



Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 6 Issue 9 September 2012



Mayor's Corner

Last month the City Council and I sponsored an "Employee Appreciation Lunch" in the back courtyard of City Hall. This was a small gesture on our part to thank the many men and women who work hard to ensure that our community operates smoothly and is responsive to the needs of the residents.

Throughout our everyday lives and busy work schedules, we sometimes forget that our coworkers are some of the people we spend the most time with. As a community of nearly 40,000 people, our city workers are always on the go, moving from one project to the next to meet the growing demands of our population. As Mayor, it was refreshing to see so many of our employees from every department enjoy a burger or hot dog, share a few laughs, and feel good about being part of the Marlborough community.

Recently, the Council on Aging played host to Congresswoman Niki Tsongas who stopped by to introduce herself to the senior community and discuss some of the issues most on their minds. Due to the legislative redistricting that occurs every ten years, Marlborough will no longer be represented by Congressman Jim McGovern. Ms. Tsongas will be competing in the fall election for the opportunity to represent our city as part of the newly configured 3rd Congressional District. The seniors who were present asked her some great questions from dealing with our nation's rising debt to ensuring the stability of Social Security.

I look forward to seeing you at the City's 61st Labor Day Parade on September 3rd!

Sincerely,

Marlborough Health Department and Friends of Marlborough Seniors join together for a

Must Not Miss Health Fair

The Marlborough Board of Health will be holding a Flu Clinic for Seniors at the COA Health Fair on September 28. From 1pm to 2:30pm, flu vaccine will be available for seniors, whose last name begins with A to M and from 2:30pm to 4pm, from N to Z. We will offer the yearly flu vaccine and, new this year, the high-dose flu vaccine. The Centers for Disease Control (CDC) recommends the high-dose flu vaccine for Senior Citizens. Information fliers for the high-dose flu vaccine will be available at the COA prior to the clinic. Please call to register for the shot and/or high dose flu shot - 508-485-6402,

ALSO, don't miss the numerous vendors that will be here to highlight many services and educational materials just for you.

Refreshments will be provided, and yes "*freebies*" and transportation provided by FISH if needed—Call COA 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."

Crafts with Lisa and Pam

*Fall is almost around the corner and guess who is back? Lisa and Pam! Come join this creative and fun duo as they help instruct you on making a fall door hanging. All the fun will start at **1:00 PM on Friday, September 28th.***

Please let us know if you would like to join this Fall crafting time—508-485-6492

Colonial Garden Club

Thursday, September 13, 2012 - 2:00PM

The ladies of the Marlborough Colonial Garden Club will do a presentation on Dhalinia as well as work with you on a floral arrangement for you to take home.

Come join the women of the Colonial Garden Club for a flowery afternoon of learning, creating and socializing. They will be providing light refreshments,

Sign up at the COA Office—508-485-6492

Pizza Party

Thursday, September 27th, 2012

12:30pm

Guest Speaker:

Lieutenant Colonel Jay Kavanos

What a privilege to have the Italian American Post 45 host another nice luncheon for our honorable veterans and their families. It is with great pleasure that we host Lieutenant Kavanos as our guest speaker. He will speak about his service to our country as well as programs that are new and relevant for you.

Calling all Veterans - RSVP - 508-485-6492

CALLIGRAPHY WORKSHOP

With the holidays coming up perhaps you would like to make your own greeting cards?

This calligraphy workshop is designed to introduce participants to the art of the hand-drawn letter. We will use the Italic calligraphy hand to create graceful and elegant lettering and produce a project.

Please bring a calligraphy marker (black, small or medium) to class. I will provide paper.

No prior experience is necessary.

Every Thursday at 1:00 PM in September

Instructor: Deborah Laws, College Professor, Art Historian and Artist

Come enjoy learning this beautiful writing technique. \$2.00 donation requested and don't forget to

RSVP to 508-485-6492.

Speaking on COPD

Bonnie Keeney, Respiratory Therapist Director from Kindred Transitional Care and Rehabilitation will be hosting a luncheon seminar on COPD (Chronic Obstructive Pulmonary Disease). COPD refers to the group of lung diseases that block airflow as you exhale and make it increasingly difficult for you to breathe. Come learn more about COPD, a leading cause of death and illness worldwide

Date: Thursday, September 20th at

12:45 PM

RSVP to the Senior Center at 508-485-6492

From the Director

What the Senior Center is about..

Last Friday I was filling in at the front desk and a gentleman came in and told me it was his first time here at the senior center and he wanted to learn more about how he could participate in our programs. In speaking with him, I learned he is a Cancer Survivor and had just went through a brain surgery and he stated *"my life has changed and I am trying to figure out how I can spend my day and meet new people."* After going through the newsletter together and discussing the exercise programs, services we offered he had an optimism in his voice that this place could help fill his day with new opportunities. In finishing our conversation, **Dick Mahoney** walked in and was readying himself for Tai-chi. I asked Dick to come over and I introduced Dick to Jim and explained that this was Jim's first time here at our center and he was interested in meeting people and participating in Tai-Chi. Dick opened the door into Tai-Chi and escorted Jim in proudly as he gave him a welcoming handshake. I remember thinking to myself how fortunate I was to stop my busy work to spend some time with Jim and be reminded how important this center is to many for their own personal reasons. Don't forget how important we all are to each other and new participants of our senior center.

Speaking of kindness, I, would like to thank **Peggy Cahill** for donating a new hand-waxing machine for the Parraffin Wax hand treatments each Monday afternoon.

Also, starting September 3rd it will be the time to register for exercises classes and we will be offering exercise class discounts through September 22nd. Lastly, we will only sign individuals up for programs, lunches and trips once you pay **starting Sept. 3rd**. So, sign up early and don't forget your dollars. **Jennifer**

Bowling Trip!

Sponsored by:

Fitzgerald & Collins Funeral Home



Where: Sawyers in Northborough

When: Thursday, September 20th at 10:30

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.

Get the Real Scoop on Hospice

Marie Ambrosino, Community Educator, Affinity Hospice of Life will be leading a presentation on the **myth vs. reality of hospice care** as well as providing a "scoop" of ice cream and toppings. Education is a key component when choosing a hospice provider and asking the questions before care is needed in order to help eliminates anxiety.

Please join Marie on **Thursday, September 20th at 1:30 P.M.** and get the "real scoop" on hospice care and benefits.

Sign up at the Main Office
508-485-6492



Elder Nutrition Program

One of the many programs BayPath Elder Services offers is an Elder Nutrition Program (ENP). BayPath's Elder Nutrition Program is one of 27 nutrition programs throughout Massachusetts. These programs collectively serve over 8.5 million meals to seniors each year.

Nutrition services help to address a number of challenges faced by seniors including poor diets, health problems, and loneliness. The Elder Nutrition Program delivers nutritious meals to seniors who are unable to leave their homes due to illness, disability, or frailty. The purpose of this program is to encourage better health, reduce isolation, and promote independence. Each meal is prepared with no added salt, and must consist of 1/3 of the current recommended daily allowance of nutrients. The meals that are offered are : regular, diabetic, low lactose, soft/chopped, ground, pureed, renal high protein and renal low protein. Eligibility guidelines include seniors age 60+ and their spouses, and handicapped or disabled people under age 60 who live in housing primarily occupied by the elderly if they:

- 1) Have physical, emotional or cognitive impairments or have inadequate kitchen facilities, resulting in an inability to prepare nutritionally adequate meals.
- 2) Are unable to attend a congregate meal site
- 3) Have no one to help prepare meals

A nutrition assessment is completed at the start of the program and annually thereafter. Seniors found to be at a high nutrition risk are eligible for nutrition counseling with a registered dietician. Volunteers are currently needed in Marlborough to deliver lunch to homebound seniors. Delivery time is typically 10:00-11:00am., and drivers usually deliver to 10-15 people on average. Volunteers are required to have a valid driver's license and proof of insurance. Training and a CORI check are provided. Many seniors say that the best part about meal delivery is the friendly, caring volunteers. If you are interested in becoming a Meals on Wheels driver, please contact Liz Laughlin at 508-573-7234.



NOTE: The next Friendly Visitor Meeting will be at **9:00 AM on Wednesday, the 19th of September** at the Coffee Loft, located at 406 Lincoln St. in Marlborough.

~~~~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

Medicare Open Enrollment

October 15 – December 7

If you have Medicare, sometime during the month of September you will be receiving important information from your Prescription Drug Plan, your Medicare Health Plan, and/or Prescription Advantage (if you are a member). You need to read these letters and understand the information they contain.

DO NOT IGNORE ANY LETTERS FROM YOUR PLANS!

SAVE ALL LETTERS FROM YOUR PLANS!

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

DO NOT WAIT UNTIL IT'S TOO LATE!

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.

YOU deserve some pampering at the ABC Hair Salon

Treat yourself and come have your haircut, shampoo, conditioned and styled on Sunday October 14th. The Salon will be open for you to come in between the hours of 10AM-4:00PM. Please call for Ana Cristina to schedule an appointment for YOU.

We are excited to have this new partnership with a local hair salon to help pamper our Seniors. Come join us and let's see if Ana Cristina get a new hair do.

The ABC Hair Salon is located at 530 Boston Post Rd. This outreach is only for Marlborough residents age 60 and over.,

Fun Day at Fruitlands Museum

Take part in a special Coil Clay Pottery Class

Thursday, September 13, 2012—9:45AM

We will be going on a field trip to Fruitlands Museum. On this trip you can explore over 210 acres of nature from meadows to pine barren with over three miles of trails. You can grab some lunch at the Fruitlands Café which is run exclusively by Gibbett Hill Grill Café. Also, you will have the opportunity to participate in a special art class or tour the Shaker Office Building and Native American Art Gallery.

Field trip cost is \$15.00 and if you wish to bring a friend, this will be an additional \$12.00. Don't forget your lunch money!

RSVP to the Senior Center at 508-485-6492

Computer Club

It's time to kick-off our Computer Club Classes. Come to our first meetings on Friday, September 14th and 21st at 1:00 PM.

A POPULAR HIT at
the Senior Center

Monday's Blue Plate Special!

Stevie's Eatery and TJ's provide these tasty meals each week at 12:45 PM

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

September Menu:

Sept 3th: Closed-Labor Day

Sept 10th: Stevie's—Chicken parmesan, pasta, vegetables

Sept 17th: TJ's—Baked fish, potato, vegetables

Sept 24th: Stevie's—Beef stroganoff w/ noodles, salad

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 From: Name _____ or anonymous _____

Address: _____

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

Centered Seniors ~ Living Gracefully A Three Part Series

Katie Cohen is a licensed Certified Social Worker and Registered Yoga Teacher. She established **Centered Seniors** to combine both the emotional and physical aspects for a holistic and integrated approach to wellness. She believes that all people deserve the opportunity to **live gracefully** and enjoy the journey of their lives.

Topics for this Three Part Series:

Putting the 'Gold' Back into Golden Years- Are you enjoying your golden years and retirement to the fullest? Don't let worry, fear, or stress take over. Learn tools and techniques to improve your happiness, health, and overall well-being.

Date: Wednesday, September 12th at 2:30 PM

Manage your Anxiety and Depression and Improve your Health and Well-being- Anxiety and depression affect us emotionally and physically. Stress is a major factor in causing illness or disease. Rebalance yourself emotionally and physically. Decrease the stress reaction (or panic button). Stimulate and increase relaxation and response. To improve your overall well-being.

Date: Wednesday, October 10th at 2:30 PM

Living Gracefully-Riding the Ups and Downs- They say life is a journey, with ups, downs, twists, and turns. How we navigate through our life journey determines our level of health and happiness. This will focus on how to turn negatives into positives and enjoy the positive times without fear and worry.

Date: Wednesday, November 7th at 2:30 PM

RSVP by calling the Senior Center at 508-485-6492



Arthur Bergeron Legal Clinic

ASSET PROTECTION IF YOU'RE SINGLE: WHAT'S GOOD AND BAD ABOUT IRREVOCABLE TRUSTS

If you are unmarried, divorced or widowed, your options for protecting your assets if you need nursing home care are limited. In this seminar, Attorney Arthur Bergeron will talk about irrevocable trusts, how they work, when to use them, and what to watch out for.

Come to this event on **Tuesday, September 11th at 12:30 PM**

Lunch is provided by:

Myrick O'Connell Law firm



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.

September 18th is Little Giant of Aberdeen by Tiffany Baker .

If you want to get ahead on your reading, the book for October 16th is Cane River by Lalita Tademy, November 20th is The Language of Flowers by Vanessa Diffenbaugh, and December 18th is The Devil Inn The Junior League by Linda Francis Lee.

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

PATRIOTS VS BILLS - MEN'S GROUP TRIP

SEPTEMBER 29-30, 2012

Day One: Leave Marlborough at **8:00AM** on a luxury Silver Fox Coach to Buffalo, NY and stay at a deluxe hotel in the Buffalo area.

Day Two: Leave hotel at 11:00AM on motor coach to Ralph Wilson Stadium for a 1:00 PM game where the Patriots will play the Bills in an important AFC Division game. Your seats will be reserved for the game.

SEATS ARE LIMITED: First Come, First Served!

Tour Cost: \$244. PP Double - \$230. PP Triple - \$304. PP Single

Call Senior Center to reserve— 508-485-6492

SORRY LADIES! This is a Men's Group Trip only. (Go Shopping!!)

“Each happiness of yesterday is a memory of tomorrow.”

The “Friends” of the Marlborough Seniors would like to thank the following individuals and recognize generous donations made toward the New Senior Center Building Fund.

In memory of David Muir

Karen and Marianne Gazzaniga



Contributors:

Carol Stone
Dottie Donahue
Concetta Seymour

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 in our community to low income seniors. This outreach has provided wonderful help to seniors by assisting in moving or setting up new households, yard work, light repairs and housekeeping. Our volunteers can also assist in transitioning from a home or apartment to an assisted living facility or nursing home. Furthermore, if you have donations of small household items or clothing we will gladly accept and recycle these items to those experiencing hardship.

Request for repairs must be received by Sunday, September 2nd, 2012.

Second Saturday date for work is September 8th, 2012

Call Barbara McGuire—508-624-9365 And leave your name, phone number, address, and details of the work you are requesting. You will receive a call back in a few days.

Health Services

Wellness Clinic

The Senior Center offers a weekly drop-in health clinic. Blood sugar and blood pressure testing are provided. No appointment is necessary. The Clinic is staffed by a registered nurse who will also answer health and medication related questions.

Clinic hours are: **Thursday 9:00 a.m. ~ 11:00 a.m.**

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 particularly 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 welcome.** Please call the Senior Center at 508-485-6492 to check on availability or to donate.

Low Vision Gathering

Our faithful leader, Bob Marcotte would like to invite any interested parties to the Low Vision group for individuals who are losing their vision and would like to learn and listen from others' experiences. The group meets at St. Matthias Church, located at 409 Hemenway Street the third Wednesday of the Month at 10:00 AM-12:00PM. If you have any questions feel free to call Bob at 978-634-1314.

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

Meals at the Senior Center

A hot lunch is available at the Senior Center on **Wednesday** at 11:30 am. **Please call and sign up at least 24 hours in advance.** (\$3.00 donation is requested. 185-6492 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 at 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 of 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	
Paulina Lynch	
Dottie Hodgson	
Marie Elwood	

FISH Volunteer Transportation Program ~

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

Friends of Marlborough Seniors 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 ~

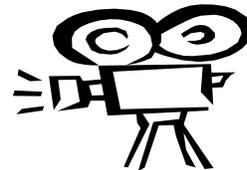
Peggy Cahill	Bingo
Peggy Cahill	Newsletters
Peg Bouvier	Friends Memberships
Judy Jewett	Craft Show
Dick Mahoney	Computer Lab
Sheila Brecken	Book Club
Judy Jewett	Knit & Crochet
Sheila Brecken	Knit and Crochet
Bob Marcotte	Low Vision

Coming up on October... BROADWAY HIT BEFORE THE GENERAL PUBLIC: GOOD PEOPLE, a compelling Southie Story

On **October 3RD** come enjoy “Good People which maps the fault lines of social class with a rare acuity of perception while also packing a substantial emotional wallop.” – The Boston Globe.

This story line is based in South Boston where this month’s paycheck covers last month’s bills, bingo is a night out on the town, and sharp-tongued single-mom Margie Walsh has just been let go from yet another job. Scrambling to make ends meet, she looks up an old flame, hoping he’ll help her make a fresh start in this humor-filled drama from Pulitzer Prize winner (and Boston native) David Lindsay-Abaire about how twists of faith determine our path. The cast includes: Johanna Day (God of Carnage), Michael Laurence, Karen Macdonald (All My Sons) and Nancy E. Carroll (The Luck of the Irish).

Transportation will be provided to AVENUE OF THE ARTS/ BU Theatre in Boston. **We will leave the Senior Center at 1:00 PM to catch the 2:00 PM show.** This trip will cost \$55 and will include a reserved ticket for orchestra seating and transportation. We should arrive back at the Senior Center by 5:30 PM. Call and reserve your tickets for a very entertaining afternoon- 508-485-6492.

**MOVIE TIME** with Peggy Bouvier

**Every Tuesday at 1:00 PM is
 movie day at the Senior Center**

Popcorn and refreshments are served and you don’t have to stand in line. Where else can you find a good movie and be served those favorite movie snacks.

This month’s movie selection include the following:

September 4th Phantom of the Opera at Royal Albert Hall

September 11th Albert Nobbs

September 18th A shine of Rainbows

September 25th Just Go With It

All the seniors in town
are reading this newsletter.

Do they know who YOU are?

Call to place an ad today

800-732-8070

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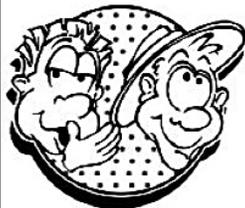
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Marlborough Council on Aging & Senior Center
 250 Main Street
 Marlborough, MA 01752
 Telephone (508) 485-6492
 FAX (508) 460-3726

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 AM in front of the Senior
Center Bus departs at 7:30 AM and returns
approximately 4:45 PM

Upcoming dates:

- September 10th
- October 8th
- November 5th

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 (\$7.00)
- ___ Couple (\$14.00)
- ___ Building Fund (\$ _____)
- ___ Friends (\$ _____)

PLEASE PRINT:

Name _____

Street Address _____ **Apt. #** _____

City _____ **State** _____ **Zip Code** _____

Telephone Number _____

Comments _____