

# Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 6 Issue 10 June 2013



## Mayor's Corner

It has been a busy spring season in the City of Marlborough. Below are a few brief items of note that may be of interest to you.

The annual city budget process was completed on May 20<sup>th</sup>. The City Council held several efficient and informative budget hearings that went into great detail on where our tax money is being spent. The final bud-

get that was passed was a true team effort. I commend the City Council for their hard work, tough questions, and for partnering with me to develop a budget that meets the needs of our community.

One of the new programs established in our budget is a K-9 program within the Marlborough Police Department. This program will utilize the services of highly trained dogs for investigations and apprehensions. The City Council and I believe this program will be a tremendous benefit that will provide our Police Department an additional tool to fight crime and keep our city safe.

The City is regrettably losing the services of two longtime employees to retirement this year. City Comptroller Tom Abel began his tenure with the city in 1994 and has been a key component to the city's financial stability over the past two decades. Principal Clerk Regina Cahill is concluding a remarkable 52 year career with the City that began on October 10, 1960. Regina's elegant and kind nature will be sorely missed in City Hall. I wish them both well as they begin a new chapter in their lives.

Richard Langlois, our new School Superintendent, will take over on July 1<sup>st</sup>. I look forward to working with him to strengthen our school system. I also want to thank Dr. Steve Dlott for his outstanding service as our Interim Superintendent the past nine months.

Best wishes for a continued happy spring season!

Sincerely,

## MEN'S GROUP EVENT Clanking, clamoring, rattling allowed... and Road food, too!

**Thursday, June 20th,  
leaving the Senior Center at 11:00 am**

Can you guess where we are going? The Higgins Armory Museum and Coney Island Hot Dogs. Come enjoy a viewing of the impressive castle that houses a prized collection of armory. Consisting of some 4000 pieces in all, the collection includes major examples of armored suits and weapons dating back to Ancient Egypt.

Before our tour of the museum we will enjoy lunch at Coney Island Hot Dogs, where you can get a hot dog or two at the most affordable price of \$1.15. If you would prefer other sandwich options, they are available at this popular landmark.

Lunch will be Dutch treat, but the Center will pick-up a treat from their famous "chocolate bar" (shh., no one will know except your buddies on this trip.)

Trip cost will include museum admission, chocolate bar treat and transportation - all for the price of \$20.00.

**Please RSVP to the Senior Center (508-485-6492).**



**Marlborough Council on Aging Mission Statement**  
"It is the mission of the Council on Aging & Senior Center to promote healthy, successful aging and to enhance the quality of life for Marlborough's senior citizens 60

## News from the Friends of the Marlborough Seniors

**Introduction to Reiki Therapy**  
**Relax and Refresh**  
 with Sandra Castelluccio

**Friday, June 14<sup>th</sup> at 2:30**  
**RSVP to 508-485-6492**

**This program is being brought to us by**  
**Peoplefirst Homecare**

Reiki is a Japanese technique for STRESS REDUCTION and RELAXATION. It is administered by "laying on hands" or "hands off" with the positive intention to connect and enhance the unseen "life of energy" that flows through each of us.

Come try this Japanese experimental seminar and leave with new techniques for reducing your stress level and obtaining more happiness and better health.



**Kimball Farm, Lancaster**  
**Yeah, let's go!**



**Tuesday, June 18<sup>th</sup>**  
**leaving the Senior Center at 11:00**  
 Transportation will be provided.

Let's go back and enjoy a scrumptious lunch at the Outdoor Grill and Seafood Shack. Enjoy a mouth-watering fresh fish platter, fried scallops, hamburger, corn on the cob, but save room for dessert!

Lunch is on you and we will treat you to an ice cream.

**To get on the fun bus to Kimball Farm and a complimentary ice cream the cost will be \$12.00.**

**Please RSVP to the Senior Center (508-485-6492)**

Great fun, food and as we all know great ice cream.  
 We hope you can come.

Go to:  
[www.kimballfarm.com](http://www.kimballfarm.com) for menu viewing



**Coming in July!**

Please help us welcome  
 Podiatrist, **Dr. Greg Cormier.**

Dr. Cormier will be at our Senior Center starting on Tuesday, July 2nd from 1:30 pm - 4:00 pm and coming every five weeks after.

Services provided by the podiatrist at the Senior Center will include: Nail trimming, treatment of corns and calluses, and screenings for problems that could require further foot care. A **\$25.00** charge is to be paid to the doctor at the time of the appointment.

**Please call the Senior Center at (508) 485-6492**  
**to schedule an appointment**

**It is time to celebrate those with**  
**birthdays in January-May!**

**Thursday, June 27<sup>th</sup> at 12:30**



**Stephen Anthony's will host our birthday luncheon.** Please join us in their special window-filled function room overlooking Hager pond.

**Our menu will include your choice of:**

- Baked Scrod with Rice or,
  - Chicken Supreme (breaded chicken with a creamy chicken gravy) with mashed potato
- Both come with vegetable medley, salad, beverage and special birthday cake for dessert

**For those with birthdays during these months, this event will cost \$5.00.** For others who would like to be a part of our birthday celebration, the cost will be: **\$10 for Friends Members and \$12 for Non-Members.**

**RSVP to 508-485-6492 to reserve your seat**

## From the Director

### Special gifts to our Senior Center

Each week/month we have several senior center participants who coordinate classes for all to enjoy. Sometimes it is easy to take these individuals for granted because you know you can always rely on their leadership and commitment. I would like to say a special thanks to the following volunteer instructors: **Peg Bouvier, Sheila Brecken, Peggy Cahill, Judy Jewett, Richard Mahoney, Bob Marcotte, and Jeanne McGeough.** This past month has been about the influence of seniors and their contributions to the betterment of society. I want to thank each of you who take the time to volunteer your skills, time, and service to our center and to others in our community who need a helping hand. I would also like to thank **Brenda Diaz**, Director of Community Relations for **Wingate Healthcare**, for donating the floral centerpieces for the Mother's Day Luncheon.

Have you heard? The Coffee Bar is now open in our front lobby thanks to our generous partners at **Fitzgerald and Collins Funeral Home** who donated the coffeemaker and will be supplying some of our coffee, and **Christopher Heights**, who has graciously donated 3000 cups, lids, and stirrers and who also sponsor our "First Friday, Big Cookie Day," Yum, Yum. Speaking of the Coffee Bar, we want to thank our very own volunteer, **Ellen Bonetti**, for giving our center the beautiful antique coffee cart that belonged to her mother. As **Peggy Cahill** so aptly said, "This cart is just perfect for our needs."

As the Director of the Center, it is wonderful to have city departments, people and businesses in our community willing to help with a need we may have at our center. A special thanks to our **Housing Department** for supplying the flowers for the planters at the front Entrance to our Center, and to **Richard Cygan** who did the actual planting. Also, thank you to **John Ghiloni** who helped with our picnic at Jericho Hill. All these special efforts allow our Center to offer more and varied opportunities which are great for all who participate.

I also want to wish **Tom Abel**, City Comptroller, the very best in his retirement. Tom was always willing to help figure out a finance matter, provide grant guidance and be of assistance whether it was convenient for him or not.

I also want to bring to your attention to a new event and fundraiser for our Center! Thanks to the Senior Center's **Multicultural Club**, as well as several Marlborough businesses, we are looking forward to having our first **Festa Junina** here at our Center in June. Please be sure to look for more information in this newsletter.

Lastly, I would like to close with a fond farewell to a dear friend, **Ceil Sharon**, who inspired so many to exercise and take care of themselves inside and out. She truly had the hearts of many at our center. We are so appreciative to her for making us better zumba and line dancers, exercise lovers, and much more. Thank you, Ceil, what a gift you have given to so many in our community.

*Jennifer* 

## SAVE THE DATE TO:

### Travel the Charles River by riverboat

**Friday, July 19<sup>th</sup> at 8:30 AM to 2:30 PM**

This 90-minute tour offers spectacular views of historic and contemporary architecture along Boston Harbor, the Charles River Locks, and the Charles River Basin. This will be a narrated tour and will include landmarks such as Marriott's Custom House, the Prudential Building, and the Hancock Tower, as well as cutting-edge contemporary design by today's top architects. You will also learn about the Charles itself, its history and what gives it its unique character.

We will have lunch at Faneuil hall where you can choose from a wide variety of restaurants and eateries.

The Riverboat experience will include admission and transportation for \$35, while lunch will be on you.

Call or come into the Senior Center (508-485-6492) soon to reserve one of the 40 seats available on this trip!



CHARLES RIVERBOAT  
COMPANY



Dear Friends,



I would like to invite you to attend our Friends' Board meeting in June. Our next meeting is open to any member of the Friends. We welcome you to hear what we are planning for the year, ask questions, and volunteer for our fund raising events. The meeting will be held on Thursday, June 6<sup>th</sup> from 3:00pm to 4:00pm at the Senior Center.

Thank you.

Sincerely,  
Tammy

Tammy Pozerycki, President  
Board of the 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:**

- June 4<sup>h</sup>      This is the Army**  
**June 11<sup>th</sup>     Darling Companion**  
**June 18<sup>th</sup>     One for the Money**  
**June 25<sup>th</sup>     A Little Bit of Heaven**

## Bowling Trip!

**Sponsored by:**

**Fitzgerald & Collins Funeral Home**



**Where: Sawyers' in Northborough**

**When: Tuesday, June 11th 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 June 18th**

Looking for Salvation at the Dairy Queen: A Novel  
by Susan Gregg Gilmore

If you want to get ahead on your reading, the book for July 16th we will be reading is The Woods, by Harlan Coben, and for August 20th we will read, The Gilly Salt Sisters: A Novel, by Tiffany Baker.

All are welcome to join this fun group of book lovers.

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

There will be a

**FRIENDLY VISITORS MEETING**

**WEDNESDAY, JUNE 12<sup>th</sup> AT 9:00 A.M.**

**AT THE COFFEE LOFT**

**406 LINCOLN ST, MARLBOROUGH**



## *Computer Club*

**All welcome!**

**Friday's at 1:00 PM**

The **last session** of Computer Club for this season will be on **Friday, June 14, 2013.**

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



# Outreach Department News

**\*\* Ana Cristina Oliveira \*\***

This past month the Latino seniors established a name for their group:  
**“VIVA MELHOR”** which translates to **“LIVE BETTER”**.

The Latino seniors are strongly committed to help with fundraising efforts to support the Senior Center and have taken the initiative to organize a “Festa Junina” (June Party) at the Senior Center. They plan to help raise funds to support existing programs, and hope to organize additional trips and fun activities in the future.



June Parties or “Festas Juninas” as they are known in Brazil, are parties held throughout the month of June to commemorate the religious Saint’s such as: John, Peter, and Anthony (depending on the region of the country). Brought to Brazil by the Portuguese when colonizing the country in the early 1500’s, these celebrations include: dance (square dance), eating, and drinking, in addition to costume wearing.

**Our “Festa Junina” fundraiser has been scheduled for: Saturday, June 22th from 6:00 pm - 9:00 pm**  
**\$3.00 entrance tickets will be available at the Senior Center and food tickets will be sold at the event**

Food for sale will be traditional Brazilian food, including:

- **Corn on the cob**
- **Canjiquinha** (Prime rib with hominy (soup))
- **Broa** (Yellow bread made from maize and wheat flour and eggs)
- **Caldo de Feijão** (Beans soup)
- **Caldo fe frango** (Yucca chicken soup)
- **Pé-de-Moloque** ( a Brazilian peanut sweet, sort a mix between fudge and brittle).
- **Canjicão** (Semi-sweet dish made with milk and hominy, peanuts & condensed milk.
- **Popcorn/ Cotton Candy**

**We hope we see you for a night of fun in support of our Senior Center!**

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## Medicare Fraud and Abuse

While most Medicare payment errors are simple billing mistakes, Medicare Fraud and Abuse does exist. **Fraud** occurs when someone **intentionally** falsifies information or deceives the Medicare Program. A common example of fraud is knowingly billing Medicare for services or equipment that were never provided or received. **Abuse** occurs when doctors or suppliers do not follow good medical practices. These practices may result in unnecessary costs to the Medicare Program for services that are not medically necessary.

You can help stop fraud by reviewing your Medicare statement (Medicare Summary Notice – MSN) to make sure Medicare is not charged for items or services you did not receive. The MSN shows what Medicare was billed, what Medicare paid and what you may owe. If you have a question or concern regarding a Medicare claim, you should first discuss it directly with your physician, provider, or supplier that provided the service.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements and report fraud and abuse to the proper authorities. You can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

# REACHING OUT

\*\* SUSAN MAKI \*\*

## The Worcester Art Museum

**The Marlborough Senior Center is planning a trip to the Worcester Art Museum on Wednesday, June 5<sup>th</sup>, leaving the Senior Center at 11:00 am**



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.



It is a long-held truism of art history that representational artists often invent figures that look like themselves. "Portrait of Artists" will present sixty photographic portraits chronicling over a century of American and European artists.

Those who sign-up for the trip to the Worcester Art Museum are free to view the collection at their leisure, or rent a self-guided audio tour. **The Museum Café** serves lunch between the hours of 11:30-2. If the weather is nice, lunch is served in the outdoor courtyard. You do have the option of bringing your own lunch and eating in the lobby.

**The cost of the trip is \$30.00 which includes the bus ride and admission to the museum. Sign up at the Senior Center (508-485-6492) if you are interested in joining us for this fun and informative day.**

**Marlborough Schooner sail: Ahoy from Gloucester!**

**Friday, June 28<sup>th</sup> 8:30 AM  
\$64.00**

(Includes, transportation, sail and lunch incl. tax and tip)

A wonderful maritime experience. Relax and unwind on the 65 foot **Schooner Lannon**. Eleventh generation American boat builder **Harold Burnham** built her in Essex in 1997. Most of the wood was locally grown. So come join Tom, his wife Kay and their crew as they unfurl the sails and navigate this wonderful vessel.



**Enjoy a relaxing 2 hour sail** with snacks and drinks available on board.

Have lunch at the **Seven Sea Wharf** at the **Gloucester House Restaurant**.

**Menu choices** are Shrimp Po-Boy Sandwich, Grilled Chicken Sandwich, or Rum Runner Burger with sides of Coleslaw and French Fries, and top it all off with a beverage and Grapenut Custard... **DELICIOUS!**

**RSVP to the Senior Center (508-485-6492) if you would like to join us on this exciting adventure!**

**Former Stevens Field Players!!!!**

Tighe Dorcey, a Marlborough High School student, is making a short documentary about **Stevens Field** for the Marlborough Historical Society.

He is looking for your memories of playing on the field. If you would like to share such memories and anecdotes please call:



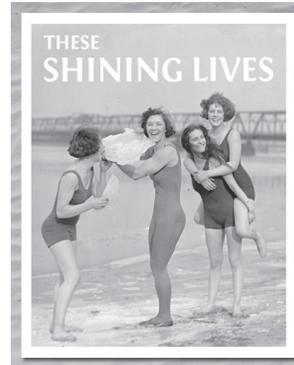
**508-251-0260  
to set up an appointment!**

**Join us for our next theater trip:  
These Shining Lives**

**Wednesday, June 12 - Stoneham Theatre  
10:30 am \$41.00 per person**

**A spellbinding story based on real facts!** In the 1920's young ladies were hired to paint the numbers on watch faces at the Radium Dial Watch Company. Many became ill from the paint. This is the story of four very

courageous ladies who stood up to the employers who endangered their lives.



There will be a lunch stop before the theater (paid on your own).

We are doing this trip with the **Sudbury Senior Center** and we have 14 seats available. So, call quickly to reserve your seats!

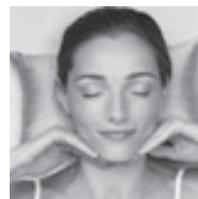
**RSVP to the Senior Center at 508-485-6492 to save your seat!**

**JOIN US FOR THIS POPULAR CLASS  
FACE YOGA**

**Fri., June 14th at 1:00 am in the Big 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

Donations encouraged for this special class.



## Chronic Pain Self-Management Program

**Mondays, June 3, 10, 17, 24  
and July 1 and 8 at 1:30 pm to 4:00 pm.**

The Chronic Pain Self-Management Program (CPSMP) is a program developed by Stanford University to provide people living with a primary or secondary diagnosis of chronic pain such as: fibromyalgia, muscular-skeletal pain, whiplash injuries, post-surgical pain, neuropathic pain, chronic headaches and other chronic pain conditions with helpful information and skills development activities provided in a supportive and highly interactive workshop setting.

Workshop participants spend 2 hours, once a week for six weeks learning skills to overcome barriers to managing their health and to enhance their ability to remain active in their lives including:

1. Techniques to more effectively manage frustration, fatigue, isolation and poor sleep
2. Appropriate exercise for maintaining and improving strength, flexibility and endurance
3. Appropriate use of medications
4. Techniques to enhance communication with family, friends and health professionals
5. Nutrition
6. Pacing activities, rest and relaxation
7. Problem solving and action planning
8. How to evaluate new treatments.

Participants will also receive the CPSMP workbook, the MEP exercise CD and the book, "Living a Healthy Life with Chronic Conditions" while attending the CPSMP workshop. The goal of the CPSMP is to teach people to be active self-managers of their chronic pain condition.

**RSVP to 508-485-6492 to reserve your seat!  
Donation-\$5.00 for 6 week course**

## The Walking Wonders

Come join the "Walking Wonders" for a trek around Ghiloni Park.

We will meet at Ghiloni Park in the parking lot by the playground.

**Walking days are  
Mondays and Wednesdays at 8:30 am.**

If you need a ride, we will meet in the lobby of the Senior Center at 8:15 am.

Please call the Senior Center at **508-485-6492** if you would like to join us for some fresh air and exercise.



## Crafting with the Marlborough Senior Center's own Dynamic Duo!

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

Join this fun and creative duo as they show you how to make a beautiful spring decoration.

All the fun will be at  
**1:00 - 3:00 PM on Friday, June 28<sup>th</sup>.**

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



## 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, June 19<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

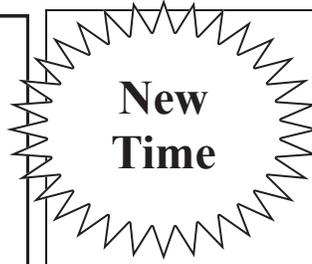
**Friends of Marlborough Senior Officers –**

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



**MONDAY  
 BLUE PLATE SPECIALS**

In June we will be offering the following  
**Blue Plate Lunches** Mondays at **12:30 PM**

- June 3<sup>rd</sup>** Boston Market caters lunch at the senior center. Lunch will include: Rotisserie turkey with sweet potato casserole, cream spinach and corn bread. Cost is \$5.00
- June 10<sup>th</sup>** Dino’s \$8.00 includes: salad, entree choice of Haddock, Eggplant Parmigiana or Chicken Piccata choice of potato, vegetable or pasta and a beverage. Several chances to win a free dessert. 20 seats are available as we will be going to the restaurant
- June 17<sup>th</sup>** Summertime BBQ: hamburgers and hot dogs on the grill with all the fixings, potato and pasta salad and some sweet summery dessert . Right here on the “patio” at the Center and put on by Ana Cristina and Tina. Cost is \$5.00
- June 24<sup>th</sup>** Brazilian chicken, black beans and rice, fried plantains, salad and Flan made by Ana Cristina Oliveira and Amigos Cost is \$5.00

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

**508-485-6492**

## 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 furniture and/or small household items or clothing, we will gladly accept and recycle these items to those experiencing hardship. In some instances we may be able to provide furniture for seniors who qualify via a voucher program.

**Requests must be received by Saturday, June 1st, 2013.  
Second Saturday date for work is June 8th, 2013**

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



## COMING THIS FALL

### New Senior Pilates Class

**Tuesdays 11:15am-12:15pm, Starting Sept 3**

Pilates strengthens the core, which consists of abdominals, back & hips.

The easy to follow exercises are performed on a mat, on the floor. They are completed slowly, focusing on proper form. Each class will begin & end with gentle yoga stretches. In order to participate in this class you must be able to get down onto the floor and back up.

Classes taught by **Lorna Rousseau**, fitness instructor/personal trainer with over 23 years in the industry.

## 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*

**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 June 10, 2013
- Monday July 8, 2013
- Monday August 12 2013
- Monday September 9 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 \_\_\_\_\_