

MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS VOLUME 2, NO. 2, FEBRUARY 2015

*Open
House
Announced
Soon!*

Our Open House is for our Marlborough community to come and enjoy. However, at 8:00 AM we will have our ribbon-cutting ceremony and a complimentary breakfast for 150 of our age 60 and older adults please feel free to sign up today. The public is welcome to join in the celebration at 10:00 AM as we enjoy the music of Flashback, light refreshments and guided tour by our wonderful volunteers. Come explore the new center and learn all that we have to offer. Special thanks to our SPONSORS for the Open House include: Fitzgerald and Collins Funeral Home, The Reservoir Center for Rehabilitation, Marlborough Hills Healthcare Center, Friends of the Marlborough Seniors, and Christopher Heights.

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Guard Yourself Against the Flu

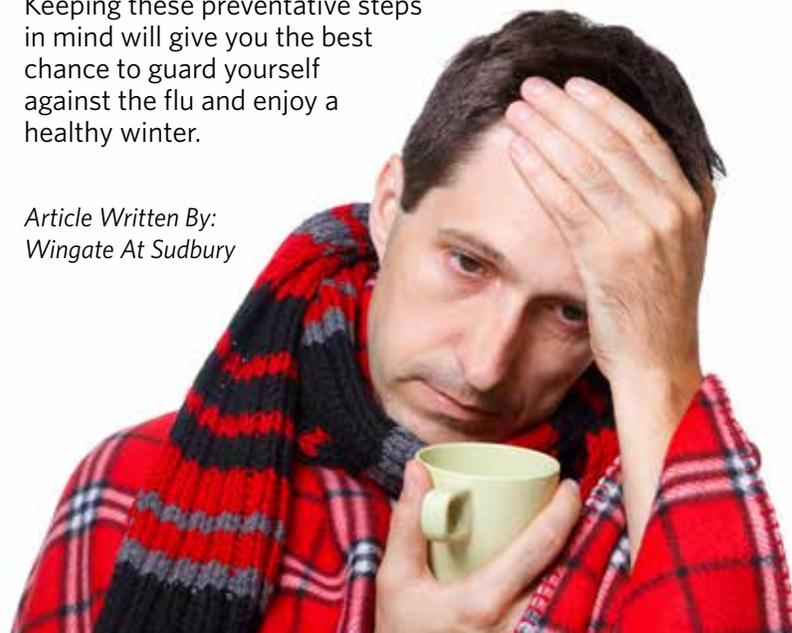
It is important to make good health a priority and there is no better time to focus on our health than now. Flu season is in full swing and although everyone is at risk for the flu it can greatly impact small children and seniors. Two of the most important preventative steps are good hand washing technique and receiving the flu vaccine. It is not too late and do not be swayed by the reports that the strain is different. As long as the flu is still circulating, it is not too late to be vaccinated. Vaccines are available by your doctor, at local walk in medical facilities or pharmacies.

Additional Flu Prevention Steps:

- Avoid Close Contact - try to limit being close to those who may feel sick. Opt to wave or nod at someone instead of shaking hands or hugging.
- Stay Home - being in crowded places increases the chance that you may come in contact with someone who is sick.
- Cover Your Mouth and Nose - using your elbow, cough and sneeze in the crook of your arm, this allows the germs to be contained and away from your hands.
- Wash your Hands Often - with warm water and soap to rid yourself of germs.
- Limit Touching your Mouth, Nose and Eyes - as germs on your hands can be easily transferred.
- Clean and Disinfect - disinfect areas that are touched frequently like countertops, faucets, phones, door handles.
- Keep your Good Habits Going - eat well, stay hydrated, get plenty of sleep and continue to be physically active.

Although everyone is at risk for the flu it greatly can impact small children and the elderly community. It is important to remember that the flu is best handled by your PCP unless a serious case occurs, or symptoms worsen. Try to avoid the emergency rooms as much as possible, as this only further spreads the virus. Keeping these preventative steps in mind will give you the best chance to guard yourself against the flu and enjoy a healthy winter.

Article Written By:
Wingate At Sudbury



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 - 4:00 PM

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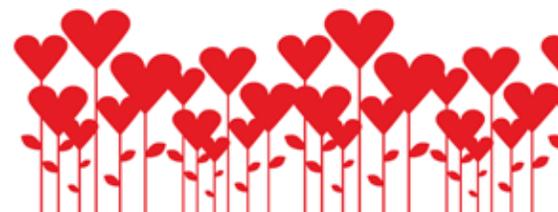
Larry Vifquain
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Janne Sefter

FRIENDS OF MARLBOROUGH SENIORS - OFFICERS

Elections were held on Jan. 8th. New slate
will be published in the March newsletter.

VOLUNTEER TEAM LEADERS

Peg Cahill, Ginger Cutting &
Linda Maher and Marlene King, *Bingo*
Peg Bouvier, *Friends Membership & Movies*
Dick Mahoney, *Computer Lab*
Sheila Brecken, *Book Club, Knit & Crochet*
Judy Jewett, *Knit & Crochet*
Bob Marcotte, *Low Vision*
Jeanne McGeough, *Water Aerobics*
& *Transportation Coordinator*



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AARP TO ASSIST WITH TAX PREPARATIONS THIS MONTH-

FREE HELP with State and Federal Income Tax Returns

(Please make your appointment quickly by calling the senior center at 508-485-6492)

Each year the Marlborough Senior Center is pleased to pair with the AARP TAX-AIDE Program to offer a free income tax service to seniors in the Marlborough area. Local AARP volunteers staff the program, supported by the staff from the Senior Center. We are pleased to offer this opportunity again this year.

The AARP TAX-AIDE program helps low and middle income taxpayers file their Federal and Massachusetts personal income tax returns. Special attention is given to senior citizens with Federal Adjusted income of under \$80,000. The program also helps those who would not normally file a tax return but who qualify for the Massachusetts Senior Circuit Breaker, a partial tax refund of up to \$1000 for low income seniors whose real estate taxes or rent meets certain requirements. Residents of subsidized housing do not qualify for the Senior Circuit Breaker.

Provisions on the Affordable Care Act (ACA) affect almost every taxpayer. All Americans are required to have health care coverage, or to have a government granted exemption, or to make a Shared Responsibility payment. Anyone with Medicare, MASS Health, or private insurance for the entire year meets the requirements of the ACA. The situation for others is more complicated. Your ACA obligation will be reviewed as part of completing your Federal Income Tax return.

AARP TAX-AIDE volunteers are trained to assist in filing the basic income tax forms and schedules, including forms for earned income, retirement income, interest and dividend income, simple business income, itemized deductions, the earned income credit, and Child Tax and Education credits. Volunteers are not trained to assist with depreciation, business returns, complex financial income, and taxpayers subject to the Alternate Minimum tax.

The AARP volunteers meet with taxpayers by appointment at the Marlborough Senior Citizen's Center on Wednesday mornings, **starting Wednesday, February 4 and ending April 8**. Appointments are about an hour and beginning at 9:00 and ending at 12:00. Please call the Senior Center at **508-485-6492** to schedule your appointment.

You are asked to bring all your tax documents to your appointment. We will require proof of identity (a photo ID) and a Social Security Card or letter from the Social Security Administration documenting all Social Security numbers. Bring proof of health care coverage and the 1095-A if you purchased insurance on the MASS Connector. Bring all income statements - wage statements (W2), interest statements (1099-I), dividend statements (1099-D), retirement income statements (1099-R), social security statements, and brokerage statements (1099-B). Bring proof of real estate tax and water bill payments or rent payments. Bring mortgage statements, charity contributions, medical expenses, and tuition payment statements. And it would help if you bring last year's income tax returns. Not having the required forms will usually mean rescheduling another appointment on a future Wednesday.

*If you have questions, we suggest that you stop in a Wednesday morning during the tax season and the volunteers will assist you to get ready for your appointment.

A new day for Marlborough Seniors..

As we are only weeks away from moving into our NEW senior Center I want to thank all of our greeters and front office volunteers for working double duty over the last two months as we train new staff members and our staff prepare for a smooth transition into the new center 40 Era Drive, Marlborough. With the luxury of having almost triple the space we believe this is truly a place people will enjoy coming to meet a friend to share some coffee in the beautiful lobby. With the addition of a fitness center we hope to have a personal trainer who will focus on strengthening one's core, assist with balance and enhance one's overall physical and mental health. We will keep you posted.. We are also thrilled about the additional rooms that will best suit our Wellness Clinics, beautician, podiatrist as well as additional working space for volunteers and our Friends Group. Also, please be watching for our New MySenior Center registration system that will allow you to swipe your new keycard that our COA Board Members which include **Rita Connors, Marie Elwood, Leslie Biggar** and our savvy date entry specialist at the center **Leslie Healey**. Thank you ladies

for over 80 plus hours of work you all have given to prepare for the implementation of this new system that was given to us by the Cummings Foundation. As we all prepare for this venture into our new center please let our staff know if you have any concerns or suggestions. We all want this to be a place you enjoy coming and feel better than you did when you came in our doors. Looking forward to our move and please be patient with us as we prepare for this move in day(s). Enjoy and remember we will have new members coming to our center so please help them feel welcome and thank you all for your many avenues of support to our COA staff and center. Lastly, if you would like to register for new senior center breakfast please register with our front desk greeters.

Jennifer Claro

P.S. I hope you will like our 2015 Calendar of Trips you will find enclosed in this newsletter. If you would like to make any suggestions on additional trips please see Lisa Martino, our Program Coordinator, because we still have some To Be Determined months and we appreciate your suggestions.

INCLEMENT WEATHER GUIDELINES: Please remember **when schools are closed the senior center is closed** and this means there will be no transportation provided through the Senior Center and all services and programs administered at the senior center will not be available. Your COA Staff will report to work based on their best ability to ensure their safety. If you have an emergency need please feel free to call your center at **508-485-6492** for help.

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- THE WILLOWS Retirement Communities
- BEAUMONT Skilled Nursing and Rehabilitation
- WHITNEY PLACE Assisted Living Residences
- SALMON VNA & Hospice

OUTREACH DEPARTMENT NEWS

Ana Cristina Oliveira

CERTIFIED SHINE (MEDICARE) VOLUNTEER COUNSELORS NEEDED!!

Are you looking for a challenging volunteer opportunity?

Do you enjoy learning about complex topics?

Are you good at analyzing and solving problems?

Do you like to work with people?

The SHINE program may be just what you are looking for!

The SHINE program helps seniors and people with disabilities on Medicare to understand the many and increasingly complex insurance options available to them. The need for certified volunteers to educate and provide unbiased information has never been greater.

Through an intensive training program, SHINE (Serving Health Insurance Needs of Everyone) Counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income programs that help with healthcare costs.

SHINE Counselors are expected to work an average of 5-6 hours per week meeting with clients and doing necessary follow-up work. They generally counsel at Senior Centers or other public settings that have a private meeting space. SHINE Counselors must also attend monthly meetings where they receive on-going training, support, and opportunities to share their experiences and concerns with other counselors. Knowledge of computers is required.

SHINE Counselors are intelligent and dedicated individuals, who are truly making a difference in many people's lives. This is a unique and wonderful volunteer opportunity for the right person. Please consider joining our dedicated team.

The spring SHINE training will begin in April and run for two days per week over a six-week period. For more information about becoming a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at **781-455-7555, Ext. 202**.

Bilingual, bicultural and minority individuals are encouraged to apply.

SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with Councils on Aging, Aging Services Access Points and other local agencies.

MONDAY'S BLUE PLATE SPECIALS *all lunches are at 12:30*

February 2: Vin Bin: Sandwich choices: Grandma's Meatball(handmade meatballs, Marinara Sauce, Provolone, Pecorina Romano Basil and on Ciabatta, The Shoemaker(House Made Chicken Salad, Pancetta, Mayo, Red Onion, Lettuce and Tomato and on Ciabatta) The Free Bird(Free Range VT Turkey, Spiced Cranberries, French Brie, Green Apples and on Ciabatta) Angry Italian(Salami, Mortadella, La Quercia Prosciutto, Tomato, Hot Pepper Mayo, Pepperchini and on Ciabatta) Firehouse Smoked Turkey(Smoked Turkey, Sundried Tomato Spread, Mayo, Applewood Smoked Bacon, Provolone, Lettuce and Tomato, on Ciabatta) All sandwiches are served with chips, pickle, beverage and dessert- Cost: \$6.00

February 9: Ham and beans, Salad, Cornbread, Dessert and Beverage \$6.00

February 23: Let's go to DINO'S: includes Garden Salad, (your choice of Entrée \$10 or under) and dessert and drink - (limit 20) Cost \$9.00 and this includes the tip.

Sign up at the Senior Center Office by Friday-noon prior to Monday's lunch.
508-485-6492. Unless otherwise noted, meals will be served at the Senior Center.



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SALON SERVICES ARE COMING TO THE SENIOR CENTER.

We are happy to introduce Karen Navedo who will be providing salon services at the Senior Center. Karen has her own facility in Marlborough at the Marie Esther house and has also worked in Auburn at The Life Care of Auburn for four years and at Notre Dame Long term for going on seven years. She is very passionate about her work and her clients and we are happy to have her. Until the new center opens Karen will be available to make house calls on Tuesdays. Prices for women and men's haircuts are \$15.00, shampoo & conditioner is \$6.00, shampoo & set with conditioner is \$18 and haircut & blow dry with shampoo and conditioner is \$28. Other services are available, call the Senior Center for pricing and scheduling **508-485-6492**.

MANICURES, PEDICURES AND REFLEXOLOGY

Sessions with Veronica Thompson from Great Kneads

When: Second Wednesday of every month
Time: 9:00 AM - 3:30 PM
Where: Senior Center

Veronica Thompson is a state licensed Manicurist, certified Master Reflexologist and certified Advanced Nail Technician will provide manicures, pedicures and reflexology services. Reflexology is the application of pressure to areas on the feet, hands and ears. Reflexology is generally relaxing and may be an effective way to alleviate stress. All costs are paid directly to Veronica at the time of appointment. These appointments have been going fast so call early to reserve a spot at **978-407-7658**.

COMPUTER CLUB

When: Fridays
Time: 1:00 - 3:00 PM

Where: At the Senior Center



Everyone is welcome. Bring your laptop or tablet or use one we have at the center. Bring your questions or something you've learned and share.

Tutoring is available during computer club. Come ask those questions that you have been putting off. Give Bob, a volunteer and retired IT Tech, a call and he will set up a special appointment time just for you. Contact Bob at BobSal@gmail.com or **508-485-6484**.

TAI-CHI FOR HEALTH AND BETTER AGING

When: Fridays
Time: 10:15 AM
Where: Senior Center

Tai Chi involves slow, gentle moves that can be done while seated or standing, deep breathing and stretching while moving in a sequential "dance." Tai Chi is appropriate for 99% of people seeking a joint-safe program and has been proven to reduce pain and stiffness and improve mobility, breathing and relaxation. No pre-registration needed. A \$3 donation per class is requested.

BOOK CLUB

When: Tuesday, February 17th
Time: 1:00 PM, at the Marlborough Senior Center

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

Join Sheila Brecken and others who enjoy reading and discussing a good book. This month's book for February 17th is **The Last Days of Dogtown: A Novel**, by Anita Diamant. If you want to get ahead on your reading, the book for: March 17th is **An Anatomy Lesson**, by Nina Siegel

BOWLING TRIP!

When: Tuesday, February 17th
Where: Sawyers' in Northborough
Time: 11:00 AM
Sponsored by: Fitzgerald & Collins Funeral Home

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. Spaces fill up early, so please drop by or call the Senior Center at **508-485-6492** to sign up.

YOGA CLASSES AT MARLBORO SENIOR CENTER

Gentle Hatha Yoga:
Tuesdays 9:00 - 9:45 AM
Gentle Chair Yoga:
Tuesdays 10:00 - 10:45 AM
Strengthening Chair Yoga:
Fridays 9:00 - 10:00 AM

FEBRUARY YOGA THEMES:

Feb 2-6 - Yoga for Arthritis
 Feb 9-13 - Yoga for Heart Health
 Feb 16-20 - Yoga for Strong Bones
 Feb 23-27 - Yoga for Core Strength

GROUP PIANO LESSONS WITH DENNIS DEYO

When: Mondays
Time: 10:00 AM
Where: Senior Center Multipurpose Room

Dennis teaches group lessons at the Senior Centers in Northborough, Westborough, Southborough and Shrewsbury, and at "The Willows" in Westborough. He also teaches private piano lessons in his home studio and in private homes with a Spring Recital in June, and also gives private instruction in music theory and composition. Piano Books are \$22, and each class is \$3 payable at class time.

MOVIE TIME

Join Peg Bouvier for movie time!
Day: Wednesdays at 1:30 PM
at the Senior Center

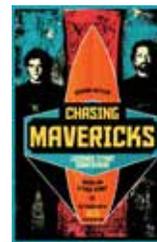
Popcorn & refreshments are served and you don't have to stand in line! This month's movie selections include the following:



February 4th:
High Society (1956)
 - 1 hr 51 min, 3.5 stars
 - Comedy
 - 1956 American musical comedy
 - Filmed and directed by Charles Walters
 - Starring Bing Crosby, Grace Kelly and Frank Sinatra



February 11th: Mandela: Long Walk to Freedom (2013)
 - 2.5 hours, PG, 3.5 stars
 - 2013 British-South African Biographical film
 - Directed by Justin Chadwick and William Nicholsan



February 18th:
Chasing Mavericks
 - 2012, PG, 1 hour 56 min, 3.5 stars
 - American biographical drama about a surfer who is saved from drowning
 - Directed by Curt Hanson



February 25th: Company of Heroes
 - 2013, PG, 1 hour 15 min, 3 stars
 - War film - with Germans near defeat in the latter part of WWII
 - Directed by Don Michael Paul



ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

The flu virus is back in town. To prevent a return visit to your home, take our true-or-false flu quiz. Let's see if you're smarter than that annoying flu bug:



True or False?

1. The flu vaccine can give you the flu.

False, so false. The viruses in the flu-shot formula are either killed or totally inactivated; in the nasal spray vaccine, they're wimpier than a wet noodle. Neither form can infect you.

2. The flu vaccine protects you against only one strain.

False. There are loads of different flu viruses, and each year, flu experts develop a combo vaccine against the projected top three strains for the next flu season. So the 2010 - 2011 vaccine protects against the three main strains around now - yes, one of them is H1N1, which could make a repeat appearance.

3. Flu shots may lower your chances of having a heart attack.

True. If you're over 40, a study published this fall underlines what you may have heard us say a while ago: The flu shot can lower your risk of a heart attack by 19 percent. Your odds are even better if you get it by mid-November.

4. Pregnant moms should not get the flu vaccine; it endangers the fetus.

False. The reverse is true. A new study confirms that newborns whose moms were smart enough to get immunized are less likely to get the flu in their first six months, when they're most vulnerable to life-threatening cases of flu.

5. Healthy kids do not need a flu shot.

False. Vaccinating healthy kids is one of the best ways to protect them and everyone around them, emphasizes a new Canadian study. Kids have higher concentrations of the flu virus and carry it longer, making them more infectious.

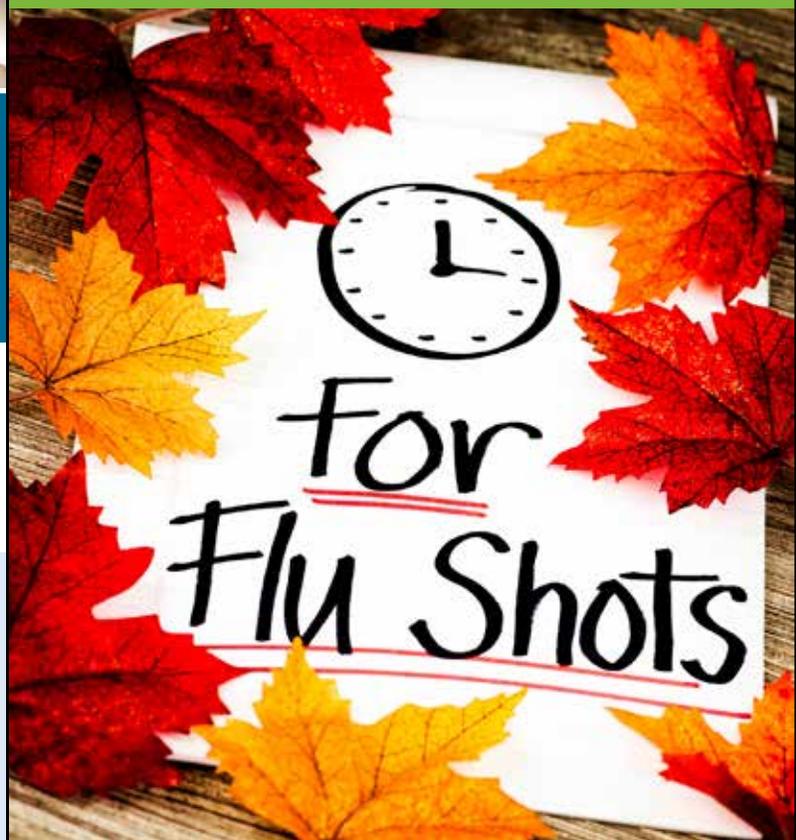
6. You must get a flu shot before December.

False. The sooner the better, but it's effective any time. While flu season peaks in February, it can strike as late as May.

7. I'm an idiot if my family and I don't get a flu shot this year.

True. Unless you have an egg allergy, a history of severe reaction or are ill with a high fever, the worst side effect is a sore arm.

**Copied from "The You Docs", Athens Banner Herald. 11/16/10*



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ROCKIN, SWEET VALENTINE LUNCHEON WITH THE FLASHBACK BAND

When: Friday, February 13, 2014

Time: 12:45 PM

Where: Marlborough Senior Center

Come bring whoever makes you happy and let's enjoy a really good time together. Watch out for cupid who will be roaming the room to shoot off some arrows of hearts. Our menu will be provided by Southern Home Cookin and will include: Your choice of either: Skinless Breast Marsala or Stuffed Shrimp(4) with green peas and onion and garlic mashed potatoes, garden salad, bread and a "special" Valentine dessert. Cost: Friend Members: 10:00 and Non-Friend Members-\$12.00

"LIVING WITH CHRONIC LUNG DISEASE"

When: Thursday, February 26th

Time: 11:00 AM

Speaker: Cheryl Burgess, RRT

Director of Respiratory Therapy at Marlborough Hills Rehabilitation & Health Care Center

Where: Craft Room

Refreshments will be available

Sponsored by: Better Breathers Group

Marlborough Hills Rehabilitation and Healthcare Center and the American Lung Association

www.athenanh.com/marlborough

Space limited to 20 please sign up quickly.



Come meet the director of this energy savings program

FREE ELECTRICITY SAVINGS SERVICE

Sponsored by SMOC and National Grid

When: Friday, February 20th at 12:30 PM

This program is very beneficial to people who are living on a very fixed income. It will provide you with helpful energy saving tools and information on ways to lower your energy usage and in turn lower you utility bill. We will learn about special energy offers that this SMOC and National Grid program offers such as a new free refrigerator, LCD lightbulbs, hot water heater...

This program will provide a program coordinator to come to your home and do a free energy assessment. Based on your income and the assessment results you can qualify for energy saving appliances and more. This is a don't miss program. To qualify a 1 person Household must not exceed \$37,000 and 2 person household \$62,000.

Come join us for this enlightening program and some complimentary pizza from Classic Pizza in Hudson. Lunch is limited to first 30 - All welcome to come listen to the program and please RSVP.

CRAFT TIME

When: Friday, February 27th

Time: 1:00 PM

Come enjoy a fun time with our Program Coordinator, Lisa Martino and our good friend Pam McMahon as you will create something special for your home or someone special. Even if you are not crafty or creative you will love what you create and bring home with this special duo of ladies...

MEN'S GROUP

When: Thursday, February 12th

Where: Visit the Worcester History Museum enjoy lunch at Northworks Bar and Grille and an afternoon visit to Salisbury Mansion

Time: Leave Senior Center at 10:15 AM and return about 3:00 PM

Don't Miss a great enlightening time!! Come enjoy a guided tour of the Worcester History Museum (Featured Exhibits: The Greek Journey in Worcester celebrating the Centennial of Spyridon Cathedral Booth Gallery and Shirt Sleeves which depicts the on-going story of innovators, workers and investors who made industry the story of Worcester) We will eat lunch at Northworks on Grove Street where you will be treated to a sandwich and side of your choice and after lunch it is off to Salisbury Mansion for a final guided tour you will enjoy. Price \$15 and this includes transportation. Don't forget to sign up!

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- Respite Care for Vacationing Caregivers ●
- Hospice Care and Services ●
- Secured Alzheimer's and Dementia Program ●


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HEY, THROW ME SOME BEADS LADY!! COME JOIN US FOR A MARDI GRAS PARTY WITH LISA MARTINO

When: Fat Tuesday, February 17th

Time: 3:00 PM

Come transplant yourself to the French Quarter in New Orleans for a bit. Bring your creativity because we will make masks as you adorn them for this fun time. We will have some jazz music, moon pie eating contest(using plastic fork and knife)bead catching challenge, and some festive Mardi Gras tastings

FEATURING: WHITNEY PLACE ASSISTED LIVING RESIDENCES, NORTHBOROUGH

When: Tuesday, February 24th

Time: 1:00 PM

This month in our series of visiting and learning about local and neighboring over age 55+communities come join us at Whitney Place to learn about their campus and many amenities. You will be treated to lunch, a tour and entertainment to follow. I look forward to seeing you on our third visit learning about housing options unique to your needs. Please RSVP to the senior center we only have 25 spots available for this trip also please let us know if you need transportation.



VNA CARE NETWORK PRESENTS.... FEWER FALLS, SAFER SENIORS PROGRAM

Includes talks, screenings and more

Place: Marlborough COA

250 Main Street

When: February 10th

Time: 1:00 PM

Appointments: Needed for screenings.

Call Marlborough COA, 508-485-6492

RAFFLE: You will be entered into a raffle for an American Express gift card & other prizes if you attend all sessions.

PROGRAM SCHEDULE:

- Falls & Your Risks Talk: Feb 10th 1:00 to 2:00 pm
- Exercise: Feb 17th 1:00 to 2:00 pm. Wear slacks & comfortable shoes
- Osteoporosis Screening: Feb 24th 1:00 pm to 3:00 pm. Appt. necessary
- Balance Screenings: March 3rd 1:00 pm to 3:00 pm. Appt. necessary
- Medication Review: March 10th 1:00 am to 3:00 pm. Appt. necessary
- Orthostatic BP Screening: March 17th 1:00 pm to 3 pm. Appt. necessary
- Making Fall Prevention Work for You! March 24th 1:00 to 2:00 pm.

For information & to make appointments. Please call: Jennifer Claro, Marlborough COA at **508-485-6492** or Maureen Sendrowski, RN, MPH, VNA Care Network at **1-888-663-3688, ext. 5603.**

COMPUTER HELP: BOB'S COMING TO THE SENIOR CENTER!

Come meet Bob in Computer Club on Friday's in February from 1-3 PM. He will be able to help anyone with computer technology, software programs such as email, SKYPE, create a folder and how to use HELP, or repairs and any other questions you may have about your computer. Bob has recently retired as a computer technician from the City of Marlborough's IT Dept. and the Public Schools. For an appt. call or email Bob and he will schedule to meet with you on individually during increments in 20 minute appointments. Contact information: **508-485-6484** or **Bobsal@gmail.com**

IT'S THE ANNUAL WEARIN' OF THE GREEN! COME JOIN US FOR OUR YEARLY ST. PATRICK'S DAY CELEBRATION

FRIDAY, MARCH 13 12:00 PM AT OUR NEW SENIOR CENTER!!
Entertainment by The Murphy's
\$10.00 FOR MEMBERS -
\$12.00 FOR NON-MEMBERS

Thank you to our Friend of the Marlborough Seniors for their financial support for this party.



CHRISTOPHER HEIGHTS™ of Marlborough AN ASSISTED LIVING COMMUNITY



Visit our website at www.christopherheights.com and take a virtual tour of our neighborhood.

- Financial options to help you
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- Safety checks
- 3 chef prepared meals daily
- Laundry & housekeeping
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Our doors are always open!

Call for a tour - 508-281-8001

**PODIATRIST**

Appointments with

Dr. Cormier

Where: Senior Center

When: Tuesday,

February 10th

Time: Appointments start at 1:30 PM and go until 3:30 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**.

SECOND SATURDAY

Date: February 14th

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 in good condition, or clothing, we will gladly accept and recycle these items to those experiencing hardship.

Requests must be received by **Thursday, February 5th 2015**. 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!

KNIT AND CROCHET

When: Mondays

Time: 11:00 AM

Where: Craft Room

Please come join the Knit and Crochet group ALL ARE WELCOME. This group does various outreach projects using their craftsmanship and big hearts as well as some may just wish to bring their own work and enjoy the company.

**FISH VOLUNTEER DRIVING SERVICE**

FISH Marlborough is a volunteer service that provides no cost rides to medical appointments for seniors when friends or family cannot. If you can spare several hours every few weeks, you can be a FISH driver. You select the rides that fit your schedule and there is no obligation to accept rides. For more information call the phone number below and leave a message. FISH covers the following communities: Those over 65 that are "Friends of Marlborough Seniors" or are residents at Marlborough Public Housing, Christopher Heights, Academy Knolls, Marlborough Hills Healthcare, Villages at Crane Meadows, Marlborough Villages East or are veterans referred by the Veterans Agent. To schedule a ride call **508-485-6492 ext. 11** one week in advance and leave your name, phone number and date/time of the appointment and you will be contacted.

LOW VISION GATHERING

When: Wednesday, February 18th

Where: St. Matthias Church, 409

Hemenway Street

Time: 10:00 AM - 12:00 PM

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. If you have any questions feel free to call Bob at **978-634-1314**.

NEXT STEPS, THE COA'S CABLE SHOW - SEE IT ON COMCAST CHANNEL 8 AND VERIZON CHANNEL 34

Sundays @ 5:00 PM

Mondays @ 10:00 AM & 4:30 PM

Tuesdays @ 3:30 PM

Wednesdays @ 7:00 PM & 10:00 PM

Thursdays @ 3:30 PM & 7:30 PM

Fridays @ 10:00 AM

PARAFFIN WAX HAND TREATMENTS

Day: Mondays

Time: 1:30 - 2:30 PM

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.

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 **508-485-6492 ext. 16** for menu selections. \$2.00 donation is requested.

GREETING CARDS

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

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**.

MEDICAL EQUIPMENT LOAN PROGRAMS

For seniors in need of a wheelchair, walker, shower chair, commode, transfer bench, cane, etc. the Senior Center can provide the item on a 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.

FRIENDLY VISITOR PROGRAM MEETING

When: Wednesday, February 11th

Time: 9:00 AM

Where: the Coffee Loft

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**.

WELLNESS CLINIC

Day: Every Thursday

Time: 9:00 - 11:00 AM

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.

ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron



Arthur P. Bergeron is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell.

DRIVING IN WINTER? PLAY IT SAFE!

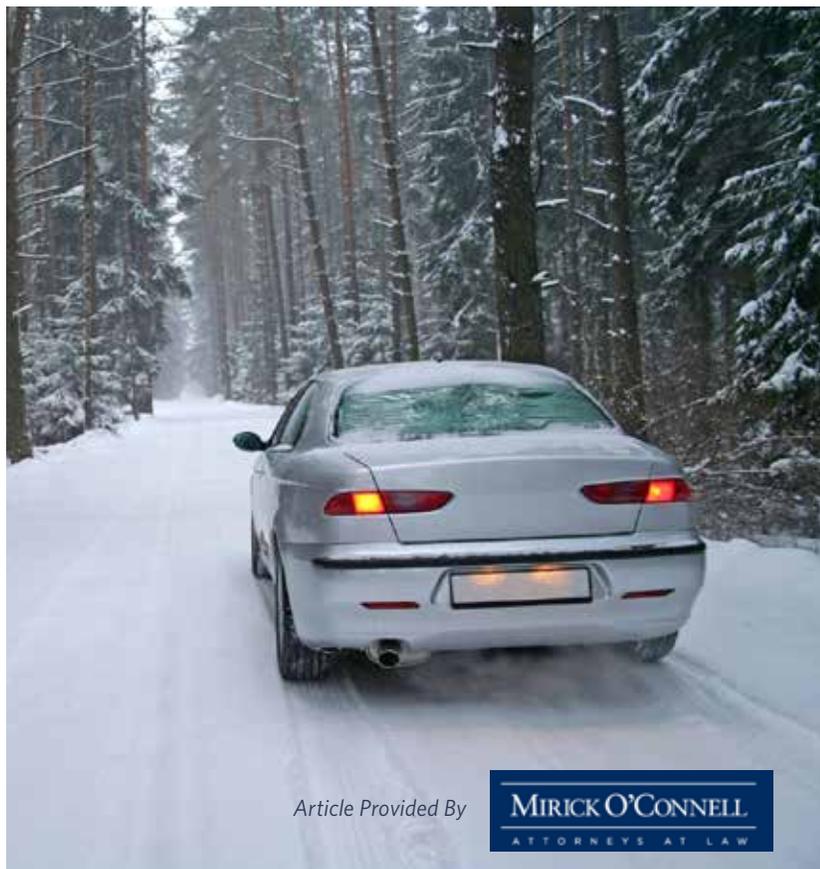
I remember when I was younger how much I loved driving in winter. I loved that sense of being slightly out of control as I hit that ice patch going around a corner. Ah, to be young and carefree! I see those young drivers now. Oh, to be old and nervous.

For many of us (I turned 65 last month, so I'm with you), driving in winter means the anxiety of potentially being hit by that young, carefree youth who probably has little or no insurance and certainly has little or no other assets. If you or someone in your car gets hurt through that person's recklessness, are you simply stuck, knowing that any claim for damages you might have, however valid, will go unpaid? Isn't there something you can do to protect yourself? The answer, as I learned over the past few months, is YES.

In a recent Bergeron Briefs interview, I talked with Ted Bassett, my colleague at Mirick O'Connell who specializes in personal injury matters. A few weeks later, I also spoke with Michael Murphy from the Murphy Insurance Agency in Marlborough. It turns out that, as the owner of a motor vehicle, you can buy something called "underinsurance." As the name implies, it is meant to cover you and passengers in your automobile if you are involved in a motor vehicle accident and the other driver, though at fault, does not have sufficient insurance to pay for your medical bills, pain and suffering. If you own a home, there may even be a way to obtain additional coverage through your homeowners' insurance policy. However, there are a couple of caveats. First and foremost, you must report the accident to your insurance company at once. Ted has found that insurers tend to claim that they were "prejudiced" if they were not notified immediately, because it did not give the insurer the opportunity to investigate the case and learn all the details right away.

Second, don't be your own lawyer. If you get into an accident, immediately call a lawyer who specializes in this kind of work. If your lawyer is a general practitioner, ask him or her for a referral. Get a professional opinion as to whether or not you have a claim, and do it right away.

If you would like to see my interviews with Ted Bassett or Michael Murphy, you can find them on my YouTube channel, www.youtube.com/elderlawfrankandmary.



Article Provided By

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508.860.1470
abergeron@mirickoconnell.com



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in a Row"

Excellence in our work.
Excellence in client service.
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SENIOR TRANSPORTATION PROGRAM NEWS

To participate in our transportation program active adults over 60 must complete a registration application. To receive a registration application you may **pick one up at the Senior Center or call 508-485-6492 and ask for ext. 33** which is the Transportation line for the senior center's transportation program.

Also, we have a booklet available at your senior center that explains all transportation options for seniors living in the Marlborough community. Please remember this transportation program is based on a first come first served basis. **This service is provided in part by a grant through Bay Path Elder Services, Executive Office of Elder Affairs using Title III Older American Act Funding. Due to federal funding being used for this service, we are providing a "voluntary donation opportunity" to continue and further enhance this transportation program. Your participation in this voluntary donation will by no means inform or influence this delivery service. Enjoy your ride!**

FEBRUARY AND EARLY MARCH, 2015

9:30 AM - 12:30 PM

Monday	February 2	Wal-Mart (Hudson)
Monday	February 9	Sudbury Farms (Sudbury)
Monday	February 16	Solomon Pond Mall (Marlborough)
Monday	February 23	Wal-Mart
Monday	March 2	Solomon Pond Mall
Tuesday	February 3	Price Chopper
Tuesday	February 10	Savers (Marlborough)
Tuesday	February 17	Market Basket & BJ's
Tuesday	February 24	Hannaford's (Marlborough)
Tuesday	March 3	Sudbury Farms
Friday	February 27	The Chateau, Westborough

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

4								9
			2					
8					3	4		
					6			
			1	9		5		2
	5		8		2	1		9
5				6	8	9		
					9	8	4	
			5					1

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DIFFICULTY: ★★☆☆☆

1	4	5	9	2	6	8	3	7
8	2	3	1	5	7	4	6	9
9	7	6	4	3	8	1	2	5
7	3	4	6	1	9	2	5	8
5	8	9	3	4	2	6	7	1
6	1	2	7	8	5	3	9	4
4	5	8	2	9	3	7	1	6
3	9	7	8	6	1	5	4	2
2	6	1	5	7	4	9	8	3

Answer to Previous Sudoku



CROSSWORD PUZZLE

- ACROSS**
- 1 Indian groom
 - 5 Kipling hero
 - 8 Accountant (abbr.)
 - 12 Amalekite king
 - 13 Individual retirement acct. (abbr.)
 - 14 Mule
 - 15 Phil. island
 - 17 Impair
 - 18 Camel hair cloth
 - 19 Kind
 - 21 Recommended daily allowance (abbr.)
 - 22 Punjab inhabitant
 - 23 Yahi tribe survivor
 - 25 lt. marble
 - 29 Devil
 - 32 Jewish month
 - 33 With (pref.)
 - 35 Ten (pref.)
 - 36 Eagle's nest
 - 38 Splendor
 - 40 Gael
 - 42 Eth. prince
 - 43 Her Royal Highness (abbr.)
 - 45 Cataract
 - 47 Honey-eater bird
 - 50 Birth a lamb
 - 52 Dance company
 - 54 Alleviate
 - 55 Son of, in Arabic names
 - 56 Byron poem
 - 57 Corner
 - 58 Shelter
 - 59 Seed coat
- DOWN**
- 1 Muttonfish
 - 2 "Arabian Nights" dervish
 - 3 Sayings (suf.)
 - 4 Signed (abbr.)
 - 5 Lively

ANSWER TO PREVIOUS PUZZLE

A	S	A	P	A	R	T	L	A	S
A	I	N	B	I	N	A	A	L	E
R	O	T	S	M	A	L	L	S	P
E	N	I	D	L	A	C			
			T	A	G	A	L	B	A
S	P	O	R	A	D	I	C	R	E
L	O	X	D	A	M	O	N	A	G
A	C	I	S	M	A	K	E	O	V
T	O	N	K	A	N	E	R	V	E
			I	D	A		O	R	A
E	M	A	N	A	T	I	O	N	O
T	H	I	N	E	C	H	T	I	L
H	O	L	I	S	A	S	H	L	A

- 6 Persia today (suf.)
- 7 N.Z. Polynesian
- 8 Hardwood
- 9 Graces, aka
- 10 Ribbed fabric
- 11 Theme: music
- 16 Bedouin headband cord
- 20 Noun-forming
- 22 Pretty (Fr.)
- 24 Hell
- 25 Council for Econ. Advisors (abbr.)
- 26 Island (Fr.)
- 27 Buy
- 28 Name (Fr.)
- 30 Perform
- 31 But also
- 34 Naut. line
- 37 Sprite
- 39 Swiss card game
- 41 Dravidian language
- 43 Rain (pref.)
- 44 Raise
- 46 Leaf division
- 47 Jewish month
- 48 Air (pref.)
- 49 Elliptical
- 51 Maiden name lead-in
- 53 Guido's note (2 words)

1	2	3	4		5	6	7		8	9	10	11	
12					13				14				
15					16				17				
18					19				20		21		
					22				23		24		
25	26	27					28		29		30	31	
32					33		34		35				
36					37		38		39				
					40				41		42		
43	44				45		46				47	48	49
50					51				52		53		
54									55			56	
57									58			59	

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A14

Friends of the Marlborough Senior Center



Join the Knit and Crochet Group every Monday at 11:00 AM. Come work on a special project or just bring your own work and enjoy some good company!

SAVE THE DATE!

Come celebrate Dr. Suess's Birthday with our younger grandchildren on Monday, March 2nd at 2:00 PM.



WELCOME TO LISA MARTINO OUR NEW PROGRAM COORDINATOR

Lisa Martino is a welcome addition to our COA Staff and as you all know she is not new to our center. Lisa Martino has been volunteering with our center over three years and if you found hidden Easter eggs throughout our center before Easter you can probably guess who our Easter bunny was. Lisa... She has catered special events for our center, as well as leads our monthly craft class that is so well attended and what laughs you hear from the craft activity. Lisa is very passionate in the work she does with our center and we can hardly wait to see what she has in-store for all of us. Don't miss the February Program: Hey Throw Me Some Beads, Lady on Fat Tuesday.. Great fun and creativity. Please sign up at the Greeter's desk



Volunteers lending their helpful hands in cleaning and purging: Mary Ryan, Pauline Ordway & Peggy Cahill

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.

Rita Connors, Raymond Forse, Brigham Family Trust Foundation, Anonymous

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 \$ _____ In honor/memory of: _____

Send acknowledgment to: Name: _____
 Address: _____
 City: _____ State: _____ Zip Code: _____

Make checks payable to: Friends of Marlborough Seniors Mail to: P.O. Box 358, Marlborough, MA 01752

FRIENDS OF THE MARLBOROUGH SENIORS MEMBERSHIP INFORMATION

Yes, I want to be a member of the "Friends of the Marlborough Seniors" for 2015. Please fill out this form and mail it to:
Friends of Marlborough Seniors P.O. Box 358, Marlborough, MA 01752

"Friends of the Marlborough Seniors"

- New Membership
- Renewal Membership
- I would like a bar code card for tracking my class and volunteer participation

I would like to give:

- Individual (\$7.00)
- Couple (\$14.00)
- Building Fund (\$ _____)
- Friends (\$ _____)

PLEASE PRINT

Name: _____
 Street Address: _____
 City: _____ State: _____ Zip Code: _____
 Telephone Number: _____

Enjoy these discounts from some of the eateries in our Marlborough area



THE WESTENDER
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\$5 OFF
any purchase of \$20 or more

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493 Boston Post Road West
Marlborough, MA 01752

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 2/28/15.



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of Pizza**
Est. 1964

FREE PIZZA

Buy any large pizza at the regular price & get a small cheese pizza FREE.
For Pick-Up Only.

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Auntie Anne's

FREE PRETZEL

Buy any pretzel at the regular price & get the 2nd pretzel of equal or lesser value free.

508-303-6100
601 Donald Lynch Blvd
Marlborough, MA 01752

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 2/28/15.



SORENTOS
ITALIAN GOURMET

\$5 OFF
any purchase of \$20 or more

508-486-0090
128 Main Street
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FREE PIZZA

Buy any large pizza at the regular price & get a Small Cheese Pizza Free
Pick-up Only

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Marlborough, MA 01752
978-562-7755
234 Washington Street
Hudson, MA 01749

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 2/28/15.



**Welly's
Restaurant**

\$5 OFF
any purchase of \$20 or more

508-281-2091
www.wellysrestaurant.com
153 Main Street
Marlborough, MA 01752

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 2/28/15.

FOR MORE TRIP INFORMATION:

There will be fliers with more descriptive information in the lobby or please see Lisa Martino, Program Coordinator.

***All trips have included tips. No Tips necessary during day or overnight trips. Enjoy and happy traveling!*

FEBRUARY

- **Newport Playhouse "Lie, Cheat, and Genuflect"**
- Wednesday, February 25th
- Lunch, play, dessert and entertainment, bus, \$85, Fox Tours

MARCH

- **The 2015 Boston Flower Show special theme "Season of Enchantment" and lunch at Maggiano's**
- Featuring a five course meal
- Thursday, March 12th
- Time of departure-TBA- \$82 Fox Tours

APRIL

- **Neil Sedeka" show @ Mohegan Sun**
- Includes meal casino, \$
- Tuesday, April 21st,
- \$90, Best of Times



MAY

- **Lantana's, Randolph, "Late Night Catechism"** uproariously funny play that takes the audience back to their youth, "A Howling Comedy" -*Catholic Standard and Times* - Gloriously Funny!- *Chicago Reader*
- Includes lunch and bus
- May 19th
- \$89, Best of Times



JUNE

- **A day in Portsmouth, New Hampshire**
- Visit Strawberry Bank, enjoy shopping, dining, flower gardens and more!

JULY

- **Martha's Vineyard**- Depart at 7:00AM as we travel to Falmouth to board the Island Queen ferry on arrival, a native guide will provide an onboard bus tour across the Island. From Oak Bluffs to Edgartown where you will find a nice lunch spot and then you can enjoy some shopping and sightseeing on your own before you will meet up with everyone for an enjoyable and complimentary dinner at the Old Country Buffet before heading home for 7:00 PM.
- \$84, Fox Tours.

AUGUST

- **The Statue of Liberty, Ellis Island and The 9/11 Memorial** (Friends of our seniors are welcome to join the trip)
- Saturday, August 15, 2015
- Luxury WiFi Motor coach, \$92, Fox Tours

SEPTEMBER

- **All About Quebec**- 4 Days & 3 Nights
- **Day 1:** The Palace Royal Hotel spend three evenings at this four star hotel near St. John Gate to the historic walled city-Dinner included in this night-
- **Day 2:** Exploring the Walled City with local guides and enjoy a nice dinner after visiting such places as Boardwalk of Dufferin Terrace by the Chateau Frontenac, Place Royal where Samuel Champlain first settled, Provincial Parliament and the ornate Quebec Basilica and complimentary dinner at the Palace Royal Hotel
- **Day 3:** Exploring the Beupre Coast-sightseeing continues at St. Anne de Beupre, outdoor bread ovens,, Montmorency Falls and the Isle of Orleans-Dinner included at Café de Paris tonight.
- **Day 4:** Duty Free Shopping and Bonjour et adieu Quebec- approx... \$679 pp Date TBD

- **A special "Surprise" trip is being planned by Lisa Martino- Date and Price TBA**

OCTOBER

- **Connecticut Oktoberfest**
- A true German lunch at East Side Restaurant you will enjoy their commissioned mural adorning the dining room as well as the brilliant jewel like colors and vivid details. After lunch hop on the Essex Steam Engine and enjoy a narrated tour along the Connecticut River and a stop in Deep River Landing to board the Becky Thatcher and see Gillette's Castle and Goodseed Opera house before returning, by train to Essex.
- Thursday, October 15th
- \$112 pp, Tours of Distinction

NOVEMBER

- **TBD and open to suggestions** please see Lisa Martino, Program Coordinator

DECEMBER

- **Boston Pops Holiday Concert**
- Date and Price: TBD-Fox Tours
- **New Year's Eve Day Trip**
- Date and Price - TBD- Best of Times



INTERNATIONAL TRIP FOR 2015

Travel with Collette Gateway to SHADES OF IRELAND- 9 Day trip- please look for brochure booklet with trip information in the lobby of the senior center. For additional questions please see Lisa Martino our Program Coordinator.

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, February 9, March 9, April 6

Please call Ellen Dew at **508-481-7868** for your reservation and more information. Also enjoy some BINGO on the bus!

Pet Fun Facts to Brighten Your Day

As the winter months set in and we long for sunshine and warmth here are a few "Did You Knows" that are sure to brighten a wintry day and warm your heart:

DID YOU KNOW THAT?

- Dogs sweat from the bottom of their feet. The only way to cool themselves down is by panting.
- Cats have five toes on their front paws but only four on their back paws.
- A bird's heart beats more than 400 times per minute.
- There are more than 350 dog breeds in the world.
- An adult cat can run up to 12 miles per hour and can sprint up to 30 miles per hour.
- Hamsters only blink one eye at a time.
- Dogs do not have an appendix.
- Dogs have 4 times as many scent cells as a cat and 14 times more than a human. This is why they are so good at sniffing out drugs or missing persons.
- A cat's skeleton has more than 230 bones (a human has 206).
- A goldfish can live up to 40 years.
- The most popular names for dogs are Max, Sam, Molly, Zach and Maggie.
- All kittens are born with blue eyes.
- Three first class lap dogs survived the sinking of the Titanic - 1 Pekingese and 2 Pomeranians.
- Cats can jump 7 times their height.
- A cat can be left pawed or right pawed.
- A love for any pet is unique to each and every owner and animal. Please take extra care this winter taking care of yourself and your pet.



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- 🐾 Non-Anesthetic Dental 🐾 Pharmacy 🐾 Surgery 🐾 Nutrition Counseling

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Phone: **508-485-1664**

www.homepethealth.com

HOURS:

Monday & Friday 7:30 am - 4:00 pm

Tuesday - Thursday 7:30 am - 7:30 pm

Saturday 8:00 am - 2:00 pm



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Dr. Eric Piascik is a graduate of Tufts University School of Dental Medicine in Boston, Massachusetts. He is board certified in Massachusetts and a member of the Massachusetts Dental Society and the American Dental Association. Dr. Eric believes strongly in patient education and making patients understand all services of general and cosmetic dentistry. Dr. Eric takes great pride in his work and his attention to detail. If you are in need of a cleaning, have a tooth ache, or just looking for a new dentist, call Dr. Eric to book an appointment today.

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- Lumineers (Veneers)
- Snap-on-Smile
- Deep Cleaning-Scaling & Root Planning
- Patient Education

Marlborough Seniors New Patient Special!

**\$90 for Comprehensive Exam,
Cleaning and Radiographs if needed.**

A 40% savings! (Only good for first visit.

Must be 65 and older, Have no dental insurance, and must bring coupon with you)

www.DrEricDMD.com

Eric G. Piascik, DMD
Family & Cosmetic Dentistry
46 Hosmer Street
Marlborough, MA 01752
508-485-2960

Office Hours:
Monday - Wednesday:
7:30 am - 5 pm
Thursdays: 9 am - 7 pm
Friday & Saturday: 9 am - 1 pm



NEWS FROM SUSAN MAKI, SOCIAL SERVICES COORDINATOR

THE POWER OF VOLUNTEERING

Are you looking for a way to make new friends, enrich your life, and help those in need? A great way to accomplish all three of these is to sign up to volunteer. If helping people isn't reason enough to motivate you to get out there and help your community, here are some additional reasons to entice you to volunteer that you may not have thought of.

**MEET NEW PEOPLE**

Volunteering is a great way to expand your social network. Volunteering will put you face to face with a variety of kind-hearted people with a multitude of interests and diverse backgrounds.

LEARN SOMETHING NEW

By volunteering you are constantly learning something new. Continuously challenging the brain has also been shown to help lower your risk of developing Alzheimer's and help improve one's memory.

MIX UP YOUR ROUTINE

Maybe you are retired and looking for things to do to keep you active. Volunteering forces you to mix up your schedule and try something new. Volunteering is a great way to overcome boredom, and introduce you to a variety of new experiences.

REDUCE STRESS

Research conducted by John Hopkins University found that volunteering is instrumental in both lowering stress and building self-esteem, especially in older adults. Volunteering is known to reduce social isolation and to lower blood pressure and strengthen one's immune system. In addition, it's been shown to increase the production of endorphins, which put you in a good mood, and provide you with a sense of accomplishment.

VOLUNTEER RECEPTIONIST POSITIONS

With the opening of the new Marlborough Senior Center, we have a need for additional Volunteer Receptionists. Volunteer Receptionists will greet participants as they come into the building and direct them to programs. They will answer questions about various programs, provide information on scheduling, and sign participants up for non-paying activities. Some of the requirements for this position include: a friendly personality, some computer experience, and the ability to multi-task. We are planning on volunteers sitting at the receptionist's desk for 2-4 hour shifts. Experience in customer service or office work is helpful, but not required. Please give Susan Maki a call at **508-485-6492** if you are interested in this position.

Eating Healthy in Winter

Winter is here, the cold temperatures have set in and our desire to eat well is there yet, somehow feels limited. Many enter into the long cold winter months thinking their healthy choices are limited in the produce aisle or that they have to eat heavy winter foods. Not so! There are many ways to add flavor, color and most importantly, nutrients to our diet in winter.

Pine for Pomegranate – just one cup of pomegranate juice is considered doing your heart well. Add a little lime juice and sparkling water and you have a light, refreshing drink while gaining the heart healthy benefits.

Time for Turkey – a wonderful source of lean protein and low in calories. Throw a turkey breast in the oven and engorge your house with the delicious smell of a roasted turkey. Slice the leftovers and save for a whole grain sandwich the following day!

Potatoes Pickin' – yes, potatoes. Don't be fooled, potatoes are considered a whole food with nutritional benefits just not slathered with sour cream and cheese. Bake a potato, or mash potatoes with skim milk or add some cooked cauliflower.

Squash the Cold – add winter squash to your diet. Acorn, butternut and spaghetti squash are healthy superstars providing Vitamins A, C, B6 and K.



Love those Legumes – also known as all things beans. Add kidney beans to a chicken chili or add some lentils to a homemade soup. These legumes add hearty texture and flavor to any recipe and provide much needed fiber and protein.

A Taste of Sunshine – there's nothing like eating an orange or grapefruit in winter. You know it came from a place with sunshine and warmth. Eating an orange, grapefruit, adding lime or lemon can provide you with your daily intake of Vitamin C and bring some sunshine to a cold winter day.

Focusing on your diet and eating well is important for your spirit, mind and body. Commit a day to healthy eating and see how it does your body good. Then, commit another day, and so on and so on.

We can all eat healthy in winter, now you know where to start.



Article Provided by Dr. Roxanne Latimer, *Medical Director and Lead Physician*
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
10:00 Beg. Aerobics 10:00 Group Piano 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge	8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:15 Pilates 1:00 Scrabble	9:00 30/30 Exercise 9:00 AARP Tax Preparations 10:00 Low Vision 10:15 Bingo 11:00 Multicultural Computer Club 12:30 Bingo 1:30 Movie time 4:00 Multicultural Yoga	8:50 Wayside Water Aerobics 9:00 ESL 9:00-11:00 Wellness Clinic 9:00 Cardio & Weights 10:00 Zumba 11:00 English Conversational Circle/lunch/special program	8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club Big Cookie Day Sponsored by: Christopher Heights Assisted Living
9	10	11	12	13
7:30 Foxwood Trip 10:00 Beg. Aerobics 10:00 Group Piano 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch-Away at DINO'S 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge	8:30 COA Board Meeting, Walker Bldg.-1st floor 8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:15 Pilates 1:00 Scrabble 1:00 VNA presents Falls & Your Risks Talk 1:30 Podiatrist	Reflexology/Manicures/Pedicures by Appt only 9:00 Friendly Visitor Mtg - Coffee Loft 9:00 30/30 Exercise 9:00 Tax Preparations 10:00 Multicultural Computer Club 10:00 Low Vision 10:15 Bingo 12:30 Bingo 1:30 Movie Time 4:00 Multicultural Yoga	8:50 Wayside Water Aerobics 9:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 10:15 Men's Group-Trip to Worcester History Museum and Salisbury Mansion 11:00 English Conversational Circle 11:00 Cardio & Weights 4:15 Friends Board Mtg	8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 12:45 Rockin, Sweet Valentine Party 1:00 Computer Club and tutoring
16	17	18	19	20
Closed for President's Day	8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:00 Bowling 11:15 Pilates 1:00 Scrabble 1:00 Book Club 1:00 VNA presents Exercise 3:00 Hey! Throw Me Some Beads Party	9:00 30/30 Exercise 9:00 Friendly Visitor Mtg. at Coffee Loft 9:00 Tax Preparations 10:00 Low Vision 10:15 Bingo 11:00 Latino Comp. Club 12:30 Bingo 1:30 Movie Time 4:00 Multicultural Yoga	8:50 Wayside Water Aerobics 9:00 ESL 9-11:00 Wellness Clinic 10:00 Zumba 11:00 English Conversational Circle 11:00 Cardio & Weights	8:30 Cribbage 9:00 Chair Yoga 9:00-1:30 Dental Clinic 10:15 Tai-Chi 12:30 Free Electricity Savings Service sponsored by SMOC and National Grid 1:00 Computer Club and tutoring
23	24	25	26	27
10:00 Beg. Aerobics 10:00 Group Piano 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge	8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:15 Pilates 1:00 Whitney Place Luncheon and Tour 1:00 Scrabble 1:00 VNA presents Osteoporosis Screenings- Appt. Necessary	9:00 30/30 Exercise 9:00 Tax Preparations 10:00 Multicultural Computer Club 10:00 Low Vision 10:15 Bingo 1:30 Movie Time 4:00 Multicultural Yoga Newport Playhouse Spectacular Featuring "LIE, CHEAT, GENUFLECT TIME-TBD"	8:50 Wayside Water Aerobics 9:00 ESL 9-11:00 Wellness Clinic 10:00 Zumba 11:00 Living with Chronic Lung Disease- Marlborough Hills-Craft Room 11:00 Cardio & Weights	8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 1:00 Crafts with Lisa Martino and Pam McMahon



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