

# Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 6 Issue 10 January 2013

## Mayor's Corner



**Greetings and Happy New Year!**  
I hope that you and your families enjoyed your Christmas. It was a real joy for me to participate in so many events this holiday season. From the "Evening of Giving" to the annual tree lighting at the common, to the many charitable causes that helped

bring food and gifts to deserving children and families, the true spirit of the Christmas season was alive and well in our city.

I thought I would take this opportunity to update you on an exciting project that will commence early this year. The city was recently awarded a grant of \$400,000 from the Executive Office of Environmental Affairs to help pay for some of the significant enhancements and upgrades to be made at Memorial Beach. This includes: full handicap access and an upgraded bath house with handicapped accessible paths; development of a year round park with a new trail system around the perimeter, gated in the summer but open to the public the rest of the year; upgraded picnic area with new tables, benches and grills; and a newly realigned beach pathway so it isn't quite so steep.

Securing a state grant to help pay for the cost of this project is a significant benefit for our city. I want to thank the City Council for the steadfast commitment to this project, the grant efforts, and for working to ensure the necessary funding is in place to help move this project forward.

When completed, our newly renovated Memorial Beach will realize its full potential and that's something we can *all* look forward to.

Sincerely- ly,

## What's happening!



Festive Window entry for Downtown Village contest

Thanks to Judy Jewett and Sheila Brecken we have a hard to beat window entry for the Downtown Holiday Window contest. We appreciate these two ladies efforts as well as Peggy Cahill who helped direct the show. We also appreciate the opportunity to support our downtown.



Thanks to the Latin Club at AMSA for the 25 beautiful wreaths that were distributed to seniors throughout Marlborough.

Special delivery from the AMSA Charter School in Marlborough

A belated congratulations to our very own member and volunteer Janice Matson who won one of the beautiful raffles at the Senior Spectacular health and wellness event held



Raffle winner!!

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## News from the Friends of the Marlborough Seniors

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### Friends Annual Meeting

January 10, 2013 3pm  
(Snow date January 17)

All Friends members are encouraged to attend.

#### Agenda includes:

Voting for new Board and Officers  
Financial Overview  
Event/Class Overview  
Plans for 2013

We are very excited to report that 8 current Board members would like to return, and 3 new people have agreed to run to complete the roster – Sarah Condon from Aging Well Adult Day Health, Greta Holland from Christopher Heights and Lydia Whitcomb (New Horizons).

Nominations may be taken from the floor as well.

**Light refreshments will be served.**

**Hope to see you there!**



### 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 assists 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. Also, if you have donations of small household items or clothing, we will gladly accept and recycle these items to those experiencing hardship.

**Requests must be received by Saturday, Jan. 5, 2012.  
Second Saturday date for work is Jan. 12, 2012**

**Call Barbara McGuire—508-624-9365: leave your name, phone number, address, and details of the work you are requesting.**

**You will receive a call back in a few days.**

The following **changes to the Bylaws of The Friends of the Marlborough Senior organization are proposed**. Please vote by marking an "X" in the box next to "yes" if you approve of the proposed change and "no" if you disapprove.

Yes  No Article II, Section 2: Dues shall be \$7.00 per year payable January 1st through December 31st.

Yes  No Article III, Section 1: The members of the Organization shall elect eleven at-large Members of the Board of Directors from the membership of the Organization. The Board of Directors shall elect the following officers from the Board: President, Vice President, Clerk, and Treasurer.

Yes  No Article IV, Section 2: No later than 30 days prior to the date of the annual meeting the President shall appoint a Nominating Committee of at least 3 but not more than 5 members. The names of all candidates selected by the Nominating Committee shall be made known to the membership prior to or at the Annual Meeting.

Yes  No Article V, Section 1: All Officers shall be elected for a term of two years.

Yes  No Article V, Section 2: All Board Members shall be elected for a term of two years.

Yes  No Article V, Section 7: All vacancies in elected posts shall be filled by the Board of Directors acting upon the recommendation of the Nominating Committee. Anyone so appointed shall serve until the next election.

Yes  No Article XI - Meeting Procedure Section 1: The President or a presiding Vice President shall use Robert's Rules of Order to conduct meetings of the Board of Directors and annual meetings. The President or a presiding Vice President may temporarily suspend the use of Robert's Rules of Order for the duration of any meeting. Committee chairs shall use Robert's Rules of Order to conduct committee meetings. A committee chair may temporarily suspend the use of Robert's Rules of Order for the duration of any meeting.

Yes  No Article XII - No Endorsement of Candidates for Public Office Section 1: Members of the Board of Directors and the Officers shall refrain from using the name of the Organization, their membership in the Organization, or any office they may hold in the Organization while publicly endorsing a candidate for any public office.

## From the Director

A lot to be **thankful** for:



There has been much haste around the center with the coming of this holiday season. With volunteers ensuring our adopted family of five from the Marlborough Community Cupboard had all their holiday wishes met from bicycles, clothing, and shoes to art supplies and tea sets. The charitable spirit did not stop there! We were most fortunate to have our **Outreach and Social Services Coordinators** working hand in hand with **Intel** and several **community partners** to ensure over sixty seniors are remembered this holiday season. Also, it has been nice to see the collection bin for Roland's House be filled and emptied several times providing our community, men's homeless shelter with some of their basic needs (including hygiene items, socks, t-shirts, hats and much more). When our volunteers have not been busy with their volunteer efforts you could find them baking gingerbread houses (thank you **Gloria Drummy**) to raffle off to support the new senior center building fund, as well as buying some of **Judy Jewett's** famous candies.

Our senior's dedicated efforts were also seen attending a City Council meeting with over 30 showing up to support the Mayor's and City Council's effort in providing our over 60 plus community with a deeply desired new senior center. It was a pleasure to sit amongst devoted supporters of our center. We are thrilled and anxiously awaiting continued news on developments for our new home.

Before closing, I would like to recognize **Elizabeth Goldberg, President of the Latin Club at Marlborough's School of Advanced Math and Science** for making over 40 wreaths for various seniors that live throughout our city's senior housing communities. These wreaths were deeply appreciated as they adorned the residents doors. With all the good cheer and generosity that has been received and shared throughout our community, I would also like to thank the **Marlborough Foundation, Inc.**, for their recent and increased donation. (I guess we were extra good this year and we do appreciate their continued financial partnership with our center) On behalf of all your staff here at the Council on Aging we wish you each **much peace, good health and enjoyment** in this new year.

*Jennifer*



**A Great Big Thank You  
to all of the wonderful knitters  
who helped make hats for  
Marlborough School children.**

**A special thank you to  
Chris Pakus  
For knitting us 60 of the hats!!!**

**We appreciate all of your loving work, as  
do all the heads and ears that will be  
warmer for your kindness.**

## AARP is back to help with tax returns

We are glad to have AARP back with us to help you with your tax returns for this fiscal year. We will start taking appointments on Wednesday, January 2, 2013.



Tax returns will be done in the Craft Room here at the senior center. Please remember to make an appointment sooner rather than later. Appointments will begin on Wednesday, February 6th and run each Wednesday from 8:30-12:00 until the last day which is Wednesday, April 10<sup>th</sup>. Also, for those who have not had their taxes done through the Senior center we need you to bring social security cards for applicant as well as dependents.

Please don't wait too late to schedule an appointment because we will fill up appointment times quickly with this wonderful volunteer service through AARP.

**To schedule your appointment please call  
the Senior Center - 508-485-6492**



**MOVIE TIME** with Peg Bouvier

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

Popcorn & 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:**

*January 8<sup>th</sup> Seven Brides for Seven Brothers*

*January 15<sup>th</sup> Born to Be Wild: IMAX*

*January 22<sup>nd</sup> Red Tails*

*January 29<sup>th</sup> The Adventures of Tintin*

## Bowling Trip!

**Sponsored by:**

**Fitzgerald & Collins Funeral Home**



**Where: Sawyers' in Northborough**

**When: Tuesday, January 15<sup>th</sup> at 11:00 a.m.**

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 are 12,  
so please drop by the Senior Center front desk  
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 Knoll on the  
3rd Tuesday of the month at 1:00PM.**

For January 15th  
Death By A Honey Bee  
by Abigail Keam.

If you want to get ahead on your reading, the book for February 19th is Maine by J. Courtney Sullivan, for March 21st we will be reading Saving CeeCee Honeycutt: A Novel by Beth Hoffman.

Please feel free to join this  
fun group of book lovers.

**For more information call: 508-485-5580**

There will be a

**FRIENDLY VISITORS MEETING**

**WEDNESDAY, JANUARY 9<sup>th</sup> AT 9:00 A.M.**

**AT THE COFFEE LOFT**

**406 Lincoln Street, Marlborough**



## **Computer Club**

**All welcome!**

**Friday, January 4th, 11th, 18th & 25th  
at 1:00 PM**

**At the Marlborough Senior Center  
250 Main Street, Marlborough**



**Outreach Department**  
*Ana Cristina Oliveira*



## Bouvier Pharmacy Announces Medicine Management Program

In continuing our mission of bringing convenient services to Marlboro Seniors and their families, Bouvier Pharmacy is proud to offer our **Medicine Management Program**. It is a program for any seniors that may have difficulty following an elaborate medication regimen **or** for family members wishing to simplify managing your loved one's prescription supply. It is much more than just a packaging system; it is a service that provides seniors with around-the-clock, personalized medication administration assistance, delivered to your door.

The following services will be provided by Bouvier Pharmacy:

- ✓ Medication automatically delivered to your home every 30 days. Your choice of Medicine-On-Time custom packaging or bottle filled.
- ✓ Same-day delivery of any “emergency medications” (antibiotics, pain medications, etc.)
- ✓ Packaging and delivery of all “as needed” (PRN) or “bulk” (liquid, eye drops, inhalers, insulin, etc.) within 1 business day of request.
- ✓ Automatic repackaging & delivery of all medications whenever a doctor changes the regimen (new medications, discontinued medications, dose changes). We will pick up all old or discontinued medicines to eliminate possible misdose.
- ✓ Pharmacy personnel will automatically contact the doctor if any refills are needed, and contact the resident or caregiver with any pertinent information concerning medication changes or refills.
- ✓ At resident or caregiver's request, medication administration logs or comprehensive lists for File of Life will be provided as well.
- ✓ Automatic billing to credit card on file of customary co-pays at the beginning of the month (an MOT fee of \$10 will apply if custom medicine cards are required)

**To get started or if you have any questions—Please do not hesitate to call us at 508-485-0432**

### FUEL ASSISTANCE 2012-2013

Eligibility for **fuel assistance** is based on the current combined gross annual income of everyone in your household 18 years of age or older. Current gross annual income means income that you are getting now, from all sources, such as a job, government assistance, pensions, child support payments, interest on savings, etc., before any deductions.

The income limits depend on the number of people in your household. To be eligible for fuel assistance, your household's gross income must be less than or equal to 60% of the estimated state median income for your household size, as shown in the table below:

<u>Household size</u>	<u>Gross annual income 60% estimated state median income</u>
1	\$31,271
2	\$40,893
3	\$50,515
4	\$60,137
5	\$69,759

# NEWS FROM VOLUNTEER OUTREACH

**\*\* SUSAN MAKI \*\***

## **Thank you to all who have donated time and materials to the Senior Center.**

Below is information on donating, as well as where we could use some extra helping hands.

### **Meals on Wheels Volunteer Drivers**

The Meals on Wheels Program is in need of volunteer drivers to deliver noontime meals to elders in the community. If you are interested in volunteering your time to help others, please call Liz at 508-577-7234.

### **Library**

We could not continue to operate the library without your donations. Keep in mind that we can only accept gently used books that are ten years old or less. Please do not leave magazines, or magazines that contain craft projects. Books that are being returned should be placed in the bin. The library is in need of book donations. Books in good condition are welcome. Large print books are in special demand. If you have books to donate, please leave them at the receptionist's desk.

### **Greeting Cards**

Your greeting card donations are greatly appreciated. However, we are unable to accept and put out greeting cards that come from particular organizations, such as Perkins, Alzheimer's Assn., National Wildlife Federation, etc.

### **Greeter's Desk**

We are currently in need of Greeter's to sit at the front desk and greet people as they enter the Senior Center. Greeter's are responsible for directing people to appropriate activities. This is an opportunity to become familiar with the Senior Center, meet people, and make new friends. If you are interested in becoming a Greeter, please call Susan Maki at 508-485-6492.

### **Volunteer Receptionist**

Volunteers are needed to answer the phone and sign participants up for programs and activities. The time commitment would involve two hour time slots up to several times a week. Prior receptionist experience is helpful but not necessary. Please contact Susan Maki at 508-485-6492 if you're interested in this position.

### **FISH Program**

If you need a ride to a medical appointment and your family, friends or neighbors cannot help, call FISH of Marlborough at 508-485-6492, extension 11. Leave your name, phone number and the date, time and location of the appointment. You will be contacted within 48 hours by a FISH coordinator. We ask for at least a week advance notice.

**This all volunteer service is a program of the Marlborough Council on Aging and Senior Center** and is available to residents of the Villages of East Marlborough, the Village at Crane Meadows, Academy Knoll Apartments and Marlborough Public Housing at 240 Main St., 29 Pleasant St. and 397 Bolton St. **Volunteer drivers and coordinators are needed for this program. Leave your name and phone number at the number above and you will be contacted.**

## **The Worcester Art Museum**

**The Marlborough Senior Center is planning a trip to the Worcester Art Museum on Wednesday, January 16<sup>th</sup>.**



The Worcester Art Museum is world-renowned for its 35,000 piece collection with masterpieces that span the globe. The works, which include paintings, sculpture, decorative arts, photography, prints and drawings span 5,000 years of art and culture.

View paintings by Cassatt, Gauguin, Goya, Monet, Sargent and Whistler, admire floor mosaics from the ancient city of Antioch, see cutting-edge contemporary art, and discover the Museum's many other treasures.

A special exhibit entitled "Kennedy to Kent: Images of a Generation" presents some of the most powerful American photographs of the 1960's. The images date from 1958-1975, and include the presidency and assassination of John F. Kennedy, as well as the Civil Rights Movement, the Vietnam War, the American space program and its mission to the moon, and the antiwar movement and counterculture.

Each month a Museum Docent picks a topic of special interest and creates a tour through the Museum based on the subject matter. This is an opportunity for visitors to glean a more in-depth knowledge about the collection. A self-guided audio tour of the Museum's greatest treasures is also available for rent.

Those who sign-up for the trip to the Worcester Art Museum are free to view the collection at their leisure, join the public tour, or rent an audio tour. The Museum Café serves lunch between the hours of 11:30-2:00, or you can bring your own lunch and eat in the lobby. We will be leaving the Senior Center at 11:00. The cost of the trip is \$30.00 which includes the bus ride and admission to the museum.

**Sign up at the Senior Center if you are interested in joining us for this fun and informative day.**

**508-485-6492**



*2nd Annual  
Valentine Dinner and Dance*

Let's enjoy another wonderful evening together:

When: Monday, February 11<sup>th</sup>, 2013

Time: 5:00-7:30 P.M.

Where: Holiday Inn and Suites, Marlborough

Dinner Buffet will include the following:

Soup du Jour

Tossed Green Salad

Warm Rolls and Butter

Sautéed Chicken Breast with Wild Mushrooms &

Cracked Black Pepper

Baked Haddock with Lemon Herb Crumbs

Whipped Potatoes

Roasted Corn

Chefs Selection of Pies

Freshly brewed Coffee, tea and Decaffeinated Coffee

Of course we will have your favorite band

**SWAGGER** from Intel

Please join us for a fun night of dining,  
socializing and dancing.

**Tickets may be purchased at the Senior Center for**

**\$20 for "Friends Members"**

**\$24 for Non-Friends Members**



**Love music? Parties?  
Golden Tones chorus celebration  
seeks helpers!**



The Golden Tones chorus will celebrate its Silver Jubilee (they're 25 years young) with a public concert and celebration next June, 2013!

This group of MetroWest senior singers performs more than 50 concerts every year for senior centers, nursing homes and community events.

Their Silver Jubilee concert will take place Sunday afternoon, June 16, 2013, in the new Wayland High School auditorium, and they need extra help to make this a truly memorable occasion.

If you would enjoy helping to create a fun event with lively people, either with advance preparations, or on the day of the concert, please call 508-318-6318 or send an email to [office@goldentones.org](mailto:office@goldentones.org).

**Painting with Acrylics Class**

The class will be led by  
Helen Downey and will be held on  
**Tuesdays from 3:30 - 5:00**

**Classes resume January 8th**



Canvasses will be provided as well as brushes and other materials, but feel free to bring your own supplies.

A donation of \$3 per class is requested

**Call to reserve your easel today  
508-485-6492**

**Computer Security, Protecting yourself on the  
Internet and how to use Window 8**

**Mark Gibbs, IT Director for the City of Marlborough**

I would not miss this educational enrichment opportunity with Mark! This will be a relaxed open-discussion learning environment so please bring your questions, laptop if you wish and a pad of paper and a pen.

We are glad to be able to have Mark with us to teach us about some helpful and important topics. We also will discuss the Marlborough's new Blackboard communication system and how it can be helpful to you and your family.

Mark has requested that you bring a friend of any age to this program which will be held on **Thursday, Jan. 10 at 2:30.**

**Please RSVP (508-485-6492)**

good "cookies" and coffee will be provided



**ITAM hosts  
Veterans and guest for  
*Music and the Military* pizza  
luncheon**



*Music and the Military* takes a special look at how music was used in the battle calls, military maneuvers and managing daily life in the military. Music educator Richard Travers will discuss the important use of the bugle, drum, bagpipe and fife as well as the marches of John Philip Sousa.

Music educator Richard Travers earned a master’s degree in Chorale conducting from the Boston Conservatory as a student of Allen Lannom and a degree in Music Education from Berklee College of music.

**Come enjoy some warm pizza with your guest(s) and some of our friends from the Italian American Veterans Post on Thursday, Jan. 24 at 12:30.**

**This will be a great time so don’t forget to RSVP to 508-485-6492,**

**“NEW” Cookies from  
Christopher Heights!!!**

We all like Christopher Heights big, home-made cookies for special events, like the Hoe Down; **but now** we can enjoy them on the **first Friday of the month.**

So make sure you do either our chair Yoga class or Tai Chi before you pick up one cookie because once you have one it is hard to not eat another, another.. Enjoy!





## Birthday Lunch Bash at the Epicurean Room Tuesday, January 22<sup>nd</sup> at 12:00

This birthday luncheon will celebrate all our birthdays from **August through December**.

**In honor of the individuals with birthdays during these months your meal will be \$5.00**

Your luncheon menu will include the following:  
Chefs choice of soup, Beef Wellington or Salmon en Croute,  
Green Bean Almondine, Twice-baked Potatoes, Rolls,  
Beverage and Trio of desserts.

Entertainment will include: The John Scotty Trio who regularly perform at Allora Restaurant.

For those who would like to come and be a part of this celebration the meal will cost \$10.00

**Be sure to sign up for this delicious and celebratory event!**

**508-485-6492**

## A Fun Afternoon with "Pie and Trivia"

Want to just simply sit down, exhale and enjoy a piece of pie?  
**Well this is the afternoon for you!!!**

However, you don't have to eat just one piece of pie you can eat five or six pieces of pie.

**Where can you do this and stimulate your brain with some fun trivia?**

Come join us on  
**Wednesday, Jan. 23<sup>rd</sup> at 2:45**  
for this unbelievable pie-filled afternoon  
(and I mean PIES).

Kathleen Daniel Healthcare  
will host this event.



Please RSVP: **508-485-6492**

### *"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**

**Jackie Fithian  
Genevieve Aseltine**



**Contributors:**

Chris, Jim & Jacob Mason, Theresa Ferrara  
Richard Diczno & Catherine Cook

Mari Parker  
Barbara Ferrell  
Marilyn Murphy

### 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*

## 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**

**JANUARY 16TH**

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.** Call the Senior Center at 508-485-6492 for menu selections. **\$3.00 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
Richard D. Collins	
Rita Connors	
Marie Elwood	
Jeanne McGeough	

## 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 Membership & Movies
Judy Jewett	Craft Show
Dick Mahoney	Computer Lab
Sheila Brecken	Book Club
Judy Jewett	Knit & Crochet
Sheila Brecken	Knit & Crochet
Bob Marcotte	Low Vision



A POPULAR HIT at  
the Senior Center

## *Monday's Blue Plate Special!*

For January **TJ's** will provide the following  
tasty meals each week at **12:45 PM**

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

**Jan 7th:** Meatloaf, mashed potatoes, and veggie

**Jan 14th:** Chicken parmesan and pasta

**Jan 21st:** **CLOSED FOR MARTIN LUTHER  
KING, JR. DAY**

**Jan 28th:** Stuffed pork chops, mashed potatoes  
and veggie

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

**YUM! YUM! YUM!**

**Please purchase your tickets at the  
Senior Center Office**



**Sharing some meals  
together**



**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 to 4:00 pm**

NONPROFIT ORG.  
 U.S. Postage  
**PAID**  
 Marlborough, MA  
 01752  
 Permit No. 0081



**Foxwoods Fun!**



\$23.00 includes trip, bonus package, consisting of \$10.00 buffet and \$10.00 coupon.  
 Pick up and bus departure is at 7:30 AM in front of the Senior Center and we return at approximately 4:45 PM

**Upcoming dates:**

- Monday, January 7th
- Monday, February 11th
- Monday, March 11<sup>th</sup>

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 2013.

**Please fill out this form and mail it to the P.O. Box 358 address below:**

"Friends of the Marlborough Seniors"

New Membership

Renewal Membership

I would like a bar code card for tracking my class and volunteer participation

\_\_\_\_\_ Individual (\$7.00)

\_\_\_\_\_ Couple (\$14.00)

\_\_\_\_\_ Building Fund (\$\_\_\_\_\_)

\_\_\_\_\_ Friends (\$\_\_\_\_\_)

**PLEASE PRINT**

Name \_\_\_\_\_

Street Address \_\_\_\_\_

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

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