

Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 9 Issue 10 September 2013

Mayor's Corner



I know I'm not alone in feeling that summer is going by much too quickly. We are nearly upon Labor Day weekend and our 62nd Labor Day Parade. Soon enough, schools will be open again, school buses will be back on the roads, and the Patriots will be back on TV.

The end of the summer also brings to a close the second year of our Public Service Internship and Youth

Employment Programs. The internship program provided paid employment opportunities to fifteen college students who worked in fourteen different offices throughout the city. Students worked 30 hours per week for approximately ten weeks during the summer gaining valuable experience in dealing with customers and learning the daily operations of city government.

The Youth Employment Program hired seven high school students from Marlborough to work in our Housing Division, Council on Aging, Information Technology Department and Conservation Offices. This program also included important job skills training meant to provide a solid foundation for these students before they graduate. Showing up on time, following through on assigned tasks, asking questions and being part of a team are just some of the important lessons.

We were fortunate to have such a great group of students this year who were a tremendous asset to our community.

Lastly, as many of you know we are nearing the kickoff of our second season of the Senior Citizen Property Tax Work-off Program ("SCRPT"). Our first time around was a great success and I have every expectation this year will be no different.

Sincerely,

Important meeting:

2:00, Friday, Sept. 13th.

New Senior Transportation Program offered through your senior center. Come get information and register for the pilot-program after the meeting!

The Marlborough Senior Transportation Program is a pilot program developed and managed by the Marlborough Senior Center and starting in October. The program will provide for affordable transportation (**\$1 per each way**) to and from the Senior Center, transportation options for other senior travel needs, and requested trips to local points of interest. It is a pilot program and a work-in-progress. Please join **Jennifer Claro, COA Director** and **Warren Day, Certified Project Manager** and **COA volunteer** for this informational and registration meeting.

All invited and questions welcomed.

Call the Senior Center at 508-485-6492

to let us know you're coming.

We hope to see a lot of you there!!!



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,

On behalf of the **Board of Friends of the Marlborough Seniors**, I would like to say thank you very much to the volunteers who assisted with our Main Street Family Fair: Jim Confrey, Peg Cahill, Councilor Robert



Tunnera, Tina Nolin, Ana Cristina Oliveira & family, Brenda Diaz & family, Carol DiRienzo & family, Sarah Condon & family, and Members of the Board. It was a very fun event and enjoyed by all who attended. A special thank you goes to the following folks who generously sponsored our event:

- Wingate at Sudbury who sponsored our entertainment, Tony Funches
- Price Chopper who provided us with delicious watermelon
- Buffet Way who provided delicious pasta salad
- Home Instead Senior Care, Northborough & Natick, who provided water bottles
- Jennifer Claro, Director of the Council on Aging, who provided the inflatable jumpy castle for the children
- Raffle baskets provided by Marlborough Hills Healthcare, Aging Well Adult Day Health, & Pleas-antries Adult Day and Consulting Services
- Carol DiRienzo, SolaceRNovations, Inc. who provided face painting and also donated much needed file cabinets to the Friends of the Marlborough Seniors.

Again, thank you to all for your efforts to make this a fun time. It is truly appreciated.

SAVE THE DATES:

Please mark your calendars for our upcoming fundraising events.

Annual Senior Health Fair

Thursday, September 26th from 1:00pm to 3:00pm at the Marlborough Senior Center

Flu shots, helpful vendor information, healthy snacks.... This event is free to attend

Hoe Down

Friday, October 18th at 5:30pm at Marlborough Fish & Game. Tickets are on sale at the Senior Center Office... \$15.00 per person or \$12.00 Friends Member (must show Friends card)

Family style dinner, Entertainment, raffles, line dancing, and much more

Thank you,

Tammy Pozerycki, President

STARTING THIS TUESDAY!!



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 and end with gentle yoga stretches. To participate in this class you must be able to get down onto the floor and back up.

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

COME JOIN IN THE FUN AND SEE WHAT THIS EXERCISE IS ALL ABOUT!

Call to let us know if your coming

THE SENIOR CENTER WELCOMES BOOK CLUB TO ITS NEW HOME

We are excited to announce that the Book Club will now meet at the Senior Center.

**It will still be held every
third Tuesday of the month at 1:00 pm.**

If you love to read or want inspiration to start reading more, please join Sheila Brecken and others who enjoy reading and discussing a good book.

For September 17th

True Blue,

by Luanne Rice



If you want to get ahead on your reading, the book for October 15th will be The Kitchen House, by Kathleen Grissom and November 19th we will be reading Orphan Train, by Christina Baker Kline. And for Dec 17 we will be reading Little Bitty Lies, by Mary Kay Andrews.

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

For more information call: 508-485-5580

Pineapple upside down cake, tea and coffee will be served at the opening event!

From the Director

Family Fun Day- What fun and more...

I wanted to congratulate the **Friends of Marlborough Seniors** for doing such a nice job on their first Family Festival on August 3rd. It was nice to see so many volunteers and families involved. Also, it was great to have **Mayor Arthur Vigeant** partake in the fun. Did you know there is a new Men's Trio of Grill Masters that might just give Bobby Kays a run for his BBQ? That dynamic trio includes: **Jim Confrey, COA Board Chairman, Councilor Robert Tunnera and his father Joe Tunnera, Friends Board Member. Thanks for the delicious hot dogs and hamburgers.** Lastly a special thanks to the many wonderful families and local businesses that made this day a fun day for all. They include: **The Friends Board, Peggy Cahill, Tina Nolin, Ana Cristina Oliveira and family, Brenda Diaz and family, Carol DiRienzo and family, Sarah Condon and family, Wingate at Sudbury, Price Chopper, Buffet Way, Home Instead Senior Care, Marlborough Hills Healthcare, Aging Well Adult Day Health, Pleasantries Adult Day and Consulting and SolaceRnovation, Inc.**

On another note, I am already counting down the days to the Hoe Down (**Fri., Oct. 18th at 5:30**) and Craft Fair (**Saturday, November 9th 9:00 am to 3:00 pm**). Also, don't miss this month's **Friends of Marlborough Seniors Health Fair and Flu Clinic** sponsored in conjunction with our **Board of Health Department on Thursday, September 26th**. I would also like to extend an invitation to you all to come join us as we welcome our **Book Club** back to the center on **Tuesday, September 17th at 1:00 pm**. Thank you to Academy Knoll who has been so gracious and allowed the use of their beautiful community room for the past couple of years for the Book Club.

Sincerely,

Jennifer 

THANK YOU!

The Knit, Crochet Group would like to thank all the ladies who made the Beautiful Shawls for our ill friends. We can always count on you! You make us so Happy & Thankful, for your help.

Many the Hands Make Light The Work.

Thank you again!

The Knit, Crochet Group

The Knit Crochet Club gratefully accepts usable yarn donations to be used in their projects. Donations may be dropped off in the office at the Senior Center, 250 Main Street, Marlborough



Men's Group Event



**Luncheon and
Red Sox History
with Herb Crehan**

Tuesday, September 10th at 1:00 PM

Men, please come and join the Men's Group at the Marlborough Senior Center for a luncheon and presentation you won't want to miss!

Our speaker is none other than Herb Crehan, number one fan of the Boston Red Sox, and a recognized authority on Boston baseball history. Herb will be sharing the joys and frustrations of being a fan along with Red Sox history.

For lunch we will be having BBQ Chicken, Potato Salad, Baked Beans, Coleslaw and Watermelon out on the Patio, weather permitting.



RSVP to the Senior Center 508-485-6492

SAVE THE DATE!

SPOOKTACULAR HALLOWEEN PARTY

SPONSORED BY: Collins and Fitzgerald Funeral Home,
the Friends of Marlborough Seniors
and your COA Board

WHEN: THURSDAY, OCTOBER 31st, 2013

WHERE: Senior Center (YIKes !)

TIME: 12:30

Costumes encouraged or beware



WITCHES FEAST WILL INCLUDE:

Chicken Cordon Bleu
Buttered Baby carrots
Mashed Potatoes, Salad/rolls
Ice Cream and SCARY cupcakes
and some witches fingers
Food catered by Kennedy's



SPOOKTACULAR ENTERTAINMENT WILL BE:
THE MCMURPHY'S (remember our St. Patrick's Party)

TICKETS:

\$13.00 for Non-Friends Members and \$10 for Friends Members

RSVP quickly to 508-485-6492
only 100 will be spared entrance into this
Spooktacular Party.

NEW PROGRAM

Medical Bits and Bites

sponsored by the Reservoir Center

Friday, 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.

Come be inspired and entertained "Two Are Better Than One"

Monday, September 30th at 2:00

Join authors, newlyweds and now seasoned cyclers, Tim and Debbie Bishop who at age 52, got married for the first time, and in only ten weeks moved from marriage proposal and wedding, to "retirement" and relocation, to embarking on their first ever cycling adventure... across the country!!

Come hear if what they hoped would be their dream trip of a lifetime... was a grand getaway or a big mistake!



With pictures and vivid details of their beautiful, newfound surroundings, you will laugh when their honeymoon hits a few speed bumps and these determined mid-lifers must learn to adapt. Patience and a healthy sense of humor helped ease them into married life. Their unique and entertaining story proves **it's never too late to pursue your dreams.**

Embrace life like never before and join us for this delightful talk and maybe begin your own quest for more adventuresome living.

Please RSVP at the Senior Center (508-485-6492) to reserve your seat. You may want to come to the Blue Plate Lunch right before the talk, we'd be happy to see you!

Understanding Your Numbers with Hannaford Pharmacy



Mon, Sept. 9th at 2:00 to 3:00 pm
at the Marlboro Senior Center

Lisa Lavalette the Pharmacy Manager and **Karen White** the Dietician from Hannaford Pharmacy will be presenting: **Blood Pressure; Understanding your Numbers and a Food Presentation on Low Salt Foods.**

Educate yourself by stopping by for one hour to learn more about blood pressure and how to manage it.

Also Karen will be cooking up a low sodium snack for you to sample along with the recipe to bring home.

Please RSVP to the Senior Center (508-485-6492) to be a part of this informative presentation.



**Every WEDNESDAY 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:**

September 4th Breakfast at Tiffany's
(Wednesday) - 1961, not rated, 114 min., 4.0 stars
- Romance Classic
- Audrey Hepburn, George Peppard

September 11th Won't Back Down
(Wednesday) - 2012, rated PG, 121 min., 4.0 stars
- Real Life Drama
- Maggie Gyllenhaal, Viola Davis,
Holly Hunter

September 28th The Magic of Belle Isle
(Wednesday) - 2012, rated PG, 109 min., 4.1 stars
- Drama
- Morgan Freeman, Virginia
Madsen

September 25th Life of Pi
(Wednesday) - 2012, rated PG, 127 min, 3.9 stars
- Adventure, Drama
- Suraj Sharma, Irrfan Khan.

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

Protecting Your Nest Egg

Monday, September 23rd at 2:00

Charles Frankian, from New York Life Insurance will be at the Senior Center to talk about "Protecting Your Nest Egg."

Discussion topics included will be:

- Estate Taxes
- The Probate Process
- Managing Retirement Income
- Gifting and Trusts
- Uses for Life Insurance
- Nursing Homes and Medicaid
- Long Term Care Insurance

**Please RSVP at the Senior Center
(508-485-6492) to join this
informative talk.**



The Marlborough Senior Center Welcomes Back the Very Popular Arthur Bergeron Legal Clinic

SEPTEMBER'S TOPIC:
**LIVING WHERE YOU WANT WITH
THE CARE YOU NEED:**
Understanding Assisted Living

Thurs, September 19, 2013, 1:00 p.m. – 2:00 p.m.
Marlborough Council on Aging at 250 Main Street.

In this seminar, the first in a two part series, we will talk about assisted living, the costs and benefits, and how you can use veterans' benefits and other programs to defray the cost.

Please RSVP to 508-485-6492.

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



Outreach Department News

**** Ana Cristina Oliveira ****

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.

SENIOR MOBILE MARKET

Improving senior's quality of life, and connecting them to essential services in our community. United Way of Tri-County's Marlborough Community Cupboard in partnership with BayPath Elder Services and the City of Marlborough's Council on Aging are committed to increasing the levels of food assistance among homebound seniors.

Thursdays we will be delivering fresh and non-perishable groceries right to the door of homebound seniors who are in need of enough healthy food.

Seniors interested in signing up for Senior Mobile Market delivery please contact Ana Cristina Oliveira, Outreach Coordinator or Susan Maki, Social Services coordinator. 508-485-6492

SNAP PROGRAM

More residents of the Commonwealth have been purchasing nutritious food at neighborhood grocery stores by using Supplemental Nutrition Assistance Program/SNAP (formerly the Food Stamps Program). SNAP benefits are provided by the federal government and administered by DTA. Residents of the Commonwealth who participate in SNAP are families with children, elders and disabled. Many are the working people with limited income or those who are temporarily unemployed. At the check-out counter, the Electronic Benefit Transfer (EBT) card, which works like a debit card, is used by many more residents to assist them in making ends meet. Participation in the program has increased dramatically over the past 5 years and DTA continues to develop new initiatives to improve participation by increasing awareness and eliminating barriers to participation.

To apply call 1-800-645-8333.

REACHING OUT

** SUSAN MAKI **

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 Liaison 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 (508-485-6492) or stop by the Senior Center to sign up for this informative event.

MEET THE AUTHOR!!!!



The Morphine Dream

A Memoir by Donald L. Brown

Tuesday, September 10th at 2:00 pm

Donald L. Brown, author of the book "The Morphine Dream" (soon to be made into a movie) will be speaking at the Marlborough Senior Center. **Well-known lawyer Alan Dershowitz has said "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."

Please call (508-485-6492) or stop by the Senior Center to sign up for this inspiring event.

Medical Supply Closet-Free Medical Equipment for Marlborough seniors

The Senior Center will be **giving away medical equipment free of charge on Tuesday, September 24th from 9:30-12:30**. We have a large supply of commodes, toilet seat extenders, and metal walkers. There is a limited supply of walkers with seats, tub chairs, and wheelchairs.

The Medical Supply Closet is located in the back of the Senior Center. If you are in need of medical equipment, or if you have friends or relatives who could use walkers, commodes, etc. please come down to the Senior Center on Tuesday, September 24th.



Library

The Senior Center library is in need of gently used books as well as tapes and DVD's. We have a particular need for large print books and mysteries. If you have books to donate, please leave them with Susan or Tina. (Please do not leave boxes of books in the library.)

Thank you in advance for your generosity.



Join us during the
MONTH OF SEPTEMBER
ON WEDNESDAYS FOR PITCH
AT THE COFFEE LOFT IN MARLBOROUGH
 (406 Lincoln St, Marlborough)

Same time (1:30 pm), same great game, and same
 great time to socialize



And for this month the
 coffee/beverage is on us!

We hope to see you there!

Watercolor Classes with Lavonne Are Back!

This popular instructor is back and ready to teach you
 more tips and insights of watercolor painting... and
 each class you will leave with a painting!



All creativity and fun begins
Monday, September 16th
from 1:30-3:30 in our Craft Room.

Lavonne Suwalski is a professional artist and teacher.
 Experienced painters will learn about composition
 and drawing, while beginners will work on develop-
 ing their color mixing and basic techniques. Each
 class begins with demonstrations and is followed by
 time to practice. This is a great way to expand your
 creative side.

MATERIALS LIST

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

Donation of \$3.00 for
 watercolor class instruction



RSVP TO THE SENIOR CENTER
 508-485-6492

Computer Club

All welcome!
 Every Friday at 1:00 PM
 Starting September 13th.



At the Marlborough
 Senior Center
 250 Main Street

Bowling Trip!

Sponsored by:

Fitzgerald & Collins Funeral Home



Where: Sawyers' in Northborough
When: Tuesday, September the 24th at 11:00 am

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 or call the Senior Center
 front desk to sign up. (508-485-6492)**

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.

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, September 18th

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	Administrative Assistant
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
Jeanne McGeough	Water Aerobics



MONDAY'S BLUE PLATE SPECIAL

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

September 2nd

NO LUNCH CLOSED FOR LABOR DAY

September 9th

“Lunch with Lisa Martino” enjoy Lisa’s **Tailgate Lunch**—featuring Sausage, Pepper and Onions, Herbed Penne and Salad and dessert \$5.00

September 16th

Local Celebrity Chefs’ Summertime BBQ: Hamburgers and Hot Dogs on the grill, Potato and Pasta Salads and Dessert . Right here on the “patio” at the Senior Center Cost is \$5.00

September 23rd

JOY ASIA for the lunch buffet or you may order off the lunch menu (\$6.00 per person). This event will be at the restaurant

September 30th

New York Deli Inc. Pasta Bar: three pastas (Baked Ziti, Pasta w/ Chicken and Veggies and a Pasta Bolognese) Salad, Rolls and Butter and Dessert. (\$6.00 per person).

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

We are pleased to welcome back



Yes, it’s time for another creative and fun time
 with Marlborough Senior Center’s own
 Dynamic Duo... **Lisa and Pam!**

Join this fun and creative duo as they instruct you
 on making a **beautiful fall door hanging**.

All the fun will be at

1:00 - 3:00 PM on Friday, September 27th.

**Please let us know if you would like to join this
 crafting time: 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 program 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, small household items or clothing, we will gladly accept and recycle these items to those experiencing hardship.

**Requests must be received by Saturday, Sept. 7, 2013.
Second Saturday date for work is Sept. 14, 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.



Taking October 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

“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

Robert Erin, Michael David, Mark Robert & Brianna Lynn Kirby



Contributors:

Betty Kirby

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
www.marlborough-ma.gov
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 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 _____