your health and plan your healthcare budget accordingly. Maybe nothing has changed. As you age, the likelihood of an annual change in your health is much greater. Health changes can cost money, so you should plan for them to the extent that you can.

First, of course, you need to look at your prescription plan, Medicare Part D. As you know, these plans can change even if your health does not. Every year, each plan lists which drugs they cover, the amount of your deductible, and the cost of your co-pay every time you get a refill. Prices may vary from drugstore to drugstore too. It is important that you take the necessary time to figure all this out ahead of time as it may reduce your costs in 2022.

Next, figure out how much you want to risk in other healthcare costs next year and plan accordingly. Your Medicare Part A and B co-pays and deductibles, all based on the services you get, are predictable and do not change from year to year. Do you know what a day in the hospital would cost you? How about an MRI? If you have a sense of those costs, you'll have a better sense of how much you want to spend next year to have them covered. Each provider of Medicare supplemental insurance policies will give you a variety of plans at a variety of premiums, all depending on how much risk you want to take.

Finally, you can shop around to see if there is a Medicare Part C plan (referred to as Medicare Advantage) that will allow you to bundle all medical pieces together in one plan, often for less cost. These plans typically offer additional benefits, like subsidized health club and other fitness and health maintenance programs, payments for eyeglasses, and more. Before you make your healthcare investments for 2022, you owe it to yourself to check these out.

If you think this is confusing, you're not alone. The senior center can connect you with the volunteer SHINE counselors and private consultants to help you wade through all this. If you want to learn more about this topic, check out my November seminar on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary, and on your local Northborough Cable station (Charter Channel 191; Verizon Channel 31), along with Frank and Mary in Northborough, where my co-host, Liz Tretiak and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at **(508) 860-1470** or abergeron@mirickoconnell.com.

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abergeron@mirickoconnell.com



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AGE-RELATED VISION PROBLEMS



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

— Source: Mayo Clinic



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

Sudoku

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

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | | | 3 | 2 | 8 | 9 | | |
| | 6 | 1 | | | | 8 | | |
| | | | | | 7 | | | 3 |
| | | 3 | 7 | | | | 9 | |
| 9 | | | | | | 2 | | 1 |
| | | 8 | 2 | 6 | | | 4 | |
| | | | | 8 | | 1 | | |
| | 9 | | 4 | | | | | |
| | | | | | | | | |

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DIFFICULTY: ★★☆☆☆

ENIGMA™

CRYPTOGRAM

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

"A E M L W B L B G M E X E K V E M Y
L M B X L K Q Y L G M Q M F M L M E Y J - M L M E
X E K V E M Y X E K B X L K Q Y L G M."

— Y P G C Q B E F L B G M

PREVIOUS SOLUTION: "He who devotes sixteen hours a day to study may become as wise at sixty as he thought himself at twenty." — Mary Wilson Little

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

< Answer to Previous Puzzle

CROSSWORD PUZZLE

- ACROSS**
- 1 Laconian clan group
 - 4 Snow (Scot.)
 - 7 Amer. Cancer Society (abbr.)
 - 10 Ach (abbr.)
 - 11 Comparative ending
 - 12 Mayan year
 - 14 Sp. instrument
 - 16 Lens-shaped aggregate
 - 17 Cubic feet per second (abbr.)
 - 18 Savory
 - 20 Youngster
 - 21 Black colonial cuckoo
 - 22 Egypt. queen of the gods
 - 24 Reproach
 - 27 Carriage
 - 30 Arris
 - 31 Old Eng. rune
 - 32 Marker
 - 33 Daydream
 - 35 Intervening, in law
- DOWN**
- 1 Viking
 - 2 Musical instrument (string)
 - 3 Superlative (suf.)
 - 36 Sister of Ares
 - 37 Strife
 - 38 Fr. month
 - 40 Prohibit
 - 42 To be announced (abbr.)
 - 45 "Bus Stop" playwright
 - 47 Dolphin fish
 - 49 Prayer beads
 - 50 Orinoco tributary
 - 51 Angle
 - 52 Genesis (abbr.)
 - 53 New (pref.)
 - 54 Old (Ger.)

ANSWER TO PREVIOUS PUZZLE

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| A | C | I | S | P | A | M | T | U | A | N |
| M | A | B | I | E | N | A | A | N | C | E |
| M | A | L | E | S | W | A | N | O | S | T |
| A | M | E | C | I | G | A | R | T | A | D |
| | | | C | A | T | T | E | M | A | |
| J | A | C | O | B | R | E | T | A | B | L |
| A | L | A | R | A | W | E | C | L | A | D |
| T | E | R | N | A | R | Y | T | E | E | S |
| | | | O | U | S | T | S | E | R | |
| L | O | T | B | I | N | A | L | S | B | E |
| U | B | E | R | S | E | M | E | S | T | E |
| X | E | N | O | A | A | A | R | A | A | D |
| E | D | E | N | N | P | R | O | B | R | A |

- 4 Mount Horeb
- 5 Turnip (Scot.)
- 6 Craftsman
- 7 Exclamation
- 8 Wary
- 9 Legend
- 10 Atl. Coast Conference (abbr.)
- 13 River or sea bottom
- 15 Anglo-Saxon slave
- 19 Daughters of the American Revolution (abbr.)
- 21 Viper
- 23 River of Rome
- 24 Cardiopulmonary resuscitation (abbr.)
- 25 Hurry
- 26 Lure
- 27 Curved letter
- 28 Longitude (abbr.)
- 29 Look at
- 31 Sage (2 words)
- 34 Clear
- 35 Baluchistan people
- 37 Biblical burning bush
- 38 Arabic letter
- 39 Anagram (abbr.)
- 41 Bald
- 42 Follow
- 43 Minstrel of India
- 44 S.A. sloths
- 46 Belonging to (suf.)
- 48 Master of Business Administration (abbr.)

| | | | | | | | | | | | | |
|----|----|----|----|--|----|----|----|--|----|----|----|----|
| | 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 | | | | | | | 54 | | | |

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from our family to yours!

"Karen was very knowledgeable and professional. She had excellent local contacts when I needed recommendations. Karen was patient and calm when I wasn't so much so. She talked me through computer applications that were new since the last time I sold a house. Karen was very supportive through the whole process of selling my home. I enjoyed working with Karen and recommend her to anyone local who is selling their property."



"I chose Karen to sell my home as she is the queen of Northborough. The house was listed and offer accepted in 2 days. Closing process went smoothly and Karen was able to assist in a pinch with certain matters. Karen is knowledgeable, professional, and is good at what she does."

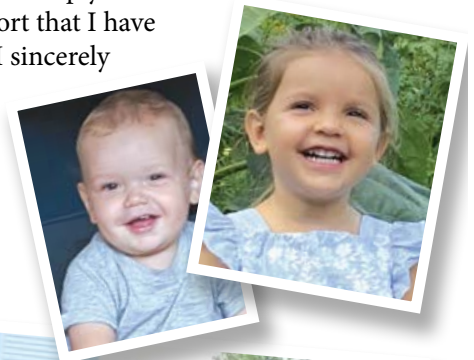


As we approach the holiday season, I feel extremely blessed when reflecting on the past. Twenty-seven years ago, I began my career as a real estate agent. I never could have imagined the amazing journey that was ahead. I have met incredible individuals along the way, many of whom I feel honored to now call friends. This adventure has seen the growth of my four children, the marriage of four children, and the birth of my two grandchildren.

Throughout the years there have been several discussions about the key to success. Though there are many different opinions, I truly believe that the real key to my success is all of you; my clients, friends and family. I want to take this opportunity to express my heartfelt gratitude to each and every one of you. I am deeply touched by the kind words, referrals, loyalty, and constant support that I have been shown over the years and want you to know that I sincerely appreciate everything you have done.

I look forward to the opportunity to assist you with any of your real estate needs in the years to come.

Best wishes for a happy & healthy holiday season and a wonderful year filled with laughter, love, and happiness.



Warm Regards,
Karen Scopetski
 Northborough's
 Number 1
 Premier Agent
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 Residential Brokerage

Karen Scopetski, Premier Agent
 Coldwell Banker Residential Brokerage
 318 Main Street, Northborough

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NORTHBOROUGH TIMES

Northborough Senior Center
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 with the purchase of any large pizza with one or more toppings
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 Expires 11/30/21 Coupon Code 21719

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 *Additional charge for toppings and SPECIALTY TOPPINGS
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 Expires 11/30/21 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 11/30/21 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 11/30/21 Coupon Code 199919

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