

Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 7 Issue 10 July 2013



Mayor's Corner

By the end of June we will have wrapped up the inaugural year of the Senior Tax Work-Off Abatement Program to the City of Marlborough. This program allows Marlborough seniors over the age of 60 to perform services in exchange for a reduction on their property tax for up to \$1,000.

The responses to this program both from the participants as well as Department Heads have been outstanding. Several seniors worked as greeters on the first floor of City Hall, providing needed direction to those entering the building looking to do business. Others worked in the Department of Public Works and Housing Division assisting the clerical staff and handling constituent inquiries. In fact, several of our participants enjoyed their "job" so much that several stayed on and worked a little extra to finish off the projects they were working on.

And therein lies one of the most important yet hidden benefits of this program: pride. Our participants took great pride in coming into City Hall and playing a small role in assisting their fellow residents in a variety of ways. I'm grateful for their efforts and volunteer hours and thankful to the City Council for their strong support of this program. The application process for the second year of this program will launch sometime in August so stay tuned for future updates.

Our city is fortunate to have so many things to be proud of and I'm happy to say we just added one more item to the list.

Sincerely,

Come learn about a new program and volunteer opportunity that the senior center will be offering!

It is called the **Senior Mobile Market**

This program will be led by the United Way of Tri-County's Marlborough Community Cupboard, in partnership with Bay Path Elder Services and the City of Marlborough's Senior Center.



The COA staff will host a meeting on Monday, July 22nd at 2:00 pm for those who want to learn about the program and volunteer opportunities.

Come learn more about how this program works: You will set up an appointment, at which time someone will assist you with paperwork. They will help you fill out your checklist with foods that you would like to receive including *non-perishables and fresh produce, meat, and dairy!*

Food will be delivered to your door each Thursday.

Someone will assist you with putting groceries away if necessary

The program is available to those who are unable to leave their homes to go grocery shopping **and** who qualify to receive USDA commodity foods under The Emergency Food Assistance Program, or the following: Food Stamps/SNAP, AFDC, WIC, Welfare, Medicaid, SSI, Head Start, Fuel Assistance, or Veteran's Aid.

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

Hello Everyone,

On behalf of the Board of the Friends of Marlborough Seniors, we would like to encourage you to purchase tickets and attend our next fundraising event.

MAIN STREET FAMILY FAIR

Saturday, August 3, 2013

12:00 to 2:00pm at Marlborough Senior Center

Food, Fun, Games, Prizes, and Entertainment

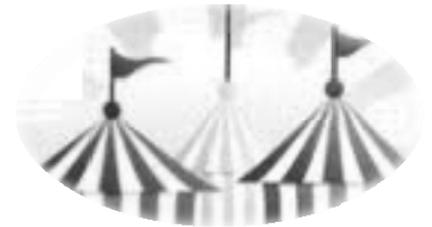
Tickets go on sale on Wednesday, July 17th at the Senior Center office.

\$5.00 per person or a maximum of \$15.00 per family

This is for the whole family!

We hope to see you there.

Thank you,
 Tammy Pozerycki, President
 Board of The Friends of the Marlborough Seniors



Come on and join us for a Fish Fry

Let's enjoy some good southern "cookin" at the Marlborough Senior Center with **Chef Wilson and Kerri Baltramaitis**, Hospitality Instructor, from the **Epicurean Room**.

(Did you know that Chef Wilson is also from the south?)

Tuesday, July 30th at 12:45 pm

I guarantee "ya" the food will delight your soul.

Fish Fry menu:

Medium white fish (Haddock or Scrod), cole slaw, baked beans, corn fritters, hush puppies and Rose Cosman's Strawberry Jell-O Trifle.

We can't forget music from western recording artist Lyle Pierce.

So come on "y'all" and let's enjoy a good "ole" fish fry and some foot tapping music together.

Tickets to Fish Fry are \$13.00

Get 'em at the Senior Center (508-485-6492)

Calling all those who Knit and Crochet!

We are looking for a few Prayer Shawls for our ill friends, if you could help, we will have a few patterns available at the Center.

You are all so wonderful when we ask for help !

Thank you in advance,

The Knit, Crochet Group



From the Director

A memorable night at the Cummings Foundation 2013 Grantee Reception

Several weeks ago I received a call from **Ginger Ryan, the Marketing Director from New Horizons**. She asked me if I would be in that afternoon because she wanted to stop in and see me. On her arrival she was carrying an envelope which was an invitation to the **Cummings Foundation Grantee Reception for 2013**. The invitation congratulated our Center for being a recipient of a grant for **\$100,000** which we applied for in June for our new senior center. I was ecstatic to actually see something I writing congratulating us on our recent "dream" grant.

The invitation allowed me to invite one person and I chose **Lydia Whitcomb** because she is active in our center, a resident of New Horizons a Cummings Foundation property and a board member of the Friends of the Marlborough Seniors which will be our fiscal agent in disbursing these funds for so many wonderful opportunities for our center.

On the evening of June 19th I went and picked up Lydia who looked very pretty in her blue dress as we rode, rode and... rode to Woburn leaving at 4:45 and not arriving at the TradeCenter 128 until 6:30. On our drive we laughed because of the many twist and turns as well as slow traffic. Most memorable was Lydia's comment "Jennifer, we have not seen a sign for Woburn yet." Eventually, after our 1 ½ hour drive, "Woburn" appeared. We arrived a little late, but near the entrance **Robert O. Conner, the Executive Director of New Horizons**, greeted us with a smile. He escorted us to the front row where we were able to hear and see the speakers perfectly. A true gentleman he attended to us as we took in the awesome experience of hearing past grantees speak about how they had used their funding through the Cummings Foundation. Later in the evening Lydia and I both spoke to **Mr. Cummings** and thanked him and his wife for their needed and greatly appreciated seed funding for our "new senior center, or for many, second home." Before we left we had our picture taken with the Executive Board of the Foundation.

As we were escorted to the car, **Bob O'Conner** explained a quicker way to get back to Marlborough. I recall Lydia, saying, "Jennifer isn't that the exit we need to take" and I looked quickly and I said, "oops, I think

so". We quickly put on the GPS. As the exit we needed was approaching, Lydia stated, "Jennifer, how are you going to make that exit if you're going 100 miles an hour?" I quickly looked at my speedometer and said, "Lydia we are not going 100 miles an hour!" We both laughed all the way home reminiscing about this special and most meaningful night for our Marlborough Senior Center.

I would like to thank Mayor Vigeant for passing on this grant opportunity to me. Thanks to Trish and Mike from the Mayor's office for consulting with me on this funding application. I was fortunate to have Tina Nolin assist me in compiling the application and necessary support documentation. Great Team Effort!

In closing, I look forward to working with the Friends of the Marlborough Seniors in expending these most needed funds as specified in our grant. What a joy!

Jennifer 



Taking August Appointments

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

Dr. Cormier will be at our Senior Center on Tuesday, August 6th 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



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:

- July 2nd My Fair Lady: Special Edition**
 - 1964, rated G 172 min., 4.1 stars
 - Musical
 - Audrey Hepburn, Rex Harrison
- July 9th Lincoln**
 - 2012, rated PG-13, 150 min., 3.8 stars
 - Drama
 - Spielberg film, Daniel Day-Lewis, Sally Field and an all star cast
- July 16th Hope Springs**
 - 2012, rated PG-13, 100 min., 3.4 stars
 - Romantic Comedy
 - Meryl Streep, Tommy Lee Jones, Steve Carell, Jean Smart
- July 23th Zero Dark 30**
 - 2012, rated R, 157 min, 3.8 stars
 - Drama, Military & War Action
 - Jessica Chastain, Jason Clarke
- July 30th Skyfall (007 movie)**
 - 2012, rated PG-13, 143 min., 3.9 stars
 - Action & Adventure, Espionage
 - Daniel Craig, Judi Dench, Ralph Fiennes

Bowling Trip!

Sponsored by:

Fitzgerald & Collins Funeral Home



Where: Sawyers' in Northborough

When: Tuesday, July 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 July 16th
The Woods
 by Harlan Coben

If you want to get ahead on your reading, the book for August 20th is, The Gilly Salt Sisters: A Novel, by Tiffany Baker and for September 17th we will be reading True Blue, by Luanne Rice

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

For more information call: 508-485-5580

JULY MEN'S EVENT



COME JOIN US FOR A DAY AT MCCOY STADIUM
WATCHING THE PAWSOCKS PLAY BALL AGAINST THE NORFOLK TIDES!

Wednesday, July 31st 10:30 am

We will have Box Seats, so we'll have a great view AND be in the shade!

The Pawtucket Red Sox are the minor league baseball Triple-A affiliates of the Boston Red Sox and belong to the International League, of which they are the current defending champions

Come on out for some great sport, fun food and socializing!

Cost is

\$35 and includes transportation and ticket.

Please RSVP to the Senior Center or call us at 508-485-6492



La Cage Aux Folles
Weds., September 25
at
North Shore
Music Theater
\$78 per person

After twenty years of bliss, Georges and Albin, two men partnered for better-or-worse, get a bit of both when Georges' son announces his impending marriage to the daughter of an ultra-conservative politician. Further complicating the situation, Albin and Georges run a drag nightclub in St. Tropez, where Albin is the star performer 'Zaza.'

SONGS INCLUDE: I Am What I Am • La Cage aux Folles • We Are What We Are • The Best of Times • (A Little More) Mascara • With Anne on My Arm • Song on the Sand • Look Over There

**Come into the Senior Center to reserve your seat
508-485-6492**



How to make healthy side dishes and shop healthy...



Please join

Karen White, Nutritionist/Dietician at Hannaford's for a presentation on how to make healthy side dishes. She will demonstrate helpful cooking techniques and talk about the healthy food products needed to make these sides and... you will get to enjoy them first-hand.

A "grocery store tour" to point out the health benefits of each food group (outside aisles of the store)... and a lesson on reading a food labels will also be offered following the Healthy Side Dish Seminar for those who are interested

To participate in this informative program on

Wednesday, July 17th at 11:30

please RSVP to the Senior center 508-485-6492
This event will be at the Hannaford's store at
193 Boston Post Road W in Marlborough

(PS: Please don't forget your COA Staff
when you make those sides on your own)

REACHING OUT

**** SUSAN MAKI ****

Tower Hill Botanic Garden

Tower Hill Botanic Garden officially opened in 1986. Tower Hill is the first and only comprehensive botanic garden in New England. Tower Hill Botanic Garden is a year-round display of the finest plants for cultivation in Central Massachusetts. Carefully planned gardens and trails enhance the natural features of this beautiful 132-acre property. Two conservatories - the Orangerie and the Limonaia, display non-hardy plants in winter, with blooming flowers in every season.

Tower Hill's Alice Milton Gallery features the work of local artists who have been inspired by the gardens and nature. The artist who is being featured in July is Jonathan David MacAdam, an internationally known artist who was born in London and lived there ten years before coming to the U.S. MacAdam's exhibit will feature recent paintings which are reflections at dusk on gardens and fields.

The Marlborough Senior Center is planning a trip to Tower Hill on **Wednesday, July 24th**. The bus will be leaving at 10:30 and the **cost of the trip is \$15**. Lunch may be purchased in the Twigs Cafe'. You may also bring your lunch and eat inside at the Orangerie or Limonia, or outdoors overlooking the beautiful gardens. Please call the Senior Center at 508-485-6492 if you are interested in this trip.

The Senior Mobile Market Program

The United Way of Tri-County's Marlborough Community Cupboard in partnership with BayPath Elder Services and the City of Marlborough's Marlborough Senior Center formed The Senior Mobile Market Program. The Senior Mobile Market is a program to increase the levels of food assistance among homebound seniors through a weekly delivery of fresh and non-perishable groceries right to the seniors door. "This food initiative will simply allow members of our community to stretch their limited income so they will not "go without" in addition to transporting food directly to a senior's home if there is a transportation hardship," said Jennifer Claro, Director of the Marlborough Senior Center. Applicants must meet income guidelines in order to be eligible for this program.

Additional volunteers are needed to help with stuffing the grocery bags on Wednesday evenings and drivers are needed on Thursday mornings between 9am and 11am for delivery from the Marlborough Community Cupboard. For more information, please contact Barbara LaGrenade at Barbara.lagrenade@uwotc.org or call (508) 481-4080.

Friendly Visitor Clients

We have several Friendly Visitor volunteers who are in need of clients. Friendly Visitors visit elders in the community who are isolated and lonely and in need of companionship. They can go for walks together, play cards or games, or just sit and talk. If the client is mobile, and the volunteer is willing to drive, they can go shopping or out to lunch. If you think that you could benefit from a friendly visit, or you know someone else who would enjoy a visitor please call Susan Maki at 508-485-6492.

There will be a

FRIENDLY VISITORS MEETING WEDNESDAY, JULY 10th AT 9:00 A.M.

AT THE COFFEE LOFT 406 LINCOLN ST, MARLBOROUGH



**A summer afternoon
at the
Senior Center Theatre**

“Atticus”

Thursday, July 25th at 2:00 pm

Theatrical Performance Professional actor
Richard Clark will present “Atticus,” a
one person play
dramatizing the events of Harper Lee’s well
known American Classic,
“To Kill a Mocking Bird”

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

*This performance was made possible with
funding by the Marlborough Cultural Council.*

Refreshments provided

**Museum of Russian Icons
TUESDAY, JULY 16th at 11:30**

Founded by Gordon B. Lankton in 2006, the Museum of Russian Icons presents a fascinating combination of history, art and religion under one roof. The museum houses the largest collection of Russian icons in North America.

From the Byzantine era onward, icons have been painted on carefully prepared wood panels depicting scenes and figures from the scriptures, and are venerated as sacred objects within Orthodox Christianity. The Museum’s mission calls for the appreciation and study of Russian culture through “icons and related objects.”

One exhibit entitled “Matryoshka: The Russian Nesting Doll, on loan from the Museum of Russian Art in Minneapolis, includes 83 sets of Matryoshkas, or hand painted, hollow wooden dolls that stack, or “nest,” within one another in decreasing sizes. They have become iconic symbols of Russian culture and popular souvenirs.

Cost of the trip is \$15.00

A group tour will be offered at 1:00 which will cover the history of the Museum, background of iconography, and highlights of the collection. You can bring your lunch and eat in the Russian Tea Room, where you can purchase tea and special Russian desserts.

**If you are interested in this trip, please contact
the Senior Center by July 9th.**

**CHRISTOPHER HEIGHTS
INVITES YOU TO WEEKEND MOVIES**

**Every Saturday afternoon at 2:00pm
Christopher Heights, 99 Pleasant St. Marlboro
In the Media Room, 1st Floor**



July’s movies are:

7/6 Larry Crowne - 2011, PG-13, 99 minutes
Starring: Tom Hanks, Julia Roberts

7/13 Last Man Standing - 2011, NR, 88 minutes
Starring: Anthony Michael Hall, Catherine Bell

7/20 The 5th Quarter - 2010, PG, 90 minutes
Starring: Ryan Merriman, Aidan Quinn

7/27 Lake Effects - 2012, NR, 100 minutes
Starring: Scottie Thomson, Jane Seymour

***Please be sure to stop at the front desk and sign in,
then sign out when leaving. Thank you**

FACE YOGA CLASSES TO CONTINUE

**Fri., July 19th at 1:00 pm in the Big Room
Sign up at the Senior Center 508-485-6492**

**Cost of the class for the summer months is \$3.00 paid
directly to the instructor on the day of the class**

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 from face yoga include:



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



FIND US ON THE WEB!

Did you know you can read and print a copy of the newsletter on line?

Type in: **www.marlborough-ma.gov** into your browser and then find the “**Quick links**” section on the page and click on **Senior Services**
OR

We are happy to email the newsletter to you just call us at the Center 508-485-6492 and give us your email.

FREE FUN FRIDAYS!

60 MUSEUMS & CULTURAL VENUES
six venues will be open for free each week

More info online at:

<http://www.highlandstreet.org/freefunfridays.html>

Free Fun Fridays

Friday, July 05, 2013

Mass Audubon's Boston Nature Center (*Mattapan*)
Cape Cod Museum of Art (*Dennis*)
Martha's Vineyard Museum (*Edgartown*)
Children's Museum at Holyoke (*Holyoke*)
Volleyball Hall of Fame (*Holyoke*)
Peabody Essex Museum (*Salem*)

Friday, July 12, 2013

Museum of Fine Arts (*Boston*)
Larz Anderson Auto Museum (*Brookline*)
Cape Cod Children's Museum (*Mashpee*)
Pilgrim Hall Museum (*Plymouth*)
Museum of Russian Icons (*Clinton*)
Jacob's Pillow Dance Festival (*Becket*)

Friday, July 19, 2013

JFK Library & Museum (*Boston*)
Reagle Music Theatre (*Waltham*)
Buttonwood Park Zoo (*New Bedford*)
Danforth Art (*Framingham*)
Hancock Shaker Village (*Pittsfield*)
Garden in the Woods (*Framingham*)

Friday, July 26, 2013

Commonwealth Shakespeare Company (*Boston*)
New England Historic Genealogical Society (*Boston*)
American Textile History Museum (*Lowell*)
Children's Museum in Easton (*North Easton*)
Amelia Park Children's Museum (*Westfield*)
Higgins Armory Museum (*Worcester*)

A BIG THANK YOU!!

To our generous sponsors
for the Annual Spaghetti Dinner
held at the Senior Center

Shaw's in Sudbury
Walmart in Hudson
Sudbury Farms
Christmas Tree Shops
BJ's in Hudson

The meal was delicious and their contributions
very much appreciated.



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.



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, July 17th

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



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

- July 1st** NO MONDAY LUNCH
- July 8th** From KFC - Fried Chicken, Cole slaw, Mac and Cheese, Potato wedges and Biscuit. Cost is \$5.00
- July 15th** Ham and cheese quiche, Caesar salad and strawberry shortcake (TJ's). Cost is \$5.00
- July 22nd** Eggplant Parmigiana and pasta (TJ's) Cost is \$5.00
- July 29th** Let's go to JP's in Westborough. Lunch is on you, but we will take you for \$10.00. Bus will leave the Senior Center at 11:00 (40 maximum)

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

COMING THIS FALL

New Senior Pilates Class

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



Pilates strengthens the core (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.

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, July 6th, 2013.

Second Saturday date for work is July 13th, 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.

“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

Ceil Sharon

—

Francis & Susan Kane
Amedee & Bella Scott

—

Judy Walsh



Contributors:

Ann Addeo
Peg Bouvier
Ann-Marie Forrest

—

Ray and Sue Scott

—

Patricia George

—

Lillian Chenell
Carol Sullivan

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 July 8, 2013
- Monday August 12, 2013
- Monday September 9, 2013
- Monday October 7, 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 _____