

SOUTHBOROUGH SENIOR SENSATION

SEPTEMBER / OCTOBER 2026



*A crisp cool breeze begins to blow
The fading summer lets us go
sunlight pouring through the pines
autumn's golde sweet design*



Our Annual BBQ is scheduled for Thursday, September 24! Join us for our last hurrah to summer with great food from TJ's and other friends including the Elderly Brothers!

AND

Let's kick off with a luncheon at the 1761 Old Mill in Westminster on Thursday, October 22 followed by a visit to an old, New England country setting, Bolton Spring Farms. Enjoy your visit to shop for a variety of apples, the bakery, the kitchen and the country store! Cash only on site but there is an ATM for your convenience. Your lunch options will be provided when registering. Suggested donation \$25.00

The Date for Registration for "ALL" programs starting at 10:00am:

Please do not leave any Program Registration on Voicemail, you must speak to a staff member. If you are registering in person, please fill out the form outside of the office and drop in the provided box with your payment. Registrations are time stamped for all to ensure fairness. We will inform you if a program is filled as some have attendee limits.

Please review our Program Registration policy on page (3)
in the newsletter and we thank you for your understanding!

* The Senior Center will be closed Friday, September 4 (cleaning)
Monday, September 7 (Labor Day) and Monday, October 12, (Columbus Day) *

TRIVIA QUESTIONS FROM JIM HAGERTY: What were the most common first names for the 104 children born in 2025 in Southborough? What about 1965? Answers on the back page.

Senior Center
9 Cordaville Rd.
Southborough, MA 01772

Operating Hours
Monday - Friday
8:30am - 3:00pm
(508) 229-4453
Fax: 774-448-2890
www.southboroughseniors.com

Peg Leonard
Director

Raeleen Gallivan
Outreach Coordinator

Jill Lillibridge
Program Manager

Leslie Chamberlain
Clinic Nurse

Lorraine Caporale
Administrative Assistant

Ellen Miller
Administrative Assistant

Heidi Cibelli
Intergenerational Coordinator

Doug Peck
COA Chairperson

Joan Guerrant
FRIENDS President

MWRTA - Dial-A-Ride
Transportation
508.820.4650

Tuesday is Gas Day
at Falconi Pit Shop
29 Boston Rd, Southborough

A percentage sold on Tuesdays goes to the Senior Center. Please support our local businesses.



Directors Notes ~ Peg Leonard

Hello Everyone,

I hope you had a wonderful summer! I would like to begin by recognizing all of you for how well you've adapted to our new Kiosk check-in system. Your patience and willingness to help have made this process a success, and we truly appreciate your efforts. I would also like to recognize our Police Department Liaison, Detective Anthony Vega, for his dedication and perseverance in investigating a sophisticated sweepstakes scam that targeted one of our Senior Center members. The victim was convinced she would receive a substantial sweepstakes prize if she sent checks, financial information, and other personal details to the individuals behind the scheme. Tragically, she lost approximately \$85,000.

Detective Vega spent more than a year working alongside federal investigators to gather evidence, trace financial transactions, execute investigative subpoenas, and coordinate with law enforcement agencies in multiple states. His efforts helped identify those responsible and advance the investigation. This past June, the U.S. Attorney's Office for the District of Connecticut announced federal charges against six individuals involved in the scheme. Detective Vega's commitment and determination helped bring those responsible to justice and prevent others from becoming victims. Thank you, Detective Vega, for your outstanding service and dedication to protecting our community.

I would also like to thank our Fire Department Liaison, Captain Chris Dano, for his continued support of our homebound members. His communication and insight help us identify individuals who may benefit from additional services and assistance. We also appreciate the valuable Summer Safety Tips presentation he shared with our members in July. Thank you, Captain Dano, for your partnership and your commitment to the well being of our community.

Looking forward to seeing you all at the Senior Center.



Program Registration & Payment Policy



- Payment for programs is required one week after sign-up or unfortunately, you will be taken off the list.
- We require a call if you have signed up for a program and find you are unable to attend.
- Cancellations with payments require one full week notice or we are unable to give refunds.
- Cancellations for BUS TRIPS requires two full week's notice or we are unable to give refunds.
- We are obligated by contract to prepay all costs to caterers, buses, tickets, etc. for all programs.
- Please **MAKE CHECKS OUT TO Friends of COA**. We understand separate checks are not ideal but our current accounting systems requires this method.
- We thank you for your understanding of our payment & cancellation policies.

Please note, every effort is made during the writing & production of this newsletter to assure accuracy of all information. There are times when programs change after printing and we apologize for any inconvenience.

Friends of the Southborough Council on Aging

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

The Senior Center programs are often subsidized or funded through the town budget and or the Friends of the Council on Aging (COA). Suggested donations for programs are voluntary contributions to the Friends of the COA. All donations are always used to support the Senior Center.

The Friends of the Southborough Council on Aging, and the staff at the Senior Center are extremely grateful to those who donate. We encourage you to support and acknowledge these local businesses. Thank you!



**Join Lorraine & Sue to help
restock the gift shop!**

***If you have any new or gently used
items or trinkets that need a new
home, please stop by the desk!
All proceeds support activities in
the Senior Center!***

**The Farmstand at Chestnut
Hill is open!
7 Chestnut Hill Rd.**

www.Graftedrootsfarms.com

***Fat Daddy's Produce Truck
will be onsite for our BBQ
on the 23rd as well as
October 28 for Boo Bingo!***



**Bocce Fridays
@ 11AM!**

**See Carol
Yozzo for
details!**

iborough Senior Center

September 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	
		08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	08:30a Walking Group 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:30p Chair Yoga	08:30a Senior Center Closed for Cleaning	
6	7	8	9	10	11	
	08:30a Closed in Observance of Labor Day	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	08:30a Walking Group 11:00a Book Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:30p Chair Yoga	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 11:15a Bocce	
13	14	15	16	17	18	
	08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Docuseries 10:00a Technical Assistance 11:00a Conclerge Physical Therapy 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 12:30p Movie Matinee	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:30p Chair Yoga 02:30p Genealogy Club	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 11:15a Bocce	
20	21	22	23	24	25	
	08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Brain Health and Dance 01:00p Knitting Quilting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Docuseries 11:00a Spicy Ladies Club 12:00p Bridge	08:30a Walking Group	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:30a Fat Daddy Produce Bus 12:00p Annual BBQ Party 12:30p Chair Yoga	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 11:15a Bocce	10:00a Rummikub with Students
27	28	29	30			
	08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Docuseries 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 11:00a The World of Owls			

Wabourough Senior Center

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:30p Chair Yoga	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 11:15a Bocce	
4	5	6	7	8	9	10
	08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	08:30a Walking Group 10:00a Flu Clinic 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:30p Chair Yoga	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 11:15a Bocce	
11	12	13	14	15	16	17
08:30a Closed in Observance of Columbus Day & Indigenous	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Docuseries 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 11:00a Book Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:30p Chair Yoga 02:30p Genealogy Club	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 11:15a Bocce 01:00p Autumn Flower Box - Tina Bernis	10:00a Fall Baking!	
18	19	20	21	22	23	24
08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Docuseries 11:00a Spicy Ladies Club 12:00p Bridge	08:30a Walking Group	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:30a The Old Mill Restaurant Bus Trip	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 11:15a Bocce		
25	26	27	28	29	30	31
08:30a Walking Group 10:00a Rummikub 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Docuseries 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 12:00p Fat Daddy Produce Bus 01:00p Halloween Bingo	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:30p Chair Yoga	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 11:15a Bocce	10:00a Rummikub with Students	

Upcoming Programs and Events



Concierge Physical Therapy

Tuesday, September 15 / 11AM

Please join us for an informative presentation from Concierge Physical Therapy. This is a family owned outpatient clinic offering holistic, hands-on physical therapy and premium wellness services. Learn about their offerings in their new Southborough clinic! Their total-body approach helps you move better and feel stronger from head to toe.

~no charge~



The Devil Wears Prada 2

(2026 - Meryl Streep, Anne Hathaway)

Wednesday, September 16

Lunch at 12:00 PM - Movie @ 12:30 PM

It's been 20 years since Miranda (Meryl Streep) and Emily (Anne Hathaway) have worked together but a corporate crisis forces major changes at Runway magazine. With the decline of print media and a changing digital media landscape, Emily is brought back to Runway as a high powered executive from Dior to help save the magazine. Can this high power, dynamic shift work to save Runway?

Sandwich Platter Lunch from Kennedy's

- ~ Cranberry walnut chicken salad on a bulkie roll
 - ~ The Vermonter (honey turkey) on a ciabatta roll
 - ~ Seafood salad on a knot roll
 - ~ Pasta salad, chips & cookie
- Suggested donation: \$6.00



MEMORY IN MOTION



Monday, September 21 / 11AM

Please welcome Michelle, a rising high school senior at Algonquin High School. She is working on a aging gracefully" project, supported by a Southborough cultural council grant.

Michelle will present scientific research to promote the awareness of how motion activities support brain health. An optional dance class will follow. No tap shoes required!



Wednesday, September 30 @ 11:00 AM

Owls are nature's ultimate hunters, built for the dark. This program explores how their extraordinary sight, hearing, and near-silent flight allow them to thrive and survive.

Join us for a wealth of scientific fact and folklore about these masters of the dark. Owls are one of the most fascinating, and misunderstood creatures in natural history. A variety of live owls provides the focus of the presentation. It'll be a hoot!
Suggested donation - \$5.00



The Book Club Resumes!

September 9

The selection for this month is The Woman Behind the New Deal by Kristin Downey, this non-fiction book is a highly acclaimed and thoroughly researched biography of Frances Perkins who was appointed Secretary of Labor in Franklin D. Roosevelt's cabinet. **The Library has ordered books for member pick up.**

If you are new to the Book Club please contact, **Sandy Kiess at skiess2@verizon.net** and we will work with the Library to secure extra copies. The selection for our October 14 meeting is The Last Days of Night, by Graham Moore. The book is historical fiction, based on the true story of the "War of Currents" in the late 1880s.

American Revolution Docuseries



Tuesday, September 15, 22 & 29 @ 10:00 AM

Tuesday, October 6, 13 & 27 @ 10:00 AM

No charge

**** Sign up's & prepayment required for all events! ****

Upcoming Programs and Events



Thursday, September 24 / 12:30

Annual End of Summer BBQ

Before the autumn leaves begin to fall, please join us on the front lawn and gather around the grill with our friends from

TJ's of Ashland & the Elderly Brothers!

Burgers, Hot dogs & BBQ Chicken!

Ice Cream Sundaes sponsored by our friends from New Horizons!

Suggested donation: \$6.00



It's Time for your Flu Shot !



WEDNESDAY, OCTOBER 7

10AM - 12:30PM



Please fill out the forms located at the front desk or in the kitchen area and please have a copy of your insurance card. We can assist you if needed! Completed forms should be brought to the Board of Health located on the first floor. **Wear short sleeves!**

You can also register online @
<https://home.color.com/vaccine/register/southborough?site=southborough-senior-center>



Back to School & Welcome fall with our Intergenerational Events!

Rummikub Dates:

Saturday, September 26

Saturday, October 31

10AM-12PM



Flake it to you Bake it!

Saturday, October 17

10AM - 12PM

Join us for a cup of hot apple cider while you make muffins or decorate sugar cookies to take home!



Join Tina Bemis

Friday, October 16 / 1PM

**Create your own
Everlasting Flower Box**

Suggested donation / \$25

BLUE PLATE SPECIALS

Monday, September 28 @ 12pm

Chicken pesto served with mixed vegetables, rolls/butter and a green salad.

Monday, October 26 @ 12pm

Make your own tacos with mexican rice & all the fixins!

*Lunches provided by TJ's of Ashland
\$6.00 suggested donation*

Lunch



Tuesday, September 29 / 12PM

Assorted deli sandwich tray, pasta salad & mixed fruit bowl.

Tuesday, October 27 / 12PM

Boxed lunch choice of Turkey BLT, Chicken Caesar Salad wrap or Pesto Veggie

Lunch provided by Roche Bros
\$3.00 suggested donation

**HALLOWEEN BINGO
WEDNESDAY, OCTOBER 28 @ 1PM**



**JOIN US IN COSTUME,
IF YOU DARE! PRIZES FOR
THE 1ST, 2ND & 3RD PLACE!**

KEEP CALM & CARRY WANDS



**PURCHASE YOUR
BINGO CARDS BEFORE
THE FIRST
NUMBER IS CALLED!**

**** Sign up's & prepayment required for all events! ****

WEEKLY FITNESS!

Monday	10:15 AM	Stretch with Sharan Gallant
Tuesday	8:30 AM	Strength with Sharon Gallant
	9:45 AM	Advanced Tai Chi with Jeanne Friswell
Thursday	8:30 AM	Strength with Sharon Gallant
	9:45 AM	Advanced Tai Chi with Jeanne Friswell
	12:30 PM	Chair Yoga with Mary Starr Green

Stay Active and Healthy with CrossFit Tilt's Fitness

This is a senior, beginner friendly 9 week session

The cost difference is due to a 9 week session vs. 8 weeks

9-1 thru 10-29 / Suggested Donation \$90.00 / \$5.00 per class

Join us for engaging fun and fitness tailored specifically for seniors! This class is designed to help you stay active, improve mobility and build strength in a supportive environment.

Our experienced coaches will guide you through safe, effective exercises that can be modified for all fitness levels. No prior experience

We are thankful to the Friends of the COA for subsidizing a portion of this program.

Legal Phone Advice

w/ Attorney Christine Boutin

Wednesday, September 16

Wednesday, October 14

Appointments below:

10:00 AM or 10:15 AM

10:30 AM or 10:45 AM

Technology Help is Here!

Tuesday September 15

Tuesday, October 13



Five (5) One hour sessions with David beginning @ 10AM

David assists with laptops, smart phones, Alexa to name a few! He can answer questions and provide tips/ tricks to getting the most out of your electronic devices. Bring your device with you to your session.



Welcome all Walkers!

Our Senior Center offers group walking Monday @ the Trottier Track and Wednesday @ the cemetery .

Both Days meet @ 8:30 AM

Walking helps your heart, muscles, joints & brain. You'll feel better, it's free and a great social opportunity!

Please contact Sandy Kiess for questions: skiess@verizon.net



Hello Gardeners!

We hope you are enjoying the lavish blooms the raised beds are providing! The mint is flourishing and would love to be enjoyed - add some to a beverage for a delightful pick me up!

The lettuce is done but expect more in the cooler weather. The sage and thyme would be great additions to your cool weather soups.

Enjoy!



SPICY



HOT

We invite you to join the Spicy Ladies Club!

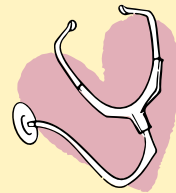
3rd Tuesday, every month @ 11:00

Our meetings include a variety of activities, guest speakers, introductory speeches to get to know one another, recipe exchanges, and engaging group discussions on various topics. The group is a welcoming space to share ideas, meet new people, and offer mutual support through diverse activities.

If you have any questions, please contact Leena Dasgupt @ ldasgupt@gmail.com

HEALTHBEAT

By Leslie Chamberlain R.N.



HEADACHE SIGNS YOU SHOULD NEVER IGNORE

- Your "usual" headache becomes more frequent, severe or feels entirely different
- Weakness, confusion or slurred speech
- Pain after a head injury....concussions, internal bleeding and skull fractures can worsen quickly
- New headaches after 50, the risks of strokes, tumors and temporal arteritis increase after 50
- Double vision, flashing lights, blurred vision accompanied by a headache can signal optic nerve issues
- Pain that intensifies with movement
- If any of these symptoms occur, seek care at the nearest Emergency Room.

Outreach Services Raeleen Gallivan

The Southborough Senior Center provides Outreach Services for Southborough Seniors and their caregivers. Our Outreach coordinator can assist with applications for public benefits including SNAP, the home energy assistance program (HEAP) and other cost savings programs. The Outreach Coordinator provides advocacy and support and can connect you with community resources including caregiver support, long-term care/ assisted living resources, housing assistance, home care services, transportation, legal and behavioral health referrals. If you would like to learn more about Community Resources or need help with an application, please call the Southborough Senior Center at 508.229.4453 to schedule an appointment with Outreach Coordinator, Raeleen Gallivan.

SNAP

Snap is a federal nutrition program administered by the Department of Transitional Assistance (DTA) for Massachusetts.



SNAP (formerly known as Food Stamps) helps many older adults, people with disabilities, and families in MA buy nutritious food and to eat better on a budget.

The gross monthly income guideline is \$2,608 for a household of one (1) and \$3525 for a household of two (2).

To learn more or apply, please contact Raeleen Gallivan @ 508-229-4453 at the Senior Center.



GUIDE PROGRAM

The Centers for Medicare & Medicaid Services (CMS) introduced the Guide Model (Guiding and Improved Dementia Experience) to improve the quality of life for people living with dementia and empowering caregivers with support and resources. It is a free Medicare program that covers the costs of dementia care navigation services for those who are eligible.

The program is a comprehensive and coordinated approach to dementia care that provides a care navigator to help coordinate services and offers caregivers education and support. For more information about the program, contact the Southborough Senior Center Outreach Coordinator, Raeleen Gallivan @ 508-229-4453. help eligible individuals, and their families, navigate the challenges of dementia care at no cost.

Medicare Open Enrollment **SHINE** can help!

COMING SOON

Watch your mail for an information packet from your Medicare plan by the end of September. **Please SAVE this information as it will explain changes for 2027 !**

Our SHINE Counselor will be booking appointments for 2027 coverage beginning **October 15 - December 7.**

Please call the senior center @ 508.229.4453

Weekly Activities

Program	Day	Time
Rummikub (Jeanne Ridolfi)	2nd, 3rd & 4th Monday	10AM
Knitting & Quilting	Monday	1PM
Bridge (Dawn Josephs)	Tuesday	12PM
Spicy Ladies Club (Leena Dasgupt)	3rd Tuesday	11AM
Book Club (M Anderson/S. Kiess)	2nd Wednesday	11AM
Mah Jongg (Sandy Campbell)	Thursday	10AM
Geneology Club (Jeff Schiebe)	Thursday	10AM
Canasta (Hand & Foot) Elaine Yetman	Friday	10AM
Wizards	Friday	9AM
Dull Men's Club	Friday	10AM

Southborough Senior Center
9 Cordaville Rd.
Southborough, MA 01772

PRSRT
STANDARD MAIL

U.S. Postage PAID
Southborough, MA
PERMIT NO.10



The State Primary Election information:

You can **Early Vote** at the Town House
Aug 22 to Aug 28, M-F 8:00am to 5:00pm
Sat/Sun from 8:00am to noon

OR

Sept 1 / Trottier School gym
6:30am - 8:00pm.

The State General Election will be held November 3

You can **Early Vote** at the Town House
Oct 17 to Oct 30, M-F 8:00am to 5:00pm
Sat/Sun from 8:00am to noon

OR

Nov. 3 / The Trottier School gym
6:30am to 8:00pm.

**** We can mail a ballot to you for either election based on your response to the card sent in July****

If you have any questions, please call the Town Clerk's office:
(508) 485-0710 x 3005 and we'll help you.

FROM OUR
TOWN CLERK
JIM HEGARTY!

FRIENDS OF SOUTHBOROUGH COUNCIL ON AGING CALENDAR YEAR 2026/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. To become a Friend of the Southborough COA, please complete the form to the right.

Priority for certain limited seating events may be given to Southborough resident regardless of "Friends" status.
Please call with questions (508) 229-4453.



Membership is a suggested donation of \$15 per person per year:

NAME _____

Address _____

Apt or _____

Phone _____

Email _____

Friends Donation (2026) _____

Date _____



TRIVIA ANSWERS FROM JIM HEGERTY: The most common first names of children born in 2025 are Aiden, Chloe, Michael, Sophie & Theodore. In 1975, the names were Michael (again), Amy, Eric, Jennifer, Jeremy, Jonathan, Leslie, Matthew & Sarah to name a few!

Please verify your address information. If a correction is required, please call the senior center.