

Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 10 Issue 11 November 2013

Mayor's Corner



I hope you and your families are enjoying the beautiful autumn season!

You may have read in the paper or seen at a City Council meeting our new Comptroller/Treasurer Brian Doheny. Brian came to our community from the City of Fitchburg where he served as their Treasurer/Collector and Director of

Finance. He will perform similar duties here in Marlborough and I have every expectation he will be a great addition to my leadership team.

Over the past few weeks, City Hall played host to 3rd graders from Kane and Richer Elementary Schools (as we often do several times a year!). This visit was part of the students' downtown tour of our city and included an informative tour of City Hall by my staff members, Trish and Mike. Regardless of how crazy a day it could be, it's hard not to laugh at some of the questions and comments we'll get from our youngsters. While many students left with fun facts like who was Marlborough's first Mayor (Herbert Howe), others left with an autograph from yours truly (I didn't have the heart to tell them it won't be worth anything!).

Speaking of Herbert Howe, our local elections will soon be upon us. Although this year's campaign season has been quieter than in years past, I strongly urge you to make it to the polls and exercise your right to vote.

I'll conclude this letter with the three most important words of all this season ... **Go Red Sox!**

Sincerely,

JOIN US FOR TWO GREAT DAY TRIPS IN NOVEMBER AND DECEMBER

With holidays around the corner... **LET'S SHOP!**

Fri, Nov 22nd 8:30 - 6:00

Come with us to **Wareham Crossing** for some shopping at the **LL Bean Outlet**, lunch is on your own at the delicious **Lindsey's Seafood Restaurant**, and then more shopping!!! at the **Vanity Fair Outlet** and other shops at the **Outlet Mall** in Dartmouth. Finish with a visit to the **Newport Creamery** for an ice cream on us before heading home!



Price is \$35 pp and includes transportation.



See 2 of Newport's most elegant mansions decorated and on display for Christmas.

Thurs., Dec. 12th

Visit **the Breakers** and also showcased will be the **Marble House**. Lunch is on your own at the famous Bowen Wharf area of Newport.

Price:\$66 pp

includes transportation, admission to the Breakers and the Marble House and touring of Newport.

Come to or call the Senior Center for more information on these 2 great day trips and to save your seat(s) 508-485-6492

*Note There is a certain degree of walking on these two trips.

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."

YOGA Classes at Marlboro Senior Center

Yoga has many health benefits: Yoga strengthens bones and muscles and improves posture, and balance. It reduces High Blood Pressure and lowers stress, improves memory and brain functioning, and overall physical and emotional well-being.

ALL yoga classes offer mindful movements coordinated to your breathing. We begin with 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.

OUR CLASSES ARE

Gentle Chair Yoga: Tuesdays 10-10:45 am
 Strengthening Chair Yoga: Fridays 9-10 am
 Gentle Hatha Yoga: Tuesdays 9- 9:45 am

November THEMES

Nov. 8th - Yoga for Mind/Body **BALANCE** (focused & strong)
 Nov. 12 & 15th - Yoga to Relieve **STRESS** (calm & centered)
 Nov. 19 & 22nd - Yoga for **SELF-CARE** (thankful & grateful)
 Nov. 26th - FLOW Yoga (breath & movement)

CALLING ALL BAKERS!!!!

The Craft Show is looking for bakers.

**Saturday, November 9th
 1:00 - 3:00**

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



Baked goods may be dropped off at the Senior Center on Friday, November 8th between 4:00 pm - 7:00 pm or Saturday, November 9th from 7:00 am on.



Yummy, yummy, yummy!

Once again, it's time to get together with friends at the Epicurean Room at Assabet Valley H.S.

For A Delicious Thanksgiving Dinner

Tuesday, November 12th at 12:00

This Traditional Turkey Meal includes: Chef's Choice of Soup, Turkey, Mashed Potatoes, Dressing, Gravy, Squash, Cranberry Sauce, Rolls & Butter and Apple Cranberry Crisp

So please join us for a great meal, great company and great conversation!

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

Purchase tickets at the Senior Center

508-485-6492



LEGAL CLINIC

Join us for the 2nd installment of the 2-part series, "Living Where You Want With the Care You Need."

Thursday, November 14, 2013

**1:00 p.m. – 2:00 p.m.,
 at the Marlborough Senior Center
 (250 Main St.).**

"Staying Home No Matter What."

In this seminar, Arthur and his invited guests will focus on the home care programs that can keep you safe and sound living at home.

Kindly register by contacting the Center at (508) 485-6492.

Lunch will be provided.



From the Director

My attendance at the MA Council on Aging Conference and some reflections

A few weeks ago I had the opportunity to attend the Massachusetts Council On Aging Conference for two days and I am so glad I did. Some of the things I took away from the conference are "shifts" being seen amongst Senior Centers. One notable meeting I attended focused on the new move in centers. Some of the changes include the move away from the common term "senior center" to new, more descriptive names, such as Adult Living center, Adult Enrichment Center, or Wellness Center, just to name a few. It was also interesting to learn about collaborations that are being done in centers such as housing a physical therapy office, health clinic, etc.. I also learned a lot about the importance of collaborating with our local business community and other organizations, including schools, churches, etc.. It was energizing to spend time with other center directors from MA, as well as other states, and talk about how they're beginning to transition their centers to address the interests and needs of the Baby Boomer Generation and even Generation X, which is where I fall. One thing that our center does well is **offer ideas and suggestions** for improving our programs and services and with this partnership I feel we will do a good job together deciding the programs and services we need for our center now and in the future.

The last thing I would like to share with you (due to my lack of space) is the term "branding" which was a big topic amongst centers and an interesting one as well. In this workshop we did a lot of one-on-one work discussing how our centers could be summed up in three words and asking ourselves if these three words were what we would like for our center to reflect to our community. I felt good about the three words that I believe encapsulate our center: **opportunities, embracing and growth**. Perhaps some of you would have different descriptive words and I would love to hear them.

On my way home I reflected on the conference and all that I learned and I prioritized some goals to work on which include: upgrading the computer technology for our computer club, as well as more computer workshops at the request of our seniors, work collaboratively on our own "branding" with your input and to continue building our community partnerships.

I want to thank everyone involved here at our center for your continuous support whether teaching a weekly class, being a friendly visitor, delivering food to clients participating in the Alternative Food Market, volunteering as a greeter or front office help, newsletter volunteers, and those each week who help set-up various functions, FISH volunteers and each person who has helped with our Senior Center Transportation and the many of you who have come to City Council meetings or written letters or made calls in support of our new senior center. Thank you Ana Cristina, Susan, and Tina who are great to work with each day. Our center's future is bright thanks to ALL.

PS Please join us Monday, Nov. 4th in City Hall at 8PM for the vote on our new senior center.

Sincerely,

Jennifer



Holiday Luncheon

The COA Board under the guidance of Rita Connors is planning another beautiful time for us all to enjoy together. Jake's will be providing our warm, delicious meal which will include: Chicken Cordon Blue, Potatoes, Buttery Carrots, Salad, and Rolls, all topped off with Ice Cream Sundaes.

We are fortunate to have the **Marlborough High School Jazz Band** perform at this event.

This will be a great time for us all to enjoy before we get too busy during this holiday season.

Please mark your calendar for Monday, December 16th at 1:00.

Tickets are available at the Senior Center
\$10.00 for Friends,
\$12.00 for non-Friends members.



This luncheon is being sponsored with the help of the Friends of Marlborough Seniors.

**REAL ESTATE MASTER SERIES
Tuesday, November 19th at 2:00 pm**

**How to Sell For More Money Even
If You Have to Move Quickly**

The second seminar in this three part series will teach you the timing and process for selling a home, as well as the pros and cons of selling your home yourself vs. using a Realtor.

We will also discuss how to price to sell quickly without under pricing a home and how to minimize days on the market. Hear "staging" advice for homes in good shape and smart alternatives to costly repairs if your home needs work.

Part 3 of this series will be:

Tues. Dec. 17th Learn How to Minimize Stress and Maximize the Cash Value of your Home.

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

Presented by David Dowd, Author, Licensed Real Estate Professional & 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.

HOW TO FUEL FOR FITNESS FOOD & NUTRITION RECOMMENDATIONS FOR SENIORS

MARLBOROUGH SENIOR CENTER

FRIDAY, NOV. 22nd, 2013 AT 2:00 PM

Eating a balanced diet is important for overall health, but it is just as important to focus on appropriate foods to support your physical activity whether you are training for endurance, resistance or casual exercise. Our bodies need fuel to get the most out of exercising and to promote rapid recovery afterwards. Eating a balanced pre-exercise or post-exercise meal or snack can reduce soreness, help repair and build muscle, and give your body energy to think and function its best throughout the day.

Join us with Culinary Dietitian, Barbara Gold, RD, CPC from BayPath Elder Services, Inc.

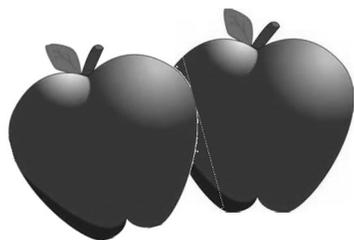
Helpful information will be provided for active seniors who:

- Need better nutrition to support their training program
- Routinely lack energy to exercise at their best
- Struggle with weight issues and dislike their body image
- Have high cholesterol, diabetes, high blood pressure and/or any other diet and disease related issues.

Come learn to fuel yourself optimally for enhanced exercise performance and overall good health.

Sports nutrition tasting samples will be available.

RSVP to the Senior Center
508-485-6492



Windows 8.1 is Here – Get Started With The New Windows

Fri., NOVEMBER 8th at 2:00 pm

Join Mark Gibbs IT Director for the City to see what's New and what has changed with Windows 8.1
Learn how to create new user account and Protect your Kids online with Microsoft Family Safety

He will also answer any questions you might have.

RSVP at the Senior Center requested
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 November 19th
Orphan Train,
by Christina Baker Kline



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

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

Jan. 21st There's a Porcupine in My Outhouse

by Michael Tougias

Feb. 18th The Last Summer, by John Hough, Jr.

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

CRAFTS WITH LISA AND PAM!!

Join Marlborough Senior Center's own Dynamic Duo: Lisa and Pam!

For more craft making session.



All the fun will be: 1:00 - 3:00 PM

on Friday, November 22nd.

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



**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:**

November 6th Burlesque
(Wednesday) - 2010, PG-13, 100 min., 3.7 stars
- Drama
- Cher, Christina Aguilera

November 13th Hemenway & Gellhorn
(Wednesday) - 2012, rated TV-MA, 154 min.,
3.1 stars
- Drama Based on Real Life
- Nicole Kidman, Clive Owen

November 20th Peace, Love & Misunderstanding
(Wednesday) - 2011 rated R, 96 min., 3.4 stars
- Comedy
- Jane Fonda, Catherine Keener

November 27th NO MOVIE- CLOSING 1/2 Day
(Wednesday) **FOR THE THANKSGIVING
HOLIDAY**

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

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



**The Council on Aging will be hosting this
Thanksgiving Dinner at 250 Main Street on
Monday, November 18th at 5 or 5:30**

Stevie's will be catering this free meal
consisting of a traditional Thanksgiving dinner.

The Marlborough Girl Scouts
will be helping to 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

Join our very own yoga instructor **Katie Cohen**
for a timely and informative seminar on

**Managing Holiday Stress:
A Unique Approach
Tips to Take Care of YOURSELF
this Holiday Season!**

FRIDAY, NOVEMBER 15 at 2:00pm

Give yourself the "gift" of Well-Being this Holiday
Although this time of year is about giving to others,
we don't want to exclude ourselves.

Learn simple and easy ways to change the negative
patterns that create stress, and anxiety and begin to
HONOR yourself and your needs in the process.
Here's to Happier Holidays!

Presented by Katie Cohen, M.Ed., LCSW, RYT,
Director of Centered Seniors. Katie is our resident Yoga
Teacher, and has a background in social work. Her main focus
is on the mind/body connection to relieve stress, and improve
wellness.

RSVP requested: 508-485-6492

Outreach Department News

**** Ana Cristina Oliveira ****

*** IMPORTANT REMINDER ***

***The Medicare Open Enrollment ends on December 7th!
Don't Wait Until It's Too Late! Make a SHINE Appointment Now!***

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans change their premiums, co-pays, deductibles and formularies (list of drugs covered). It's important to review your options EVERY year to make sure you have the plan that works best for you.

Assistance is available from the SHINE program. Call the center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

For Medicare related matters (other than an appointment), 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 return your call within 2 days.

For assistance 24 hours/day, 7 days/week, call 1-800-MEDICARE and speak to a Medicare customer service representative.

FY 2014 SMOC FUEL ASSISTANCE PROGRAM

Are you in need of help with your fuel bills this heating season?

SMOC Fuel Assistance Program may be able to help.

Eligibility is based on total gross household income and number of people in the house.

Check income guidelines below and see you are eligible or know someone, who may be eligible, please call the senior center for information on how to apply. 508-485-6492

| Income Guidelines FY 2014 | |
|---------------------------|--------------|
| Family size | Gross Income |
| | \$32,065 |
| | \$41,932 |
| | \$51,798 |
| | \$61,664 |
| | \$71,530 |
| | \$81,396 |

UnitedHealthcare Senior Care Options

Get more benefits and coverage than MassHealth Standard and Original Medicare. United HealthCare Senior Care Options (HMO SNP), you'll have the benefits and support you need to help you stay independent. And there are no copays or coinsurance for drugs or other covered services. To learn more about the United Health Care Senior Care Options, come to the senior center on **Tuesday, November 12, at 2:00pm** for an education meeting provided by Alex Puchulu, contracted, independent licensed agent authorized to sell products within the UnitedHealthcare.

Please reserve your seat. (508) 485-6492

REACHING OUT

**** SUSAN MAKI ****

Senior Mobile Market



The Senior Mobile Market is committed to increasing the levels of food assistance among elders in the community. The Senior Mobile Market is a partnership between the United Way of Tri-County's Marlborough Community Cupboard in partnership with BayPath Elder Services and the City of Marlborough's Council on Aging. Applicants must meet income guidelines in order to be eligible for this program. In order to be a participant in the program, an elder must find it difficult to pick up food at the Community Cupboard. Drivers are needed one or two Thursday mornings a month between

9:00 am and 11:00am for delivery from The Marlborough Community Cupboard. If you are interested in volunteering please contact Susan Maki, Social Services Coordinator, at 508-485-6492.

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

Substitute Volunteer Receptionists

We currently have volunteers who sit at the receptionist's desk between the hours of 12:00 to 2:00. 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



I would like to thank everyone who has donated books, cassettes, and DVD's. Some audio tapes have been donated to the Low Vision Group. Due to limited space, we are currently unable to take any more donations. Come visit the library Monday-Friday between the hours of 8:00-4:00.

COMPLIMENTARY HEARING SCREENING

Once again,
Mass Audiology will be offering free
hearing screenings to our seniors here at the
Marlborough Senior Center on

Wednesday, November 13th starting at 3:00

**If you would like to take advantage of this
generous opportunity please stop in or call us and
let us sign you up for an appointment.**



**Join us for
Watercolor Classes
with Lavonne**

Mondays from 1:30-3:30

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

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 DROP IN**

**Fall Bazaar**

**Sat, Nov 9, 2013
10:00am-4:00pm**

**Christopher Heights of Marlborough
Assisted Living Community**

99 Pleasant St., Marlborough

**Handmade Crafts by Residents
and numerous vendors**

**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, November the 19th 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)**

PITCH

AT A NEW DAY AND TIME!

**JOIN US FRIDAYS AT 1:30 AT THE
SENIOR CENTER**



**Come for a great game and
great time to socialize**

We hope to see you there!

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, November 20th

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 |

Join Us for the Second in our Series of Wellness Workshops

**Thurs., November 21, 1:30
at the Senior Center**

How To Be Happy



Join Kathyjo LaBombard, Psychiatric Mental Health Nurse, and Certified Care Manager as she explains **How to Be Happy**. But what is happiness? And what gets in our way of achieving it? In this workshop, we will explore the psychology of happiness and discuss the many strategies that are available to help us discover, create and attain the happiness that is deservedly ours. Plan on leaving this workshop with **a few more ideas on how to be happy!**

Future topic: Aromatherapy - Thurs. Dec. 12th

Call the Senior Center to Register: 508-485-6492



MONDAY'S BLUE PLATE SPECIAL

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

November 4th

Assabet Culinary Arts Program will prepare
Butternut Squash Soup, Minestrone Soup and a
Sandwich Bar, and dessert
Cost \$5.00

November 11th

NO LUNCH CLOSED FOR VETERANS' DAY

November 18th

“Lunch with Lisa” Please call or see flier for update
Cost is \$5.00

November 28th

Steak tips and rice pilaf with **Bobby Kays**
salad, rolls and butter and individual trifles from **Assabet**
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. 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, Nov. 2, 2013.

Second Saturday date for work is Nov. 9, 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 Appointments for November
More Appointment Times Added!

Dr. Cormier will be at our Senior Center on

Tuesday, 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.



Georgette W. McIntire
Gerald and Frances Hudson

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 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 2014.

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 _____