



NORTHBOROUGH
SENIOR CENTER
CONNECT · LEARN · ENGAGE

NEWS AND ACTIVITIES | VOLUME 9, NO. 6, JUNE 2022

NORTHBOROUGH TIMES



**KAREN
SCOPETSKI**
REALTOR

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

Director: Kendra Faldetta

Office Assistant: Nancy Dragon

Outreach Coordinator: Jocelyn Ehrhardt

Program Coordinator: Linda Dimare

The Bistro@119 Program Coordinators:

Vickie Killeen, Carolyn Harrington

Van Drivers: Tom Boland, Dennis Parker,

Bob Lang, Peter Stone

SHINE Counselors: Pauline O’Bray, Jerry Beavers

COUNCIL ON AGING MEMBERS

Chairperson: Adrienne Cost

Vice Chairperson: Muriel Swenor

Secretary: Linda Cragin

Members: Jarl Anderson, Theresa Lee,

Virginia Simms George, Elizabeth Nasser

Liaison to School Committee: Kathleen Howland

Liaison to Board of Selectmen: Kristen Wixted

PLEASE KNOW THAT PROGRAMS MAY NEED TO BE CANCELLED OR MODIFIED FOR PUBLIC SAFETY CONCERNS IF COVID GUIDELINES CHANGE. PLEASE CALL US AT 508-393-5035 FOR ANY UPDATES.

Masks are recommended at the Senior Center if you are not fully vaccinated, if you have a weakened immune system, or are at increased risk for severe disease, or if someone in your household has these conditions.

DIRECTOR'S CORNER

Thank you for the warm welcome to the Town of Northborough. I feel very lucky to be here and look forward to continuing to meet all of you. Please feel free to stop by and say hello. I am here for you, and am privileged to be serving this community.

Kendra D. Faldetta

Director of the
Northborough Senior Center
508-393-5035

**WELCOME TO OUR
NEW VAN DRIVER
PETER STONE!**



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.**

A WARM WELCOME TO THE NEW OFFICERS OF THE FRIENDS

What a wonderful experience I have had during my time as President of the Friends' Board of Directors. The last two years have been difficult on all of us. Yet, there was always hope. We found a way to still meet up – whether outdoors or on Zoom. Donors were still so generous through donations to the Annual Fund even when we couldn't hold all of our usual events. I was lucky to be a part of such a hard-working and dedicated Board who came up with creative ways to still raise money and have fun together. We never stopped moving forward and for that, I'm grateful.

As I depart, I want to extend a warm welcome to the new officers. We are even luckier to have Ron Doucett step up as President.

Ron has been such an avid supporter of the Friends and always a smiling face at the Senior Center and Bistro. I look forward to Ron's leadership. Joining Ron will be Dawn Rand as Vice President, Carolyn Squillante as Secretary, and Henry Squillante as Treasurer.

Thank you for your support, even in the hardest of times. I wish everyone at the Senior Center – members, staff, Friends, Council on Aging – a happy and healthy 2022. I will most certainly be seeing you again.

Kerri Martinek – President, Friends of the Northborough Senior Center



FRIENDSHIP BRICKWAY

Looking for a Unique Gift Idea?

Order online here:

[https://www.](https://www.friendsofnorthboroughseniors.org/fundraisers/)

[friendsofnorthboroughseniors.org/
fundraisers/](https://www.friendsofnorthboroughseniors.org/fundraisers/)

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 _____

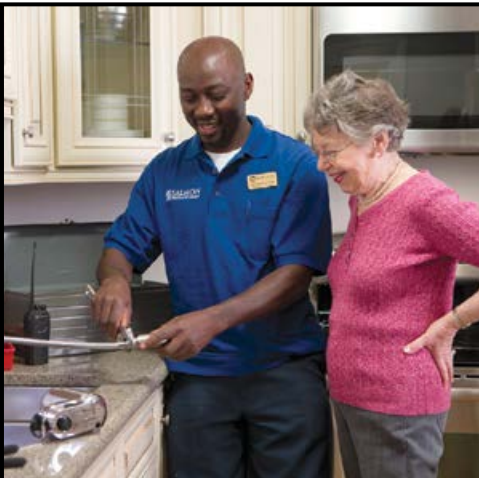
Phone _____ Email _____

\$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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CONTINUUM OF CARE

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

FROM THE BISTRO

When thinking of what June brings, one may reflect on the words of Ralph Waldo Emerson,

“Live in the sunshine. Swim in the sea. Drink in the wild air”

Carolyn and Vickie would like to add, *“Eat fresh foods from the land”*.

That will be our goal this summer. We invite you to look out the windows of The Bistro @ 119 and see our efforts to provide you with fresh, healthy, and tasty food. You will notice raised beds of basil, parsley, scallions and more. Just think about how delicious a BLT will be with garden fresh tomatoes or a vegetable medley of summer squashes. And of course, summer soups using all mother nature’s beautiful gifts using those fresh herbs and vegetables!

We hope you look forward to one of the many benefits of the summer months as much as we do.

~Carolyn & Vickie

FACTS ABOUT HYPERTENSION

Celeste Kopech RN provides Blood Pressure checks and answers medication and general health questions. Her hours are Mondays and Wednesday from 9 AM to 12 PM at The Northborough Senior Center. You may call **508-393-5035** for more information.

Hypertension (HTN) is another name for high blood pressure (BP). It is often called “the Silent Killer” because most people don’t have symptoms. Blood pressure is the force that a person’s blood exerts against the walls of their blood vessels. Normal BP should be 120-130/70-80, High BP is above 140/90. It’s important to have your BP checked regularly and speak to your MD as to what is a normal BP for you as it may be different due to your medical condition.

Hypertension is a primary risk for cardiovascular disease, stroke, heart attack, heart failure and aneurysm. Lifestyle changes are the first line treatment for HTN.

- Regular exercise can make your heart stronger and decrease your BP. Suitable exercises are walking, jogging, cycling, and swimming. It is recommended that you exercise between 3-5 times per week. Please check with your physician as to which exercise is best for you.
- Decrease your sodium intake (salt) to less than 2,300 mg per day and if you have HTN decrease to less than 1,500 mg per day per the American Heart Association.
- Other changes you can make are to manage your weight, quit smoking, limit alcohol, reduce stress, and eat more fruits and vegetables and less fat.

Your physician may also recommend a combination of medications to manage your BP. Don’t stop taking your medication for any reason without asking your doctor. Carry a list of your medications and how often you take them and update as needed. Organize your medicine in a pillbox marked with the days of the week so you can remember to take them as part of your routine.

Call your physician if you experience side effects. Don’t take over the counter medicines or herbal supplements without asking your doctor as it may interfere with your medicine. **STOP BY THE WELLNESS OFFICE AND HAVE YOUR BP CHECKED ON MONDAY AND WEDNESDAY FROM 9 AM-12 PM.**



FREE TAXI SERVICE AGE 60+:

The Northborough Senior Center has received funding from Bay Path Elder Services to assist Northborough residents 60 years of age and older with transportation needs to medical appointment trips to destinations east of Northborough. As funds are limited, the program is designed to assist those with limited financial and social resources. If you would like more information or would like to request this service, please call Jocelyn Ehrhardt at **508-393-5035**. It is essential to call at least two weeks in advance of your appointment to discuss options.

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

AUTOMATIC FARE COLLECTION SYSTEM
WRTAs Advisory Board voted to extend the fare free service thru Dec. 31, 2022. This includes both fixed route bus service and paratransit service.

VAN TRANSPORTATION POLICY
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.

GUIDED NATURE WALK**Date: Friday, June 24 (Rain Date: July 8) • Time: 10:00 - 11:00 AM**

Mark your calendar for a leisurely nature walk in the Edmund Hill Woods conservation land next to the Senior Center. Our experienced nature guide Joy Marzolf will introduce you to birds, butterflies, and other wildlife that inhabit this beautiful space. Registration is required. Please call **508-393-5035** to register.

GENEALOGY WORKSHOP ON ZOOM**Days: First & Third Thursday • Dates: June 2 & 16****Time: 1:00 PM • 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**.

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

Please join us to explore a different walk location each week. Walkers will meet at the Senior Center before 10:00 am. The walks will be one hour long.

NUTRITION AND COOKING WITH ROSE LEE**Date: Wednesday, June 15 • Time: 1:30 PM • Cost: \$12**

Start your summer with new plant-based Watermelon Salad, Stuffed Mushrooms, and a Sichuan Kong Pao Bowl. Registration is required. Please call **508-393-5035** to register.

THE INS AND OUTS OF TRUSTS**Day: Tuesday, June 14 • Time: 4:00 PM****Presenter: George Pember**

Join Attorney George Pember for a discussion on the ins and outs of trusts. Among the topics covered are: Revocable Trusts, Irrevocable Trusts, Trusts for minimizing or eliminating Massachusetts estate taxes, Trusts for grandchildren, Special Needs Trusts, Trusts for sheltering assets from nursing homes. Please come with any questions you have about any aspect of estate planning or elder law. Registration is required. Please call **508-393-5035** to register.

CRAFT CLASS**WITH SUE & DALE****Day: Thursday, June 9****Time: 10:00 AM - 12:00 PM****Cost: \$7**

For June we'll be crafting a wooden plaque that's perfect for your door, fireplace or almost anywhere in your home. You can choose from a plaque with a birch tree theme or a plaque that has a removable letter "O" in the word home that can be changed to match your seasonal décor. Please call **508-393-5035** to register.

**MINDFUL LIVING DURING UNCERTAIN TIMES****Day: Wednesdays • Dates: June 1, 8, 15 & 22 • Time 1:00 PM**

As part of Northborough's Be Well Events this special session will focus on finding peace, joy, and happiness through the practice of mindful awareness and meditation. In each class you will learn techniques such as easy breath work to relax the body, mindful awareness to calm the mind and helpful strategies to address anxiety and depression. Registration is required. You must be a resident of Northborough to attend. Please call **508-393-5035** to register.

**ORIGAMI CLASS****Date: Thursday, June 9 & 23****Time: 1:00 PM****Cost: \$5**

Please call 508-393-5035 to register.

**WANT TO REACH NORTHBOROUGH READERS 60+?
GET ON THE *PATH* TO NEW CUSTOMERS!**

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Northborough Times**

www.seniorcentercommunications.com

**Tom Keller - Regional Director
508-361-7000**

tom@seniorcentercommunications.com



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



TRIVIA TUESDAY

Now In-Person (Zoom link also available)

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. Call to register at **508-393-5035**.

WRITING GROUP (ZOOM)

Day: Wednesdays • Date: June 8 & 22 • Time: 1:30 PM

Call 508-393-5035 to Register

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.

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 dullmenclub.com and come join us.

QUILTING

Day: 1st and 3rd Thursday • Dates: June 2 & 16

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!

LEARN TO PLAY UKULELE!

At the Northborough Senior Center

Day: Fridays (NO CLASS JUNE 3)

Time: 10:00 - 11:00 AM

Cost: \$4 per class • Join anytime

Playing an instrument has many physical and mental health benefits, including increased hand-eye coordination, improved focus and clarity and a sense of accomplishment. Ukulele is perhaps the most easily accessible instrument you can learn and start making music by yourself and with friends!

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!

BETTER DAY PROGRAM OF MARLBORO

(IN PERSON)

Contact Regina@info@betterday.org

Phone number: 508-481-0809

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.

CAREGIVER SUPPORT GROUP

@ BETTER DAY PROGRAM (VIRTUAL GROUP)

Day: 2nd Monday of each month

Time: 5:30 - 6:30 PM

Contact Regina@info@betterday.org

Phone number: 508-481-0809



UNPARALLELED COMFORT AND CONVENIENCES

- Warm and gracious setting for seniors needing a little help with daily routines
- Private or shared apartments
- Individual attention from trained PCAs and a skilled recreation team
- Alzheimer's care
- Social events and recreation



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WESTBOROUGH
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CONTINUUM OF CARE

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

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!

PATHWAYS BACK IN PERSON COFFEE HOUR

Live at AVRTHS
Day: Tuesdays
Time: 11:00 AM



LEGAL CLINIC

Day: Tuesday • Date: June 7 • Time: 1:45 - 2:45 PM
Attorney: George Pember • Cost: Free • Appt. Required
 Legal Clinic will be staffed by Attorney George Pember. Call the Senior Center at **508-393-5035** to schedule your free 15-minute appointment to privately discuss any legal issue.

FREE HEARING SCREENINGS

by Professional Hearing Healthcare / At the Senior Center
Day: Tuesday • Date: June 14 • Time: 1:00 PM
Appointments Required, Call 508-393-5035.

LOW VISION SUPPORT GROUP

Day: Thursday • Date: June 9 • Time: 1:00 PM
Group Leader: Peggy Williamson • New members welcome!

SEWING AND KNITTING

Day: 2nd & 4th Tuesdays • Date: June 14 & 28 • Time: 4:00 PM

ART GROUP

Day: Tuesdays • Time: 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.

CRIBBAGE

Day: Thursdays • Time: 9:30 AM

BINGO

Day: Wednesdays • Time: 1:00 PM



PITCH

Day: Mondays • Time: 1:00 PM
 Come join the fun! Open to everyone.

PING PONG

Day: Tuesday • Time: 1:00 - 4:00 PM

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=PLk479TOxptkX3vrLvAtkG7BV8odi7Esexg>

PHOTOGRAPHY CLUB (IN PERSON)

Day: 3rd Tuesday • Date: June 21 • Time: 1:00 PM
Facilitator: Mary Kay Bedigian.
 We will be exploring filters and filter systems.

A CAPPELLA GROUP

Day: Thursdays (NO CLASS JUNE 2)
Time: 11:00 AM - 12:00 PM
Instructor: Manoj Padki • Cost: \$3
 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!

AMERICAN MAH JONG

Day: Tuesdays • Time: 1:00PM
 Join this lively bunch for a fun game of American Mah Jong.

JENNIE'S MAH JONG

Day: Thursdays
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.



BOOK CLUB (IN PERSON)

Day: 3rd Wednesday
Date: June 15
Time: 1:30 PM
 Call the Senior Center for the book title.

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 **508-393-8763** or Sharon at **508-414-5447**

For information about other programs, see our website www.northboroughhelpinghands.org

♥

Sometimes you
need a helping hand



MEMORIES Shared
LIFE Honored
 Embraced by *COMMUNITY*

MONDAY	TUESDAY		
<p style="font-size: 2em; color: blue;">June</p>	<p style="color: blue;">PLEASE REMEMBER TO SWIPE OR SIGN IN.</p> <p>We appreciate your taking time to sign into the computer in the lobby for each of the programs and events you attend at the Northborough Center.</p>		
<p>9 AM - 12:00 PM Nurse available for Walk-Ins 10:00 AM Mat Yoga w/Rebecca 11:00 AM Chair Yoga with Rebecca 12:00 PM Bistro Lunch 1:00 PM Pitch 2:00 PM Needlers Knitting Group 2:30 PM Zumba Gold</p> <p style="text-align: right; font-size: 1.5em;">6</p>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> 9:00 AM Art Group 9:00 AM Tai Chi for Vets <u>on Zoom</u> 9:30 AM Tai Chi for Arthritis 10:15 AM Cardio & Weights <u>on Zoom</u> 10:45 AM Tai Chi/Qi Gong/Meditation 11:30 AM Daybreak </td> <td style="width: 50%; border: none;"> 12:00 PM Bistro Lunch 1:00 PM Trivia Tuesday 1:00 PM American Mah Jong 1:00 PM Ping Pong 1:45 PM Legal Clinic 6:00 PM Be Fit with Sharon </td> </tr> </table> <p style="text-align: right; font-size: 1.5em;">7</p>	9:00 AM Art Group 9:00 AM Tai Chi for Vets <u>on Zoom</u> 9:30 AM Tai Chi for Arthritis 10:15 AM Cardio & Weights <u>on Zoom</u> 10:45 AM Tai Chi/Qi Gong/Meditation 11:30 AM Daybreak	12:00 PM Bistro Lunch 1:00 PM Trivia Tuesday 1:00 PM American Mah Jong 1:00 PM Ping Pong 1:45 PM Legal Clinic 6:00 PM Be Fit with Sharon
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WEDNESDAY	THURSDAY	FRIDAY
<p>9 AM - 12:00 PM Nurse available for walk-ins 10:00 AM Dull Men's Club 10:00 AM Tai Chi-Traditional Chinese Yang Style <i>on Zoom</i> 10:15 AM Stretch Break <i>on Zoom</i></p>	<p>11:00 AM Seated Chair Yoga w/Diane 1 12:00 PM Bistro Lunch 1:00 PM Mindful Living During Uncertain Times 1:00 PM Bingo 2:00 PM Line Dancing w/Paul</p>	<p>2 3 9:30 AM Cribbage 10:00 AM Jennie's Mahjong 10:00 AM Thursday Walking & Hiking Group 12:00 PM Bistro Lunch 1:00 PM Jennie's Mah Jong 1:00 PM Genealogy Workshop <i>on Zoom</i> 1:00 PM Quilting 1:00 PM Zumba Gold <i>on Zoom</i></p>
<p>9 AM - 12:00 PM Nurse available for Walk-Ins 10:00 AM Dull Men's Club 10:00 AM Tai Chi-Traditional Chinese Yang Style <i>on Zoom</i> 10:15 AM Stretch Break <i>on Zoom</i> 11:00 AM Seated Chair Yoga w/Diane</p>	<p>8 9 12:00 PM Bistro Lunch 1:00 PM Mindful Living During Uncertain Times 1:00 PM Bingo 1:30 PM Writing Group <i>on Zoom</i> 2:00 PM Line Dancing w/Paul</p>	<p>10 10:00 AM Ukulele Lessons</p>
<p>9 AM - 12:00 PM Nurse available for Walk-Ins 10:00 AM Dull Men's Club 10:00 AM Tai Chi-Traditional Chinese Yang Style <i>on Zoom</i> 10:15 AM Stretch Break <i>on Zoom</i> 11:00 AM Seated Chair Yoga w/Diane</p>	<p>15 16 12:00 PM Bistro Lunch 1:00 PM Mindful Living During Uncertain Times 1:00 PM Bingo 1:30 PM Book Club 1:30 PM Nutrition & Cooking with Rose Lee 2:00 PM Line Dancing w/Paul</p>	<p>17 10:00 AM Ukulele Lessons</p>
<p>9 AM - 12:00 PM Nurse available for Walk-Ins 10:00 AM Dull Men's Club 10:00 AM Tai Chi-Traditional Chinese Yang Style <i>on Zoom</i> 10:15 AM Stretch Break <i>on Zoom</i> 11:00 AM Seated Chair Yoga w/Diane</p>	<p>22 23 12:00 PM Bistro Lunch 1:00 PM Bingo 1:00 PM Mindful Living During Uncertain Times 1:30 PM Writing Group <i>on Zoom</i> 2:00 PM Line Dancing w/Paul</p>	<p>24 10:00 AM Ukulele Lessons 10:00 AM Guided Nature Walk</p>
<p>9 AM - 12:00 PM Nurse available for Walk-Ins 10:00 AM Dull Men's Club 10:00 AM Tai Chi-Traditional Chinese Yang Style <i>on Zoom</i> 10:15 AM Stretch Break <i>on Zoom</i></p>	<p>29 30 11:00 AM Seated Chair Yoga w/Diane 12:00 PM Bistro Lunch 1:00 PM Bingo 2:00 PM Line Dancing w/Paul</p>	<p>9:30 AM Cribbage 10:00 AM Jennie's Mahjong 10:00 AM Thursday Walking & Hiking Group 11:00 AM A Cappella Group 12:00 PM Bistro Lunch 1:00 PM Jennie's Mah Jong 1:00 PM Zumba Gold <i>on Zoom</i></p>

OUTREACH NOTES

It is customary in the spring for organizations, including the Northborough Senior Center, to shine an appreciative light on volunteers and volunteerism. Senior Center staff are acutely aware of the impact of volunteers on day-to-day operations at the front desk, in the Bistro, programming matters and more. Over the years we have highlighted, for visitors and the community, their essential work, support, and commitment. As we prepare to recognize our volunteers this spring it is worth noting some of the ways volunteers impact the community.

The Senior Center community benefits from the volunteer efforts of the AARP Tax Aide program. Despite lingering Covid related challenges, volunteers assisted with free tax preparation, and in the process, helped many people obtain state property tax credit. In addition to demystifying Medicare, the unbiased advice Senior Center SHINE counselors provide frequently results in cost savings and improved coverage. In recent weeks Health Department volunteers reassembled to provide booster shots. The vaccination clinics have been convenient, well organized, and reassuring. For many those are deciding factors for repeatedly attending the town sponsored clinics and maintaining their vaccination status. Please join us in considering the impact of volunteerism. We couldn't do it without them!

Jocelyn Ehrhardt, MSW, Outreach Coordinator

DAYBREAK AT THE NORTHBOROUGH SENIOR CENTER

A Social Day Program Providing Respite for Caregivers

Day: Tuesdays • Time: 11:30 AM - 2:30 PM • Pre-registration required

If you're a care partner of someone with dementia, Alzheimer's, or memory loss, the DayBreak Program might be just what you are looking for. We have partnered with the Senior Centers in Hudson and Marlborough to offer DayBreak three 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.

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.

FRIENDLY VOICES / Want to feel more connected?

The last couple of years have left many people feeling cut off. If you would appreciate hearing a 'friendly voice' periodically, let us know. We will add you to the list of call recipients. We look forward to talking with you. Please call, **508-393-5035** and ask to be added to our Friendly Voices list.

HEALTH AND WELLNESS NURSE AT THE SENIOR CENTER

We are pleased to announce our collaboration with the Board of Health to staff nurse consultation every Monday and Wednesday morning from 9:00 to noon. *Funding for this collaboration is a direct result of a three-year Massachusetts Department of Public Health grant.*

This is a great opportunity to stop by for a blood pressure check, discuss concerns about medications or strategize how to get the most from an upcoming appointment with your primary care physician.

MEDICARE QUESTIONS?

Are you turning 65 in the next three months?

Are you over 65 and need to enroll soon?

Do you understand your Medicare deadlines and options? Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-243-4636.

Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

INTERFACE: Looking For Someone To Talk To?

Finding a mental health professional to talk to can be difficult. INTERFACE Referral Service might be able to help and is available to Northborough residents. INTERFACE is a program of William James College, a private college in Newton, MA that specializes in psychology. Callers to the INTERFACE Helpline (Monday-Friday 9-5) are assessed by a referral counselor regarding the reason for the call, preferences and more. A referral counselor will follow up, and stay in contact throughout the process, with provider options and information resources as appropriate. The Helpline is **888-244-6843**.

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.



MAT YOGA WITH REBECCA REBER (IN PERSON)

Day: Mondays • Time: 10:00 – 10:45 AM
Suggested \$3 donation

STRETCH BREAK (ZOOM CLASS)

Day: Wednesdays • 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 goal 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

Days: Wednesdays (ZOOM CLASS)
Time: 10:00 – 10:40 AM
Instructor: Yunping Hu
Suggested Donation: \$3/class

Come and learn Traditional Chinese Yang Style Tai Chi, a popular and relaxing Tai Chi style. It will be taught by Ms. Yunping Hu. She is 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.

CARDIO AND WEIGHTS WITH SHARON (ZOOM CLASS)

Tuesdays • Time: 10:15 AM
Suggested Donation: \$3/class

This class will target both upper and lower body muscles for strength and for toning. Sharon 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 Sharon know before class begins if you have any orthopedic issues which may need to be addressed with modifications.

CHAIR YOGA WITH REBECCA

Day: Every Monday (IN PERSON)
Time: 11:00 AM – 12:00 PM
Suggested Donation: \$3/class
Instructor: Rebecca Reber

The benefits of yoga are amazing including greater flexibility, balance, and 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.

LINE DANCE

LINE DANCING WITH PAUL

Days: Wednesdays • Time: 2:00 PM
Instructor: Paul Hughes
Space is Limited • Suggested Donation: \$4
Please call 508-393-5035 to register

Dance for fun, exercise, balance, coordination and to learn a new skill. Line dancing is fun and improves memory skills, strengthens bones, develops better balance, relieves stress, and puts a smile on your face. Each dance is broken down first, demonstrated and then danced to contemporary music. No need to have a partner. No experience is necessary! This class is for all levels.

ZUMBA GOLD

Days: Mondays 2:30 – 3:15 PM (IN PERSON)
Day: Thursdays 1:00 PM (ZOOM CLASS)
Instructor: Mary Abate
Suggested Donation: \$4/class

This easy-to-follow program allows anyone to dance Zumba Gold moves to upbeat and fun music. Join us and let the party begin.

STRENGTH TRAINING (ON CABLE)

Days: Mondays & Wednesdays
Time: 9:00 – 10:00 AM
Instructor: Linda Bonazzoli

SEATED CHAIR YOGA WITH DIANE RETURNS

Days: Wednesdays
Time: 11:00 AM
Instructor: Diane Ginsberg
Suggested Donation: \$3/class

Diane Ginsberg, a senior herself, has been practicing Yoga for 50 years. 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 training in Laughter Yoga into her classes which encourages 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 increased flexibility.

TAI CHI FOR VETS

Center Balance Lifestyle (ZOOM CLASS)
Day: Tuesdays • Time: 9:00 AM
Instructor: Kristin Higgins
Call to register 508-393-5035.

Join this free Tai Chi class specifically designed for Veterans of all abilities.

TAI CHI/QI GONG/MEDITATION MIND BODY & SPIRIT

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 enjoy your week balanced, focused and aware. Instructor Rev Helen J. Morin, certified teacher of Tai Chi.

TAI CHI FOR ARTHRITIS

Days: Tuesdays • Time: 9:30 – 10:30 AM
Instructor: Helen Morin
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 leaving you ready for a beautiful day!

NEW BE FIT WITH SHARON

Day: Tuesday
Evenings
Dates: June 7, 14, 21, 28
Time: 6:00 – 6:45 PM
Instructor: Sharon Gallant
Suggested Donation: \$5/Class



This special program is designed to help you strengthen and tone using a combination of cardio, weights, and stretching. The class is offered on Tuesdays evenings and will be continued based on class attendance. Please call **508-393-5035** to register.





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.

ELDER LAW FOR SINGLES

Whether you are widowed, divorced, or single, your estate planning and asset protection strategies are different from those of married people. Here are a few examples.

PROBATE AVOIDANCE

Typically, a couple owns their assets jointly, so if one dies, the other becomes the sole owner. If you're single, though, and you die owning assets without clearly designating your beneficiary(s), the assets must go through probate, which may cost your beneficiaries a lot of money (typically \$3K-6K) and a lot of time (at least a year) before assets can be distributed. If you worry about this, here are some simple tips:

- Create a revocable and amendable trust, make yourself the trustee, and transfer your assets to yourself as trustee. You'll keep complete control until you die, but following your death, the trust assets can be distributed immediately without probate.
- Name someone (typically a trusted child or friend) as a joint owner of your assets with you, and ask that person to distribute the assets after you die as you direct. However, this is not a perfect solution because this can expose the assets to risk while you are alive if the joint owner gets sued or divorced, and after you die, you are trusting the joint owner to do what you have asked. If you're comfortable with those risks, this is a really inexpensive way to avoid probate.
- Give assets away before you die, or name someone you trust as your Power of Attorney agent to do so if you get sick and it appears you may die soon. As long as you trust that person, you can keep control of your assets until just before you die while still avoiding probate. Finally, whatever you gave away before you died (even the day before) will be subtracted from your taxable estate and thereby reduce your estate tax. And remember, unless you are giving away a total of more than \$12M during your lifetime, there is no gift tax.

ASSET PROTECTION

If you're worried that you may inadvertently end up leaving all your money to a nursing home, then the only way to protect any assets you want to save is to give them away and wait five years. You could also transfer the assets to your most trusted child as trustee of an irrevocable trust. This strategy also ends up avoiding the probate process (see above), and you could also structure this to avoid estate taxation.

The point, though, is that your estate plan options are different when you are single, so if you are widowed, divorced, or single, you should review your plan with an elder law attorney. For more information, visit Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. These programs also air on NCAT (Charter Channel 191; Verizon Channel 31), along with "Frank and Mary in Northborough," where I address common issues facing seniors and available resources. If you have any questions, please contact me at **(508) 860-1470** or 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.

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

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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: "Z" = "E"

"DNWXZVY NWZ VTK BNXX SP
YIVDIVD 'TC CTU SZNMKIRMJ,' NVX
YIKKIVD IV KCZ YCNXX."

— WMXPNWX GIOJIVD

PREVIOUS SOLUTION: "Millions long for immortality who do not know what to do with themselves on a rainy Sunday afternoon." — Susan Ertz

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E024

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

< Answer to Previous Puzzle

CROSSWORD PUZZLE

ACROSS

- 1 Confederation (abbr.)
- 5 Shak. contraction
- 9 Absent
- 12 Tonic herb
- 13 Eastern bishop's title
- 14 Evil (Sp.)
- 15 Stipulation
- 16 Clenched hand
- 17 Amer. Dental Assn. (abbr.)
- 18 Hindu title of respect
- 20 Brother of Moses
- 22 Menotti heroine
- 24 Angola (abbr.)
- 25 Santa's reindeer
- 26 Cross threads
- 30 Last Queen of Spain
- 31 Office of Economic Development
- 32 Grease (abbr.)
- 33 Met (2 words)
- 36 Musical instrument (string)
- 38 Capture
- 39 Indian antelope
- 40 Copy
- 43 Sword
- 44 Mulberry of India
- 45 Sole of the foot
- 47 Gull
- 50 Prate
- 51 N. Caucasian language
- 52 Munich's river
- 53 Tumor (suf.)
- 54 Commeal porridge
- 55 As soon as possible (abbr.)

DOWN

- 1 Hipster
- 2 Bullring cheer

ANSWER TO PREVIOUS PUZZLE

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

- 3 Dane
- 4 Gender
- 5 Molasses rum
- 6 Nisan, in old Hebrew
- 7 Compass direction
- 8 Swimming
- 9 Per. poet
- 10 Port. folk tune
- 11 Custard
- 19 Jab
- 21 Adjusted gross income (abbr.)
- 22 Maple genus
- 23 Guenon monkey
- 24 Atomic Energy Commission (abbr.)
- 26 Classic car
- 27 Assembly
- 28 Leatherfish
- 29 "The Time Machine" people
- 31 Legal gambling (abbr.)
- 34 Participle (suf.)
- 35 Mole
- 36 Apronlike cloth
- 37 Word blindness
- 39 Nat'l Assn. for the Advancement of Colored People (abbr.)
- 40 False friend
- 41 Madam
- 42 Dawn love song
- 43 Svelte
- 46 Harem room
- 48 Sheep's cry
- 49 Dadaist

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
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53				54						55		

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THE ANTS COMING MARCHING IN!

Food sources like vegetable gardens and fruit trees can invite ants inside your home. Shrubs and non-fruit bearing trees are other food sources that ants feast on. Plant them too close to your home and you may find ants in one or more of your rooms. Openings in the outer exterior of your home, walls and windows are other reasons why you may have ants in your house.

Ants are small, giving them easy access to indoor shelter. Once they breed, they become a small army, crawling over or into near anything in sight. Fortunately, there are natural ways to rid of ants. You don't have to be an environmentalist to opt to take this route.

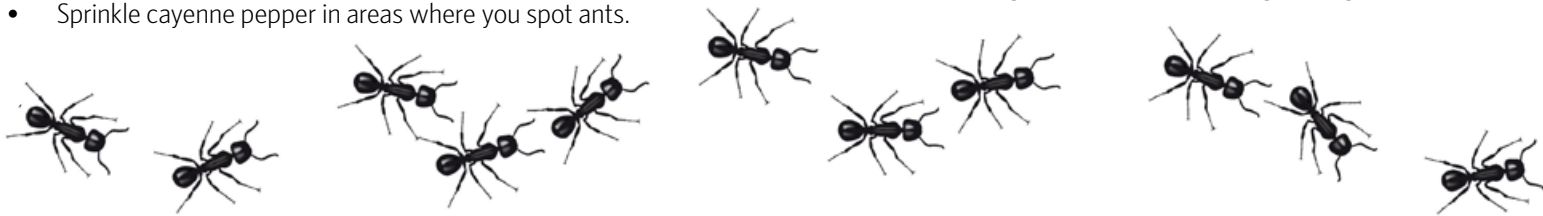
GETTING RID OF HOUSE ANTS

Similar to mold, ants love moisture. If you're ready to see this small marching army go without causing harm to the insects, try:

- Wiping counters down after running water or preparing a meal. Do this in the kitchen, bathroom and each room where you have a water source.
- Placing grits where ants are breeding. Try this once and see if it doesn't reduce the numbers of ants that you have. Why grits? They dehydrate ants.
- Mixing pepper or cinnamon with water. Make sure that you add a strong dose of pepper or cinnamon. Spraying the mixture in areas where ants nest. Continue spraying for several days.
- Clean out your gutters, as clogged gutters keep moisture on your home.
- Sprinkle cayenne pepper in areas where you spot ants.

WHAT YOU CAN DO TO KEEP ANTS AWAY

- Leaving food out is a good way to attract ants. Wrap breads with a tie. Keep fruits and vegetables in the refrigerator, especially after you slice the food. If your garbage pail doesn't have a top on it, keep the top of garbage bags sealed, and empty your garbage one or more times a week. It also helps to spray the inside of your garbage pail with an insect repellent before you line it with a new bag.
- Clean well. Again, wipe counters down. Sweep and vacuum up crumbs. If you have young children, consider cleaning the floor area near where they eat once a day.
- Keep areas dry.
- Save food in a sealed bag in the refrigerator.
- Spot where ants are entering your home and seal these areas
- Use an environmentally safe bug repellent.
- Contact an exterminator if the above actions don't rid your home of all ants. Ask the exterminator where the ants are entering your home and requests additional preventive actions that you can take.
- Let them get inside your home and you may not see one good thing about ants. But, work that ants do helps nature. They strengthen the soil, help rid the earth of organic waste and they reduce the numbers of other pests. Take one or more of the above steps and you may find ants leaving your home and returning to the great outdoors.



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