

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 2, NO. 8, SEPTEMBER 2015

Applefest Luncheon & Bake-off!

September 18th

Special Thanks to our Proud Premier Sponsors:



**KAREN
SCOPETSKI**
REALTOR



- 3 Friends Corner
- 4 Weekly Activities
- 5 The Doctor Is In
- 6 - 7 Special Events
- 8 - 9 Fitness
- 10 Health & Wellness
- 11 Elder Law
- 12 Pet Corner
- 13 Dining Around Town & Services Directory
- 14 - 15 Senior Center Calendar
- 16 - 17 Services, Clubs, Groups & Courses
- 18 Northborough COA Van Service
- 19 Real Estate Expert
- 20 Brain Games
- 21 Ask a Pharmacist
- 22 Trips
- 23 Arts & Crafts



DIRECTOR'S CORNER:

As usual, it seems like the summer goes by so quickly. Now that September is here, we celebrate Applefest. As is tradition, we will host the Applefest Bake-Off on Friday September 18. The judges will announce the winners at our luncheon at 12:00 PM. See more information in the articles in this issue. We are excited about Radio personality Jordan Rich joining us on September 29 for a fun program. Get your tickets early so you won't miss out! New and innovative computer programs will be rolled out in October. There'll be more information in next month's issue.

Kelly Burke

NORTHBOROUGH SENIOR CENTER

119 Bearfoot Road Northborough, MA (Handicapped Accessible)

Phone/After Hours Answering Machine:
508-393-5035 • Fax: 508-393-1503

Web Address: www.town.northborough.ma.us

Notary Services are available at the Senior Center.
 Please call for more information.

Hours: Monday, Wednesday, Thursday 8:30 AM - 4:00 PM
 Tuesday 9:00 AM - 9:00 PM • Friday 8:30 AM - 2:00 PM

COUNCIL ON AGING MEMBERS

Chairperson	Adrienne Cost
Vice Chairperson	Jerry Anderson
Secretary	Linda Cragin
Members	Ed Bombard, Phylis Muthee, Tony Pini, Alice Stapelfeld
Liaison to Selectmen	Jeff Amberson
Liaison to School Committee	John Kane
Bay Path Rep.	Jarl Anderson
Director	Kelly Burke
Office Staff	Nancy Dragon
Outreach Coordinator	Jocelyn Ehrhardt
The Bistro@119 Manager	Vickie Killeen
SHINE Counselors	Pauline O'Bray, Linda Warren, Wayne Wirtanen



The Senior Center will be closed on Monday, September 7 in observance of Labor Day.



LIVE YOUR INSPIRED LIFE.

- Full-service, maintenance-free living
- Spacious 1, 2 & 3 bedroom deluxe apartment homes
- Chef-prepared meals in two restaurants
- On-site amenities including banking, hair salon, spa, staffed fitness center



The WILLOCKS
 PREMIER RETIREMENT COMMUNITIES
 FOR ACTIVE ADULTS



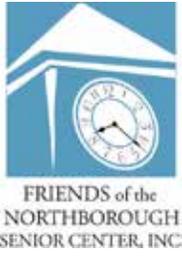
One Lyman Street Westborough, MA • 508-366-4730

www.SALMONHEALTH.COM



CONTINUUM OF CARE

- THE WILLOCKS Retirement Communities
- WHITNEY PLACE Assisted Living Residences
- BEAUMONT Skilled Nursing and Rehabilitation
- SALMON VNA & Hospice



Where did it go..... here we are at September already. I hope you all enjoyed a pleasant and relaxing summer however you spent your days. The Friends have been very busy during the last few months developing our events calendar so stay tuned to learn about what we have coming up.

Our August wine tasting event which was held at Whitney Place in Northborough on August 6th was a great success. Thanks to all of you who enjoyed a pleasant evening of delicious wines served with delectable food pairings. The Friends appreciate your ongoing support.

Next on our agenda is the Applefest Street Fair on Saturday, September 19th so stop by our booth on Blake Street and say hello. It is always a great day of enjoying the warmth and comfort of a small New England town as we come together to celebrate with friends and neighbors.

On Sunday, October 18th at 2:00 PM the Friends will offer you an opportunity to experience "The God Box", a one woman performance, a community and a celebration of mothers, daughters and the bonds of love, faith and family by Mary Lou Quinlan, a bestselling author and actress. Watch for more information.

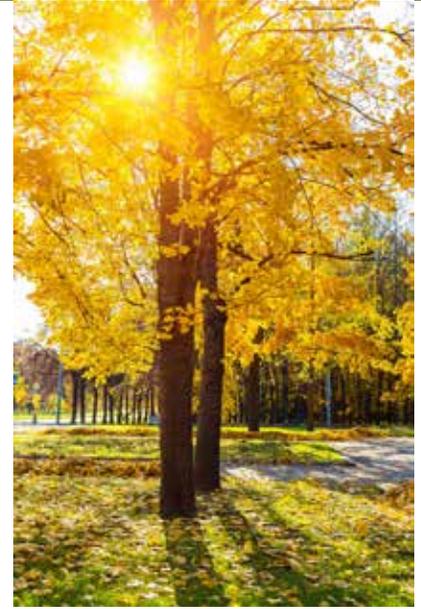
The Friends traditional Country Store Fair will be held on Saturday, November 21st from 10 AM - 2 PM more to come later.

Sincerely, *Muriel Swenor, President*

You're invited to join the Friends in support of Senior Center activities. Please use the form on this page. All seniors of Northborough and surrounding towns are welcome to take part in Senior Center activities, and all are welcome to visit at any time!

Our Mission - The purpose of the Friends is to financially assist the Northborough Council on Aging in providing programs and selective social services to the senior residents of Northborough and providing for the purchase of non-budgeted items for the Senior Center through membership dues, fund-raising events, grants, donations and corporate gifts.

www.friendsofnorthboroughseniors.org



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

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

Name(s) _____

Address _____

Town, State, Zip _____

Phone _____ Email _____

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

\$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

CENTRAL *Annual Percentage Rate
ONE FEDERAL CREDIT UNION
"We're Not a Bank, We're Better."

**AUTO LOAN RATES
AS LOW AS**

0.99% APR*

Call 800.527.1017 Today!

148 Main St. Northborough
www.centralfcu.com

NCUA LENDER

Where Caring Makes a Difference
This state of the art facility offers 22 Assisted Living Residences designed for individuals with memory loss.

- 24 Hour Staffing
- Gracious Dining- Three meals daily specially tailored to suit your loved ones needs.
- Snacks anytime in our Country Kitchen
- Individual personal assistance tailored to suit your loved ones needs.
- A full range of individually tailored recreational events.
- Full Housekeeping, Laundry and Linen service to maintain a peaceful, uncluttered home.
- Medical Care and Emergency Response
- No Entrance Fees
- Escorted transportation to events appointments and area shopping malls

All of these services are covered in our monthly rate, which others charge for as "extras."

We also have an award winning skilled nursing facility on site to meet your short term and long term needs.
Call Patrick Blake for more information and to schedule a visit.

COLEMAN HOUSE
AN ASSISTED LIVING & SENIOR CARE RESIDENCE

112 West Main Street • Northborough, Massachusetts 01532
Tel: 508-351-9355 • Fax: 508-393-2503 • www.colemanhouse.com

4 SEPTEMBER 2015 WEEKLY ACTIVITIES

MONDAY

9:00	Aerobics/Strength Training
9:00	Pool
9:00	Rug Hooking
10:00	Harmonica Club
10:00	Ping Pong
11:00	Chair Yoga
12:00	Bistro Lunch
1:00	Pickleball (Town Hall Gym)
1:00	Pitch
1:00	Zumba Gold
2:00	Needlers

TUESDAY

10:00	Line Dancing
10:00	Pool for Beginners
10:30	Tai Chi
12:00	Bistro Lunch
1:00	Trivia Tuesday
1:00	Bereavement Support Group (see article for dates)
2:00	Yoga with Nancy
5:30	Evening Bistro
6:30	Hand Applique (9/8 & 22)

WEDNESDAY

9:00	Aerobics/Strength Training
9:00	Pool
9:30	Art Group
10:00	Dull Men's Club
11:00	Chair Yoga
11:30	Yoga with Gene
12:00	Bistro Lunch
1:00	Pickleball (Town Hall Gym)
1:00	Bridge (SAYC)
1:00	Bingo
1:30	Memoir Writing (9/9 & 23)

THURSDAY

9:15	Tapping for Beginners
9:00	Bowling
9:30	Golf
9:30	Cribbage
10:00	Belly Dancing
10:00	Walking Club (Starting 9/10)
12:00	Bistro Lunch
1:00	Bridge
1:00	Quilting (9/3 & 17)
1:00	Zumba Gold

FRIDAY

9:00	Pool
9:00	Qigong Tai Chi
10:00	Piano for Beginners
10:00	Watercolors (see article for dates)
11:00	Piano for Beginners
1:00	Pickleball (Town Hall Gym)

CAN YOU HELP?

The Senior Center has several volunteer vacancies.

Positions include receptionist, The Bistro @ 119 and shopping helper on the van.

Please contact Jocelyn Ehrhardt for more information.



Avidia Rewards+

Using your Avidia Bank Debit or Credit cards to make everyday purchases earns Avidia Rewards+ points to redeem for merchandise, travel credit or CASH BACK.



Avidia Bank

800-508-2265 | www.avidiabank.com

Member FDIC | Member DIF | Equal Housing Lender



Saving Benjamins is a good thing.

FALL AND WINTER = VIRAL ILLNESSES

Fall has arrived and the crisp air is nipping at our heels. Color abounds and many of us are willing to let go of the lazy, hazy days of summer. Fall can also welcome us with some common Fall illnesses that seem to prevail as the season changes. Focusing on your health and taking smart precautions can make or break your Fall.



Fall and winter are peak times for viral illnesses, particularly, the flu. Viruses are transmitted by contact and can be particularly dangerous for the elderly and those with lowered immune systems. Getting the flu vaccine is imperative in limiting the chances of getting the flu. Focusing on hand washing can also limit the transmission of the viruses. It may also be smart to avoid those who have recently been sick or public places that may be riddled with sick children or adults.

The common cold also can set in. The changes in the environment also require changes from your body. Temperature change and humidity levels require that your body change as well. The air can be drier and chillier. Prepare for being outdoors and dress appropriately for weather.

Preventative measures are the steps you should take throughout the entire year. Wash your hands frequently, drink plenty of fluids, eat well and be active. Make these steps a part of your everyday life and you will increase your ability to fend off these viruses and feel better while doing so.

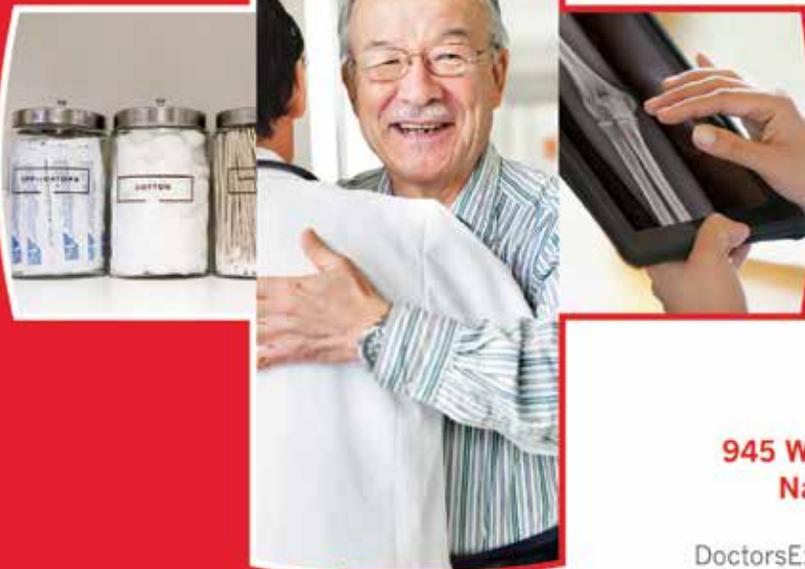
Article Provided by Dr. Roxanne Latimer,
Medical Director and Lead Physician
Doctors Express Marlborough and Natick



From broken bones to blisters. We're here for you.

It doesn't matter if you are coming down with the flu or coming in with a broken finger. Our board-certified medical providers treat you quickly as soon as you walk in. That's our promise.

Open 7 Days
a Week
M-F: 8-8
S-S: 8-5



afc Doctors Express
URGENT CARE

- No Appointment Needed
- X-Ray & Lab Services
- Occupational Medicine
- Vaccinations & Physicals including Immigration
- Most Insurance Accepted including Medicare



**945 Worcester Street
Natick MA 01760**
508.650.6208
DoctorsExpressNatick.com



**42 Boston Post Rd. West,
Marlborough, MA 01752**
508.658.0764
DoctorsExpressMarlborough.com



**Tuesday Evening Menu
& Entertainment Hours:
5:30 – 7:00 PM**

**“WHO SAID THAT?” GUESS THE FAMOUS VOICES
OF RADIO, TV, FILM AND MODERN HISTORY WITH
JORDAN RICH!**

**Day: Tuesday
Date: September 29
Time: 5:30 – 7:00 PM
Cost: \$11.00/ticket
Pre-Registration Required**



WBZ radio talk show host, Jordan Rich, will present an entertaining educational program with an element of nostalgia and trivia. Audience members will have the opportunity to identify familiar voices and audio clips, win a prize and reminisce about famous events and personalities.

Jordan Rich was born and raised in Boston and has been a fixture on radio and TV for nearly thirty years. A communications major at Curry College in Milton, Jordan began his career at age eighteen at WRKO in Boston. From 1978 to 1982, he worked as weather reporter, morning show sidekick and was eventually promoted to morning co-host. He even got the chance to host a Broadway music show called, “Music Sunday” for a couple of years. A high school and college actor who loves the theatre, that program was one of Jordan’s favorite on-air assignments.

In 1982, Jordan signed on with WLLH-AM as a talk-show host and handled the weekend music shift at WSSH-FM. In early 1983, he was named WSSH morning host and served in that capacity until December 1995. In 1996, Jordan signed on with WBZ News Radio 1030 as a fill-in talk host and eventually succeeded his longtime friend and mentor, the late Norm Nathan. Since then, Jordan has hosted the weekend late nights at WBZ and his program is heard throughout much of the U.S. and Canada as well as world-wide on the Internet. Jordan is also committed to working with fine organizations and charities in their fundraising efforts. Join us for a fun and educational evening!

Pre-registration required. Tickets available at Front Desk.

The Bistro@ 119 is offering Root Beer Floats at lunch Monday-Thursday from 12:00 - 1:00 PM for \$2.50 and Ice Cream Cones for \$1.00 per scoop.

Sept 1 Meatloaf with Gravy, Baked Potato with Sour Cream, Vegetable, Rolls/Butter and Dessert
\$8.00

Sept 8 Vickie’s Chicken, Rice Pilaf, Vegetable, Rolls/Butter and Dessert
\$8.00

Sept 15 Homemade Meatballs and Pasta, Salad, Garlic Bread, and Dessert
\$8.00

Sept 22 Roast Pork with Applesauce, Potato, Vegetable, Rolls/Butter, and Dessert
\$8.00

Sept 29 Roast Turkey Dinner with All the Fixings and Homemade Bread Pudding
Tickets \$11.00

APPLEFEST LUNCHEON

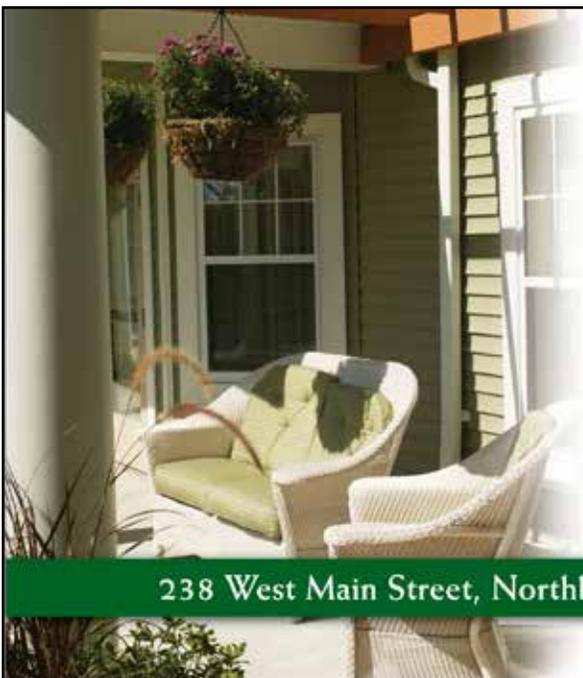
Pre-Registration Required

Day: Friday

Date: September 18

Pre-Registration Required

Our Applefest luncheon prepared at our very own The Bistro@ 119 will be held on Friday, September 18 at 12:00 PM. The menu includes a choice of Tomato Soup with Fresh Basil or Corn Chowder with bacon and a choice of Turkey, Cranberry Chicken Walnut, or Tuna on a croissant with lettuce, tomato, and a pickle on the side, Apple Crisp with whipped cream \$6.50. Reservations are required in advance and tickets are available at the Senior Center beginning September 1. Winners of the Applefest bake-off will be announced at this luncheon.



BEAUMONT BAFFLER!

What is the birthstone of September?

- A. Ruby
- B. Garnet
- C. Opal
- D. Sapphire

See answer at bottom.



238 West Main Street, Northborough • (508) 393-2368 • www.SalmonHealth.com

APPLEFEST BAKE-OFF

Day: Friday

Date: September 18

Join us for a fun kick-off to Applefest in Northborough on Friday, September 18. Get out all your favorite recipes that have apples as the main ingredient, put on your apron, and start baking so you can enter your creation in the Bake-Off. For the sixth year, will have a second category for Diabetic Friendly entries (made with little or no sugar and low in carbohydrates). Please bring your entry to the Senior Center by 10:30 AM. Local community leaders will be on hand to judge and we'll award prizes to the three best entries. Winners will be announced at 12:00 PM right before the luncheon.

SPA SERVICES

Day/Date: Wednesday September 30

Time: first appt. is 10:30 AM;

last appt is 3:00 PM

Cost: See the menu of services

at the Senior Center

Esthetician: Bonnie Leigh

Appointment required

Gift certificates for Spa Services are available at the Senior Center.

What better way to take time for yourself or give a special gift for a loved one or friend. Create your own hour of bliss. In the privacy of our spa room right here at our center get comfy and let our skin care expert, Bonnie Leigh relax and beautify you with her gentle, healing touch and 30 years of experience.

Possibilities include:

- Hydrating face mask
- Reiki
- Face, neck, and shoulder massage
- Warm hand mitts with massage
- Brow shaping
- Facial hair removal with gentle wax
- Aromatherapy warm facial towels

TUESDAY TRIVIA

Day: Tuesdays (starting September 1)

Time: 1:00 PM

Cost: Free

Leader: Laurie LaBrecque

After taking the summer off, Trivia Tuesday returns! We've all heard how important it is to use the mind and continually challenge it. Being involved in leisure activities that help stimulate your brain can help you live a longer and happier life. Studies have shown that time spent stimulating the brain can help prevent dementia and Alzheimer's disease. Why not try Tuesday Trivia? Enjoy sharpening your mind in a non-competitive environment.

MANICURES/PEDICURES/ REFLEXOLOGY

Day: Thursdays

Time: Appointments 9:00 AM – 3:00 PM

Cost: Varies by Service/Price List at Front Desk/Call for more Information

Technician: Veronica Thompson

Nail Services are NOT just for women.

Veronica will do a Man-Mani and a Pedi-Man too!

Take care of your hands and feet and they will take care of you. Veronica is Diabetic and Cancer skin trained. Reflexology is a gentle thumb and finger acupressure that triggers the body's immune system to kick in and heal itself. Reflexology helps dozens of health conditions, is great for pain relief and can be done on hands, feet, face, and ears - One area or all areas. Gift Certificates available. Retail items available.

BIRTHDAY LUNCH

Day: Monday

Date: September 28

Time: 12:00 PM

Cost: Free sandwich of your choice for Northborough seniors with September birthdays

Pre-registration required

Please join us for Birthday Lunch at the Bistro@119. If you are a town resident and have a birthday in September, the Friends will treat you to a lunch at the Bistro@119, which includes a sandwich of your choice, and of course, cake and ice cream. Even if you're not celebrating a birthday, we'd love to have you join the festivities. Please call the Senior Center at **508-393-5035** to make your reservation. We mail out birthday coupons to Town Residents to be used the day of the birthday lunch at the Bistro@119. If you do not receive yours by the week before Birthday Lunch, please call us and pick up your coupon here.

SAVE THE DATES FOR TWO HEALTH RELATED PRESENTATIONS IN OCTOBER: On Tuesday, October 6 at 11:00 AM, VNA Care Network & Hospice presents "Pre-Diabetes Talk - 5 Signs that Put You at Risk. Get the Facts - Take Charge of You!" Protect yourself so you can remain healthy...

On Tuesday, October 20 at 6:30 PM Kristin Kemos from the audiology practice of Dr. Leslie Soiles and New England Hearing Instruments, Inc. will present "Hearing Health? Help!"

Look for more information in the October newsletter.

STRESS RELIEF

Days: Tuesdays

Dates: September 22 & 29

Time: 3:30 – 5:30 PM

Cost: \$40 for 2 sessions

Presenter: Tina Marian, RN

Pre-Registration Required

Do you tend to worry about things? Always waiting for the next shoe to drop? Anxious about the future, while missing the day? If this sounds like you, this series will help! Tina Marian, RN, Certified Holistic Health Coach, Certified Life Coach, EFT Practitioner presented this topic at the Senior Center in June. This time she will show you how to practice the Emotional Freedom Technique (EFT), also known as tapping over two sessions. This powerful self-help application works like emotional acupressure to quickly, gently and easily release the negative emotions and beliefs that are at the root of our problems and our pain. The technique can be easily learned by anyone, provides rapid, long lasting and gentle relief and is one of the best self-help tools ever. Stress keeps you in a constant state of "flight or fight", come see how you may change it in your life!

MANAGING CONCERNS

ABOUT FALLS

Day: Tuesday

Date: September 8 – October 27

Time: 10:00 AM – 12:00 PM

Cost: Free

Pre-registration required

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, A Matter of Balance: Managing Concerns About Falls is a program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. A Matter of Balance can help people improve their quality of life and remain independent.

Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

Northborough Senior Center is hosting A Matter of Balance: Managing Concerns About Falls on Tuesdays, September 8, 15, 22, 29 & October 6, 13, 20, 27 – from 10:00 to 12:00 PM. A workbook is provided and refreshments are served. Please call the Senior Center at **508-393-5035** to register or for more information.

BELLY DANCING**Day: Every Thursday****Time: 10:00 AM****Instructor: Gypsy Phillips****Cost: \$3/class**

Shimmy your way to a new figure while having fun at the same time. Gypsy will show you the fine art of belly dancing. You'll learn the techniques and steps of this timeless dance form and have a great time. You are welcome to sit in on a class and see if this is for you. Let's Get Dancin' !

STRENGTH TRAINING**Days: Every Monday & Wednesday****Time: 9:00 - 10:00 AM****Cost: \$3/class****Instructor: Linda Bonazzoli**

Make your workout fun with this active class. You'll begin with a warm-up and ease into strength training with weights. The class incorporates aerobics and stretching as well. Linda has been an instructor at the Senior Center for 14 years. This class is adaptable to all capabilities so plan on checking it out soon.

LINE DANCING-ADVANCED**Day: Tuesday****Time: 10:00 AM****Cost: \$3/class****Instructor: Mary Dragon**

Line dancing is a fun way to exercise, reduce your stress and increase your energy. This class is an upper beginner/easy intermediate level. Popular and classic line dances are put to all different types of music.

WALKING CLUB**Day: Every Thursday****Date: Starting September 10****Time: 10:00 AM****Leader: Forest Lyford**

Walks this Fall will start on Thursday, September 10 and continue every Thursday into December, weather permitting. This Fall we will be exploring trails in Northborough only. The walks start at 10:00 AM. each Thursday and typically last about two hours. Most walks will be less than two miles long. A schedule of walks is available at the Senior Center, or contact Forest Lyford (flyford@msn.com). The first walk will be on trails near the Senior Center.

TAPPING FOR BEGINNERS**Day: Thursdays****Time: 9:15 - 10:15 AM****Cost: \$4/class****Instructor: Laurene Aldoriso****Pre-registration required**

Join Laurene as you have fun tapping at her studio Lauren Aldoriso's Academy of Dance Expressions at 45 East Main Street Westboro. Note that this is a change in location from the Senior Center to Laurene's studio. If you ever dreamed of learning to tap dance, this is your opportunity! Join this invigorating class for a chance to fulfill your dream or just have fun tapping. Bring your tap shoes and join the fun. All are welcome! Please call the Senior Center at **508-393-5035** to register your participation.

CHAIR YOGA WITH DIANE**Days/Dates: Mondays****September 14, 21, 28****Day/Days: Wednesdays****September 2, 9, 16, 23, 30****Time: 11:00 AM - Noon****Cost: \$13 for Monday classes****\$22 for Wednesday classes****\$30 for 2 days/week (save \$5)****Pre-registration required**

You may attend either Monday or Wednesday or attend both days and save \$5.00 on the series. Diane Ginsberg, a senior herself, has been practicing Yoga for 40 years and teaching for the past 30. She creates a comfortable, friendly, supportive and non-competitive environment for all different abilities to enjoy the benefits of Yoga on a chair. Diane incorporates her recent training in Laughter Yoga into her classes which encourage people to have fun and feel good. There are some standing exercises and a relaxation period at the end of each class. Join this upbeat class for this new series.

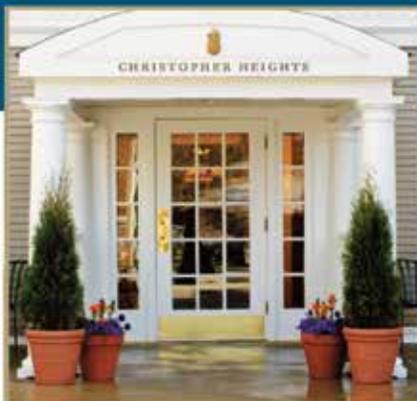
PICKLEBALL**Day/Time: Monday/Wednesday/Friday:****1:00 - 4:00 PM****Location: Town Hall Gym****63 Main Street Northborough**

Come learn one of the fastest growing games in America. It is a combination of ping-pong, badminton, and tennis. We use a whiffle-type ball and a paddle about 3 times the size of a ping-pong paddle. It can be very competitive or just very social. Please call Joanne and Norm Avey at **508-393-5341** if you have any questions.



CHRISTOPHER HEIGHTS™ of Marlborough

AN ASSISTED LIVING COMMUNITY



Visit our website at www.christopherheights.com
and take a virtual tour of our neighborhood.

- Financial options to help you
- 1.5 hours of daily assistance with personal care needs
- Medication reminders
- Safety checks
- 3 chef prepared meals daily
- Laundry & housekeeping
- A full social calendar

No Hidden Fees - The Christopher Heights Difference!

99 Pleasant Street, Marlborough, MA 01752

Our doors are always open!

Call for a tour - 508-281-8001

YOGA WITH NANCY

Day: Every Tuesday
(no class on September 1)
Time: 2:00 PM
Cost: \$3/class
Instructor: Nancy Cimato

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

QIGONG TAI CHI FOR HEALTH AND VITALITY

Day: Fridays
Time: 9:00 - 10:30 AM
Cost: \$3
Instructor: Rose Lee

Qigong is an ancient Chinese energy healing system that deals with the vital life force. Qi means "breath, or vital life force" and gong means "to cultivate or work". Qigong is a lifestyle, living in harmony with nature; a way of exercise, meditation, and practices of the body, mind, and spirit. So when you have good Qi you have good life.

Tai Chi is a sequence of fluid movements using the principles of Qigong movements to help reduce stress and high blood pressure, improve balance and flexibility to reduce the risk of falling, and increase endurance and mobility, Qigong Tai Chi is also a great exercise for relieving arthritis pain.

In this class we will begin with Qigong warm ups and then progress into Tai Chi movements. Qigong Tai Chi is suitable for people of all ages, standing or sitting. Please wear loose clothing and comfortable shoes when doing this exercise.

Instructor: Rose Lee has been teaching Chinese martial arts for more than 20 years in fitness clubs, retirement communities and senior centers. She is an inspiring enthusiastic instructor.

PING PONG

Day/Time: Mondays at 10:00 AM
Tuesdays at 12:00 PM
Cost: Free

We have a few folks who would really like more people to join them on Monday mornings to play Ping Pong. Bring a friend and join us on Monday mornings. If you'd like to use the Ping Pong table at another time please ask at the front desk.

ZUMBA GOLD

Days/Dates:
Mondays September 21 - November 2
Thursdays September 24 - October 29
Time: 1:00 PM
Cost: \$27 for 6 week (one day/week) series/\$43 for 2 days/week (save \$11!)

Instructor: Mary Abate
Pre-registration required

Due to the popularity of the Zumba classes, we are adding Mondays to the schedule. If you've always wanted to try Zumba, now is your chance. If you like what you see, and we're sure you will, sign up for Mondays, Wednesdays or both days!

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

YOGA WITH GENE

Day: Every Wednesday
Dates: August 26 - October 7
(no class 9/2)
Time: 11:30 AM
Cost: \$40 for a 6 week series
Instructor: Gene Pacelli
Pre-registration required

A senior himself, Gene has been teaching yoga for 32 years. Currently teaching eight (8) classes a week of senior yoga at various venues, he has also been teaching very vigorous yoga classes at Harvard University for the last 17 years, and in many health clubs in the greater Boston area.



SENIOR CENTER GOLF

Day: Thursdays
Time: 9:00 AM
Location: Stonybrook Golf Course
Cost: \$10 for 9 holes
Contact: The Senior Center

Calling all golfers! Join the fun as the 2015 Golf group plays at Stonybrook Golf Course at 70 Valley Road, Southborough, MA each Thursday at 9:00 AM. The cost is \$10.00 for 9 holes Par 3 walking.

No golf carts are available. All participants should pay at the golf course office. If you have any questions, please call the Senior Center at **508-393-5035**.

TAI CHI/QI GONG/

MEDITATION

MIND BODY & SPIRIT

Day: Tuesdays
Time: 10:30 AM - 12:00 PM
Cost: \$3/class
Instructor: Rev. Helen J. Morin

The class is a blend of a brief meditation, Qi gong to improve focus increase energy and stimulate blood flow. Ancient Shaolin Temple exercises to warm up (all low impact.) Gentle step by step learning of the T'ai Chi form followed by more breathing exercises and a brief dialogue. The class is one hour in length and you will burn approximately 300 calories in a gentle flowing manner. "meditation in motion", is what many people call T'ai Chi, a free flowing, ballet like moves to calm your mind, body and spirit.

Your instructor, Helen Morin is a professional photographer, who took up T'ai Chi for stress relief and to improve her bodies balance. What she got was beyond her expectations and she fell in love with the form. Practicing on a daily basis she began assistant teaching in Upton at the senior center and then in the Westboro senior center. Soon she had her own classes at the Ashland community education center. Then at the Westboro senior center, Grafton senior center, Northborough senior center. She has had classes at Applegate's healthcare center in Upton, UMASS offices in Shrewsbury and Notre Dame du Lac in Worcester. She has taught classes at the Greendale and the Burroughs YMCA's and at Briarwood in Worcester .

Helen attends T'ai Chi classes and seminars on a regular basis as this is an ever changing art form.. She is constantly learning so she can share new movements with her students. Helen grew up in Shrewsbury and has lived here most of her life. She and her husband Bob have two children and five great Grandchildren

BOCCE

Day: Every Monday
Time: 9:30 AM
Cost: Free
Location: American Legion Post

Weather permitting, this enthusiastic group of bocce players meets at the Vincent F. Picard Post 234, the American Legion at 402 Main Street. It's a great way to start your week!



HEARING PRESENTATION

Day: Wednesday

Date: September 16

Time: 1:00 PM

Presenters: Darcy Repucci, MS, CCC-A/ Sandy Goldstein, LIHS

Cost: Free

Do you or a family member have concerns about your hearing? Have you considered whether hearing aids may be right for you?

Darcy Repucci, MS, CCC-A and Sandy Goldstein, LIHS are going to be presenting a talk on hearing loss, how to read an audiogram, and the benefits of hearing aids at the Northborough Senior Center on Wednesday, September 16 at 1 pm. We invite you to attend. Come prepared with questions for them!

OUTREACH NOTES

Did you know September is National Senior Center Month? There is much to celebrate and learn about Senior Centers and the Northborough Senior Center in particular.

Participants and volunteers are actively engaged, sharing their talents and learning new things, meeting new and old friends, embracing exercise and other avenues to positive aging. The Northborough Senior Center boasts an in house restaurant, Bistro @ 119, open to the public for lunch Monday through Thursday and dinner Tuesday evenings. Community is created and celebrated as people share meals together. The Senior Center provides handicapped accessible transportation in town and to surrounding towns. This service is available to eligible community members, (age 60+ as well as younger individuals with a physician's statement of disability).

Outreach actively assists people to remain safely in the community with information and resources that help to support and facilitate that goal. Any resident dealing with aging related concerns may access Outreach Services.

September will usher in new programming and speakers as well as the return of old favorite programs. Open enrollment for Medicare will be upon us as well as the application period for other seasonal benefit programs. Information and assistance with open enrollment, the Low Income Housing Energy Assistance Program (LIHEAP) and property tax exemptions will be available through SHINE and the Outreach Department.

If you haven't already, National Senior Center Month is the perfect opportunity to visit the Northborough Senior Center. We look forward to welcoming new and returning visitors to the Northborough Senior Center.

Jocelyn Ehrhardt, MSW
Outreach Coordinator

DON'T IGNORE YOUR MEDICARE MAIL!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2016.

During the annual Medicare Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!



DO NOT WAIT UNTIL IT'S TOO LATE!

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-AGE-INFO** (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

SHINE APPOINTMENTS

Day: Tuesdays/Thursdays/Fridays

Counselors: Pauline O'Bray/Linda Warren/Wayne Wirtanen

SHINE (Serving Health Insurance Needs of Everyone) appointments are available with our SHINE Counselors. Please call the Senior Center at **508-393-5035** to schedule your appointment.



FREE HEARING CLINIC

Day: 2nd Friday

Date: September 11

Time: 12:30 - 1:30 PM

Appointment required

Peter Lee of Professional Hearing Healthcare Associates of Westborough will be at the Senior Center to provide free hearing screenings.

Please call **508-393-5035** to make your appointment.

FREE BLOOD PRESSURE CLINICS

Tuesday, September 8 at 1:00 PM at the Northborough Housing Authority

Tuesday, September 22 at 1:00 PM at the Senior Center

FREE HEALTH CLINIC

Tuesday, September 15 from 12:30 - 2:00 PM at the Senior Center

FALLON MEMBER MEETING

Members of Fallon Senior Plan, please come learn about the changes for 2016 on Wednesday, October 21. To reserve seating, please call the Senior Center at **508-393-5035**.

ELDER LAW WITH FRANK AND MARYby **Arthur P. Bergeron**

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

YOU'RE NOT ALONE

This is a sad story that may hit home with several of you. I have an older client in her mid-80's, we will call her Mary, who has some physical challenges, but wants to stay home. She uses a wheelchair and needs help dressing and with personal care, but she's otherwise fine physically and is on top of her game mentally. Mary lives in the same house she has had for years, and that's where she wants to remain. She has no close family (Mary's only daughter lives far away) so she needs to pay for home care assistance. She owns her home, and her income is about \$2,000 per month.

When I met Mary about a year ago, she was spending \$6,000 per month, most of it on home care. The cost for most home care is about \$25 per hour. If Mary needs someone at her house for 6 hours a day to help her with dressing, meals prep and personal care, that is \$150 per day, or \$1,050 per week, or about \$4,500 per month. That, plus the cost of running Mary's household, had forced Mary to dip into her savings, which were practically gone when I met her. Unless she did something immediately, her only alternative would have been moving to a nursing home and qualifying for MassHealth.

I worked with Mary to get two things done. First, we got her qualified for the Frail Elder Waiver (FEW), a program through which MassHealth is paying for about half of Mary's home care. She was medically eligible for the program because she was otherwise eligible to be in a nursing home. Second, she got a reverse mortgage on her home, which gave her access to funds to supplement her income, and to do some home improvements to allow her to stay home. Unfortunately, even after all that, her monthly expenses remain three times her income. At the current rate, unless she reduces her home care, she will deplete her funds and need to move to a nursing facility in about four years. Something Mary does not want to do.

Sadly, this situation is not unique to Mary; far too many of us live on fixed incomes and limited assets, causing us to lose sleep at night. It is always a good idea to speak with a financial advisor and/or an attorney to learn what options and programs are available to help lower some of your monthly expenses. I'm hopeful, that in the long run, some combination of technology and government programs will allow Mary and those like her, to know that they can remain in their home. I will continue to keep you informed on programs within our communities. If you have any questions regarding this topic or any other elder law matter, you can contact me by phone, **508-860-1470** or email me at abergeron@mirickoconnell.com. Finally, you can find videos on elder information on my YouTube channel, Elder Law with Frank and Mary, www.YouTube.com/user/ElderLawFrankAndMary and commentary on our blog at <http://mirickoconnelltrustsandestateslawblog.wordpress.com/>.

Article Provided By

MIRICK O'CONNELL
ATTORNEYS AT LAW

MIRICK O'CONNELL

ATTORNEYS AT LAW

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

Arthur P. Bergeron
508.860.1470

abergeron@mirickoconnell.com



Watch our elder law
legal clinics on YouTube:
"ElderLawFrankAndMary"



Follow our Blog:
"Getting All Your 'Docs'
in a Row"

Excellence in our work.
Excellence in client service.
Excellence in value.

800.922.8337
www.mirickoconnell.com

Fall Pet Care

Have you slacked on the outdoor activities thanks to the summer heat? If so, your pet might be in need of extra exercise before cold weather sets in. Take advantage of the beautiful autumn days and go for a walk, toss a ball or take your pet to the local dog park. Fall is also a good time to brush up on training. Make sure your dog hasn't gotten rusty from the lack of involvement during the summer months by going through all the basic commands.

You're not the only one who can be cursed with seasonal allergies. Your pet can be just as susceptible to Fall allergens as you. If you see your pet itching, you might want to check with the vet to identify any possible allergies. Keep leaves raked and grass cut short to minimize irritation to your pet's skin.

In early Fall, pets begin shedding their summer coat to allow room for their winter coat. Make time to brush your pet weekly, if not daily, depending on your pet's shedding habits. Brushing your pet will allow you to catch most of the unwanted hair before it ends up around your home.



The autumn months are riddled with fleas and ticks. Check your pet after coming indoors to make sure they aren't bringing in any unwanted guests. Also, be careful about where your pets play. Fall is notorious for snakes trying to prepare for hibernation and snakes can be ornery during this time.

No matter the season, always be sure that your pet has access to water. It is important that the water is clean and plentiful.

Enjoy the cooler months with your pet. Here is to a safe, cool, autumn for you and your pet.

House Call Vets
OF METROWEST

BRINGING THE VET TO YOUR PET

Full Service House Calls
HOUSE CALL FEE
WAIVED FOR
SENIORS!

Providing Quality Veterinary to MetroWest

🐾 Preventative Medicine 🐾 Laser Therapy 🐾 Digital X-ray 🐾 House Calls

🐾 Non-Anesthetic Dental 🐾 Pharmacy 🐾 Surgery 🐾 Nutrition Counseling

Pharmacy items shipped directly to your home!

Phone: **508-485-1666**

www.homepethealth.com

HOURS: Call us during our normal scheduled" hours

Monday & Friday 7:30 am - 4:00 pm

Tuesday - Thursday 7:30 am - 7:30 pm

Saturday 8:00 am - 2:00 pm

\$5.00 OFF
any purchase of
\$20.00 or more
Cannot be combined with
any other offers or specials
Expires 9.30.15
Must present coupon



227 Turnpike Road
Westborough, MA
508-366-4400

Northboro
HOUSE OF PIZZA
Pizza • Pasta • Salads • Subs
We Deliver
508-393-3566
www.thehouseofpizza.com

\$5.00 OFF any purchase
of **\$25.00 or More!**
Cannot be combined with any other offers or specials.
Please mention coupons when ordering.
Expires September 30, 2015. Coupon Code M525

12 Main Street (Route 20) • Northboro Center

UNO
WWW.UNOS.COM FREE COFFEE ALL DAY

30% OFF ENTIRE ORDER
NO MINIMUMS - WEDNESDAYS ONLY
EXPIRES SEPTEMBER 30, 2015

UNO CHICAGO GRILL • 508.616.0300
25 TURNPIKE ROAD • WESTBOROUGH, MA

hats off
a walk-in barber shop

Times Square Plaza • 299 W Main Street Northboro, MA
www.hatsoffbarbershop.com • 508-393-7647

ADULTS \$14 • SENIOR MEN* \$10
SENIOR WOMEN* \$13 *age 62 or older

Ask about our **AT HOME HAIRCUTS!**
(Yes, we can cut hair in your home)

Papa Gino's
PIZZERIA

WE DELIVER!
Pizza • Pasta • Subs • Salads

SAVE \$2 OFF
A Lg. Sub, Entrée Salad or Pasta
Not valid with any other coupons, discounts, or limited-time offers. Please mention coupon when ordering. Call for delivery availability. Delivery charge applies. Expires 9/30/15.

508 • 366 • 4680
164 Milk Street • Westboro

Ziti's
Italian Trattoria

\$5.00 OFF
any purchase of
\$20.00 or more
Cannot be combined with any
other offer or special.
Must present coupon.
Offer Expires Sept. 30, 2015.

508-898-2282 | www.zitisitaliantrattoria.com
290 Turnpike Road | Speedway Shopping Plaza (Next to Stop & Shop) Westborough, MA
Mon-Sat 11:00AM - 10:00PM | Sun 12:00PM - 9:00PM

McDonald's



FREE Sandwich - Buy any one sandwich at the regular price & get the 2nd sandwich of equal or lesser value Free.
Valid only at participating locations. See website for restrictions.

FREE Breakfast Sandwich - Buy any breakfast sandwich & get the 2nd breakfast sandwich of equal or lesser value Free.
Valid only at participating locations. See website for restrictions.

CJ's Steakloft
Doing Business for over 32 years

\$5.00 OFF
Toward a Purchase
of **\$25.00 or more**
Must be presented at time of purchase. Not to be combined with any other offer. Expires September 30, 2015.

PICK ONE
APPETIZER +
TWO ENTREES = \$30
Must be presented at time of purchase. Not to be combined with any other offer. Expires September 30, 2015.

369 West Main Street • Northborough, MA • **508-393-8134**
Open for Lunch Friday 11:30AM - 4PM • Open Nightly 4-11PM

All offers are valid "any" day of the week during regular business hours unless otherwise noted. Offers cannot be combined with any other offer. One coupon or offer with each party or group. Offers expire September 30, 2015 unless otherwise noted.




Northboro
HOUSE OF PIZZA
508-393-3566

Pizza Pasta Salads Subs • 12 Main Street(Route 20), Northboro Center
508-393-3566 • www.thehouseofpizza.com
Delivery to Northboro & parts of Westboro, Marlboro & Shrewsbury

Store hours:
Sunday - Thurs 10AM - 10PM
Friday - Saturday 10AM - 11PM

WE DELIVER

Free Small Cheese Pizza
w/purchase of a large one topping pizza
Cannot be combined w/any other offers or specials. Please mention coupons when ordering.
Expires Sept. 30, 2015. Coupon Code M2

\$10.99+tax
2 small 1 topping pizzas
*Additional charge for extra toppings and SPECIALTY TOPPINGS
Cannot be combined w/any other offers or specials. Please mention coupons when ordering.
Expires Sept. 30, 2015. Coupon Code M1099

\$2.00 OFF
any purchase of
\$20.00 or more
Cannot be combined w/any other offers or specials. Please mention coupons when ordering.
Expires Sept. 30, 2015. Coupon Code M5

Large Cheese Pizza \$7.99
*Additional charge for toppings and SPECIALTY TOPPINGS
Cannot be combined w/any other offers or specials. Please mention coupons when ordering.
Expires Sept. 30, 2015. Coupon Code M799

\$18.99+tax
2 Large 1 topping Pizzas
*Additional charge for extra toppings and SPECIALTY TOPPINGS
Cannot be combined w/any other offers or specials. Please mention coupons when ordering.
Expires Sept. 30, 2015. Coupon Code M1899

All Coupons Expire September 30, 2015
Order Online at www.thehouseofpizza.com

14 SEPTEMBER 2015 SENIOR CENTER CALENDAR

MONDAY		TUESDAY		WEDNESDAY	
		1 9:00 AM SHINE Appts. 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:30 AM Tai Chi w/Helen 12:00 PM Bistro @ 119 12:00 PM Tues. Ping Pong	1:00 PM Tuesday Trivia 1:00 PM Bereavement Support 2:00 PM Yoga with Nancy CANCELLED 5:30 PM Bistro @ 119	2 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Art Group 10:00 AM Dull Men's Club 11:00 AM Chair Yoga 11:30 AM Yoga w/Gene - Cancelled	
7 CLOSED LABOR DAY		8 9:00 AM SHINE Appts. 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:00 AM Managing Fall Concerns 10:30 AM Tai Chi w/Helen 12:00 PM Bistro @ 119 12:00 PM Tues. Ping Pong 12:00 PM Legal Clinic 1:00 PM Tuesday Trivia	1:00 PM Bereavement Support Group 1:00 PM Blood Pressure at Village Dr. 2:00 PM Yoga with Nancy 2:30 PM Painting Party 5:30 PM Bistro @ 119 6:30 PM Hand Applique 7:00 PM COA Meeting	9 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Art Group 10:00 AM Dull Men's Club 11:00 AM Chair Yoga 11:30 AM Yoga w/Gene 12:00 PM Bistro @ 119 1:00 PM Pickleball 1:00 PM Bingo	
14 9:00 AM Strength Training 9:00 AM Rug Hooking 9:00 AM Pool Players 9:30 AM Bocce 10:00 AM Harmonica Club	10:00 AM Ping Pong 11:00 AM Chair Yoga 12:00 PM Bistro @ 119 1:00 PM Pickleball 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers	15 9:00 AM SHINE Appts. 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:00 AM Managing Fall Concerns 10:30 AM Tai Chi w/Helen 12:00 PM Bistro @ 119 12:00 PM Tues. Ping Pong 12:30 PM Health Clinic	1:00 PM Tuesday Trivia 1:00 PM Bereavement Support Group. 2:00 PM Yoga with Nancy 3:00 PM Bridge for Beginners 5:30 PM Bistro @ 119	16 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Art Group 10:00 AM Dull Men's Club 11:00 AM Chair Yoga 11:30 AM Yoga w/Gene 12:00 PM Bistro @ 119 1:00 PM Pickleball 1:00 PM Bingo	
21 9:00 AM Rug Hooking 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Bocce 10:00 AM Harmonica Club 10:00 AM Ping Pong 11:00 AM Chair Yoga	12:00 PM Bistro @ 119 1:00 PM Pickleball 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers	22 9:00 AM SHINE Appts. 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:00 AM Managing Fall Concerns 10:30 AM Tai Chi w/Helen 12:00 PM Bistro @ 119 12:00 PM Tues. Ping Pong 1:00 PM Tuesday Trivia 1:00 PM Better Breathers	1:00 PM Bereavement Support Grp. 1:00 PM Blood Pressure Clinic 2:00 PM Yoga with Nancy 3:00 PM Bridge for Beginners 3:30 PM Stress Relief 5:30 PM Bistro @ 119 6:30 PM Hand Applique	23 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Art Group 10:00 AM Dull Men's Club 11:00 AM Chair Yoga 11:30 AM Yoga w/Gene 12:00 PM Bistro @ 119 1:00 PM Pickleball 1:00 PM Bingo	
28 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Bocce 10:00 AM Harmonica Club 10:00 AM Ping Pong 11:00 AM Chair Yoga 12:00 PM Bistro @ 119	12:00 PM Birthday Lunch 1:00 PM Pickleball 1:00 PM Pitch 1:00 PM Friends Meeting 1:00 PM Zumba Gold 2:00 PM Needlers	29 9:00 AM SHINE Appts. 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:00 AM Managing Fall Concerns 10:30 AM Tai Chi w/Helen 12:00 PM Bistro @ 119 12:00 PM Tues. Ping Pong 1:00 PM Tuesday Trivia	1:00 PM Blood Pressure 2:00 PM Yoga with Nancy 2:30 PM Painting Party 3:00 PM Bridge for Beginners 3:30 PM Stress Relief 5:30 PM Bistro @ 119	30 9:00 AM Strength Training 9:00 AM Pool Players 9:30 AM Art Group 10:00 AM Dull Men's Club 10:30 AM Spa Services 11:00 AM Chair Yoga 11:30 AM Yoga w/Gene 12:00 PM Bistro @ 119	

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

ADVERTISE IN THE
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

THURSDAY		FRIDAY	
12:00 PM Bistro @ 119 1:00 PM Pickleball 1:00 PM Bingo 1:00 PM Bridge - SAYC Group	3 9:00 AM Mani /Pedi/ Reflexology 9:00 AM Golf at Stonybrook 9:15 AM Tapping Class (Westboro) 9:30 AM Cribbage 9:30 AM SHINE Appt's. 10:00 AM Belly Dancing 12:00 PM Bistro @ 119	1:00 PM Zumba Gold 1:00 PM Bridge 1:00 PM Quilting Group	4 9:00 AM Qigong Tai Chi 9:00 AM Pool Players 9:00 AM SHINE Appt's. 10:00 AM Piano for Beginners 11:00 AM Piano Lessons 1:00 PM Pickleball
1:00 PM Bridge - SAYC Group 1:30 PM Memoir Writing	10 9:00 AM Mani /Pedi/ Reflexology 9:00 AM Golf at Stonybrook 9:15 AM Tapping Class (Westboro) 9:30 AM Cribbage 9:30 AM SHINE Appt's. 10:00 AM Belly Dancing 10:00 AM Walking Club 12:00 PM Bistro @ 119 1:00 PM Zumba Gold	1:00 PM Bridge 1:00 PM Low Vision Support Group 2:00 PM Origami	11 9:00 AM Qigong Tai Chi 9:00 AM Pool Players 9:00 AM SHINE Appt's. 10:00 AM Piano for Beginners 10:00 AM Watercolors w/Helen 11:00 AM Piano Lessons 12:30 PM Free Hearing Clinic 1:00 PM Pickleball
1:00 PM Bridge - SAYC Group 1:00 PM Hearing Presentation 1:30 PM Book Club	17 9:00 AM Mani /Pedi/ Reflexology 9:00 AM Golf at Stonybrook 9:15 AM Tapping Class (Westboro) 9:30 AM Cribbage 9:30 AM SHINE Appt's. 10:00 AM Belly Dancing 10:00 AM Walking Club	12:00 PM Bistro @ 119 1:00 PM Zumba Gold 1:00 PM Bridge 1:00 PM Quilting Group 2:00 PM Better Breathers	18 9:00 AM Qigong Tai Chi 9:00 AM Pool Players 9:00 AM SHINE Appt's. 10:00 AM Piano for Beginners 10:00 AM Watercolors w/Helen 11:00 AM Piano Lessons 12:00 PM Applefest Luncheon 1:00 PM Pickleball
1:00 PM Bridge - SAYC Group 1:30 PM Memoir Writing	24 9:00 AM Mani /Pedi/ Reflexology 9:00 AM Golf at Stonybrook 9:15 AM Tapping Class (Westboro) 9:30 AM Cribbage 9:30 AM SHINE Appt's. 10:00 AM Belly Dancing 10:00 AM Walking Club 12:00 PM Bistro @ 119 1:00 PM Zumba Gold	1:00 PM Bridge	25 9:00 AM Qigong Tai Chi 9:00 AM Pool Players 9:00 AM SHINE Appt's. 10:00 AM Piano for Beginners 10:00 AM Watercolors CANCELLED 11:00 PM Piano Lessons 1:00 PM Pickleball

1:00 PM Pickleball
1:00 PM Bingo
1:00 PM Bridge - SAYC Group



BE READY! SEPTEMBER IS NATIONAL PREPAREDNESS MONTH
 Be prepared: assemble an emergency supply kit, make your emergency plans, stay informed, & get involved in helping your family, your business, & your community be ready for emergencies.

**WOULD YOU BE READY
 IF THERE WERE
 AN EMERGENCY?**

Information taken from www.cdc.gov/Features/BeReady/



Throughout September there will be activities across the country to promote emergency preparedness. More than 3,000 organizations – national, regional, and local public and private organizations – are supporting emergency preparedness efforts and encouraging all Americans to take action.



BEGINNER BRIDGE CLASS

Day: Tuesday

Dates: September 15 - November 3

Time: 3:00 - 5:00 PM

Instructor: Jeanne E. Martin

Cost: \$35.00 for 8 weeks

The initial Beginner's Bridge Class will concentrate on an introduction to the Standard American System of bidding which is a combination of the teachings of Charles Goren and Eli Culbertson.

During the following weeks, the students will learn how to score and how to bid their hands correctly. They will also be taught the rudiments of defense and the best way to play the contracts.

About an hour of the class will be devoted to Formal Teaching followed by an hour of actual Bridge Playing. Playing is usually the student's favorite part!

After eight weeks of intensive lessons, the students will be well on their way to playing the very challenging game of Bridge!

MEMOIR WRITING GROUP

Day: 2nd and 4th Wednesdays of the Month

Date: September 9 & 16

Time: 1:30 PM

Cost: Free

Participants enjoy writing and sharing their stories from various stages in their lives. Join this fun group as they remember and write about the interesting times of their lives. Some of the members arrive at 12 noon for lunch at the Bistro. New members are welcome.

BETTER BREATHERS CLUB

Day: 3rd Thursday of the month

Date: September 17

Time: 2:00 PM

Cost: Free

Do you have a chronic lung disease such as asthma, COPD, chronic bronchitis, or lung cancer? Then this group is for you! Join Cheryl Burgess, Respiratory Therapist at Marlborough Hill Healthcare Center and Molly Coyne, LPN from Bouvier Pharmacy, at this new support group. You will learn breathing techniques, talk about medications, tests, oxygen and nutrition, try some exercises, and much more.

Better Breathers will meet the third Thursday of each month at 2:00 PM at the Northborough Senior Center. This is a free program, and refreshments will be provided.

RSVP to the Senior Center, **508-393-5035** for attendance. Learn More, Breath Better

BOOK CLUB

Day: 3rd Wednesday of the Month

Date: September 16

Time: 1:30 PM

Leader: Maureen Sargent

Cost: Free

The Book Club meets at the Senior Center under the leadership of Maureen Sargent. They meet the third Wednesday of every month at 1:30 PM and are interested in having new members join them. Please call the Senior Center to find out what their book selection is for July and August or go to the town website for the senior center. The new title is posted under book club.

LEGAL CLINIC

Day: Tuesday

Date: September 8

Time: 12:00 - 1:00 PM

Attorney: Aaron Hutchins

Cost: Free

Appointment required

The Legal Clinic will be staffed by Attorney Aaron Hutchins. Call the Senior Center at **508-393-5035** to schedule your free 15 minute appointment to privately discuss any legal issue.

HARMONICA CLUB

Day: Mondays

Time: 10:00 AM

Leader: Dan Ginsberg

Cost: Free

Join the fun! The club welcomes both men and women from all our neighboring towns, who play the harmonica, to join the group and enjoy the fun and companionship of the club.

POOL FOR BEGINNERS

Day: Tuesday Mornings

Time: 10:00 AM - 12:00 PM

Location: Pool table room

Cost: \$5/class

Instructor: Kevin Wright

Pre-registration is required

This class is designed for the beginner—someone who wants to know how to make those easy and more difficult shots. Join the fun on Tuesday mornings! Kevin Wright has been playing and teaching pool to family, friends and others for over 15 years. The class is limited, so call the Senior Center at **508-393-5035** and reserve your spot in the game.



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS



DO YOU HAVE **concerns about falling?**

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. Sessions include discussion and exercises to improve balance, strength and flexibility.

This program emphasizes practical strategies to manage falls.

Classes are held once a week for 8 weeks for 2 hours each

Wednesday **September 23, 30**
October 7, 14, 21, 28 & Nov. 4, 18
9:30 to 11:30

To register please call:
Deanna Lefrancois **508-665-5370**

Tai Chi Exercises:

Every Thursday at 10:30 am

Call Now to RSVP: **508-788-6050**

All Events are FREE

747 Water St, Framingham, MA
www.heritageassistedliving.org



HERITAGE
AT FRAMINGHAM

BEREAVEMENT SUPPORT GROUP

Day: Tuesdays

Date: Now – September 22/

New Session October 13 – November 17

Time: 1:00 PM

Cost: Free

Facilitator: Rev. Sharon Lamothe

The VNA Carenetwork/Hospice offers a Bereavement Support Group to anyone in the Northborough area who is suffering a loss by death. There is no cost to attend the group and registration is not required. The group meetings have been and will continue be held at the Northborough Senior Center on 119 Bearfoot Rd. in Northborough. We began a new series on August 18 that will run consecutively on Tuesday afternoons through September 22. You are welcome to join the group at any time during the series. The next series begins October 13 and runs through November 17.

Some of the issues and concerns we will be discussing that are common to newly bereaved folks include:

- What to make of the anger, discouragement and guilt experienced in grief.
- How to deal with the unfair expectations of other people-
- Where to look for people you can trust to help you.
- How to manage the holidays and other special occasions in grief.
- Who to consider for additional support if you need it.
- How to take care of yourself physically.

The Bistro @119 located at the Senior Center will be open for lunch on Tuesdays each week @ 12:00 noon which may be helpful for anyone wanting to attend the Support Group. For more information please contact Ted MacNeil, Bereavement Services Coordinator @ **508-421-5120, Ext. 5624** or Rev. Sharron Lamothe, Hospice Chaplain who will be facilitating the group @ **1-800-521-5539, Ext 6337**.



ENGLISH AS A SECOND LANGUAGE

A grant from the Older Americans Act through BayPath Elder Services, Inc. allows us to offer English as a Second Language Conversation classes. We are actively seeking participants. There is no cost for these classes. Donations are gratefully accepted. Please call the Senior for more details.

LOW VISION SUPPORT GROUP

Day: 2nd Thursday of the month

Date: September 10

Time: 1:00 PM

Coordinator: Agnes Sagerian

Cost: Free

Do you have vision loss of any kind? In general, our group meets on the second Thursday of the month at the Senior Center Please contact our coordinator, Agnes Sagerian at **508-393-8353** with any questions. We welcome you to join our group.

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. If you have a good or bad joke to share bring it. Serious politics or religion is strictly verboten subjects. We are not boring and we are not grumpy. Our favorite flavor is vanilla and our favorite color is gray. We talk about any topic that is of interest to the group from computers to Bee Honey. Check out our international Dull Men's Club Website **www.dullmensclub.com** and come join us.



BRIARWOOD
Continuing Care Retirement Community

508-852-2670 | 65 Briarwood Circle | Worcester, MA 01606

www.briarwoodretirement.com

Briarwood offers you and your family peace of mind.

Briarwood

- The Best Value in Senior Living
- Maintenance-free cottages and apartments
- Restaurant-style fine dining
- A vibrant and caring community

Knollwood Nursing Center

- Post-acute, palliative, and respite care
- Rehabilitative therapies 7 days a week
- Joint Commission Accreditation
- State-of-the-art pharmacy system

508-853-6910 | 87 Briarwood Circle | Worcester, MA 01606

www.knollwoodnursingcenter.com

Knollwood
Nursing Center
YOUR PARTNERS IN CARE

18 NORTHBOROUGH COA VAN SERVICE

Monday

Appts no sooner than 9:30 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 10:15 AM

Wednesday

Appts. no sooner than 9:30 AM
Senior Center, Medical Appts., Work,
Grocery Shopping@Hannaford in
Marlboro Plaza, Work Trips, Library

Thursday

Appts. no sooner than 9:30 AM
Senior Center, Medical Appts., Work

Friday

Appts. no sooner than 10:15 AM
Senior Center, In-town Errands, Work, Hairdresser

In-Town Trips and Out-of-Town Trips provided to Marlboro, Westboro, Shrewsbury, Worcester, Boylston, Northborough, Southborough Monday-Friday as scheduled. Reservations taken up to seven business days in advance. Minimum of two business days notice is required for all reservations. **508-752-9283 press 2.** No out-of-town trips unless pre-authorized. Trips to and from the Senior Center are available daily.

PRIZE FOR USING YOUR SWIPE KEY TAG!

Do you have your Northborough Senior Center Swipe Key Tag? The key tag is your individually assigned card that, once swiped at the computer in the lobby, allows you to sign in on a touch screen for activities and other involvement at the Senior Center. The key tag is intended to be kept on your key chain for easy access. The Senior Center wants all participants to have a tag and to use it whenever they come to the Senior Center. From now on, we'll randomly pick a number from the prior month of people who have used their key tags and if that number matches the number right below the bar code on your tag, you'll win a gift certificate to the Bistro @119. You can only win if you are swiping your key tag each time you visit the Senior Center.



This month we're making it easy for you. **The winning number is 0676.** If that number matches your key tag, please come to the front desk to pick up your gift certificate. Starting in October, we are going to publish the number somewhere in the newsletter. Once you find the number, check your key tag to see if you're a winner. Of course, you'll need a key tag to play so make sure you have one.

If you have not done so already, please fill out an application. A key tag will be issued to you. Volunteers will be available to assist users with orienting to the touch screen system. We are confident that participants to the Northborough Senior Center will not have a problem using the system. We want to strongly encourage people to make it a practice. The information collected by the system has much to do with our funding, support, and programming decisions. Historically, we have collected information about participation on paper sign in sheets. That system has a number of flaws. The touch screen system will, by contrast, enable us to capture drop in users. We are hopeful that it will better reflect usage at the Senior Center in some other ways as well. Using your Senior Center key tags is one way that you can support your Senior Center. Other Senior Centers vying for the same funding sources are using touch screen systems as well. Your committed use of the system will help us to remain competitive in this marketplace. That, in turn, will allow us to continue to serve the residents of Northborough and Senior Center participants.

Van Transportation Weather Cancellation Policy

If Northborough Schools are closed due to inclement weather, there will be no van transportation for that day. If there is a delay due to inclement weather, there will be a delay in transportation for the same amount of time.

Metrowest Oral Surgical Associates

Dr. Steven V. Pittman DMD, Dr. John P. Ouano DMD & Dr. Wael Youseff DMD

DENTAL IMPLANTOLOGY

Dental Implants are the most innovative area in dentistry today. Spaces from missing teeth can be fixed using dental implants - titanium "anchors" that are used to substitute tooth roots to support a dental crown or bridge. With implants you can talk, eat and laugh like you did with your natural teeth.

With dental implants, you'll never need to cover your mouth when laughing, smiling, or speaking. Speaking easily and clearly is never a concern with a dental implant as it is with dentures. We will work together with your dentist to give you the best care. Give us a call for an initial consultation.

Look better, feel better and be more confident...



Single Tooth Implants



Multiple Dental Implants

The Real Estate Expert

KAREN SCOPETSKI

Article Provided By **YOUR NORTHBOROUGH REALTOR**



HOME RENOVATION

Home renovation projects can range from a complete overhaul, to changing out dated decor and appliances, to simply repairing or replacing furnishings and accessories. The most important factor in fixing up your home is that the end result reflects your personal taste and style.

A home can also be renovated to increase its value. Homeowners often decide to fix up their house when they are preparing to sell. Home improvements typically increase the value of the property, as well as improve its general appearance. Prospective buyers are attracted to houses in excellent shape as opposed to those in need of repairs. The following factors should be considered prior to starting a renovation project:



BUDGET - The home owner must first decide how much they can afford for home improvements, then base the extent of the renovation accordingly. Setting a strict budget will help guide the choice of materials to be used, and determine whether the job will need to be done by the homeowner or a professional can be hired.

SKILLS -

For projects that are not very big and where the owner has the required skills, time, tools and equipment, they can go ahead and do it themselves. However, when the renovation project is large, requiring multiple skills, the services of licensed professionals is mandatory. Always be careful with who you hire, do your research to ensure they will provide the services you need at a competitive price.

MATERIALS -

The choice of materials, equipment and accessories to be used for home improvement projects is very important. Substandard materials should not be used. This is where the advice or services of professionals comes in handy.

GOVERNMENT POLICY -

There could be a local authority directive on materials, paints and structure restricting how homes in a particular areas should be renovated. Thus, the owners have no choice but to follow the government's directives.

KAREN SCOPETSKI, V.P.
Your Northborough Realtor

For an experienced professional, call 508-380-0112 | email: Scopet@aol.com

www.KarenScopetski.com



318 Main St., Suite 165, Northborough, MA 01532



20 years as a successful top producer with many prestigious awards and designations.



Sudoku

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

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

©2015 Satori Publishing

DIFFICULTY: ★★☆☆☆

CROSSWORD PUZZLE

ACROSS

- 1 Cheer
- 4 Send
- 8 First Chin. dynasty
- 12 Or best offer (abbr.)
- 13 Revelry cry
- 14 Italic (abbr.)
- 15 Indo-Chin. language
- 16 Equal Employment Opportunity Commission (abbr.)
- 17 Malay canoe
- 18 Golden oriole
- 20 Polynesian cloth
- 22 Physician (pref.)
- 25 River through Orleans
- 28 Hindu sacred writings
- 31 Indigo dye
- 33 Harden
- 34 Here (Fr.)
- 35 Silly
- 36 Alas
- 37 Exclamations of delight
- 38 Hodgepodge
- 39 Pronoun contraction
- 40 Buddhist monk in nirvana
- 42 Gr. wine container
- 44 Son of Ruth
- 46 Scot. island
- 50 Blue Nile source lake
- 52 Down with (Fr., 2 words)
- 55 Edible root
- 56 Political union
- 57 Levy
- 58 Exclamations of delight
- 59 Medical fluids
- 60 River into the North Sea
- 61 Goddess (Lat.)

ANSWER TO PREVIOUS PUZZLE

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

DOWN

- 1 Frolic
- 2 Hillside shelter
- 3 Time period
- 4 Eng. dramatist
- 5 Greeting
- 6 River rapids
- 7 Cult
- 8 Horse (pref.)
- 9 Neat
- 10 Honey-eater bird
- 11 According to (2 words)
- 19 Tumor (suf.)
- 21 Unite
- 23 Irish assembly
- 24 Indian (Sp.)
- 26 Spin
- 27 Jewish month
- 28 Musical instrument (string)
- 29 Lover of Narcissus
- 30 Shame
- 32 Pagan god
- 35 Dispelled
- 39 Noun-forming (suf.)
- 41 Manila hemp
- 43 Not in style
- 45 Carplike fish
- 47 Way
- 48 Pain
- 49 Nat'l Aeronautics and Space Admin. (abbr.)
- 50 Tablespoon (abbr.)
- 51 Malt liquor
- 53 Ten decibels
- 54 Asbestos

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

©2015 Satori Publishing

A18

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

Answer to July/August Sudoku



Southgate
at Shrewsbury

An Uncompromised Senior Living Experience



INDEPENDENT LIVING • ASSISTED LIVING • SKILLED NURSING • REHABILITATION

Unsurpassed in Amenities

- Neighboring Northborough
- Chauffeured Transportation
- Formal & Cafe Dining
- 4-Lane Candlepin Bowling Alley
- Shrewsbury Medical Center
- Beautiful 30-Acre Campus
- 200-Seat Theater
- Fireplaced Library
- Indoor Swimming Pool
- Centrally Located to Shopping
- Luxury Apartments – Studio & 1&2 Bedroom
- Woodworking Shop
- Cocktail Lounge
- Health Club & Spa
- Excellent Medical Care Nearby

Contact Patricia LaCross: 508.842.8331 OR TOLL FREE 1.800.492.8331 • www.southgateatshrewsbury.com • 30 Julio Drive, Shrewsbury, MA



Do you have Ostomy, Urological, Wound Care or Incontinence supplies delivered to your home? Don't deal with a faceless 800 number, deal with a local, family business you can trust, call Bouvier's!



Our friendly and knowledgeable staff will use care and discretion to help you get the supplies you need delivered **right to your door!**

We proudly carry products from the leading product manufacturers, and offer a convenient and discreet drop ship program, as well as a free sample program with most brands. We can also special order any particular item for your specific needs and drop ship in one business day.

We also work with your doctor to provide direct insurance billing through most major insurances!

515 Lincoln Street, Marlborough, MA

Fax: 508-485-8777

Call 508-485-0432

www.bouvierpharmacy.com

*4 Generations of our Family
Caring for Yours...*



ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

AGE-RELATED VISION PROBLEMS

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

— Source: Mayo Clinic



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

Day/Overnight Trips

Here's a sampling of where we're going and who we'll see through December 2015. For more detailed descriptions of each trip, please visit the Senior Center or our page on the town website.



The Beach Boys Ultimate Tribute Show on September 22, 2015 at Venus De Milo, Swansea, MA. Best of Times celebrates "America's Band" with the ultimate tribute show featuring Still Surfin. Still Surfin has been performing the greatest hits of the Beach Boys for over 14 years. Their performances are as true to form as the originals in concert, so much that you just might forget this is a tribute show. \$85 includes Transportation, Lunch & Show. Meal Choice: Baked Chicken or Baked Schrod, Venus De Milo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. Make checks payable to Best of Times.

A Sensational Tribute to Sinatra and Streisand, Barbara and Frank, The Concert That Never Was on November 12, 2015 at Venus De Milo, Swansea, MA. Best of Times is proud to bring to our stage what is arguably one of the greatest and most realistic tribute shows to exist. The rapport between these two 20th century icons is immediately prevalent. What's On Magazine states, "As good as the music is, the anter between the stars is equally memorable." \$89 includes Transportation, Lunch & Show. Meal Choice: Stuffed breast of Chicken or Baked Schrod, Venus De Milo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. Make checks payable to Best of Times.

A Christmas Carol on December 1, 2015 at Demetri's Function Facility in Foxborough, MA. This new adaption of Dickens' ever popular classic fills the stage with veteran Broadway actors, lush costumes, stunning sets, music, dance, and a timeless message. With beloved traditional carols of the season included, A Christmas Carol is an enchanting way to begin the holiday festivities. \$89 includes Transportation, Lunch & Show. Meal Choice: Holiday Chicken or Baked Schrod, Garden Salad, Potato, Vegetables, Bread, Dessert, Coffee/Tea.

MEALS ON WHEELS NEEDS VOLUNTEER

Volunteers are needed in Northborough to deliver hot meals to homebound seniors. Delivery time is 10:30 - 11:30 AM and drivers deliver to 7-10 people on average. Volunteers are required to have a valid driver's license, proof of insurance, complete 1-hour training and pass a CORI check. Many seniors tell us the best part about meal delivery is the friendly, caring volunteers. Please consider joining us. For more information contact Liz Laughlin of BayPath Elder Services, Inc. at **508-573-7234**.

Northborough Senior Center presents...



Classic Christmas Markets

December 10 - 18, 2015
9 Days, 11 Meals • Double \$3399*

Highlights: Innsbruck, Munich, Neuschwanstein Castle, Franconia Region, Nuremberg, Würzburg, Black Forest, Strasbourg, Christmas Markets

Spotlight on San Francisco

April 17 - 21, 2016
5 Days, 6 Meals • Double \$2299*

Book by November 17, 2015 and SAVE \$100 per person!**

Highlights: San Francisco, Napa Valley Wine Train, Monterey, 17 Mile Drive

Travel provided by collette

*Rate is per person and includes roundtrip transportation from the Bonanza bus station, roundtrip air from Logan Intl Airport, air taxes and fees/surcharges, and hotel transfers. Airfare:

For your convenience, we offer airfare for purchase with all tour packages. If you purchase an air-inclusive program, your airfare will be quoted inclusive of all fuel, taxes and fees. Your rates are subject to change until paid in full. Seats are limited and may not be available on every flight or departure date. Checked Baggage Charges: Some airlines may impose additional charges if you choose to check any baggage. Please contact your airline or refer to its website for detailed information regarding your airline's checked baggage policies.

**Book by savings valid on air-inclusive bookings only.
CST# 2006766-20 UBN# 601220855 Nevada Seller of Travel Registration No. 2003-0279

PAINTING PARTIES**Day: Tuesdays****Dates: September 8 & 29****Time: 2:30 – 5:30 PM****Cost: \$10/class****Instructor:****Hilary****Goyette**

Have you heard about the newest way to have fun and create a piece of artwork? Well it's

come to the

Senior Center and you'll be having fun while discovering the hidden artist in yourself. Hilary Goyette is an instructor at Brush it Off Paint and Sip Bar and is looking forward to sharing her love of art with you. You'll enjoy step-by-step art instruction as you create your own work of art.

Don't worry about materials or technique-- you'll get step-by-step instruction and everything you need to create your own work of art to take home with you. You can choose to come to one or both classes this month. At each class you will complete a work of art.

From the professional instruction to the canvas to the paint, all your bases are covered. You'll have fun and by the end of the class you will be telling your inner art critic to get lost.

TRADITIONAL RUG HOOKING**Day: Monday****Dates: 9/14 & 21, 10/5 & 26, 11/9 & 16, 12/7 & 14****Time: 9:00 AM – 12:00 PM****Cost: \$120 for 8 classes****Instructor: Joyce DiGregorio****Pre-Registration Required**

This is an open class for students at any level of rug hooking experience and will meet twice a . Students are welcome to work on any design, cut or style, and new students will learn about rug hooking and the technique involved to produce future heirlooms. Joyce is an accredited McGown teacher and has been hooking, lecturing and teaching for many years. She enjoys the challenge of helping students develop and complete new, original designs or work on in progress rugs. She is an accomplished colorist and designer and is owner of DIGO Hand Hooked Rugs.



Pat Napalitno, Barbara Lyons, and Jennie Bagdis with their masterpieces from a recent workshop

TURKEY CRAFT CLASS**Days: Tuesdays/ Thursdays****Dates: October 20, 22, 27, 29****Time: 10:00 AM – 12:00 PM****Instructor: Sue Hogan****Cost: \$20.00**

Looking for a fun craft to make for the fall? Join Sue Hogan who will be offering a craft class to make this Thanksgiving Turkey. It's so cute and it uses bottle caps, buttons and venetian blinds. It's earth friendly because it recycles items you may be throwing away. We are asking everyone to save bottle caps from soda, water, and juice. We'll need larger ones too (covers from whipped topping, sour cream, and margarine). Please bring in the tops throughout September and October so we'll be all set to make turkeys in a series of 4 classes over the last two weeks of October.

**QUILTING****Day: 1st & 3rd Thursday****Date: September 3 & 17****Time: 1:00 PM****Cost: Free****Instructor: Connie Davis**

Join Connie and her class for tips and techniques on quilting. Bring your quilting project with you, or come to get inspired to start a new one.

HAND APPLIQUE**Day: 2nd and 4th Tuesday****Date: September 8 & 22****Time: 6:30 – 8:30 PM****Cost: Free****Leader: Beth Cunningham**

The class offers Hand Applique for all levels. Bring your own project or come for inspiration. We share tips and techniques. If you're looking for a new hobby or you'd like to share your love of hand appliqué with like-minded folks, this is the workshop for you!

NEEDLERS (KNITTING GROUP)**Day: Every Monday****Time: 2:00 PM****Cost: Free****Leader: Monica Dowling**

Want to your work on your knitting/ crocheting or other handwork with others? Looking for direction on a particular project? Join this creative group as they share common experiences of a hobby they just love!

PIANO LESSONS**Day: Friday****Dates: September 4, 11, 18, 25****Time: 10:00 AM****Cost: \$10/class****Instructor: Dennis Deyo****Pre-Registration Required**

Dennis has been teaching piano lessons at the Senior Center for some time and is adding another beginner class to his Friday schedule. Maybe you played piano in the past but feel like you could use additional training. Maybe piano playing is something you've always wanted to try. Whatever the reason, now is the time to take this class and pursue a new hobby

**WATERCOLORS PAINTING CLASS****Day: Friday****Dates: September 11 – October 23****(no class on September 25)****Time: 10:00 AM – 12:00 PM****Cost: \$60 for 6 weeks series****Instructor: Helen Garcia****Pre-registration required**

Always an artist at heart, Helen has for many years studied Watercolor and other forms of painting at the Worcester Art Museum, the Danforth Art Museum in Framingham, and with private tutors. Her students at the Senior Center have thoroughly enjoyed her classes here. She has a calm, relaxed style that makes for a wonderful class experience. Helen welcomes new & intermediate students and those new to watercolor. A supply list is available at the Senior Center.

ORIGAMI**Day: Thursday****Date: September 10****Time: 2:00 – 4:00 PM****Instructor: Annie Wales****Cost: \$5.00**

Join the talented Annie Wales for a fun class based on a very old art form. Look for samples at the Senior Center front desk.

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | SEPTEMBER 2015

Northborough Senior Center
119 Bearfoot Road
Northborough, Massachusetts 01532

It's not too late to get Medicare supplement coverage you can depend on.

Choose a Medicare supplement and preventive dental plan
with the reliability of Blue Cross.

Enroll in a **Medex Medicare supplement plan** from Blue Cross Blue Shield of Massachusetts and get the out-of-pocket savings you want with the quality and dependability you need. After all, we've been serving Massachusetts residents since 1966. Add our affordable Dental Blue™ 65 Preventive plan, and you'll be covered from head to toe by Blue Cross – at a price that fits your budget.

Learn more about your options at www.bluecrossma.com/medicare
or call **1-800-678-2265** (TTY: 1-800-522-1254).



MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association. ®, SM Registered Marks and Service Marks of the Blue Cross and Blue Shield Association. SM Service Marks are the property of their respective owners. © 2012 Blue Cross and Blue Shield of Massachusetts, Inc.