

Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 6 Issue 10 March 2013



Mayor's Corner

Last November I proposed to the City Council a plan to construct a new senior center facility at Ward Park. This location represents a true win-win for the city, the abutting neighborhood, as well as the youth groups currently utilizing the park space.

Contrary to some of the manufactured misinformation you may have heard, the proposed building IS NOT being placed on the football field nor will this proposal have any long-term impacts on any youth sport organizations. In fact, what makes this proposal unique is that enhancements to the football field and the underlying water table and drainage system are an essential part of this project. Throughout this entire process, my office has been in contact with local youth sport organizations to ensure their needs are met.

Any resident that has been to Ward Park knows that it is in serious need of attention. After years of neglect, the construction of a new senior center will breathe life into a park that has been visibly beset by constant graffiti and vandalism. The opportunities this location will afford the senior community are immense. Imagine being able to walk the track on a sunny day or holding your fitness class in the middle of a beautifully upgraded field?

At long last, the time has come to put the rhetoric and talking points aside. We need a common sense, straightforward approach that balances the needs of our entire community with our ability to pay for them. My door has been and will continue to remain open to the Ward Park neighborhood as well as any other residents who wish to provide substantive input that will allow us to help this park realize its full potential to serve our whole community.

A handwritten signature in cursive script, appearing to read 'Arthur'.

37th Mayors Senior of the Year Dinner hosted by Mayor Arthur Vigeant

You're invited to a special dinner to honor an individual in our community who is over 90 years old and has contributed to the betterment of our community.

When: Wednesday, April 10th, 2013

Time: 5:00 P.M.

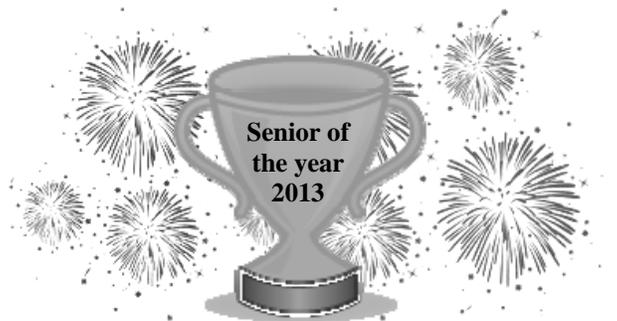
Where: Marlborough High School Cafeteria

The menu for the evening will include fresh spring fruit cup, boneless stuffed breast of chicken with gravy, mashed potatoes, green peas and pearl onions, rolls and butter, strawberry shortcake and tea and coffee.

Entertainment will be provided by the **Whitcomb Jazz Band.**

There is no charge to attend this special event; however you must be age sixty and older

**RSVP to the Senior Center at 508-485-6492
and don't wait too long!**



News from the Friends of the Marlborough Seniors



IT'S THE ANNUAL WEARIN' OF THE GREEN
 COME JOIN US FOR OUR YEARLY
 ST. PATRICK'S DAY CELEBRATORY LUNCHEON
TUESDAY, MARCH 12, 2013 at 12:30 p.m.

Sponsored by and held at
COURTYARD BY MARRIOTT, 75 Felton Street

Entertainment provided by
The McMurphy's

A traditional Irish meal will be served with
 Corned beef, cabbage, potatoes, corn bread,
 apple crisp & beverage cart



Sponsored by

Fitzgerald & Collins Funeral Home

\$10.00 for members / \$12.00 for non-members

Call the Senior Center
at 508-485-6492 to sign up



And let us know if you require transportation

Health Care Proxy Day!

Fantastic and Very Important Opportunity

We are excited to have **Vera Ochea**, Staff Attorney with Metrowest Legal Services come to our center to help seniors complete their own Health Care Proxy if they do not have one at this time. A Health Care Proxy is a legal document that allows you to name someone you know and trust to make health care decisions for you if you become unable to make or communicate those decisions yourself. Your COA staff has experienced several situations where we have been asked to do a wellness call and learned that individuals did not have a health care proxy. This made helping the client much more difficult as there was no way to determine the client's chosen choice of medical care. So please, if you do not have a Healthcare Proxy make an appointment for

Health Care Proxy Day on Thursday, March 14th
by calling Tina at 508-485-6492.

This is a free service sponsored by Metrowest Legal Services.

Come play PITCH

We would like to start a Pitch Group for anyone who would like to play this fun card game.

Clayton Whitney has volunteered to coordinate this card game
each Wednesday at 1:30
 in the Craft Room, starting Wednesday, March 13th

So, come join us and let's play some PITCH!

Call to let us know you if you would like to join us
 508-485-6492



Soups On!

with Hannaford's new dietician,
 Karen White



Presentation topic:
Eating with Diabetes, the Role Fiber Plays in
Your Diet and What Your Plate Should
Look Like at Meal Time

Karen is a graduate from Framingham State where she earned Bachelors and Masters Degrees in Nutrition. When Karen is not found giving store presentations at Hannaford's you can find her teaching at her Alma Mater, or see her on Westborough's cable station doing her show, "Healthy Bites."

We are looking forward to having Karen here at our Center on **Friday, March 15th at 12:45** where she will be doing a cooking presentation as well as hosting all participants to a healthy soup and bruschetta lunch. (Recipes will be available.)

Please RSVP to the Senior Center at 508-485-6492

There are 24 seats available for this
 "healthful and educational" luncheon.

From the Director



Living in Community

I want to thank our **Housing Director, Doug Bushman** and **Housing Coordinator Valerie Wilkinson** for helping sponsor our Living in Community Luncheon with speaker **Marsha Frankel, Clinical Director of the Jewish Family Center**. As I reflected on the challenges of living in community, I recalled two very recent and positive events that occurred at the Senior Center this past month.

The first was when one of our senior instructor's 'significant friend' blacked out in the bathroom and hit her head on the hard tile bathroom floor. While waiting for the ambulance, I saw **Peg Bouvier** talking to our instructor who was conflicted between leaving his soon to begin class and going with his friend to the hospital. Peg quickly volunteered to go to the hospital to meet the ambulance while the senior instructor squared away the computer club and then left to be with his friend. This was a truly selfless act by **Peg Bouvier** who personifies the importance of living and participating in a community environment such as the Senior Center.

Another example which I was privileged to be a part of and which I feel demonstrates the importance of participating in community living was in our popular water aerobics class. Two weeks ago I opened an email from **Jeanne McGeough**, who helps coordinate our water aerobics program. Jeanne is an avid advocate for this exercise program and, more importantly, its participants. In the email Jeanne shared information about the ever increasing health struggles of a dearly beloved member of the class named **Judith (Judy) Walsh**. Each day, I received updates on how Judy was doing and who would be visiting that day in order for her to have the comfort of her favorite friends from the water aerobics class. On the last day of Judy's life, **Jeanne McGeough, Peg Bouvier** and her water aerobics friends were with her, each in their own way. The entire class attended Judy's wake. They shared stories of how they each got to know Judy, anecdotes about their relationships and wonderful memories of their true friend. As a group, the class decided to donate funds, in Judy's memory to support the water aerobics Program. They also wanted to provide opportunities for others to participate in this class who might otherwise be unable to afford it.

These kinds of experiences remind our staff of the importance of our Senior Center and of the obvious opportunities, and some not so obvious, that can greatly impact one's life once they step through the doors of 250 Main Street. In closing, I would like to thank **Rita Connors** and **Peggy Cahill** for providing the seasonal, festive decorations that so beautifully adorn the tree in our large multi-purpose room. I would also like to thank each and every one of you for the many acts of kindness we all experience here at the center. I thank you for your participation, volunteerism and vested interest in our community's senior center and each other.

Jennifer



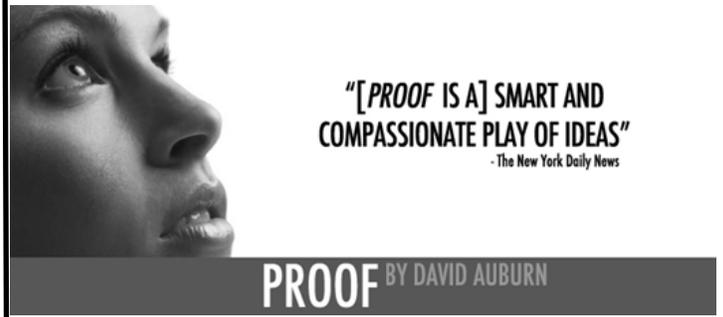
The Merrimack Repertory Theatre

The Marlborough Senior Center is going to the Merrimack Repertory Theatre in Lowell on **Wednesday, March 27th** to see the Tony award winning mystery

“Proof.”

In the play we see Catherine attempting to establish the authorship of a mathematical proof found in the office of her brilliant but troubled father. The return of her estranged sister and a burgeoning romance with her father's former student complicates her pursuit of truth. No math skills are necessary to enjoy this play. Instead, it is an examination of love, trust, madness, and genius presented through the lives of mathematicians.

Trip Cost of \$30 includes tickets and transportation. The bus will be leaving the Senior Center at 12:45.



On Behalf of the Board of Friends of Marlborough Seniors, we want to welcome you to our first “open” meeting of the Board.

It will be held at the Senior Center on Thursday, April 4th from 3:00pm to 4:00pm.

If you are a current member of the Friends and would like to attend, please do so. It will be a great opportunity to meet the new members of the Board and to listen to our plans for this year. We also welcome your suggestions at that time. We hope you will join us. If you are unable to make this particular meeting date, there will be more open meetings to come.

Also, this is a **gentle reminder that if you have not already paid your dues for membership to the Friends of Marlborough Seniors, please stop by and do so. If your membership remains unpaid, unfortunately, you will no longer receive the newsletter by mail.** Thank you for your cooperation.

Kind Regards,

Tammy

Tammy Pozerycki, President
Board of Friends of Marlborough Seniors



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 selections include
the following:**

- March 5th Daddy Long Legs**
March 12th I Don't Know How She Does It
 ***(Note this movie will start at 2:00)
March 19nd Act of Valor
**March 26th 2 IMAX features: The Greatest
Places and Great North** (1 hour each)

Bowling Trip!

Sponsored by:

Fitzgerald & Collins Funeral Home



Where: Sawyers' in Northborough

When: Tuesday, March 19th 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 March 19th
Saving CeeCee Honeycutt: A Novel
by Beth Hoffman

If you want to get ahead on your reading, the book for April 16th will be Guilty Wives by James Patterson and for May 21st we will read Bloody Jack by L.A. Meyer.

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, MARCH 13th AT 9:00 A.M.

AT THE COFFEE LOFT

406 Lincoln Street, Marlborough



Computer Club

All welcome!

**Friday, March 1st, 8th, 15th, 22nd & 29th
at 1:00 PM**

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



Outreach Department

Ana Cristina Oliveira

Can You Enroll in a Medigap Plan Now?



Yes! In Massachusetts, all Medigap plans currently offer continuous enrollment, which means you can sign up at anytime, with coverage effective the first of the following month. A Medigap plan, also known as a Medicare Supplement plan, can help with some of the extra costs of Medicare. If you have Original Medicare with both Parts A & B (as long as you are not under 65 with kidney disease), you can get a Medigap plan.

Massachusetts has two types of Medigap plans, Core and Supplement 1. The Core plan covers some of the “gaps” in Medicare. The Supplement 1 plan covers all deductibles, co-pays and coinsurance for Medicare covered services. These two types of plans are offered by seven insurance companies.

In 2013, the lowest premium for a Core plan is \$96.38/month and for a Supplement 1 is \$182.00/month. If you sign up when you first enroll in Medicare, you may be able to get a discount. There are no restrictions due to pre-existing health conditions. You can go to any provider who accepts Medicare anywhere in the United States with no referrals required.

If you are interested in learning more about Medigap plans, trained **SHINE** (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. 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.

Making a Heart Healthy Resolution

Richard Gilfillan, Director, CMS Center for Medicare and Medicaid Innovation

It's the New Year, which means it's time for those annual resolutions, whether it's eating right or tackling a new skill. But none may be more important than making the resolution to get heart healthy in 2013.

Did you know heart attacks and strokes are the first and fourth leading cause of death in the U.S.? The Million Hearts™ initiative, launched in 2012, is aiming to prevent 1 million heart attacks and strokes by 2017. CMS and the Centers for Disease Control and Prevention are working with other federal agencies, communities, health systems, non-profit organizations and private-sector partners to help educate Americans on how to make a long-lasting impact against cardiovascular disease.

If you're at risk for, or are already suffering from heart disease, now's the time to practice the “Million Hearts ABCS”:

- Aspirin for people at risk
- Blood pressure control
- Cholesterol management and
- Smoking cessation

Medicare can help you take control of many of the major risk factors for heart disease. People with Medicare can get cardiovascular screenings, counseling to stop smoking, and blood pressure and weight checks during their yearly wellness visit with their doctor.

Make a New Year's resolution and give your loved ones one more gift they'll be sure to treasure - a healthier you in 2013. Help prevent a heart attack or stroke by joining the Million Hearts™ initiative.

NEWS FROM VOLUNTEER OUTREACH

**** SUSAN MAKI ****

The Joy of Volunteering



Maybe you have just retired and you are looking to do something meaningful. Perhaps your spouse recently died, and you would like to fill those lonely hours. You are not only helping yourself when you volunteer, but you are also giving back to others. The opportunities are endless.

If you decide that you might like to volunteer with children, call your pre-school or public school. Check-in with your local library. Hospitals have many opportunities for volunteers, from transporting patients, working in the gift store, to serving as a greeter. Working with elders might include volunteering at a nursing home or assisted living facility, helping with activities or perhaps visiting elders.

Of course, the Senior Center provides a myriad of opportunities, from helping out with bingo, to setting up or cleaning up after an event, sitting at the desk as a greeter or volunteer receptionist, or visiting an elder as a friendly visitor.

Volunteering means working with others to make a meaningful contribution to a better community. In addition to the feeling of satisfaction that comes from contributing to society, volunteering also brings with it health benefits. There is a significant connection between volunteering and good health. Volunteers experience greater longevity, higher functional ability, lower rates of depression, and less incidence of heart disease. Just 100 hours of volunteering annually (2 hours a week) can bring meaningful benefits to a person's body and mind.

Get involved. You may find a whole new you just waiting to be discovered!

“The best way to find yourself is to lose yourself in the service of others.”

Mohandas Karamchand Gandhi





A fantastic NEW Autobiography Group

We are so excited about this writing group because it will give you the opportunity to reflect and capture those momentous experiences in your life that you would like to share with loved ones but have not had time to do.

This Autobiography group will be led by Semma-Janye Kenney, a wife, mother and entrepreneur. She started exploring her family history while still in High School. Seema received a certificate in Genealogical research from Boston University in 2010. She is a member of the Massachusetts Society of Genealogists and the New England Chapter of the Association of Professional Genealogists.

This will be an on-going workshop that will provide structure for people who want to put their stories about their life on paper. Each week we will explore a different life theme. Participants will write two pages on each theme at home and bring their writing to share if they so choose. Writing about your life experiences and sharing them with others is a wonderful way to build friendships and understand the past more fully while creating an heirloom for your family of your most precious gift - your experience.

This group is limited to 12
so RSVP at the Senior Center early
508-485-6492

Classes will be held on Thursdays from 1:30-3:00
beginning March 14th
\$3.00 donation per class requested

Spring Dinner

sponsored and hosted by the
Marlborough Rotary Club and Girl Scouts

We are once again fortunate to have our local Rotarians and Girl Scouts host another wonderful dinner for our seniors. So, pull out that favorite outfit and enjoy a nice, fun time at the Senior Center on **Wednesday, March 20th at 5:00 PM.**



Dinner for this evening will be catered by
Stevie's Eatery
and will include:

Grilled Shrimp Skewers, BBQ Chicken,
Coleslaw, Grilled Asparagus,
Grilled Sweet Potatoes, Rolls,
Warm Apple Crumble, Iced Tea and Coffee.

A great evening together and all it will cost is a
smile and for you to enjoy yourself
so RSVP soon to the Senior Center at
508-485-6492.

****We have only 100 seats****



Don't miss: "Next Steps"

Our Council on Aging is fortunate to have our local cable channels feature "Next Steps" a program highlighting programs, services, and upcoming events for those who are enjoying life over age 60. Please try and catch Next Steps on Comcast Channel 8 or Verizon Channel 34 at the following times:



Sunday @ 11:30am & 8:30pm
Monday @ 10:30am
Tuesday @ 3pm
Wednesday @ 10:30am, 7:30pm, 10:30pm
Friday @ 10:30am, 8:30pm

Also, if you have a suggestion for a program please let Jennifer know at the Senior Center by calling 508-485-6492, ext. 13 or catch Judy Kane coming out of exercise classes.

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. Tax returns will be done in the Craft Room here at the senior center. Appointments will begin on Wednesday, February 6th and run each Wednesday from 9:00- 12:00 until the last day which is Wednesday, April 10th. Also, for those who have not had their taxes done through the Senior center we need you to bring social security cards for the applicant as well as dependents.

Openings are still available in March and April, but please don't wait too long to schedule an appointment because we fill up appointment times quickly with this wonderful volunteer service through AARP.

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

The Friends of the Marlborough Seniors

Annual Pasta Dinner

Saturday, April 6th, 2013
From 4pm - 6pm



At the Marlborough Senior Center,
250 Main St.



Menu

Garlic Bread

3 Meatballs

Pasta and Sauce (Unlimited)

Salad

Dessert

Tickets On Sale Now for \$6.00

can be purchased from Judy Jewett
and Peggy Cahill, or at the
Senior Center Office



Easter Candy Making with Judy

Come enjoy **two** fun events for making your very own Easter chocolates for that special friend, husband, grandchild, child(ren) or COA Staff members. We all know your chocolates will taste just fine with our wonderful candy maker, **Judy Jewett** by your side. How unique to be able to say you made those cute, Springy chocolates for that special someone.

Easter bunnies big and small as well as bunny pops will be made on **Friday, March 8th at 1:00** in the kitchen.

Easter Chocolates, including chocolate dipped strawberries, marshmallows and raisins can be made, as well as peanut, almond and cashew chocolate clusters. For our really creative candy-makers I am sure Judy will let you come up with your own special Easter candy cluster. What fun! So join Judy for this last chance to make your own special chocolates on **Friday, March 22 at 11:00.**

Please RSVP at 508-485-6492
for classes and there will be
a \$3.00 class fee for supplies.



New Winter Watercolor classes



Come join us for this new artistic and fun class which meets on **Mondays, February 25th, March 4th, 11th and 18th from 1:30-3:30** in our Craft Room.

Lavonne comes highly recommended and can be found teaching at the Holliston, Hopkinton as well as other Senior Centers.

Lavonne Suwalski is a professional artist and teacher. She has won numerous awards and was bestowed the privilege of being a Copley and a Rhode Island Watercolor Society signature member. Lavonne's teaching style is clear and simple, making watercolor understandable even for beginners. Fun and enthusiastic are words that describe this class.

Experienced painters will learn about composition and drawing, while beginners will work on developing their color mixing and basic techniques. Each class begins with demonstrations and is followed by time to practice.

This is a great way to expand your creative side.

MATERIALS LIST

- Water container
- Old towel
- Sponge
- Pencil
- Dish, tray or palette for mixing colors [even a plastic or paper plate can be used]
- Paper 140 cp [cold press] Arches or Waterford or any other cold press 140 paper (I will have watercolor paper for anyone to purchase by the sheet)
- Watercolor Brushes-A variety of sizes [we have brushes at the center for use]
- Paint **Bring what you have or buy a set of tube watercolor** (Maries or Reeves or any tube colors) there are lots of colors at very reasonable prices.

Donation of \$3.00 for



Crafts with Lisa and Pam



Time for another creative and fun time with **Lisa and Pam!**

Come join this creative and fun duo as they help instruct you on making a beautiful door or wall decoration for spring.

All the fun will be at

1:00 - 3:00 PM on Friday, March 29th.

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

Arthur Bergeron Legal Clinic

PLANNING FOR AND DEALING WITH DEMENTIA

One of the biggest concerns that seniors have is the possibility that some form of dementia, like Alzheimer's disease, might strike them or someone they love. In this seminar, Attorney Arthur Bergeron and his invited guests will discuss steps to reduce the chances, delay the onset and/or minimize the effects of memory loss. Learn what you can do to plan ahead and what to do if you or someone you love is showing early symptoms of dementia, and about government programs that help you deal with dementia related diseases.

This event is on

**Thursday, March 21, 2013 1:00-2:00 p.m.
at the Senior Center**

**Boxed lunch is provided by:
Mirick O'Connell Law firm**



Wednesday Lunch Bunch Health Education and Support Group for the Community

*March 27, 2013—CHF (Congestive Heart Failure), Part 1
Theresa Quinn, RN, BSN, MS, from Marlborough Hospital,
will talk about CHF, what it is and ways to manage it.*

*April 24, 2013 – CHF, Part 2
Theresa Quinn will be back to talk about the nutritional
aspects of managing CHF, and bring some yummy samples!*

*Lunch Will Be Served.
All meetings are at 1pm in the Fine Dining Room.*

*Marlborough Hills Health Care Center
121 Northboro Road, Marlborough, MA 01752
Please RSVP to Nan at 508-485-4040
and specify "Lunch Bunch"*

"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.

Rita Connors in memory of Eileen Sullivan and Susan Sullivan

John & Colleen Kortes, Brenda Costa, Carol Darwin, Emily DeRidder, Pat Winske and John Usinas

Paul & Marie Winske and Marilyn Guillotti in memory of Judith Walsh

Friends Fund

The Connelly Family in memory of Genevieve Aseltine



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

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

March 20TH

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.



Greeting Cards



Your greeting card donations are greatly appreciated. We are sorry however, that we cannot accept or put out greeting cards that come from specific organizations (for example, Perkins, Alzheimer's Assn., National Wildlife Federation, etc.).

Council on Aging Staff –

Jennifer C. Claro	Executive Director
Ana Cristina Oliveira	Outreach Coordinator
Susan Maki	Social Service Coordinator
Tina Nolin	Office Manager
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 –

Tammy Pozerycki	President
Angela Rossetti	Vice President
Barbara McGuire	Treasurer
Melissa Esteves	Clerk

Debbie Beausoleil
 Peg Bouvier
 Sarah Condon
 Gretta Holland
 Matthew Jones
 Joe Tunnera
 Lydia Whitcomb

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
Jeanne McGeough	Water Aerobics



A POPULAR HIT at the Senior Center

Monday's Blue Plate Special!

In March TJ's will be providing 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.

- March 4th** Stuffed Green Peppers
- March 11th** Buttermilk Chicken (Lightly Fried), Lyonnais Potatoes
- March 18th** Lasagna and Meatballs
- March 25th** Stuffed Baked Chicken

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

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



Enjoy the Enchantment of Irish Travels Through Celtic Music

Saturday, March 16th at 11:00 am

At the Senior Center—250 Main Street

Music, tales and stories and even some step dancing!

Tickets are \$5 at the door or by calling 978-562-1646

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, Mar. 2, 2012.

Second Saturday date for work is Mar. 9, 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.

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

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 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 March 11, 2013

Monday April 8, 2013

Monday May 6, 2013

Monday June 10 2013

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 _____