

# Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 10 Issue 10 October 2013

## Mayor's Corner



I expect the Senior Citizens Property Tax Work-off Program (known as "SCRPT") to kick off in just a few weeks. Our first year was enormously successful and I have little doubt that this year will be better than the last.

One of the most praised positions was the addition of a "Greeter" in the Main Floor of City Hall. The participants who worked our "Information Desk" helped create a friendlier atmosphere in City Hall while enhancing our overall customer service.

The funding request for the new Senior Center was submitted on August 26<sup>th</sup> and is currently before the Operations & Oversight Committee of the City Council, though a hearing on the proposal has not yet been scheduled as I write this.

After more than a decade of discussion and studies on how best to address this glaring need, this is the closest we have actually come to a having a new Senior Center. I am proud of the proposal we put together and very excited at the prospect of having a new facility with direct access to park and field space. I have the utmost confidence that the City Council will allow this project to have an up or down vote out of respect for the work and money that has been invested in this project so far.

Best wishes for a happy fall season and playoff victories for the Red Sox!

Sincerely,

## Join Us for the First in our Series of Wellness Workshops

October 17, 1:30 at the Senior Center  
Mood Boosting Foods

Join Kathyjo LaBombard, Psychiatric Mental Health Nurse, and Certified Care

Manager as she explains how what we eat can absolutely effect how we feel! What's in these foods that make them pack such a hearty healthy mood-boosting punch? Come & explore the science of foods! Discover what nutrients are needed for a healthy brain to work well.



Learn how food choices can either optimize or diminish brain function.

Feeling well never tasted so good!

Please pre-register for this workshop as some of the delightful foods we discuss will be available for snacking & mood boosting!

Mood boosting refreshments will be served.  
Watch out, yum, yum.

### Future topics will be:

Nov. 14 - How to Be Happy & Dec. 12-Aromatherapy  
**Call the Senior Center to Register**  
**508-485-6492**

Kaye LaBombard, BSN, RN, CMC of Roots of Wellness is an experienced Psychiatric Nurse & Certified Care Manager who has been serving the mental health needs of seniors & other adults for 25 years. She has a passion for nutrition, science & promoting the health & happiness of others. This she does with great enthusiasm! Kaye received her BS in Nursing from Curry College & a BA in Education from Smith College.

**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."

## MEN'S GROUP



Join the Marlborough Senior Center's Men's Group for lunch at The Halfway Café please bring your a trivia question

820 Boston Post Rd E Marlborough

**OCTOBER 24<sup>th</sup> at 12:30 pm**

**Come and enjoy some gentlemanly conversation, trivia questions, prizes and GREAT FOOD!**

**Lunch includes  
Build Your Own Burger, Fries and a Drink**

**Win a \$15 gift card or a \$15 gas card for answering the most trivia questions correctly!**

**Reserve your seat and lunch by calling the Senior Center 508-485-6492**

## SAVE THE DATE FOR THANKSGIVING DINNER

**At the Epicurean Room (Assabet Valley H.S.)  
Tuesday, November 12th at 12:00**

**Traditional Turkey Dinner includes:**  
Chef's choice of Soup, Turkey, Mashed Potato, Dressing, Gravy, Squash, Cranberry Sauce, Rolls and Butter, Apple cranberry Crisp and Coffee/Tea

Please join us for a nice time to catch up with friends and enjoy a time of Thanksgiving together.

Friends members: \$10 / Non-Friends members: \$12



Join us for a fun afternoon with  
honky-tonk piano player  
**Gary Landgren**



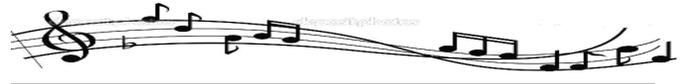
**who will perform at the Senior Center  
On October 21st at 1:15 p.m.**

Mr. Landgren will play music from "the good old days," with memorable songs and sing-along favorites.

We hope to see you there & we welcome you to join us at our Monday Blue Plate Lunch right before the concert.

We will be serving:  
Baked Stuffed Boneless Pork Chop, Roasted Potato, Green Beans, Rolls Butter and Salad.  
Cost for lunch is \$5.00

**Call 508-485-6492 to attend either or both events**



## **Advanced Social Security Workshop for Baby Boomers**

**Wednesday, October 16th at 5:00  
Marlborough Senior Center, 250 Main Street**

Atty. Arthur Bergeron and his guest speaker, a retirement planning specialist, will discuss various planning strategies available to allow retiring seniors to maximize their Social Security benefits.

A complimentary light dinner will be served.

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

## **CALLING ALL BAKERS!!!!**

**The Craft Show is looking for bakers.**

**Breads, Cookies, Pies, Muffins, Fudge Cakes, Sweet Rolls or whatever, your baker hands would like to make will be greatly appreciated.**

**Baked goods may dropped off  
Friday, November 8th 4:00 pm - 7:00 pm  
Or Saturday, November 9th from 7:00 am on**

**Yummy, yummy, yummy!**

## YOGA Classes at Marlboro Senior Center

Yoga has been found to have many health benefits: Yoga strengthens bones and muscles and improves posture, and balance. Yoga Reduces High Blood Pressure and lowers stress, improves memory and brain functioning, and overall physical and emotional well-being. Leave your troubles at the door, and treat yourself and your body to the gentle stretching and strengthening, breathing, and movement that will keep your mind and body happy and healthy!

There are different classes to choose from: Find the one that's best for you...try one or more... ALL yoga classes offer mindful movements coordinated to your breath. We begin with a breathing and centering and end with a relaxation to allow the body to absorb all the benefits of our moving, stretching and releasing. You will leave class with an overall feeling of well-being and calm relaxation...ready to move into the rest of your day with increased energy and focus.

### Gentle Chair Yoga: Tuesdays 10-10:45 am

Gentle seated stretching, and breathing/centering along with basic yoga poses adapted for the chair. Some standing to increase strength and balance.

### Strengthening Chair Yoga: Fridays 9-10am

Classic Yoga poses and postures both seated and standing. First half seated stretching and warm-ups, second half standing and balancing poses along with a modified sun salutation using the chair for support.

### Gentle Hatha Yoga: Tuesdays 9- 9:45 am

Easy and basic yoga poses and postures that include lying on back, belly, seated (on floor) and standing/balancing.

### October Themes:

- October 1, 4 – **Align the Spine** - improve spinal health and flexibility
- October 11 - **Mindful Movement** - increase body/mind/breath awareness
- October 15, 18 -**Yoga to Strengthen Immune System** - improve overall health/well-being
- October 22, 25 -**Yoga to Manage Moods** - balance anxiety, depression, stress
- October 29, Nov 1 – **Yoga for Bone Strength** – improve skeletal health and bone density

## NEW SENIOR PILATES CLASS



**Tuesdays 11:15am-12:15pm,  
Marlborough Senior Center**

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.

**STOP BY AND JOIN IN THE FUN AND SEE  
WHAT THIS EXERCISE IS ALL ABOUT!**

## REAL ESTATE MASTER SERIES

**Tuesday, October 29<sup>th</sup> at 2:00 pm**

### Downsizing Strategies & Planning Your Move –

The first seminar in this three part series provides you with the information and planning process to manage any residential move. Learn how to sell your home the easy way and for more money by knowing what to fix and when not to bother. Also hear how to downsize quickly and organize a big task into manageable pieces. Begin with a plan and end on time and on budget! Leave the seminar with a moving and downsizing template.

### Part 2 and 3 of this series will be:

- Nov. 19th How to Sell For More Money Even if You Have to Move Quickly
- Dec. 17th Learn How to Minimize Stress and Maximize the Cash Value in your Home.

**CALL TO REGISTER AT THE  
SENIOR CENTER 508-485-6492**

Presented by David Dowd, Author, Licensed Real Estate Professional and & President of Sell Mom's House.com, providing strategy, moving and realty services designed for seniors and their families. David may be reached at 774-696-6124.

## SPOOKTACULAR HALLOWEEN PARTY

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

**WHEN:** Thursday, October 31<sup>st</sup>

**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:

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



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

## Medical Bits and Bites

sponsored by the Reservoir Center

**Friday, October 4<sup>th</sup> 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.**

## CRAFTS WITH LISA AND PAM!!



Join Marlborough Senior Center's own  
Dynamic Duo... **Lisa and Pam!**  
For another creative craft making session.

All the fun will be at

**1:00 - 3:00 PM on Friday, October 25th.**

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

## BOOK CLUB

**Marlborough Senior Center**

**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 October 15th  
The Kitchen House,  
by Kathleen Grissom**



If you want to get ahead on your reading, the book for

Nov. 19th Orphan Train, by Christina Baker Kline

Dec. 17th Little Bitty Lies, by Mary Kay Andrews

**All are welcome to join this fun book lovers group  
For more information call: 508-485-5580**

## STAY CONNECTED!

### Do YOU need telephone service??

Lifeline is a federal/state program that lets eligible low income consumers receive **landline** home phone service up to \$18 a month, **or wireless** service up to 250 FREE minutes monthly from certain providers. You are eligible for Lifeline if your household income meets requirements or if you receive benefits from certain government programs. There is only ONE Lifeline discount per household.

(Note: This telephone discount program is different from the medical alert system also known as Lifeline.)



**Find out today if you qualify for Lifeline!** Call the MA Dept. of Telecommunications and Cable at **1-800-392-6066** to find out more.



**MOVIE TIME  
with Peg Bouvier**

**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:**

- October 2<sup>nd</sup>**     **Some Like it Hot**  
(Wednesday)   - 1959, not rated, 122 min., 4.0 stars  
                          - Classic Comedies  
                          - Marilyn Monroe, Tony Curtis
- October 9<sup>th</sup>**     **Moonrise kingdom**  
(Wednesday)   - 2012, rated PG-13, 94 min., 3.5 stars  
                          - Indie Drama and comedy  
                          - All star cast
- October 16<sup>th</sup>**   **Cowgirls n' Angels**  
(Wednesday)   - 2012, rated PG, 92 min., 3.2 stars  
                          - Family Drama  
                          - Bailee Madison, James Cromwell
- October 23<sup>rd</sup>**   **Premium Rush**  
(Wednesday)   - 2012, rated PG-13, 91 min, 3.4 stars  
                          - Action / crime thriller  
                          - Joseph Gordon-Levitt, Jamie Chung.
- October 30<sup>th</sup>**   **Robot & Frank**  
(Wednesday)   - 2012, rated PG-13, 89 min, 3.3 stars  
                          - Comedy  
                          - Frank Langella, Liv Tyler, Susan Sarandon

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

**Know the 10 Signs  
Early Detection Matters**

**Tuesday, October 22, 2013 at 12:30 to 1:30**

**A workshop presented by the  
Alzheimer's Association  
with**

**Julie McMurray MA, LMHC, Alzheimer's  
Association, MA/NH Chapter**

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

**To Register call the Marlborough  
Senior Center  
508-485-6492**

Sub Sandwiches with chips  
and beverage will be served  
\$2 donation requested



**SAVE THE DATE**

**The Marlborough Rotary and Girl Scouts  
Community Thanksgiving for Seniors**



**The Council on Aging will be hosting this  
Thanksgiving dinner on Monday, November 18<sup>th</sup> at 5 or 5:30**

Stevie's will be catering this free meal  
Which will consist of a traditional Thanksgiving meal..

The Marlborough Girl Scouts  
will be helping serve this wonderful festive meal.  
Entertainment will also be provided.

If you would like to enjoy a nice Thanksgiving meal  
please RSVP to the Senior Center at 508-485-6492.

Only 90 seats are available

# Outreach Department News

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

## People with Medicare and the Health Insurance Marketplace

### *Frequently Asked Questions*

#### ***HOW WILL THE HEALTH INSURANCE MARKETPLACE THAT STARTS IN 2014 AFFECT MY MEDICARE COVERAGE?***

The Health Insurance Marketplace is designed to help people who don't have any health insurance. You have health insurance through Medicare. The Marketplace **won't** have any effect on your Medicare coverage.

Your Medicare benefits aren't changing. No matter how you get Medicare, whether through Original Medicare or a Medicare Advantage Plan, you'll still have the same benefits and security you have now, and you won't have to make any changes.

The Marketplace provides new health insurance options for many Americans. If you have family and friends who **don't** have health insurance, tell them to visit **HealthCare.gov** to learn more about their options.

#### ***DO I NEED TO DO ANYTHING WITH MARKETPLACE PLANS DURING MEDICARE OPEN ENROLLMENT (OCTOBER 15 – DECEMBER 7, 2013)?***

Medicare's Open Enrollment isn't part of the new Health Insurance Marketplace. It's against the law for someone who knows that you have Medicare to sell you a Marketplace plan.

Medicare Open Enrollment (October 15 – December 7, 2013) is the time when all people with Medicare are encouraged to review their current health and prescription drug coverage, including any changes in costs, coverage and benefits that will take effect next year. If you want to change your coverage for next year, this is the time to do it. If you're satisfied that your current coverage will continue to meet your needs for next year, you don't need to do anything. For more information on Medicare Open Enrollment, visit **Medicare.gov** or call 1-800-MEDICARE.

**NOTE:** The Health Insurance Marketplace Open Enrollment period (October 1, 2013 to March 31, 2014) overlaps with the Medicare Open Enrollment period (October 15 – December 7, 2013). Therefore, people with Medicare who are looking to make Medicare coverage changes should make sure that they are reviewing **Medicare plans** and **not Marketplace options**.

#### ***WHAT SHOULD I DO IF I'M CONTACTED ABOUT SIGNING UP FOR A HEALTH PLAN?***

The Medicare open enrollment period is a time when there's a higher risk for fraudulent activities.

It's against the law for someone who knows that you have Medicare to sell you a Marketplace plan.

**DO NOT** share your Medicare number or other personal information with anyone who knocks on your door or contacts you uninvited to sell you a health plan.

Senior Medicare Patrol programs are teaching people with Medicare how to detect and report fraud, and protect themselves from fraudulent activity and identity theft.

To learn more about health care fraud and ways to protect against it, visit **StopMedicareFraud.gov** or the Senior Medicare Patrol (SMP) program in your area (locate your SMP at **SMPresource.org**).

**This information is provided by the United States Department of Health and Human Services.**

## Oktoberfest!

**Day Trip for Great Musical  
Entertainment and Feast  
At the Aqua Turf Club**

**Tuesday, October 29th, 9:00 am - 5:00 pm**

Board a luxury Silver Fox Motor Coach for a delightful day as we journey to Central Connecticut where we'll be served a delicious family style luncheon at the Aqua Turf Club. Enjoy a smorgasbord of music and dance with the fantastic Schwarze Scafe Band, featuring lively Bavarian Music, sing-alongs and interactive fun and dance!

Your choice of entrée served family style—  
you can have them all!

Homemade soup, Penne Pasta with meat sauce, Roast pork, German Wurst (Meat) Platter, and Roasted Potatoes and Braised Red Cabbage, all served with a delicious Chef's choice of Dessert, dinner rolls, butter and beverage.

ALSO, a complimentary glass of wine or beer is included with your meal.

**Cost \$80**

includes transportation, meal & entertainment



## REACHING OUT

**\*\* SUSAN MAKI \*\***

### Substitute Volunteer Receptionists



We currently have volunteers who sit at the receptionist's desk between the hours of 12-2. They answer the phones, sign people up for different activities and events, and sometimes help with special projects. Occasionally a volunteer receptionist might be sick, away, or have another obligation. We are in need of volunteers who would be available, sometimes with little notice, to act as substitute volunteer receptionists.

**Training would be provided.**

**If you are interested in this volunteer position  
please give Susan Maki a call at 508-485-6492.**



### 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.

## PITCH AT A NEW DAY AND TIME!



**JOIN US FRIDAYS AT 1:30  
AT THE SENIOR CENTER  
STARTING IN OCTOBER**

**Same great game and great time to socialize**

**We hope to see you there!**

### Watercolor Classes with Lavonne Are Back!

**Mondays from 1:30-3:30**

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

Lavonne Suwalski is a professional artist and teacher. Experienced painters will learn about composition and drawing, while beginners will work on developing their color mixing and basic techniques. Each class begins with demonstrations, followed by time to practice.

**Donation of \$3.00 for instruction**

RSVP TO THE SENIOR CENTER  
508-485-6492 OR JUST DROP IN



### ***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*

**If you need a shawl or know someone who does please call the Marlborough Senior Center at 508-485-6492**



## *Computer Club*

All welcome!  
Every Friday at 1:00 PM

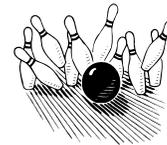


At the Marlborough  
Senior Center  
250 Main Street

### Bowling Trip!

**Sponsored by:**

**Fitzgerald & Collins Funeral Home**



**Where: Sawyers' in Northborough**

**When: Tuesday, October the 15th 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, October 16<sup>th</sup>**

**Our faithful leader, Bob Marcotte would like to invite any interested parties to the Low Vision group for individuals who are losing their vision and would like to learn and listen from others' experiences. The group meets at St. Matthias Church, located at 409 Hemenway Street the third Wednesday of the Month at 10:00 AM-12:00PM. If you have any questions feel free to call Bob at 978-634-1314.**

### Friendly Visitor Program

We are currently looking for volunteers who are interested in visiting elders in the community who are in need of companionship. If you would like to visit an elder one or two hours a week please call Susan Maki at 508-485-6492

## Information and Referral

Our Outreach staff provides information about services for the diverse needs of the Seniors in the Marlborough area. Staff often assist family members by facilitating transitions involving information about assisted living and nursing home facilities, financial and/or legal concerns, and providing in-home assessments.

### Home Delivered Meals (Meals on Wheels)

Bay Path Elder Services Meals on Wheels program offers the option of a hot midday meal delivered to your door along with a hello. Contact BayPath Elder Nutrition at (508) 573-7200 to set up services.

### Meals at the Senior Center

A hot lunch is available at the Senior Center on **Wednesday** at 11:30 am. **Please call and sign up at least 24 hours in advance.** Call the Senior Center at 508-485-6492 for menu selections. **\$3.00 donation is requested.**

### FISH Volunteer Program

The FISH Marlborough program is a volunteer service that provides rides to medical appointments for seniors when friends and family are not available. FISH covers the following communities: Villages at Crane Meadows, Marlborough Villages East, those over 65 that reside at Academy Knoll Apartments, Christopher Heights Assisted Living, Marlborough Public Housing, members over 65 of "the Friends of the Marlborough Seniors" and Veterans referred by the Veterans Agent and residents of Marlborough Hills Healthcare Center. To schedule a ride call 508-485-6492 ext. 11 one week in advance and leave your name, phone number and the date of the appointment and you will be contacted.

### LifeLine

The LifeLine Medical Alert service has provided senior patients with quick access to help at the push of a button in the event of an emergency. If you are interested in LifeLine please call 1-800-521-5539.



### Greeting Cards



Your greeting card donations are greatly appreciated. We are sorry however, that we cannot accept or put out greeting cards that come from specific organizations (for example, Perkins, Alzheimer's Assn., National Wildlife Federation, etc.). Calendars are also Welcome.

### 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

#### BOARD MEMBERS

Debbie Beausoleil  
Peg Bouvier  
Sarah Condon  
Gretta Holland  
Matthew Jones  
Joe Tunnera  
Lydia Whitcomb

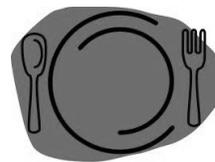
### Volunteer Team Leaders –

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

## THANK YOU!

We all wish to thank our Celebrity Chefs  
for a job well done!

Diners at the September 16th Blue Plate Special Luncheon were treated to delicious hamburgers, cheeseburgers and hotdogs prepared by Marlborough's very own John Ghiloni, Director of Public Facilities, Doug Bushman, Director of Housing and Fire Chief Fortin.



## MONDAY'S BLUE PLATE SPECIAL

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

**October 7<sup>th</sup>**

**Assabet Culinary Arts Program will prepare & serve!**

Meatloaf, Potato, Chef's choice of Veggie,  
Salad, Rolls and Butter, and Gingerbread for dessert

Cost \$5.00

**October 14<sup>th</sup>**

**NO LUNCH CLOSED FOR COLUMBUS DAY**

**October 21<sup>st</sup>**

**"Lunch with Lisa Martino"** enjoy Lisa's: Baked Stuffed  
Boneless Pork Chop, Roasted Potato, Green Beans,  
Rolls Butter and Salad. Cost is \$5.00

**October 28<sup>th</sup>**

Beef Stroganoff, Chicken Stroganoff., White Rice,  
Spinach Salad and dessert Cost \$5.00

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

**508-485-6492**

### Second Saturday

**Do you need some minor repairs to your home or some extra helping hands around your home or apartment?**

“Second Saturday” is a resource (originating out of Grace Baptist Church in Hudson) that is available in our community to low-income seniors. This outreach program assists in moving or setting up new households, yard work, light repairs and housekeeping, etc. Also, if you have donations of furniture, small household items or clothing, we will gladly accept and recycle these items to those experiencing hardship.

**DUE TO VOLUNTEERS PROVIDING SERVICES AT THE CONVOY OF HOPE IN MARLBOROUGH ON OCTOBER 12th THERE WILL BE NO OCTOBER SECOND SATURDAY SERVICES**

*We'll see you in November*



### Taking Appointments for October and November

Dr. Cormier will be at our Senior Center on

**Tuesdays, October 22nd and November 26th**  
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**

### “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

Al Bouvier & Tony Falco, Jr,

Al Bouvier

Bill Quinn



#### Contributors:

Rita Connors

Rocco and Ann Addeo  
Barbara Ferrell & Barry Luftig

Lauretta Field  
Jeanne McGeough

Shirley & Michael Ossing

Suzanne Kasaras

### 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 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 \_\_\_\_\_