

# Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 6 Issue 7 July 2012

## Mayor's Corner



I am happy to report that the City of Marlborough is shifting into high gear with initiatives aimed to provide our residents and businesses with more opportunities for growth.

On June 13<sup>th</sup>, the City of Marlborough led its first ever job fair (called "Marlborough Works!") in collaboration with Quinsigamond Community College and the Marlborough Economic Development Corporation (MEDC). In all, nearly 500 people attended our job fair! The feedback I have received thus far has been tremendous. Our local companies are thrilled with the quality of talent in our city and likewise many residents were heartened by the prospect of working for great companies closer to home.

Another initiative well underway is our Public Service Internship Program. This program is designed to provide college students with substantive government sector experience while allowing the city to enhance our operations with an injection of eager students. We awarded fifteen internships to deserving students after a competitive application process. Students will be working at the Council on Aging Office, Library, and my office to name a few.

Finally, our Youth Employment Program begins in early July. This six week program will employ a total of 20 high school students, including at the Council on Aging. What is unique about this program is that it involves five hours of mandatory job readiness training which educates students about today's workforce and the skills they need to be successful. If you see some young faces over the summer at the COA, please welcome these hardworking students who are part of our new summer employment initiatives.

More experience leads to better opportunities. Working in partnership with the City Council, the City of Marlborough continues to work hard to ensure all members of our community have access to both.

Sincerely,

## THE FOOD PYRAMID THROUGH THE DECADES

Friday, July 20, 2012 @ 12:00Noon

Stacey Panagotopoulos, Dietician from the Southborough Medical Group, will be at the Marlborough Senior Center on Friday, July 20 to present: The Food Pyramid Through the Decades (and Current Recommendations for a Healthy Diet). The seminar description is:

This informative seminar, taught by a PHD level dietician who is employed at Southboro Medical Group, will trace the history of the Food Pyramid and how it has changed through the decades. In addition, a thorough review of current pyramid recommendations will be explored to ensure a healthy diet. If time allows, individual questions will also be taken and answered. Please note that a healthy lunch will be provided during this lunchtime seminar.

Please sign-up at the Senior Center Office  
508-485-6492

### Marlborough Council on Aging Mission Statement

"It is the mission of the Council on Aging & Senior Center to promote healthy, successful aging and to enhance the quality of life for Marlborough's senior citizens 60 years of age or older. To that end, we strive to provide comprehensive services and programs for older adults and their families."

## Historical & Current Perspectives With Dr. Gary Hylander

We are pleased to have Historian and Adjunct Professor of Framingham State University, Dr. Gary Hylander who will lead us in the second of a three part series highlighting significant historical influence on our country's evolution. Come enjoy this lecture and discussion series. Light "period" refreshments will be served.

### Second Series:

Monday, July 16, 2012 @ 1:15 P.M.

### Lincoln At Gettysburg

The power of words has rarely been given a more compelling demonstration than in Lincoln's Gettysburg Address. In a mere 272 words, Lincoln's remarks completed the work of General Meade's guns. Announcing "a new birth of freedom" for all Americans, the Gettysburg Address has become an authoritative expression of the American spirit-as authoritative as the Declaration of Independence itself. Because of Lincoln's words, we live a different America "conceived in liberty and dedicated to the proposition that all men are created equal."

### Third Series:

Monday, August 13, 2012 @ 1:15 P.M.

### First Ladies Of The Civil War

Join us as we discuss the Civil War experiences of Varina Davis and Mary Lincoln. A supporter of slavery but also a Unionist, Mrs. Davis never felt at ease in the Confederate Capital of Richmond. Mrs. Lincoln, a volatile and sharp-tongued woman, was suspected of being a Confederate sympathizer and viewed as a frontier hayseed by Washington socialites. At the close of the war, Mrs. Davis campaigned to free her husband from prison while Mrs. Lincoln endured the public embarrassment of having her insanity trials spread across the front pages of American newspapers.

Please call the Senior Center Office to partake in this series - 508-485-6492

## Attorney Tracey Ingle

### Summer Legal Presentation

We are glad to have Atty. Tracey Ingle of Ingle Law back at our Center. Tracey will be hosting the second of a 3 part series on Monday, July 23rd at 1:30PM. The topic: "Where is it?"

Tracey will discuss topics that are unique to seniors as well as take questions from the audience concerning Elder Law. She will also discuss how to make an action plan in case of crisis as well as what new guidelines the State of Massachusetts has adopted and what services are available to you as a resident of this State.

## *"Summer Afternoon Musical Delight"*

*Golden Tones Chorus*

*Friday, July 13th, at 2:00PM*

*\$2.00*

*This will be a lovely afternoon filled with wonderful music and dance. Please bring a friend of any age (not TOO young) and enjoy this performance. The performers of this group are of retirement age who sing and dance to lift spirits and have fun entertaining.*

*Pound Cake & Lemonade will be provided.*

*Sign -Up by calling 508-485-6492*

## From the Director

Field trips to Tall Ships & Opsail 2012's Spectacular, Fine Arts Museum in Boston, TJ's in Ashland as well as Dr. Hylander's lecture on "Lincoln at Gettysburg", Mass. College of Pharmacy Health Science Series, Golden Tones Chorus Summer Performance and more..

Speaking of fun.. it was nice to see so many seniors dressed up and looking so dapper at the 36<sup>th</sup> Annual Mayor's Senior of the Year Dinner. What an honor to see **John Noble** awarded Senior of the Year by **Mayor Arthur Vigeant**. It was also a pleasure to enjoy the **Marlborough High School A Capella Choir** directed by **Shannon Phypers and John Rosenthal, Music Director for Marlborough High School** as well as enjoy a delicious meal prepared by **Roland Van Kavelaar**. This beautiful night would not have been possible without our sponsors: **Avidia Bank, Christopher Heights, Commerce Bank, Fitzgerald & Collins Funeral Home, Friends of Marlborough Seniors, John P. Rowe, PeopleFirst Hospice, Tracey Ingel, Attorney at Law, Sovereign Bank and Universal Window and Door**. Other special people that made this night memorable were **Councilors Pope, Seymour and his daughter, Jenkins, Clancy, Landers, Robey, and Tunnera, Diane Halper, Deacon Doug Peltak, Jim Confrey, Anne Marie Kelley** and our dedicated senior center volunteers, **Peggy Cahill, Rita Connors, Dottie Hodgson, Dick Mahoney and Janice McCracken**. More exciting news to come next month with our new partnership with **United Way of Tri-County's Community Cupboard, Property Tax Work-Off program** and we would like to welcome **Logan Harrington**, our **City of Marlborough Summer Intern** who will be working on our website, newsletter, new senior center brochure, programs and much more. Finally, I would like to thank **Diane Halper** who has been a wonderful help to us assisting in our principal clerk's position. Thank you for your enthusiastic efforts and professionalism in all that you did for us, enjoy!

*Jennifer*

Sponsored by

## Fitzgerald & Collins Funeral Home



Where: **Sawyers** in Northborough

When: Friday, July 13th - 10:30AM

Teams will be organized once we get a final count of who has time to "spare" to have another great time together for only \$3.00.

After 2 strings of bowling, we will meet at Mama's Pizzeria next door to the bowling alley for pizza and a beverage.

Maximum bowlers for this very popular time is 12, so please call 508-485-6492 or drop by the front desk to sign up.

STEVIE'S EATERY  
MONDAY, JULY 9<sup>TH</sup>  
At 12:45PM - ~~\$~~3.00  
@ SENIOR CENTER

Stevie's Eatery will host lunch and introduce new hot meal and home delivery programs to Seniors (also made for individual dietary needs.) Come for lunch and enjoy the following menu - Sweet & Sour Chicken w/Rice and Vegetables - Chicken, Ziti and Broccoli - Chicken Parmesan - Baked Chicken w/ Roasted Potatoes - Beef Stroganoff Over Egg Noodles - Meat Loaf and Mashed Potato - Beef/Chicken Stew - Turkey Dinner - and MORE

While you enjoy this smorgasbord of home cooking, Stevie will talk about his 5 meals for \$5 each program. This is a great opportunity for those who don't like cooking for 1 or just don't feel like cooking, have dietary restrictions or can't get out and would enjoy a daily home-cooked meal.

Please RSVP at the Main Office - 508-485-6492

# REACHING OUT

## UPCOMING PROGRAMS FOR CAREGIVERS

Pleasantries Adult Day Services and the Marlborough Council on Aging are sponsoring the last of a 4 part series - "Dine and Learn Series" - for community caregivers. Tammy Pozerycki, the Owner and Director of Pleasantries Adult Day Services will be conducting the series. Tammy has had extensive experience in the field of health care including working in long-term care nursing settings, assisted living facilities, adult day services, home health and hospice, individual and family counseling, as well as community-based services for older adults. Tammy holds a master's degree in Counseling Psychology.

The last session is:

### IV. "Have your questions answered"

Wednesday, July 11th - 5:30-7:30 - at Pleasantries...195 Reservoir St., Marlborough

This evening, enjoy the entertainment provided by singer, James Porcella

**Space is limited so please call now to make your reservations - 508-481-0809**

## Summer Intern

Logan Harrington, a student at WPI in Worcester, will be interning at the Marlborough Senior Center this summer from June 14th to August 5th. Logan is majoring in Interactive Media. She grew up in Marlborough and attended Hudson High School. Logan is interested in helping her community while learning about small town government. WPI stresses the importance of community values, and the part each of us plays in our community.

Some of Logan's responsibilities will include: assisting with developing public relations materials, updating the website, program planning, research grant opportunities and providing staff support for field trips. Logan will also assist the Outreach and Social Service Coordinator and Principal Clerk in their daily program needs.

We welcome Logan and look forward to working with her.

## ~~~~THE WALKING WONDERS~~~~

Come join the "Walking Wonders" for a trek around Ghiloni Park. We will meet in the parking lot on Mondays and Wednesdays at 8:30AM. Please call the Senior Center if you need a ride and meet in the lobby of the Senior Center at 240 Main Street at 8:15AM. Sign up at Office - 508-485-6492. Hope to see you there!

## Outreach Department

*Ana Cristina Oliveira*

# Lowering Your Medicare Drug Costs

More than 5.1 million seniors and people with disabilities on Medicare have saved an estimated \$3.2 billion on prescription drugs because of the Affordable Care Act (health care reform).

If you reach the Donut Hole, you will automatically receive a 50% discount on brand-name prescription drugs covered by your Part D plan. For generic drugs covered by your plan, you will pay 86%. These discounts apply whether you buy your drugs at a pharmacy or order them through the mail. What you pay for both brand-name and generic drugs in the Donut Hole will decrease each year until it is closed in 2020.

If you have already reached the Donut Hole, you should already be receiving these discounts. **In the Donut Hole, you should not be paying full price for your drugs!**

You may be able to get additional help paying for your drugs. Prescription Advantage offers assistance to qualified individuals and can be reached at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. The MCPHS Pharmacy Outreach Program, previously known as MassMedLine, can work with you and your doctor to try to reduce your cost and can be reached at 1-866-633-1617. You can also get also make an appointment with a SHINE counselor.

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call your senior center and ask for a SHINE appointment. You can also 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.



and

Marlboro  
Council on Aging

Cordially invite you to attend...

### Community Caregivers' Dine & Learn Four Part Series

- I. "Alzheimer's and other Dementia... the basics"  
Wednesday, May 30<sup>th</sup> 5:30pm to 7:30pm  
At Pleasantries... 195 Reservoir Street, Marlboro
- II. "How to make the most of the Doctor's visit"  
Wednesday, June 13<sup>th</sup> 5:30pm to 7:30pm  
At Pleasantries... 195 Reservoir Street, Marlboro
- III. "Alternatives to Alzheimer's & Dementia care"  
Wednesday, June 27<sup>th</sup> 5:30pm to 7:30pm  
At Linguine's Restaurant... 350 Boston Post Road West, Marlboro
- IV. "Have your questions answered"  
Wednesday, July 11<sup>th</sup> 5:30pm to 7:30pm  
At Pleasantries ... 195 Reservoir Street, Marlboro  
This evening, enjoy the entertainment provided by Singer, James Porcella

This is a free event, open to the community of caregivers. Attend and enjoy a delicious dinner and receive great information. Our special series includes going to a restaurant for session III and having entertainment for session IV.

**Space is limited so please call now to make your reservations 508-481-0809**

A POPULAR HIT at  
the Senior Center

## Monday's Blue Plate Special!

TJ's in Ashland provides these tasty meals each  
week

**Price for meals: \$4.75 or \$8.00 for you and a friend.**

### July Menu's:

**July 2nd:** Cold Plate –Crab & Chicken Salads  
Cole Slaw, Macaroni & Potato Salads  
Rolls & Butter

**July 9th:** Stevie's Eatery

**July 16th:** Field Trip to TJ's in Ashland  
\$10.00 Transportation/Lunch

**July 23rd:** Baked Haddock

**July 30th:** Roast Pork Dinner

**Meals also include rolls and  
butter, dessert and beverage!**

**Please purchase your tickets at the  
Senior Center Office by Friday-noon prior to  
Monday's lunch!**

### LIVING MEMORIAL

This form allows you to make a donation that will support and enhance the senior services in our Marlborough community. The individual or families you have chosen to honor will be notified of your contribution. Your support is needed and greatly appreciated.

*I am enclosing \$\_\_\_\_\_ Make checks payable to: Friends of Marlborough Seniors*

*In honor/memory of \_\_\_\_\_*

*Send acknowledgement to: Name \_\_\_\_\_*

*Address \_\_\_\_\_*

*City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_*

*Donation Name \_\_\_\_\_ or anonymous \_\_\_\_\_*

*From: Address: \_\_\_\_\_*

*Friends of Marlborough Seniors, P.O. Box 358, Marlborough, MA 01752*

## *Thank you very much....*

**Marlborough Hills** provided our seniors with a fun baked potato lunch and an opportunity to show-off their trivia knowledge regarding potatoes. I would like to thank **Melissa Esteves** for coordinating this light-hearted and healthy time for many to enjoy. Flag Day Cookout success.. Over ninety seniors had a fun, patriotic luncheon thanks to **Fitzgerald & Collins Funeral Home**. The hamburgers, hot dogs, dill potato salad, pasta salad, chip, watermelon, homemade lemonade/tea and a little sweet something was so tasty and oh what a hit the Hooper and Beckwith Band was with our participants who did not want to go home. Great time!

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 ~~~~~**NEW PARTNERSHIP**~~~~~ We are pleased to have **Kindred Transitional Care and Rehabilitation - Marlborough** volunteer their Registered Nurse to help with our Wellness Clinic on the second Thursday of the month from 9:00AM-11:00AM. The nurse will provide medical care, blood pressure and sugar tests as well as consultation.

## **MAHJONG - NEW OPPORTUNITY**

We are going to start a Mahjong group on Mondays beginning the second Monday in July at 1:30PM in the Craft Room. If you enjoy playing Mahjong or simply would like to learn how to play, please sign up at the Front Desk with our great Front Office Volunteer. If anyone would like to volunteer and help with the new Mahjong program, let us know.

**Call 508-485-6492 to Sign Up**

## **BOOK CLUB**



Come join Sheila Brecken and others who enjoy reading and discussing a good book. The Book Club meets at Academy Knolls on the 3rd Tuesday of the month at 1:00PM.

July 17th's selection: *The Camel Club* by David Baldacci

If you want to get ahead on your reading, the book for August 21st is *Little Giant of Aberdeen* by Tiffany Baker and September 18th's book is *Mutant Messages Down Under* by Marlo Morgan.

Please feel free to join this fun group of book lovers. For more information please call: 508-485-5580.

## **ACRYLIC PAINTING**

### **WITH HELEN DOWNEY**

This painting opportunity is open for all painting skill levels. Helen will provide teaching as well as individualized instruction for her students.

Dates of Classes:

July 3rd

July 10th: Museum of Fine Arts  
Field Trip

July 17th

Please bring your acrylic paint, brushes and canvas or these items may be purchased from the instructor. In addition, a \$2.00 donation for each class is suggested. Transportation and entrance fees will be provided for field trips.

Please call the Senior Center if you would like to be a part of this workshop  
508-485-6492

## **A few words from:**

**Friends of Marlborough Senior  
President, *Judy Jewett***

On Saturday, June 9<sup>th</sup> the Friends of the Marlborough Seniors held our First Annual Flea Market which went very well.

I would like to give a huge thank you to all the Friends of Marlborough Seniors as well as volunteers who helped with the set-up, food preparation and break down.

It was a fun time and we cleared \$400.00 which means more good things for our Senior Center and growing membership.

Thank you all again as well as our Flea Market participants.

## MUSEUM OF FINE ARTS - "RENOIR AND LUNCH"

Come enjoy the day with our Acrylic Painting Instructor, Helen Downey, and her Senior Students from the Center. All are invited to participate in this Artsy outing into Boston on July 10<sup>th</sup>. The cost for the trip is \$30. which includes entrance fee into the Museum and transportation. Lunch is on you and your watch!

The bus will leave the Senior Center at 10:00AM and arrive back at the Center around 3:30PM.

\*\*\*Also, don't forget our Acrylic Painting Class this July on the 3<sup>rd</sup> and 17<sup>th</sup> at 3:30PM at the Center. Sign up by calling the office at 508-485-6492

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# THANK YOU!

The "Friends" of Marlborough Seniors would like to thank the following people for their generous donations toward the New Senior Center Building Fund .

**LAURETTA O. FIELD, CONCETTA SEYMOUR**

**In memory of Dr. David Muir:**

**ANNE & PAUL RYAN , DOTTIE HODGSON**

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### Second Saturday

**Do you need some minor repairs to your home or some extra helping hands around your home or apartment?**

"Second Saturday" is a resource (originating out of Grace Baptist Church in Hudson) that is available to low income seniors here in our community. This outreach has provided wonderful help to seniors by assisting in moving or setting up new household, yard work, light repairs and housekeeping. Our volunteers can also assist in dismantling a home or apartment when a loved one is permanently moved to an assisted living facility or nursing home. Furthermore, if you have donations of furniture, household items or clothing we will gladly take and recycle these items to those experiencing hardship."

**Call for repairs must be received by Sunday, July 8th, 2012.**

**Second Saturday date for work is July 14, 2012**

**Call Barbara McGuire—508-624-9365 for questions or to schedule an appointment.**

## Health and Volunteer Services

### **NEW WELLNESS CLINIC CHANGES**

Beginning in July, we will be offering a Drop-in-Clinic 9:00AM – 11:00AM for Seniors on the first, second and last Thursday of the month. Please feel free to have your blood sugar, blood pressure taken as well as see a registered nurse for your other health needs.

### **Paraffin Wax Hand Treatments**

The Senior Center offers weekly, free paraffin wax hand treatments. No appointment is necessary but service is provided on a first come, first served basis. These treatments are partially helpful to those who suffer from arthritis. **Monday 1:30 p.m. ~ 2:30 p.m.**

### **Medical Equipment Loan Program**

For seniors in need of a wheelchair, walker, shower chair, commode, transfer bench, cane, etc. the Senior Center can provide the item on loan at no charge, based on availability. **All donations are welcome.** Please call the Senior Center at 508-485-6492 to check on availability or to donate.

### **Friendly Visitor Program**

We are currently looking for volunteers who are interested in visiting elders in the community who are in need of companionship. If you would like to visit an elder for one or two hours a week please call Susan Maki at 508-485-6492.

### **Information and Referral**

Our outreach staff provides information about services for the diverse needs of the Seniors in the Marlborough area. Staff often assist family members by facilitating transitions involving information about assisted living and nursing home facilities, financial and/or legal concerns, and providing in-home assessments.

### **Home Delivered Meals (Meals on Wheels)**

Bay Path Elderly Services Meals on Wheels program offers the option of a hot midday meal delivered to your door along with a hello. Contact BayPath Elderly Nutrition at (508)573-7200 to set up services.

### **Meals at the Senior Center**

A hot lunch is available at the Senior Center on **Wednesdays** at 11:30 am. **Please call and sign up at least 24 hours in advance.** Call the Senior Center at 508-485-6492 for menu selections. \$2.00 donation is requested.

### **FISH Volunteer Program**

The FISH Marlborough program is a volunteer service that provides rides to medical appointments for seniors when friends and family are not available. FISH covers the following communities: Villages of Crane Meadows, Marlborough Villages East, those over 65 that reside at Academy Knoll Apartments, Christopher Heights Assisted Living, Marlborough Public Housing, members over 65 of “the Friends of the Marlborough Seniors” and Veterans referred by the Veterans Agent, and residents at Marlborough Hills Healthcare Center. To schedule a ride call 508-485-6492 ext. 11 one week in advance and leave your name, phone number, and the date of the appointment and you will be contacted.

### **LifeLine**

The LifeLine Medical Alert service has provided senior patients with quick access to help at the push of a button in the event of an emergency. If you are interested in LifeLine please call 1-800-521-5539.

### **Greeter's Desk**

We are currently in need of Greeters to sit at the desk and greet people as they enter the Senior Center. Greeters are also responsible for directing people to appropriate activities. This is an opportunity to become familiar with the Senior Center, meet people, and make new friends. Call Susan Maki at 508-485-6492 if interested.

### Council on Aging Staff ~

|                       |                             |
|-----------------------|-----------------------------|
| Jennifer C. Claro     | Executive Director          |
| Ana Cristina Oliveira | Outreach Coordinator        |
| Susan Maki            | Social Service Coordinator  |
| Sharon Collari        | Principal Clerk             |
| Lisa Martino          | Bay Path Meals Site Manager |

### Council on Aging Board of Directors ~

|                |                  |
|----------------|------------------|
| Jim Confrey    | Chairperson      |
| Sheila Brecken | Vice Chairperson |
| Brenda Costa   | Secretary        |
| Rita Connors   |                  |
| Dottie Hodgson |                  |
| Marie Elwood   |                  |

### FISH Volunteer Transportation Program ~

Larry Vifquain ~ Founder  
 Ellie Harris ~ Co-Founder  
 Lynn Anderson ~ Co-Founder

### Friends of Marlborough Senior Officers ~

|                     |                |
|---------------------|----------------|
| Judy Jewett         | President      |
| Peg Cahill          | Vice President |
| Barbara McGuire     | Treasurer      |
| Angela Rossetti     | Clerk          |
| Joe Tunnera         |                |
| Melissa Esteves     |                |
| Dick Mahoney        |                |
| Tammy Pozerycki     |                |
| Peg Bouvier         |                |
| Debbie Beausoleil   |                |
| Matthew Jones, Esq. |                |

### Volunteer Team Leaders ~

|              |                     |
|--------------|---------------------|
| Peggy Cahill | Bingo               |
| Peggy Cahill | Newsletter          |
| Peg Bouvier  | Friends Memberships |
| Judy Jewett  | Craft Show          |
| Dick Mahoney | Computer Lab        |

## HEALTH SERIES

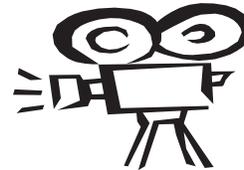
Massachusetts College of Pharmacy and Health Sciences will present a seminar series – “Helping Older Adults Search for Health Information On-Line.” The focus is on finding reliable health information and the MCPHS staff and students will lead three classes on the following topics:

Introduction to Medline Plus  
 Medline Plus: Drugs & Supplements  
 Evaluating Health Websites

Each class will last about two hours, computers will be provided or you can bring your own (*just let us know*). Senior who attend all 3 classes will receive a certificate of completion and a \$30 Gift Card.

|             |                                 |
|-------------|---------------------------------|
| Session I   | July 12 <sup>th</sup> at 1:30PM |
| Session II  | July 19 <sup>th</sup> at 1:30PM |
| Session III | July 26 <sup>th</sup> at 1:30PM |

For this great learning opportunity, please RSVP to the Office – 508-485-6492



### MOVIE TIME with Peggy Bouvier

**Every Tuesday at 1:00 is  
 movie day at the senior center**

Popcorn and refreshments are served and you don't have to stand in line and it's free. Where else can you find a good movie at no cost and be served those favorite movie snacks.

#### This month's movie selection include the following:

**July 3**     *There's No Business Like Show Business*  
**July 10**    *Tower Heist*  
**July 17**    *The Iron Lady*  
**July 24**    *We Bought the Zoo*  
**July 31**    *War Horse*

All the seniors in town  
are reading this newsletter.

Do they know who YOU are?

Call to place an ad today

800-732-8070

## PETERS GROVE

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250 Main Street  
Marlborough, MA 01752  
Telephone (508) 485-6492  
FAX (508) 460-3726

**Hours are Monday –Friday 8:00 am-4:00 pm**

**Foxwoods Fun!**

\$20.00 includes trip, bonus package,  
consisting of \$10.00 buffet and  
\$10.00 coupon.

Pick up is at 7:30 a.m. in front of the Senior  
Center Bus departs at 7:30 a.m. and returns  
approximately 4:45 p.m.

**Upcoming dates:**

July 9th, 2012  
Aug 6th, 2012 & Sept. 10th, 2012

Please call Pauline Ordway at 508-485-4677  
for your reservations and more information.

Also enjoy some BINGO on the bus!

**FRIENDS OF THE MARLBOROUGH SENIORS  
MEMBERSHIP INFORMATION**

Yes, I want to be a member of the “Friends of the Marlborough Seniors” for 2012.  
Please fill out this form and mail it to the P.O. Box 358 address below:

“Friends of Marlborough Seniors”  
P. O. Box 358  
Marlborough, MA 01752  
Date Sent: \_\_\_\_\_

\_\_\_ Individual (\$5.00)  
\_\_\_ Couple (\$10.00)  
\_\_\_ Building Fund (\$ \_\_\_\_\_)  
\_\_\_ Friends (\$ \_\_\_\_\_)

**PLEASE PRINT:**

Name \_\_\_\_\_

Street Address \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone Number \_\_\_\_\_

Comments \_\_\_\_\_