

# Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 6 Issue 10 April 2013



## Mayor's Corner

I recently had the opportunity to appear before the Operations & Oversight Committee of the City Council to discuss the proposal to construct a new Senior Center at Ward Park. Joining me for this discussion was Mr. Joseph Rizza, the Principal at Court Street Architects who will be leading our design team. Court Street Architects is the team that designed the new

Senior Centers in the Towns of Franklin and Northborough.

Mr. Rizza highlighted the enormous potential that will be afforded to our seniors by being located in close proximity to park land. This will not only allow our seniors to have direct access to field and green space but will also allow us to include more outdoor activities like bocce courts and horseshoe pits. Few senior centers in our area, Mr. Rizza noted, have the fortune of being located in direct proximity to park land.

Speaking of Ward Park, I also presented to the City Council a conceptual drawing of what an upgraded and renovated park area would look like. This included full reconstruction of the Bigelow School parking area, the expansion of a skateboard park, drainage improvements at the football field, and the improvement of the track and walking paths.

To ensure the needs of the seniors are met in a new facility, I have convened a "Senior Center Advisory Committee" to be chaired by COA Director Jennifer Claro. This committee will focus on the activity and programming needs of our senior community and how those needs can be met through a new facility. I urge you to reach out to Jennifer at the COA if you have any ideas.

Best wishes for a happy and healthy spring season!

## *37<sup>th</sup> 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 10<sup>th</sup>, 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!**



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News from the Friends of the Marlborough Seniors

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## Monday's *Blue Plate Special!*

In April **Employment Options** will be preparing lunch on the following Mondays at **12:45 PM**

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

**April Fools Day** Surprise Stuffed Pasta Shells and Roasted Vegetable Medley (peppers, zucchini and squash), Salad and Garlic Bread (Emp. Options)

**April 8<sup>th</sup>** Meatloaf, Oven Roasted Potatoes, Sautéed Green Beans, Salad and Garlic Bread (Emp. Options)

**April 15<sup>th</sup>** Closed for Patriots Day

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### Now for something new and exciting!

**April 22<sup>nd</sup>** Deli sandwiches at **Main Street Café** choice of Reuben, Hot Pastrami on Rye, the Central Park (smoked turkey, coleslaw, roasted red peppers, bulky roll), the Bull Market (tons of roast beef and American cheese on your choice of bread), or the Parisian (roast beef, Boursin cheese, red onion and roasted red peppers on Italian bread) – all sandwiches (whole) served with French fries and drink - **\$6.00 per person limit 20**

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### Calling all pizza makers....

**April 29<sup>th</sup>** at the Senior Center, Pizza lunch - we have 15 plain cheese pizzas and we need some pizza makers (lunch free for pizza makers) to make your choice of pizza for many to enjoy. Salad, Tiramisu and beverage provided. Prizes for healthiest, Italian-style, Italian, American-style (spaghetti pizza) and last category strange but good. \$4.75 or \$8.00 for two or free for pizza makers. Oven and microwaves available for warming.)



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

## SPECIAL MEN'S EVENT!



A trip to

**Battleship Cove in Fall River**

**Friday, April 12th, leave the Senior Center  
at 10:00 back at 3:00**

Battleship Cove, located on scenic Mt. Hope Bay in historic Fall River, harbors the largest collection of preserved US Navy ships in the world. The fleet includes five National Historic Landmarks: Battleship *USS Massachusetts*, Destroyer *USS Joseph P. Kennedy, Jr.*, Submarine *USS Lionfish*, and PT Boats 617 and 796. Individually, each ship represents different moments in history and technical achievements; collectively, these vessels symbolize American sacrifices made in defense of our freedom. Battleship Cove is also home to numerous exhibits including the National PT Boat Museum, the National Destroyermen's Museum, and exhibitions dedicated to those who served on the *USS SAINT PAUL* and on Radar Picket Ships. The "Women Protecting US" exhibit, located on board the battleship, is a tribute to the service of women in wartime, highlighting their contributions in science, math, medicine, engineering, and technology during WWII.

A boxed lunch will be provided. Sandwich choices are Chicken Salad, Ham and Cheese or Roast beef

**Cost of \$25 includes: transportation, entrance to museum/park and lunch**

So come join us for a day at one of Southeastern Massachusetts' most popular tourist attractions!

**BATTLESHIP  
COVE**  
THE FLEET THAT TOUCHES LIVES

## From the Director



### Exciting happenings with our new senior center

I had the opportunity to join the New Senior Center Building Committee for their first meeting with the architect, **Joseph Rizza**, and **Paul G. Kalous**, project manager for our new senior center, as well as committee members: **John Ghiloni**, Chairman, **Jim Confrey**, our COA Chairman, **Patricia Pope**, Council President, **Mike Berry**, Mayor's office and **Joe Trolia**, Contractor by trade. This meeting allowed members the opportunity to meet each other, learn about the process they would experience as our new senior center evolves, and share their thoughts on this new project. This committee will be meeting at 7:00 pm on various Thursdays. Please make sure you watch the city calendar for postings of meetings to which the public is invited.

Also, the Mayor has appointed the Advisory Committee for this project. This committee will look at programs, services, administrative needs and various furnishings for the new center. The Advisory Committee members include: Councilor **Katie Robey**, Councilor **Don Landers**, **Debbie Beausoleil**, **Barbara McGuire**, **Norman Zinman**, **Lydia Whitcomb**, **Brenda Costa**, **Dennis Cavanaugh**, **Bruce Schraft** and **Jennifer Claro**, Chairperson. Our first Advisory meeting is in two days and I am overwhelmed with excitement and looking forward to a lot of discussion and ideas for a GREAT new senior center. We are also planning a community meeting to get input from those who use the center, as well as other Marlborough residents. If you would like to come and listen to an Advisory Meeting please watch the city calendar for meeting postings or simply call the center and ask for meeting dates. Also, remember that if you have an idea or thought for our new center, and I am not around, please put a note in my mailbox in the office. Thank you!

Speaking of thank you, I would like to thank everyone who has attended our public meetings, written letters to the papers or completed a "new Senior Center at Ward Park card" sharing your own ideas with our city leaders. Finally, a special thank you to our **Mayor, Arthur Vigeant**, for remembering how important a new senior center is, and an admired appreciation to our **Councilors** who are ensuring we have the best center possible for our Marlborough community.

*Jennifer*

## 33<sup>RD</sup> Senior Conference sponsored by Senator Jamie Eldridge

9:00 am - 3:00 pm on Thursday, April 18th  
at Assabet Valley Regional High School

You are guaranteed to learn something new, enjoy some great demonstrations, have a complimentary health test, enjoy various entertainment options, have many chances to win a door prize, enjoy a complimentary lunch and... did I mention "freebie" which we all enjoy.

**If you would like to attend (or need transportation)  
please call the Senior Center at 508-485-6492.**

## Come play PITCH

each Wednesday at 1:30  
in the Craft Room,



Call to let us know you if you would like to join us



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

**It will be held at the Senior Center on  
Thursday, April 4<sup>th</sup> 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, 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:**

**April 2<sup>th</sup> Singing in the Rain**

**April 9<sup>th</sup> Pitch Perfect**

**April 16<sup>th</sup> Taken 2**

**April 23<sup>rd</sup> Trouble With the Curve**

**April 30<sup>th</sup> The Words**

## Bowling Trip!

**Sponsored by:**

**Fitzgerald & Collins Funeral Home**



**Where: Sawyers' in Northborough  
When: Tuesday, April 9th 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 April 16th**  
Guilty Wives  
by James Patterson

If you want to get ahead on your reading, the book for May 21st is Bloody Jack by L.A. Meyer, and for June 18th we will be reading, Looking for Salvation at the Dairy Queen: A Novel, by Susan Gregg Gilmore.

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, APRIL 10<sup>th</sup> AT 9:00 A.M.**

**AT THE COFFEE LOFT**

**406 Lincoln Street, Marlborough**



## *Computer Club*

**All welcome!**

**Friday, April 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>  
at 1:00 PM**

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



## Outreach Department

Ana Cristina Oliveira

### Staying Healthy with Medicare

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to [www.medicare.gov](http://www.medicare.gov) or see a **SHINE** counselor, **508-485-6492**.



### Supplemental Nutrition Assistance Program

The Supplemental Nutrition Assistance Program (SNAP) provides Americans struggling to make ends meet with much-needed assistance to purchase food for their families. Each month, SNAP helps 3 million low-income seniors (age 60+) put food on the table, with an average benefit of \$122/month. Unfortunately, only 34% of eligible older adults participate in SNAP, the lowest rate among all demographic groups. One barrier to SNAP enrollment is the myth that older adults are only eligible for \$16/month in benefits. While it is true that some seniors would only be eligible for that amount, many are missing out on deductions that can help establish eligibility and also increase the value of SNAP benefits dramatically.



### Who Is Eligible and What Expenses Count?

Households with an older person (60+) or a person with a disability are eligible for the medical expense deduction, which allows the elderly/disabled to deduct monthly medical expenses beyond \$35 from their gross income, as long as they are not paid by insurance or someone else. There is no cap on this deduction up to the maximum benefit amount, making it extremely valuable for those with high medical expenses. Currently, only about 14% of seniors enrolled in SNAP take the medical deduction, but 55% of SNAP-eligible seniors would qualify to use it. Even seniors enrolled in the Low-Income Subsidy for Medicare Part D (LIS), and Medicare Savings Program (MSP) may have unreimbursed out-of-pocket costs in excess of \$35 that would be eligible. Federal regulations allow many medically recommended procedures and supplies to count toward the medical deduction, including: Medical/dental care, Hospitalization and nursing home costs, costs of health insurance premiums, deductibles, and co-pays (including Medicare), dentures, hearing aids, prosthetics, cost associated with owning a service dog, eye glasses prescribed by an optometrist or specialist, transportation and lodging costs incurred to obtain medical treatment, including mileage (calculated at federal rate), home health aide, over-the-counter, and prescription drugs. To apply, and get additional information call: **1-800-645-8333**.

# REACHING OUT

\*\* SUSAN MAKI \*\*

Celebrate  
Service

**National Volunteer Week**  
**Celebrating Service**

Celebrate  
Service

This year National Volunteer Week is being celebrated from April 21-27. Established in 1974, National Volunteer Week focuses national attention on the impact and power of volunteerism and service as an integral aspect of our civic leadership. The week draws the support and endorsement of the president and Congress, governors, mayors and municipal leaders, as well as corporate and community groups across the country.

The theme this year is Celebrate Service. Celebrate Service captures the meaning of this signature week. It presents an opportunity for individuals, families, nonprofit organizations and government entities to celebrate the ordinary people who accomplish extraordinary things through service.

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## Marlborough Senior Center Volunteer Recognition

The annual Volunteer Recognition will take place on Thursday, April 25<sup>th</sup> at 12:30 at the Wayside Inn in Sudbury. This event will honor volunteers who give so much of their time to make the Senior Center a better place. All volunteers will receive invitations to this event. If you are a volunteer at The Marlborough Senior Center, and did not receive an invitation, please give Susan Maki a call at 508-485-6492. In addition, please let Susan know if you are in need of transportation to this event.



Thank  
You!  
Volunteers!

## IT'S NOT TOO LATE TO JOIN!!

### Our 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 so.

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 are held on Thursdays from 1:30-3:00**

\$3.00 donation per class requested

## “Using Humor To Heal”

**Monday, April 15<sup>th</sup> at 1:00**

We would like to invite you to a presentation that looks at using and finding humor in healing when one receives a difficult medical test result, experiences the moving of a dear friend, the loss of a loved one or overwhelming worry when facing the changes and the unknown. So, come join some friendly faces as we explore humor in our own struggles in life. Please bring something that makes you laugh, or perhaps a story if you don't mind sharing and helping someone else add a little humor in their time of need.

**Affinity Hospice** will sponsor this program at the Senior Center.

Come early and join us at 12:45 for the Blue Plate Special Lunch (only \$4.75), bring a bag lunch or simply come for the program.

**Please RSVP at the Senior Center**



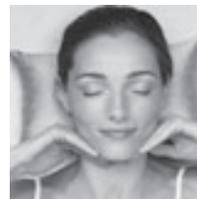
## Now for something totally NEW... FACE YOGA!

**Wed., April 24<sup>th</sup> at 10:00 am in the Craft Room**  
Sign up at the Senior Center 508-485-6492

Want to tone your face and smooth out wrinkles? We all want our face to look as good as it can and have a glowing look. Facial muscles need to be exercised as they play an important role in molding the contours of the face. We will exercise the facial muscles in a fun way to improve circulation, help smooth or keep those wrinkles to a minimum, tone the entire face and neck and relieve facial tension.

### Benefits gained from face yoga include:

- Toned, smooth and glowing skin
- Improved blood circulation to the skin
- Smoother throat and neck muscles
- Toned and firmed cheeks
- Raised eyebrows and eyelids
- Less puffiness under the eyes
- Lines in forehead become smoother



## Watercolor Classes

Come join us for this artistic and fun class  
**Mondays in April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>**  
from 1:30-3:30 in our Craft Room.

### Donation of \$3.00 for watercolor class instruction

Lavonne Suwalski is an award winning professional artist and teacher. Her 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.

For more information and to register  
call the Senior Center **508-485-6492**

**The Friends of the Marlborough Seniors**  
**Annual Pasta Dinner**

**Saturday, April 6<sup>th</sup>, 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



**Chamber Music MetroWest**  
**presents a concert of Music and Poetry**

**Thursday, April 25<sup>th</sup> at 3:00 PM**  
**at the Senior Center**

We would like to thank the Marlborough Cultural  
 Council for sponsoring this enjoyable afternoon  
 of chamber Music performed by  
**Chamber Music MetroWest.**

Come and enjoy some lemon and spice bars  
 made by one of our favorite bakers  
**Rose Cosman** and the beautiful sounds  
 of the harp, flute and other musical instruments.

**Please RSVP-508-485-6492.**



**Burger Bar Fantasy**  
**at the Epicurean Room**  
**Tuesday, April 30th at 12:00**

Now is your chance to have limitless options to put  
 on your juicy, grilled burger with more toppings  
 than imaginable.

Not a beef fan... no problem...  
 The same applies for those vegetarians with a  
 veggie burger; and for those chicken sandwich  
 lovers don't worry you have not been left out.  
 There will be chicken sandwiches although this is  
 a build your fantasy burger opportunity.

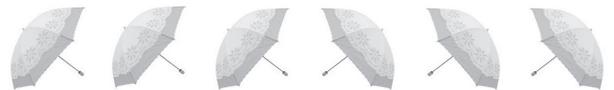
Also, there will be sides like French fries, a variety  
 of salads and other sides and a chef's selection of  
 Desserts!!!!

**It doesn't get much more fun or  
 delicious than this!**

Tickets for this fun and  
 relaxing lunch can be  
 purchased at the  
 Senior Center for \$7.00



**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 instruct  
 you on making beautiful door or wall decorations  
 for spring.

All the fun will be at  
**1:00 - 3:00 PM on Friday, April 26th.**

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

# Musical Concert

We are looking forward to having the Golden Tones with us



on the afternoon of  
**Friday, April 5<sup>TH</sup> at 1:30**  
at the Senior Center

Bring a friend and come and enjoy their new Spring series of music

Listen and sing along to some familiar tunes that remind us Spring is here.

Also, we will have angel food cake and fresh strawberries.

So please come and enjoy a relaxing and musical afternoon with us.

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



## Wednesday Lunch Bunch Health Education and Support Group for the Community

*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.

#### *In memory of Judith Walsh*

- Ann Addeo
- Peg Bouvier
- Elaine Connor
- Barbara Farrell
- Marilyn Gullotti
- Margaret Houghton
- Robert March and Diedre Flanagan
- Jeanne McGeough
- Pat Winske
- Paul and Marie Winske



- Tom Pantages
- Anne C Vigeant
- Michael & Claire Fallon

### 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**

**Wednesday, April 17<sup>TH</sup>**

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
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

***Back Yard Birding presentation and tour by Broad Meadow Brook Wildlife Sanctuary***



With spring here it is time to enjoy our beautiful New England nature outdoors. We are offering this two day program in partnership with the Educational Program staff of Broad Meadow.

**The first program, on  
 Wednesday, April 17<sup>th</sup> at 11:00  
 in the Craft Room, will be:**



**Common Birds of Massachusetts**

Learn about the local birds that can be found in your backyard through an entertaining slide show. Our naturalist will educate the audience about the natural history of our avian residents and seasonal visitors.

**The second program held on  
 Wednesday, April 24<sup>th</sup> at 7:00 am  
 will be at the Mass Audubon  
 Broad Meadow Brook Sanctuary**

where we will use what we learned from the Common Birds of Massachusetts as we enjoy a **Bird Walk at Mass Audubon Broad Meadow Brook**. Come discover the immense variety of birdlife that exists at this large urban sanctuary. Our Naturalist will teach you the basics of birding and bird identification during this easy walk along our trails.

**Bird walk and transportation will be \$12.00.  
 RSVP to the Senior center (508-485-6492)**

**This event is limited  
 to 12 people.**



**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, April 6, 2013.  
 Second Saturday date for work is April 13, 2013**

**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  
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**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 April 8, 2013
- Monday May 6, 2013
- Monday June 10, 2013
- Monday July 8, 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 \_\_\_\_\_