



The Southborough Senior Sensation

Volume 24* Issue 03

Senior Center
9 Cordaville Rd.
Southborough, MA
01772
(508) 229-4453
Fax (508) 229-1783
www.southboroughseniors.com

OPERATING HOURS

Monday – Friday
8:30am – 3:00pm

Pam LeFrancois

Director

Cynthia Beard

*Outreach
Coordinator*

Peg Leonard

Program Manager

Leslie Chamberlin

Clinic Nurse

Lorraine Caporale

*Administrative
Assistant*

Ellen Miller

*Administrative
Assistant*

Doug Peck

COA Chairperson

Joan Guerrant

FRIENDS President

Bay Path

Meals on Wheels
508-573-7200

MWRTA
DIAL-A-RIDE
TRANSPORTATION
508-820-4650

Happy Spring Everyone

The Senior Center will be closed on the following dates:

May 27th

Memorial Day

June 19th

Juneteenth

Director's Corner:

Our newsletter is written in advance so the new addition is currently under construction with the students and teachers from Assabet doing an amazing job. As you read this I hope that the room is completed or nearing completion. We are so looking forward to more program space and a place for you to come to read, watch tv, or spend time with friends. Many, many, thanks to the students, teachers, our facilities director, and our volunteers for making this happen. As always I hope that you are enjoying the programs and activities that we offer as well as the services available through our Outreach Coordinator and Nurse. Please feel free to let me know if you have any suggestions for our future to support our seniors.

Thank you, Pam

Date for Registering for

"ALL" Programs: ----->

Starting at 10:00am

Do Not Leave any Program Registrations on Voicemail, please connect with a staff member to register for all programs at all times.

~Thank You For Your Understanding~

*When signing up for the programs in this newsletter,
please review our Program Registration Policy on page 2.*

*If you are registering in person, take a form from the table in the hall (outside the office door), fill it out in the kitchen and drop it off with your payment in the box. Be aware of programs listed for Southborough residents only. **We will inform you if a program was already filled as soon as possible. (we process the forms as they are dropped off or called in—we time stamp them to be fair—but a program may fill up).***

Please visit our website at "southboroughseniors.com" for updated information and also our Facebook at "Southborough Senior Center" to see what has been happening, and be sure to Like It.

Always Accepting Gently Used Items for the Gift Shop—come by for a visit.

FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

2024 ANNUAL MEMBERSHIP *(January through December)*

The Friends of the COA is a non-profit fundraising group that supports our Senior Center. They help to pay for many of the events held at the Senior Center and help purchase supplies and furnishings. This is a small group of people who work very hard on Fundraising Events. If you are interested in helping out with our events, please contact the President of the Friends, Joan Guerrant at the Senior Center.

This current membership is for the calendar year January–December 2024

Membership is \$15.00 per year (per person) — form is on the back page

Senior Center Programs

The Senior Center programs are often subsidized or funded through the town budget and/or the Friends of the Council on Aging. Suggested donations are voluntary contributions to the Friends of the Council on Aging. All donations made to the Friends are always used to support the Senior Center. Please sign up for all programs starting with the date and time on the front page of the newsletter. Make your check(s) out to Friends of the Southborough COA.

Program Registration Policy

- * Payment for programs needs to be made one week after signing up or unfortunately you will be taken off the list.
- * Cancellations for programs require *one full week* notice or we are unable to give refunds.
- * Cancellations for Bus Trips require *two full weeks* notice or we are unable to give refunds.
- * We are obligated to prepay all the costs for caterers, presenters, buses and tickets, etc. for all our programs.

Please Note:

Every effort is made during the writing and production of this newsletter to assure the accuracy of the information included. There are times when we inadvertently leave something out, make an error or the information we received has changed after the printing. Always feel free to contact the Senior Center if you have any questions regarding a program. (508) 229-4453

Program Payment Policy

We understand writing separate checks for each program is not ideal. But due to our current accounting system and checks and balance requirements, it is the way we must continue to proceed. We ask for your understanding by continually assisting us in this process.

Important Notice — Please Read

- * We require a call if you have signed up for a program and find you are unable to attend.
- * We appreciate your consideration so there are not "*day of the event empty seats*" due to no shows (this happens a great deal, especially "No Charge" programs.)
- * We understand there are times when things come up on the day of the event and make it difficult for you to attend but please do your best to let us know.
- * There are continuous waiting lists for all our programs. Knowing you are not attending a program will give us the opportunity to call the next person on the waiting list who would be thrilled to attend. Thank you for your understanding.

HEALTHBEAT

By: Leslie Chamberlin R.N.

Nurses Clinic: Tuesday and Friday 10 - 2

No Clinic Friday, May 3rd

HOSPITAL AT HOME

Hospital at home programs are becoming more popular following the Covid pandemic. The goal is to provide treatment for illness or injury, helping the patient to get better, regain independence and work to be as self sufficient as possible. Home hospital services include daily in person and virtual visits.

24/7 connection by phone and video.

Remote vital sign monitoring.

Oral and I.V. medications.

Portable diagnostic testing

Home health aide.

Specialty doctor consultation

Physical, Occupational and Speech Therapy

Social work and food delivery

Medicare reimburses hospitals at the same rate for in home care as it does for inpatient care. The patient must be referred to in home care from the Emergency Department or as an inpatient at a hospital. A few conditions that might be treated at home are infections, emphysema, dehydration, congestive heart failure, pulmonary embolism and blood volume depletion requiring I.V.s. Treating patients at home has shown to decrease fall risks, reduce infection rates, allows for increased mobility around the home and helps prevent the onset of delirium. And as we all know...there is nothing as good as sleeping in your own bed!

See you soon, Leslie

DURABLE MEDICAL EQUIPMENT

At this time I am not accepting ANY donations of medical equipment. If you have borrowed a wheelchair, shower chair, OR walker and wish to return it, please inform the front desk you have brought it back to the lobby.

Podiatry Home Visits

Footcare Focus is a professional nursing service that concentrates on preservation and maintenance of feet through preventative care and education. Healthy and Happy Feet will take you further! As Registered Nurses and Certified Foot Care Nurses we offer specialized nursing care in your own home. Footcare Focus collects a fee for service. Checks and Cash Accepted. No insurance is accepted. Appointments range from 30 minutes to 1 hour. Call 617-417-2149 or contact us at www.footcarefocus.com to set up an appointment.

If you are experiencing any Cold, Flu, or COVID symptoms (even if you are not sure of what you may have) please stay home and visit the Senior Center when you are well. If you have any questions or need assistance, please call us at (508) 229-4453.

Medicare Assistance from (SHINE)

Our SHINE counselor continues to take appointments to assist you through your Medicare questions. To schedule an appointment with our Southborough SHINE counselor, Carolyn MacLeod, call the Senior Center at (508) 229-4453.

Heads Up

On March 1st, MassHealth lifted the asset requirements for the Medicare Savings Plans/Buy-Ins. If your monthly gross income is below \$2,734 for an individual or \$3,698 for a couple, see our SHINE counselor this Spring to see if you're eligible. Depending on the level of your income, you may be eligible to have your Medicare Part B premiums paid as well as Medicare deductibles and co-pays plus automatic qualification for the federal Extra Help program that covers some drug plan premiums and drug costs.



Tuesday is Gas Day at Falconi Pit Stop, 29 Boston Rd, Southborough.
A percentage sold on Tuesdays goes to the Senior Center.
Support our local business as well as the Senior Center.



Southborough Senior Center

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			08:30a Walking Group 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta 11:30a COA Board Meeting	
5	6	7	8	9	10	11
08:30a Walkers Brunch 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 01:00p Cupcake Decorating	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
12	13	14	15	16	17	18
08:30a Walking Group 10:15a Stretch Class	06:30a Town Election 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 10:00a Technical Assistance 12:00p Bridge	08:30a Town Election 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group 12:00p Author Presentation	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga 02:30p Genealogy Club 06:00p Bullfinchs Cooking Class	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta 01:00p Book Club	
19	20	21	22	23	24	25
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 10:30a Fat Daddy Produce Bus 12:30p Movie Matinee	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga 05:30p Sunset Cruise Bus Trip	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
26	27	28	29	30	31	
	08:30a Center is closed in Observance of Memorial Day	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge	08:30a Walking Group 03:30p Trotter Big Band Concert	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	

Southborough Senior Center

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	08:30a Walking Group 12:00p The Joys of Nature 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta 11:30a COA Board Meeting	
9	10	11	12	13	14	15
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 01:00p Fire and Police Appreciation Luncheon	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
16	17	18	19	20	21	22
	08:30a Walking Group 10:15a Stretch Class	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 10:00a Technical Assistance 12:00p Bridge	08:30a Center Closed for Juneteenth Recognition Day	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga 02:30p Genealogy Club	10:00a Dull Mens Club 10:00a Health Clinic 10:30a Fat Daddy Produce Bus 11:15a Canasta 01:00p Book Club	
23	24	25	26	27	28	29
	08:30a Walking Group 10:15a Stretch Class	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 01:00p Bingo	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga 02:00p Tina Bemis	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
30						

Yummy Mummy Bakery Cup Cake Decorating

Wednesday, May 8th — 1:00pm — Suggested Donation — \$15.00

Cupcake decorating by a Yummy Mummy expert baker. Everything will be brought to you to enjoy this fun filled hour learning decorating at its best. Emily is our expert decorator for the day and will come with everything needed for a fun and yummy experience. Yummy Mummy Bakery is a woman owned bakery located in Westboro, MA. They are well known for their decadent treats, beautiful cakes and glowing customer service. Sign up to bring your creations home to show off and enjoy.

Local Author Bob Ainsworth

Wednesday, May 15th

12:00pm

Suggested Donation — \$6.00

Bob Ainsworth, local Author and member of the Southborough Senior Center, will be presenting a well informed talk on his career as an Author and the books he has researched and written. Please sign up for this extremely interesting program. Bob uncovered two fraud cases during his career. The idea for the Harry Bartlett stories sprang from his Accounting students' positive reactions to fraud anecdotes. He started to write his first story while commuting and then continued after retiring. He has self-published 3 novels- DUPED, CONNED and SCAMMED. A fourth, PONZI'd, is planned for 2024.

HAS ANYONE SEEN \$500 MILLION IN ART LYING AROUND BOSTON?

An hour or so after the 1990 St. Patrick's Day ended, two men dressed as Boston cops entered the Isabella Stewart Gardner Museum, stayed for about 90 minutes, and left with 13 pieces of art. None of the priceless items have been found. Numerous suspects have been named over the years but none have been arrested. Many are now dead. Bob will talk about the fictional account of the robbery, will review the actual details of the theft, the suspects, and the motives behind the world's most valued art theft. He will also tell of his own brush with the infamous crime.

Lunch will be brought to us by Roche Bros. of Westborough. Please choose from a Garden Salad with

Announcing new Genealogy Club at the Senior Center

The Southborough Genealogy Club now meets at the Senior Center on the third Thursday of each month (except July & August) from 2:30pm to 4:00pm. The Club welcomes new members who are interested in learning more about their own family history and genealogy. This very friendly group works together sharing their own experiences about their genealogy and helping each other with their research. Every month we have unique programs, presenters, and discussions. Our members range from those just beginning to some more experienced in family history. You may just drop into one of our meetings and see for yourself. If you have any questions, please contact Jeff Schiebe at 508-353-5927.

Bullfinches Cooking Class

730 Boston Post Road, Sudbury
Thursday, May 16th — — 6:00pm

Suggested Donation — \$50.00 per person payable to the
Friends of the Southborough Senior Center no later than one week after our Registration Date.
(Includes the 3 course meal and cooking demonstration)

Come enjoy a cooking class where you don't have to do anything by watch, eat and enjoy! Chef Scott, owner of Bullfinches, will demonstrate his techniques for preparing a delicious 3-course menu of Seared Scallop Appetizer, Beef Stroganoff and Chocolate Mouse. Optional wine paring for each course (3) is available for an additional \$30 to be paid directly at the event. Cash bar is also available.

Fitness at the Senior Center

Please sign up for the following classes on Registration Day. There is a Suggested Donation of \$3.00 per class. A basket will be in the room for your donation. Call the Senior Center for details on any of the classes listed below and to make sure there is space available. Check the calendar for scheduling updates.

***Medical Insurance companies offer a Fitness reimbursement for classes attended during the year. Please see Pam LeFrancois at the end of your yearly enrollment period to have this form signed. If you are new to any of our fitness programs – please stop by the front desk to fill out a registration form.

<u><i>Class</i></u>	<u><i>Day of the Week</i></u>	<u><i>Time</i></u>	<u><i>Instructor</i></u>
Stretch Break	Monday	10:15am	Sharon Gallant
Strength	Tuesday & Thursday	8:30am	Sharon Gallant
Advanced Tai Chi	Tuesday & Thursday	9:45am	Jeanne Friswell
Chair Yoga	Thursday	12:30pm	Rebecca Reber
Yoga	Tuesday	9:30am	Michele Landes

(The Yoga class above will take place at Pilgrim Church, 15 Common Street, Southborough)

Games, Cards, Knitting, Dull Men's Club, Book Club and Billiard Play

The following programs are open to all. Please review the calendar in case of any changes and to see what programs are on-going, weekly, bi-weekly or monthly.

<u><i>Program</i></u>	<u><i>Day of the Week</i></u>	<u><i>Time</i></u>
Bridge (Judy Stento)	Tuesday	12:00pm
Mah Jongg (Sandy Campbell)	Thursday	10:00am
Canasta (Hand & Foot) (Elaine Yetman)	Friday	11:15am
Book Club (Doug Peck)	Friday	1:00pm
Billiard (Pool) Play	Daily (not on large program dates)	8:30am – 3:00pm
Knitting Club (Dr. Heather Alker)	Monday	1:00pm
Dull Men's Club (Bill Harrington)	Friday	10:00am
Walking Group (Sandy Kiess)	Monday (Trottier Track) &	8:30am
-> (<u><i>Depending on Weather Conditions</i></u>)	Wednesday (Southborough Cemetery)	8:30am

Movie Matinee

Oppenheimer

Wednesday, May 22nd

Experience the breathtaking global phenomenon that has captivated audiences around the world. Oppenheimer thrusts audiences into the mind of physicist, J. Robert Oppenheimer (Cillian Murphy), whose landmark work on the Manhattan Project created the first atomic bomb. An unprecedented cinematic event, Oppenheimer features an all-star cast that includes Emily Blunt, Matt Damon, Robert Downey Jr., and many more. This movie is rated R and is three hours long. We will have a short 10 minute intermission half way through the movie to stretch our legs and have more snacks.

We will be serving lunch at 11:30am. Please choose from either a Chicken Caesar Salad or a Ham and Swiss Sandwich—both Boxed lunches with potato salad and cookies brought to us by Roche Bros.

Suggested Donation—\$6.00 for lunch—served at 11:30am - no charge for just the movie

Movie will start at 12:00pm Please sign up on registration day at the front desk or call (508) 229-4453

(Fat Daddy's Produce Bus will be at the Senior Center—plan on stopping by 10:30am to 12:30pm)

Please note the earlier start time since this is a long movie.



Boston Harbor Sunset Cruise Bus Trip

(We are partnering with our Southborough Recreation Department)

Thursday, May 23rd

Suggested Donation — \$40.00



Bus will leave the Senior Center at 5:30pm and return at approximately 9:30pm

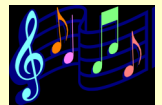
Whether you are a history enthusiast, nature lover, or simply seeking a leisurely escape on the water, Boston Harbor Cruises promises an unforgettable adventure for visitors. Join us as we set sail to explore the heart of New England's maritime heritage! Price includes transportation and cruise. The cruise will board at 6:45p.m. and sails from 7 - 8:30 p.m. Please be sure to eat a meal prior to joining us. Snacks are available for purchase on the boat. For this trip you can register anytime with the *Southborough Recreation Department* — by calling (508) 229-4452 or online at www.southboroughrecreation.com. You do not have to wait for our Registration day to call or go online with Southborough Recreation - sign up for a fun evening.



Trottier Middle School Big Band Concert

Wednesday, May 29th Time: 3:30pm — Performance: 4:00pm

Selection of Pizza will be provided — Suggested Donation \$3.00



Southborough's award winning Trottier School Big Band, led by director, Jamie Clark, is an audition-only group comprised of 6th, 7th and 8th graders from Trottier Middle School. These amazing musicians love to play big band and jazz tunes. They repeatedly surpass the expectations of anyone who hears them perform. Annually, they capture top accolades from the region's most prestigious jazz competitions. From the first note, it is clear these students work very hard. Perhaps most amazing is how these musicians show their love for music and capture their audiences! **Please sign up on registration day, date and time are stamped on the front page. This event will fill up—sign up early!** The concert will take place at the Senior Center.



The Joys of Nature

Adventures in Nova Scotia: Exploring History and Nature

Wednesday, June 5th at 12:00pm

Suggested Donation — \$6.00



Sign up and spend time with Joy Marzolf in learning about the history and nature of Nova Scotia, as well as its long ties to New England. See how farming has changed in the Annapolis Valley from the unique techniques of the earliest French settlers of Grand Pre, now a UNESCO World Heritage site, to the vineyards of today. Visit the historic port and homes of Yarmouth and learn about the "Age of Sail" and the role it played in the 18th and 19th century as people traveled back and forth to the US. Wildlife also migrates back and forth between our two countries. See birds and butterflies in ancient fields and whales and seabirds along the rugged coast that is dotted with picturesque lighthouses even today. Enjoy a virtual visit to our neighbor to the North.

Choose either California Turkey Club with avocado and mayo on the side or a Chicken Caesar Salad.

Lunch will be brought to us by Kennedy's Market in Marlborough



Southborough Fire and Police Departments Appreciation Luncheon

Wednesday, June 12th — 1:00pm



Southborough Members; please join us in showing our appreciation to our most valuable dedicated First Responders for all they do for us in so many ways. This will be a very meaningful social program where we can mingle and enjoy talking with our Safety Personnel. We will also have the opportunity to meet new additions to the two departments if they are available to attend. Sign up and let's show them our sincere appreciation. There is no charge for this program and it is limited to Southborough Residents only.

There is no charge for this program.

Lunch will be Chicken Parmesan, Oven Roasted Potatoes, Vegetable Medley and Garden Salad, brought to us by TJ's Spirits of Ashland.

*Town Information:**Jim Hegarty, Town Clerk*

The Annual Town Election will be held on Tuesday May 14th from 6:30am to 8:00pm in the Trottier School gym, 49 Parkerville Road. If you cannot attend the election in-person, you can request a Vote by Mail ballot by emailing townclerk@southboroughma.com or calling us at (508) 485-0710 x 3005.

Let's Think Spring

Spring is here. Let's get together and plant early seeds like lettuce and radishes on May 2 and summer plants on May 20. Please let the front desk know of your interest. All are welcome to come and join in or just watch. Also you can drop plants off at the garden to be planted. Remember this is your garden. Let's get our hands dirty. The time 1:00pm Dates are May 2nd and May 20th.

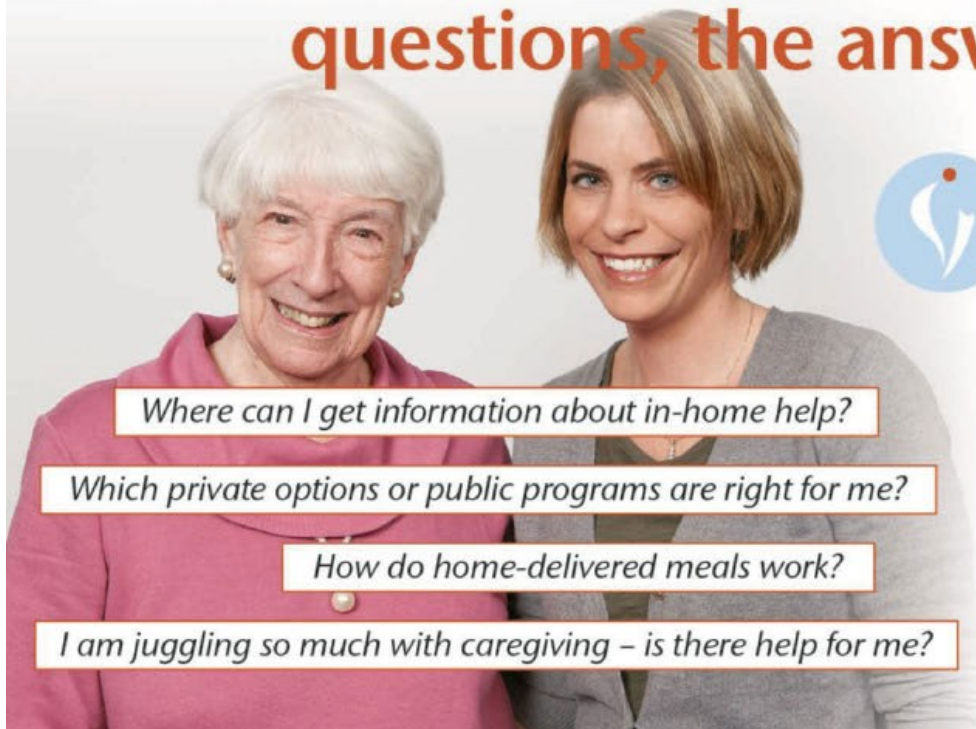
Flagpole Garden

Take some time to enjoy the garden, *Nature's Present - A Gift, Here and Now* as it comes back into bloom. If you are interested in working in the garden, contact Carol Yozzo cay0131@verizon.net.

BOCCE

Bocce will start as weather permits. Beginners welcome. If you like to play, sign up at the front desk or e-mail Carol Yozzo cay0131@verizon.net. Possible timeframe might be Fridays at 11:00AM. Some maintenance on the court will need to take place—if you let me know you are interested—we will begin the process.

For all of your aging and caregiving questions, the answer is...



Where can I get information about in-home help?

Which private options or public programs are right for me?

How do home-delivered meals work?

I am juggling so much with caregiving – is there help for me?



We're a non-profit, community resource for all.

Call us for the answers to your questions.

(617) 926-4100 / Waltham

(508) 573-7200 / Marlborough

www.springwell.com

Adult Coloring & Lunch – Tuesdays, May 21st & June 25th 12:00pm

Come join our fun Adult Coloring group beginning with a nice lunch. You will have a variety of books from which to choose your coloring option. All supplies will be available or feel free to bring your own. This will be a nice time to have lunch, socialize and enjoy coloring together. There are lots of conversations and laughter. Give it a try. We would love to have you participate.



Lunch in May will be Chicken, Broccoli Ziti and Caesars Salad. June's lunch will be Pasta, Meatballs, Sauces and a Fresh Veggie Platter with Ranch Dressing. Both lunches brought to us by Plum Tomato of Marlborough. Suggested Dona-

Spring Porch Pot 2:00pm

Thursday, June 27th

Suggested Donation – \$20.00

Sign up to spend time with Tina Bemis in making a beautiful Flying Flower Café for Butterflies & Hummingbirds. You will enjoy it for many months to come and it was made by YOU! Lovely addition to your outside area.

Technology Help is Here!

Tuesdays, May 14th & June 18th – 5 one hour time slots

One on one sessions with a Sayva Technology Specialist
Appointments will begin at 10:00am – No Charge



Are you getting the most out of your smartphone, E-Readers, Laptops, Tablets, Alexa or Zoom or just frustrated? No worries, we have help, SayvaServices LLC, a local company, will be coming to help answer all your questions and show you tips and tricks to get the most out of your devices. Sayva Services will give you ways to navigate different features that you may not know you have access to using. Bring your electronic device with you to your session.

Bingo

Wednesday, June 26th at 1:00pm



Come join us for a wonderful afternoon of Bingo, fun, and prizes. Our Bingo Leaders, Bill Harrington and Peter Rowe will start selling cards promptly at 1:00pm. At times we get multiple winners for a game, your Bingo Leader will give you two numbers to choose from and the higher number winner will get the original prize—there will be smaller prizes for the other multiple winners—this way we can keep our prize values as they have been (which has been really nice). Snacks will be provided at break time! Please sign up on Registration Day.

Legal Phone Advice from Attorney Christine Boutin

Wednesdays, May 8th & June 12th -- 10:00am to 10:45am (4 – 15 minute sessions)

Attorney Boutin of Mirick O'Connell is offering free services by phone from 10:00am to 10:45am. Attorney Boutin will talk with interested Southborough seniors to give you free individualized legal advice. If you would like to sign up, please call the senior center at (508) 229-4453 to book a 15-minute advice time slot.

Winter Walkers

Winter Walkers and all who are interested in Summer Walking are invited to a brunch at the Senior Center, May 6th, 8:30 to 9:30 a.m. We will be celebrating the end of Winter and embracing Spring with glorious sunshine, beautiful colors, abundant gardens, melodic birdsong and not wearing the weight of winter attire! If you'd like to participate in the Summer Walk program and/or brunch please email me at skiess2@verizon.net no later than May 4, 2024 to register. Thanks for your interest in walking and your participation in our Senior Center programs! Sandy Kiess

Fat Daddy's Produce Bus Coming to the Senior Center

Wednesday, May 22nd & Friday, June 21st from 10:30am to 12:30pm

Fat Daddy's Produce Bus, a small family owned "hydroponic farm" that specializes in lettuce, herbs, greens, microgreens and mushrooms. Everything is custom grown using no pesticides or chemicals of any kind. Erik Jewett will also have baked goods. Erik will be parking his bus during the dates and times above selling his produce for wholesale cost. We are very lucky to have Erik come to the Senior Center. We hope you stop by and take advantage of this healthy produce. Farmers Market coupons accepted.

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www.trainwithshain.net

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40 Main Street

Southborough, MA

Scott A. Johnston, Director

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& Payment Plans**

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www.morrisjohnstonfh.com

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Programs and More: Peg Leonard

Happy Spring Everyone. While attending the Senior Center take a look at the progress of the new addition. As I am writing this, the Painting students are hard at work putting the finishing touches on the walls. We are getting very excited as the final project gets closer to completion. If you see the students and teachers while you are here, please give them a big thank you, it is well deserved!

I would also like to mention our impromptu events we add in when the timing is right. We just had a wonderful hot dog and bean lunch April 9th for Red Sox Opening Day. It was a lot of fun, we were even singing Baseball songs. So take a look when walking through the kitchen for an announcement of a pop-up program.

Another important note: If you sign up for a program and then find that you cannot attend—please call and let us know. We have had attendees not show up at programs that have waiting lists with people who would have enjoyed being there. Please let us know if you are not able to attend, it's hard on us and the presenters who plan for a certain amount of attendees. We appreciate your consideration.

Thank you and I will look forward to seeing you around the Senior Center.

Worth Mentioning Again: Southborough Police Dept. has a Prescription Drug Drop Box in the front lobby of the PSB Complex at 32 Cordaville Road, Southborough. The Police Department applied for (and just received) additional grant money awarded through the Massachusetts MED Project grant for \$1,300; which will be used to help maintain the operation of this RX Drop Box.

**FRIENDS OF THE
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CALENDAR YEAR 2024
ANNUAL MEMBERSHIP**

The Friends of the COA is a non-profit fundraising group that supports our Senior Center. They help to pay for many of the events held at the Senior Center and help purchase supplies and furnishings. To become a "Friend of the Southborough COA" member, please complete the form on the right. Priority for certain special limited seating events may be given to Southborough residents regardless of "Friends" membership status. Please call (508) 229-4453 if you have any questions.

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