

Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 8 Issue 10 August 2013

Mayor's Corner



I hope everyone is staying cool and enjoying themselves despite the hot temperatures. This summer marks the second year of the City of Marlborough's Public Service Internship & Youth Employment Programs. This initiative provides valuable work experience to our youth, while getting them more involved in their community at the same time. I would like to introduce you to two of our young people who have been

working at the Council on Aging this year...perhaps you've seen them around.



Kayleigh Fay is our college intern for the summer. She was a student at Marlborough High School and is currently a sophomore at the University of Connecticut. Kayleigh is majoring in Nutritional Sciences and is an avid runner and fitness enthusiast. She is currently working on creating a cookbook for the senior center and will be leading nutrition and cooking classes in August. She

is also a competitive Irish Dancer, and is looking forward to performing at the center this month. Kayleigh has truly enjoyed her time at the Senior Center, and appreciates the opportunity to work with and get to know the staff and members here.

Keishla Carrasquillo-Vazquez is our High School intern for this



summer and is excited to be part of this year's Summer Intern Program. Keishla will be a senior this year and is a proud member of the Class of 2014. Keishla's favorite subject in school is Math because she likes to solve equations. After High School, she is interested in going to college and majoring in Physical Therapy while also getting a minor in Music. Keishla

loves music, playing the piano and guitar as well as singing, which is her real passion.

Sincerely,

Nutrition for a New You

As part of her independent study, our college intern, **Kayleigh Fay**, will be running a nutrition program during the month of August. Kayleigh is a Nutritional Sciences major at the University of Connecticut, and is working in conjunction with UConn professors to bring this program to the Senior Center. The program includes two nutrition classes, a nutrition station in the Senior Center with plenty of fact sheets and information about common nutrition questions, and a cookbook written specially for the senior center.

Please join us for one or both of the following classes:

Tuesday August 6th at 1:30 PM

Nutrition Basics and the importance of a healthy Lifestyle. Tips for lowering cholesterol and blood pressure and managing diabetes. Also, learn how good nutrition can help prevent common diseases, including heart disease and cancer.

Tuesday August 13th at 1:30 Pm

Nutrition Red Flags and Common Misconceptions
Reading Food Labels, Deciphering ingredient lists and Advertising strategies that should send you running the other way!

Each class will consist of an information session and cooking demonstration. All who attend the class will receive a free copy of the cookbook and get to sample delicious, healthy recipes.

NOTE: If you are unable to attend, keep an eye out for flyers and new nutrition information around the Senior Center.

Please call 508-485-6492 to RSVP or sign up at the front desk at the Marlborough Senior Center.

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 years of age or older. To that end, we strive to provide comprehensive services and programs for older adults and their families."

Hello Everyone,

The Board of the Friends of Marlborough Seniors, 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

Tickets are on sale at the Senior Center office.

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

Includes: hamburger or hotdog lunch and one raffle ticket Additional raffle tickets may also be purchased separately.

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

Learn How To Qualify For FREE Hearing and Visual Aids, Adaptive Vehicles, Ramp, Etc., For Those With a Disability



Thursday, August 22nd at 1:30 pm

Ferol Smith, Director of the MA.

Assistive Technology Device Program,

will be here to speak on how individuals with disabilities can qualify for FREE equipment & more.

OPEN TO ALL

The Long-term Device Program provides free of charge, low cost assistive devices to residents of Massachusetts. "Low cost" means anything with a total cost of \$500. Examples of assistive technology include; hearing aids, ramps, grab bars, visual or hearing aids, electric wheelchairs or scooter and adaptive vehicles

Also, Ferol will speak about **The Massachusetts Assistive Technology Loan Program**, which gives people with disabilities and elders access to low-interest loans to purchase the assistive technology they need to become more independent and productive members of the community. In addition, the program offers equipment loans for low income families in Massachusetts.

Light refreshments provided and please RSVP
To the Marlborough Senior Center 508-485-6492

Wrights Chicken Farm



Thursday, August 15th,
Bus will be leaving at 10:30 am

Thanks to Pauline Ordway and Ann Bjorkman's suggestion we will be going to enjoy those favorite sides of spaghetti, home fries, salad, etc.. and of course we can't forget the all you can eat chicken!!

So come on and join us for a fun bus trip to Wrights and a family style meal for \$20.00.

40 seats available on the "chicken express"
please rsvp to the Senior Center

508-485-6492



Crafts with Kayleigh and Keishla

1:00 - 3:00 PM on Thursday, August 8th.

Come join our summer interns for a fun and creative time as they instruct you on making a beautiful Stained Glass Candle Holder (LED tea light supplied).

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

Donation of \$3.00 suggested for this craft time



From the Director

Transportation offered through the Senior Center

With the input of many of our seniors and the support of our **Mayor and the City Council** your COA is going to provide a pilot transportation program beginning September 16th, 2013. This pilot program will provide needed statistics to validate the need for more affordable and accessible transportation for our senior population. Based on your feedback from the transportation questionnaire you received in your July newsletter we are focusing on providing transportation to the senior center thru BUSY BEE at a requested donation of \$1 per ride. If you are interested in participating in the Busy Bee Route to and from the Senior center please call the COA to register.

Also, we will be providing transportation to the grocery stores, pharmacy, banks/Wal-Mart on Mondays and Tuesdays, as well as have a Friday route that will be termed "errand day" and will incorporate special requested trips which will assist in your everyday living. This transportation program will be flexible because we want to do our best to determine how to meet your transportation needs and assist as many seniors as possible with a small budget. We are glad we have been given an opportunity to work on our transportation challenges with the support of the **City Of Marlborough, BayPath Elder Services, Inc., Executive Office of Elder Affairs, Friends of Marlborough Seniors, Employment Options** and pending community funding requests. Your feedback and participation is important to us please call your COA for additional questions or comments.

Lastly, I would like to thank **Pat Gallier** who we all know as one of our dedicated nurses from our Health Department for volunteering her free time to assist on our Charles River Boat Field Trip. Although it was a hot day, with the help of **Peg Bouvier, Barbara McGuire** and our very own **Tina Nolin**, everyone had a very enjoyable time. Oops, I want to thank **Diane Smith** our Auditing Director, **Maria** and **Terri** who have been helpful and "patient" this past fiscal year. **Lou Bebe**, from **Public Facilities** a big thank you for all the "extra's" you are always willing to help with at our Council on Aging.

Sincerely,

Jennifer Claro



Historic lecture and discussion

Topic: Truman and the Bomb
presented by **Dr. Gary Hylander**

Tuesday, August 27, 2013 @ 1:00 P.M.

**This will be held at Welly's,
153 Main Street, Marlborough**

After Japanese leaders dismissed Truman's demand to accept unconditional surrender or to face "prompt and utter destruction" from the air, Truman ordered that atomic bombs be dropped on Hiroshima and Nagasaki in August, 1945. Saying that the time had come to "bear the unbearable", Emperor Hirohito surrendered thus ending the most destructive war in human history.

Beverage and snack
will be provided.

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



Taking September Appointments

Dr. Cormier will be at our Senior Center on
Tuesday, September 10th from 1:30 pm - 4:00 pm.

Services provided by the podiatrist at the Senior Center 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**



**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:**

- August 6th Gigi**
- 1958, rated G 116 min., 3.7 stars
- Musical
- Leslie Caron, Maurice Chevalier
- August 13th Silver Linings Playbook**
- 2012, rated R, 112 min., 3.9 stars
- Comedy
- Bradley Cooper, Jennifer Lawrence, Robert De Niro
- August 20th A Late Quartet**
- 2012, rated R, 105 min., 3.7 stars
- Drama
- Christopher Walken, Philip Seymour Hoffman, Imogen Poots
- August 27th Smitty**
- 2012, rated PG, 94 min, 4.0 stars
- Family Drama
- Brandon Tyler Russell, Freddie James, Peter Fonda, Mira Sorvino, Louis Gossett Jr.

**See the movie flyer
either down at the Senior Center
or online for a description of each movie.**

Bowling Trip!

Sponsored by:

Fitzgerald & Collins Funeral Home



Where: Sawyers' in Northborough

When: Tuesday, August the 13th 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.**

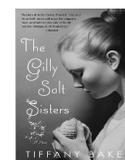
BOOK CLUB

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 August 20th
The Gilly Salt Sisters: A Novel,
by Tiffany Baker**



If you want to get ahead on your reading, the book for September 17th is True Blue, by Luanne Rice. For October 15th we will be reading The Kitchen House, by Kathleen Grissom.

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

For more information call: 508-485-5580

Fox Tours and the Marlborough Senior Center Proudly Present
MAJESTIC MAINE CRUISE: Featuring Casco Bay & Bailey Isl. 
Thursday, September 12, 2013—7:00 AM—6:00 PM

Start your day on a luxury Silver Fox *CD/DVD/WiFi* Coach and travel north to Portland, Maine, enjoy the scenic views. *Arriving in Portland, you'll board your ferry for a two hour narrated cruise of Casco Bay, its many islands and the beautiful Maine coast.* Your cruise destination today is Bailey Island, where will have a *delicious luncheon at the famous Cook's Lobster House (see menu below) which overlooks a spectacular view of Casco Bay and the world's only Cribstone Bridge. Later you'll visit Freeport, Maine, with time to shop the many and varied outlets. You'll return home in the evening at approximately 6:00 PM after a delightful day in beautiful Downeast Maine!*



Cost for this fun filled day is \$85 per person and includes:

*Narrated Sightseeing Cruise, Luncheon at Cook's Lobster House,
 Freeport Shopping Visit and Luxury Silver Fox Coach*

Call the Marlborough Senior Center (508-485-6492) to reserve your spot and place your lunch selection

Cook's Luncheon Entrée Selections:

***Lobster Casserole-Lobster Meat in wine sauce, Fish N' Chips,
 Chicken Cordon Bleu, or Grilled Sirloin***

*All served with Rolls, Choice of Baked Potato, rice, or Fries,
 vegetable, coffee, tea, soda, and dessert (Blueberry Cake or
 Apple Crisp)*



NEW PROGRAM

Medical Bits and Bites

sponsored by the Reservoir Center

September 6th at 12:00

We are fortunate to offer “**Medical Bits and Bites**” a new learning opportunity at our center. Each month we will have a light lunch and a guest speaker to discuss important health and medical information with you in partnership with the Reservoir formally known as Kindred Transitional Care and Rehabilitation.

This month The Reservoir will bring you **Dr. Rosenbaum**, an internal medicine practitioner who specializes in oncology. He will be **discussing Cancer Awareness**. Dr. Rosenbaum has his practice in Marlborough, as well at UMASS Memorial Hospital.

Lunch will include finger sandwiches, fruit salad and dessert.

**If you would like to attend “Medical Bits and Bites”
 please RSVP to 508-485-6492.**

Create A Better Day Café

Are you caring for someone with Alzheimer's or other dementia? Create A Better Day Café encourages socialization with other caregivers and loved ones where you can just be yourself. This is a wonderful opportunity to get out with your loved one and have an enjoyable afternoon. It's a time to step out of the daily routine, leave the disease at the door, and enjoy a positive experience in a supportive environment. The afternoon will consist of conversation, music, arts, games, refreshments, and most importantly, laughter. There is no cost. It is open to anyone at any stage of the disease process accompanied by friends, family, and loved ones.

Our Next Café is

Sunday, August 25th, 2013 - 1:00pm to 3:00pm

at Pleasantries Adult Day Services

195 Reservoir Street
 Marlborough, MA.



Call Tammy for more information at 508-335-1968

Outreach Department News

**** Ana Cristina Oliveira ****

An Introduction to Medicare and Medicare Supplements

MONDAY, AUGUST 19th at 6:00 PM

- How and when should I sign up for Medicare?
- What does Medicare cover and NOT cover?
- What is a Medicare “supplement” and why do I need one?
- If I’m still working after I turn 65, do I need Medicare?

For the answers to these questions and more, come to an informational session presented by the MetroWest SHINE Program.

The SHINE Program (Serving the Health Information Needs of Elders) provides free and unbiased health insurance information and counseling to Medicare beneficiaries and their caregivers. This program is administered by the Massachusetts Executive Office of Elder Affairs and partners with senior centers throughout the state.

**Please RSVP to the Marlborough Senior Center at 508-485-6492
to reserve your seat**

Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2014.

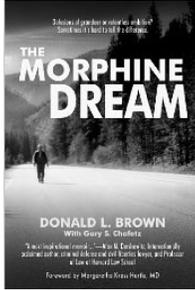
During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!

DO NOT WAIT UNTIL IT'S TOO LATE!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

REACHING OUT

** SUSAN MAKI **



The Morphine Dream

A Memoir by Donald L. Brown

Tuesday, September 10th at 2:00

Donald L. Brown, author of the book “The Morphine Dream” (soon to be made into a movie) will be speaking as the Marlborough Senior Center. The title of his book comes from a dream that Brown had while receiving morphine after surgery. He imagined himself graduating from Harvard Law School and walking across America. This is the story of a long walk – physical, figurative, and at times metaphysical - across multiple landscapes in the long prelude to a different life. It is the story of the trials and tribulations Brown confronted as he set about pursuing the morphine dream.

Well-known lawyer Alan Dershowitz says that “The Morphine Dream” is a most inspirational memoir by a man who has had more ups and downs than the mountain ranges he traversed during his incredible walk across America.” Brown spoke at The Greenfield Senior Center in June of 2012. The director states “He is a likeable guy-next-door, born teacher, gifted storyteller, motivational speaker and so much more.”

****Brown’s book is available at Amazon.com and he will be signing copies if people bring them in.****

Please call (508-458-6492) or stop by the Senior Center to sign up for this inspiring event.

Life After Loss

Tuesday, September 17th at 2:00

Grief is a continuing process of mourning through which one learns to live with loss. Each person’s grief is distinct and individual. What makes your grieving process unique is the personal relationship you had with your loved one, the expressions of your individual feelings and thoughts, and possibly even your physical symptoms. Grieving is a continuous process that involves many changes over time. **The program entitled “Life After Loss” provides information on grief and bereavement, and how to assist others with hope and healing.**

Judith Chaloux, the Bereavement Coordinator/ Regional Liason from **Beacon Hospice** will be speaking on “Life After Loss” on **Tuesday, September 17th at 2:00**. Judith is responsible for marketing and delivering bereavement services to the 13 towns serviced under the auspices of the Metrowest area. Judith has collaborated with Directors of the Councils on Aging throughout the Metrowest area, and has provided 1-on-1 grief support to community members in their homes. She has also facilitated all support groups for bereaved and caregiver family members.

Please call (508-458-6492) or stop by the Senior Center to sign up for this informative event.

The Walking Wonders

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

We 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.



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>

Friday, August 2, 2013

Boston Children's Museum (*Boston*)
Franklin Park Zoo (*Franklin*)
Arnold Arboretum (*Jamaica Plain*)
Fuller Craft museum (*Brockton*)
Wenham Museum (*Wenham*)
The Mahaiwe Performing Arts Center (*Great
Barrington*)

Friday, August 9, 2013

Boston Harbor Island Allowance (*Boston*)
The Sports Museum (*Boston*)
Battleship Cove (*Fall River*)
Ocean Explorium (*New Bedford*)
The Cape Cod Museum of Natural History (*Brewster*)
The Eric Carle Museum (*Amherst*)

Friday, August 16, 2013

Institute of Contemporary Art (*Boston*)
USS Constitution Museum (*Boston*)
Concord Museum (*Concord*)
Edward Gorey House (*Yarmouth Port*)
Springfield Museums (*Springfield*)
Berkshire Museum (*Pittsfield*)

Friday, August 23, 2013

Isabella Stewart Gardner Museum (*Boston*)
Museum of African American History (*Boston*)
New Bedford Whaling Museum (*New Bedford*)
Fitchburg Art Museum (*Fitchburg*)
Fruitlands Museum (*Harvard*)
Sterling and Francine Clark Art Institute
(*Williamstown*)

Friday, August 30, 2013

Plimoth Plantation (*Plymouth*)
The Discovery Museum (*Acton*)
New Repertory Theatre (*Watertown*)
Ecotarium (*Worcester*)
Norman Rockwell Museum (*Stockbridge*)
The Mount: Edith Wharton's Home (*Lenox*)

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, August 21st

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 Administrator
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 –

FISH Directors:

Gary Adkins
Jim Mosso
Janne Seftor
Larry Vifquain

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



MONDAY'S BLUE PLATE SPECIAL

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

August 5th

Boston Market - Rotisserie Chicken, Sweet Potatoes, Cream Spinach, salad, corn bread- \$5.00

August 12th

“Lunch with Lisa Martino and Irish Dancing with our Summer College intern Kayleigh Fay” enjoy Lisa’s homemade meatloaf, mashed potatoes and green peas, and salad; and a special Irish dessert and performance by Kayleigh \$5.00

August 19th

VIN BIN Café- choice of **GRANDMAS Meatball Sandwich**- handmade meatballs, pecorino Romano, provolone, garlic aioli, torn basil, homemade ciabatta, **YIA YIA’s Lamb Gyro**- house braised leg of lamb, tzatziki, cucumber salad, mint, tomato, basil, house made pita, **LADDER #1**- house roasted prime rib, arugula, Parmesan reggiano, mild horseradish and sour cream spread, homemade sour-dough bread and chips- **Lunch served at the Senior Center- \$6.00**

August 26nd

Olive Garden- Choice of **Spaghetti and meatballs, Five Cheese Ziti, Eggplant Parmesan, Lasagna**, with bottomless salad and rolls, beverage and a **complimentary dessert on behalf of the Olive Garden**-\$8.00 This will be at Olive Garden. If you need a ride let us know when you sign up.

**Sign up at the Senior Center Office
by Friday-noon prior to Monday’s lunch!**

508-485-6492

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 small household items or clothing, we will gladly accept and recycle these items to those experiencing hardship.

**Requests must be received by Saturday, Aug. 3, 2013.
Second Saturday date for work is Aug. 10, 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.

***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



“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

Contributors:

Ceil Sharon
Bill Quinn

Rita Connors

—
John Kalagian
Morgan Elwood

—
Dave and Leona Keefe

—
Peggy Butka

—
John & Colleen Kortess

—
June Veinot
Ann Ryan



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 August 12, 2013
 Monday September 9, 2013
 Monday October 7, 2013
 Monday November 11, 2013
 Monday December 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 _____