

# MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS VOLUME 2, NO. 7, JULY 2015

4<sup>th</sup>  
JULY

INDEPENDENCE DAY

1776

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# Staying Hydrated

Everyone knows that it's important to stay hydrated, especially in the hot summer sun. It is even more important for the elderly to get enough fluids. Seniors are more likely to experience health problems when they are not getting enough fluids. Unfortunately, they are also more susceptible to dehydration. As we age, it becomes harder for our bodies to retain water.



### Why should we drink more fluids?

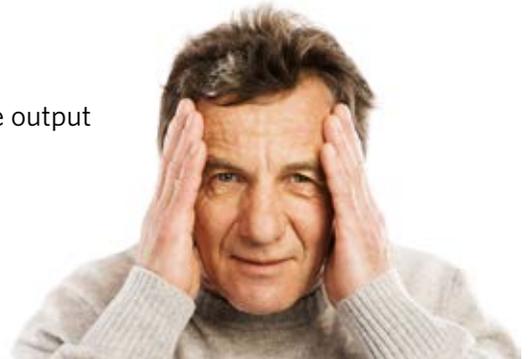
1. Older people are more likely to have medical problems that can cause dehydration such as influenza, digestive problems and high blood sugar.
2. Popular medications for high blood pressure, heart disease, or kidney and liver problems are considered diuretics and cause an increase in fluid loss.
3. As age progresses, kidneys start to decline and become less sensitive to a natural anti-diuretic hormone. This hormone helps conserve water in our bodies. Replenishing water can counteract the loss of water conservation through this hormone.
4. Our thirst response mechanism also declines as we age. Making it a concentrated effort to drink is important.

Dehydration can cause people to feel weak and dizzy, increasing the risk for falls in seniors. The best way to prevent this from happening is early detection. Some symptoms of dehydration are:

- Confusion
- Rapid heart rate
- Decreased urine output
- Irritability
- Dry skin
- Constipation
- Dizziness

Some seniors don't drink enough fluids

because they don't feel thirsty. Make it a point to drink small amounts of water often throughout the day. This is the best way to prevent dehydration.



## MARLBOROUGH COUNCIL ON AGING & SENIOR CENTER

40 New 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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Lisa Martino, *Program Coordinator*  
Lucky Becker, *Multicultural Assistant*  
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## VOLUNTEER PROGRAM LEADERS

*BINGO* - Peggy Cahill, Barbara Djavaheeri,  
Marlene King and Linda Maher  
*Movies* - Peg Bouvier  
*Computer Lab* - Bob Cook and  
Richard Mahoney  
*Book Club* - Sheila Brecken  
*Knit and Crochet* - Judy Jewett and  
Sheila Brecken  
*Low Vision* - Bob Marcotte  
*Water Aerobics* - Jeanne McGeough  
*Duplicate Bridge* - Jay Levine, N. Nath

## FISH VOLUNTEER TRANSPORTATION PROGRAM DIRECTORS

Larry Vifquain  
Gary Adkins  
Janne Sefter

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Gretta Holland, Susan Martin, Doug Peck  
and Lydia Whitcomb

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## THE BENEFITS OF DOWNSIZING AND TRANSITIONING TO SMALLER LIVING SPACES

A decision to transition to a smaller home, especially to one level of living space, is a wise choice to preserve health and well-being as we age. Assisted living apartments, or other retirement housing, provides seniors with a safe and carefree lifestyle in a supportive environment. Services offered at these types of housing options include security, property maintenance, and social activities. Assisted living facilities provide prepared meals, housekeeping, and assistance with an individual's personal care needs.

Considering a move can be an overwhelming thought. We spend years collecting mementos, household items, clothing, books, and countless other items. As we age it is necessary to review our personal belongings and re-organize before we can think about a move to smaller surroundings. Organizing and reducing our personal belongings takes time. Seniors may be unable to address this task due to their physical capabilities. Having to move in a time of crisis due to unexpected medical events, as opposed to planning ahead, will limit housing options. Many people wait too long to start planning.

Downsizing is an opportunity to live a "cleaner" life. Reach out and ask for assistance from family or friends. Sorting, packing, and distributing items is a physical job and many of us will need help. Find individuals to help who will respect your personal choices on what you decide to keep. Think positive and sort items into categories including recycling to benefit the environment, gifting to family or friends who will truly appreciate it, donating to organizations that can assist others, and selling any valuable items you don't want to keep. There are also professional services available to help with downsizing. Organizing specialists and moving consultants help identify items to put into "category" and will coordinate your personal decisions.

It is never too early to start thinking about your next housing option. As overwhelming as this may seem, the best way to start is to talk to professionals who are trained to assist you, and to talk to people who have already made the transition. Although there is much work to do to downsize, the reward will be worth the effort.

*Gretta Holland*

*Friends of Marlborough Seniors Board Member, Marketing Director, Orchard Hill Sudbury*



We welcome **Susan Martin, Joan Cameron, and Douglas Peck** to the Friends of Marlborough Seniors Board. Our new members were elected in May by the Board in keeping with our by-laws to fill vacancies on the Board. Our new members will serve the remaining term of the outgoing members until the next regular election.

### LOOKING FOR AN OPPORTUNITY TO VOLUNTEER?

We are in need of volunteers to help organize a fundraising event scheduled to take place in October. Please contact any Board member for more information.



## SERVING THE HEART OF THE COMMUNITY AT HOME

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- Physical, occupational and speech therapists
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### CONTINUUM OF CARE

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

## MEDICARE APPEALS

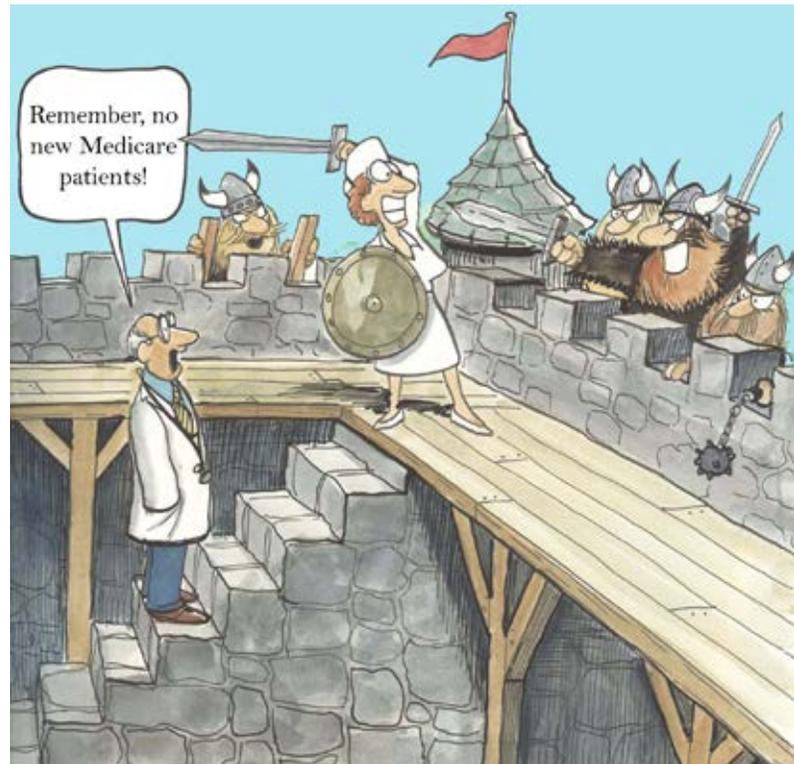
If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. It is very important to pay attention to the time limits for appeals!

### Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care that you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should
- Medicare drug plan denies coverage of your medication

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at **866-778-0939**.

For assistance with understanding and accessing your Medicare benefits, you can call your senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor by telephone. 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 counselor will call you back, as soon as possible.



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Call us today if you have any questions about the Value of your Home, the Market or how to Enter our **60th Anniversary Giveaway!** (508) 845-2121.



**Home Selling Tips:** If you're thinking of selling your home, keep in mind that buyers appreciate a clean look in the homes they view. You can increase the value of your home and decrease the time it takes to sell by making a few simple improvements.

**Nothing makes a home look better than painting.** Painting your walls and removing outdated wallpaper may be the best interior improvements you can make. For broader appeal, paint in neutral colors such as beige, white, off-white, or gray. These colors suggest newness and cleanliness and can brighten a dull or outdated room. If your carpet is badly worn, outdated or stained, consider replacing it.

**Don't Forget to Make the Most of that First Impression:** A well-manicured lawn, neatly trimmed shrubs and a clutter-free porch welcome prospects. So does a freshly painted front door. If it's Summer, plant some colorful flowers and weed your flower beds. If it's autumn, rake the leaves. If it's winter, shovel the walkways.



**BOWLING TRIP!**

**When:** Tuesday, July, 14th  
**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.

**MANICURES, PEDICURES AND REFLEXOLOGY**

**Sessions with Veronica Thompson from Great Kneads**  
**When:** First Wednesday of each 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. She 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.

**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.

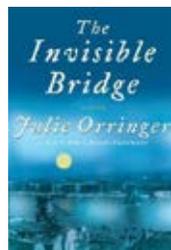
**COMPUTER CLUB AND TUTORING WITH BOB**

**When:** Fridays  
**Time:** 1:00 - 3:00 PM  
**Where:** At the Senior Center

Bring your laptop or tablet or use one we have at the center. Tutoring is available. Give Bob, a volunteer and retired IT a call and he will set up a special appointment time just for you. If you would like to schedule some one on one time with our tutor at no cost please contact Bob at Bobsal@gmail.com or 508-485-6484.

**BOOK CLUB**

**When:** Tuesday, July 21st  
**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 July 21st is **The Invisible Bridge** by Julie Orringer.

If you want to get ahead on your reading, the book for August 18th is **The Glass Jar**, by Jeanette Walls.

**ZUMBA**

Zumba will not be in session for the month of August.



**A warm "welcome back" to Laura Fagan!**

Laura was with us last year and we are happy to have her back as our intern for the summer season!



**NEW! COPD SUPPORT**

GROUP TO MEET ON THE 4TH WEDNESDAY OF EACH MONTH HERE AT THE SENIOR CENTER AT 11:00 AM.



**GROUP PIANO LESSONS WITH DENNIS DEYO**

**When:** Mondays  
**Time:** 10:00 AM  
**Where:** Senior Center Multipurpose Room  
**Piano class will stop for the summer and will resume on September 14th**

Dennis teaches group lessons at several locations in the area and he also teaches private piano lessons in his home studio and in private homes with a Spring Recital in June. Piano Books are \$22, and each class is \$3 payable at class time.

**MOVIE TIME**

**Join Peg Bouvier for movie time!**  
**Day:** Wednesdays at 1:00 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:



**July 1st:**  
**Ziegfeld Girl**  
 - 1941  
 - 132 min



**July 8th:**  
**August: Osage County**  
 - 2013  
 - 121 min



**July 15th:**  
**Blended**  
 - 2014  
 - 117 min



**July 22nd:**  
**The Grand Budapest Hotel**  
 - 2014  
 - 100 min



**July 29th:**  
**Heaven is for Real**  
 - 2014  
 - 99 min



## ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

## AGE-RELATED VISION PROBLEMS



As you age, so do your eyes. You might find that you have difficulty reading small print or that you need brighter lighting at your desk. In addition, eye diseases that could lead to more-serious vision problems become more common with age. Consider cataracts. A cataract is a clouding of the normally clear lens of the eye. Most cataracts develop slowly and don't disturb eyesight early on. At first, stronger lighting and eyeglasses can help you deal with cataracts. Eventually cataracts can interfere with your vision. Left untreated, cataracts can lead to blindness. However, even with advanced cataracts, vision can usually be restored with surgery. Be sure to have regular checkups with your ophthalmologist so that any developing vision problems can be caught early.

— Source: Mayo Clinic



Have a question for the pharmacist?  
Email questions to: [pharmacist@bouvierpharmacy.com](mailto:pharmacist@bouvierpharmacy.com)

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*4 Generations of our Family  
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**THE GLASS IS HALF FULL****When:** Friday, July 10th**Time:** 10:00 AM - 12:00 PM

Join us for this 2 hour workshop presented by Hearthstone Alzheimer Care. This is a caregivers toolkit for providing purposeful engagement for persons living at home with memory challenges. Please call **508-485-6492** or sign up at the reception desk.

**SUMMER SIZZLER WITH THE "ROCKIN' ROBIN"****When:** Thursday, July 23rd**Time:** 2:00 PM**Cost:** \$5

Spend the afternoon with Dave Mindell! Dave is a real crowd pleaser and will have you dancing and singing along to all of your favorite tunes! Ice cream sodas and refreshments will be served! Please sign up at the reception desk.

**A MATTER OF BALANCE****When:** Thursdays, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27**Time:** 1:00 - 3:00 PM**Where:** at the Senior Center**Cost:** Free!

An 8 week program designed to help manage falls and increase activity levels. Sessions include discussion and exercises to improve balance, strength and flexibility.

**To register please call: Kristen Luna, 508-870-1320 Ext. 241**  
kluna@ymcaofcm.org

**YOU WILL LEARN TO:** view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength, and balance concerns.

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the  
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**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

**JOIN US FOR A PRESENTATION ON  
"LIVING WITH CHRONIC LUNG DISEASE"****When:** Wednesday July, 22nd**Time:** 11:00 AM - 12:00 PM**Guest speaker:** Cheryl Burgess, RRT.

**Sponsored by:** Better Breathers Group, Marlborough Hills Rehabilitation HealthCare Center and the American Lung Assoc.

Please call **508-485-6492** or sign up at reception desk.

**ARE YOU FOR OR AGAINST GMO FOODS?****When:** Thursday, July 9th**Time:** 2:00 PM

You may have heard a lot of news about GMO foods in today's news. Many food vendors are vouching to not use GMO foods in their products, but why? What is a GMO food? How is it made, what are its advantages and disadvantages? Come listen to Joshua Hammond, Registered Dietitian with Saint Patrick's Manor present on this hot topic. Please call **508-485-6492** or sign up at the reception desk.

**COME AND PLAY WITH OUR NEW X-BOX!**

We are happy to announce that there is an "X-Box Game System" at the Senior Center set up for your enjoyment. We have some games here as well, with plans on acquiring several more. Come on down and see what it's all about.... Laura, our summer intern will help out and get you started! A huge thank you to Cy Cygan for donating the X-Box and games.

**JAWS**

**THIS YEAR THE MOVIE "JAWS"  
CELEBRATES IT'S 40TH ANNIVERSARY!**

**When:** Friday, July 17th**Time:** 2:00 PM

Join us as we watch on the BIG SCREEN and remember just what it was that kept us out of the water that summer so many years ago!

A great time and all of your favorite movie snacks provided!  
Please call **508-485-6492** or sign up at reception desk.

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- Hospice Care and Services ●
- Secured Alzheimer's and Dementia Program ●

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**ON-GOING YOGA CLASSES:**

July 3rd – Yoga for strength and Independence

July 7th & 10th – Feel your roots: legs/feet/hips RED – Earth

July 14th & 17th – Find your flow: creativity,  
abundance ORANGE – Water

July 21st & 24th – Cooling, calming yoga

July 28th & 31st – Centering core yoga:  
radiate well-being YELLOW – Fire

Yoga has been found to have many health benefits: Yoga strengthens bones and muscles, improving posture, and balance. Yoga reduces high blood pressure and lowering 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 working at it's best.

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 – 10 AM**

Classic Yoga poses and postures both seated and standing to increase strength and flexibility, improving overall well-being. 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.

**PITCH IS HERE!**

We meet every Thursday at 1:00 PM. Come down and join in the fun!

**MENS GROUP**

When: Thursday, July 16

Time: 9:00 AM

Cost: \$5

Join us as we travel to Battleship Cove Naval Heritage Museum in Fall River, Ma. We will spend the afternoon touring the ship and will enjoy a boxed lunch right there in the galley! Bus departs the Senior Center at 9:00 AM and will return for 3:00 PM. Cost of trip is \$40. Please sign up at reception desk.

**DENTAL SERVICES ARE AT THE SENIOR CENTER!**

Donna Paschalides, certified public health dental hygienists, will help provide solutions to your dental needs and act as an advocate for you. Services that we can provide for you: Dental Cleanings, Fluoride Varnishes, Denture Maintenance and Oral Cancer Screenings. We hope you find this service helpful and convenient. We know you will like Donna and Ryana as they are personable, knowledgeable and excited to serve you. Call the Senior Center at **508-485-6492** to schedule your appointment.

**GROUP PERSONAL TRAINING**

Certified Personal Trainer, Sharon McDevitt, is offering group personal training . The cost of this 1-hour training session is \$60. Groups can consist of 2, 3 or 4 people thus making this an affordable option for those who find it difficult to work out on their own or are uncomfortable in a fitness class setting. (i.e., 2 people, \$30/person, 4 people, \$15/person.)

Each session will consist of strength/resistance training which will target large muscle groups of the upper and lower body. Included also in the session will be core strengthening (abs and lower back) and work to increase balance and flexibility.

If you are interested in this program, please contact either Lisa or Linda at the front desk. Leave your name and those who will be included in your group and contact info (either phone # or email address) and I will be in touch with you to set a day and time aside.





### PODIATRIST

Appointments with

Dr. Cormier

Where: Senior Center

When: Tuesday,

July 14th

Time: 1:30 - 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: July 11th

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, July 2nd, 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. 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. **More volunteer drivers are always needed!** 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. 32199** 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: Thursday, July 16th

Where: at the Senior Center

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 **508-573-7200** for menu selections. \$3 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.

### 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.

**LIBRARY** - The Marlborough Public Library has generously contributed large print books, audio tapes, and DVD's to our beautiful new library. Every few months they will bring new material for everyone to enjoy. There is a bin located in the library for returns. We are no longer able to accept books, DVD's, or puzzles. Thank you for all of your past contributions.

## 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.

### A CAUTIONARY TALE

Last week I met with a delightful couple in their early 80's with a big problem. Over 19 years ago, at the urging of their four children, these folks

transferred to their kids a so-called "remainder interest" in the parents' home. The parents kept a "life estate" in the property, which left them with control of the property (and responsibility for all house expenses, like taxes, insurance and upkeep), until they die. They did this, like many aging parents do, as a way of protecting their home for the benefit of their kids if the parents needed to qualify for MassHealth later, because one of them needed nursing home care. This all works and is great for the children, since if one or both of the parents later needs to qualify for MassHealth, any MassHealth lien imposed on their "life estate" will expire after they die.

Their problem, though, is that they can no longer afford to live in their home on their current income, and they want to sell, move to an apartment, and use the proceeds as their cushion for the rest of their lives. For them to do that, though, their children either need to agree to deed their "remainder" interests back to their parents, or the children need to agree to deed the property to a new buyer at the same time their parents do. Three of the children will agree to participate. One of them won't. What can they do? Regrettably, just about nothing. While there is a legal action that they could take to have a Court order the sale of the property, the legal action itself will cost tens of thousands of dollars and takes a considerable amount of time, and, as the owners of only a life estate in the property, they will only be entitled to the percentage of the proceeds equal to the value of their life estate. If they were both 80 years old and sold today, that would be about 18% of the proceeds. What's more, there will be a capital gains tax due regarding the remaining proceeds. Only the parents' life estate proceeds are protected by the so-called homeowner exemption on capital gains taxes.

What are their other alternatives? They could apply for a reverse mortgage loan and use the loan proceeds as their cushion, but they will still be stuck maintaining a house where they can no longer afford to live, and of course, this would only work if all the kids would sign. These cases are uncommon, but they do come up, so think about this before you give away that remainder interest. There may be worse things than a MassHealth lien. There are also other options to consider, such as giving the remainder interest to a trust rather than outright to children. If you have any questions regarding this topic or any other elder law matter, you can contact me by phone, **508-860-1470** or email me at [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com).

You can find videos on elder information on my YouTube channel, Elder Law with Frank and Mary, [www.YouTube.com/user/ElderLawFrankAndMary](http://www.YouTube.com/user/ElderLawFrankAndMary) and commentary on our blog at <http://mirickoconnelltrustsandestateslawblog.wordpress.com/>.



Article Provided By

MIRICK O'CONNELL  
ATTORNEYS AT LAW

**MIRICK O'CONNELL**

ATTORNEYS AT LAW

To learn how Mirick O'Connell's  
**Estate Planning  
Elder Law Attorneys**  
can assist you and your loved ones, contact

**Arthur P. Bergeron**  
508.860.1470  
[abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com)





**Watch our elder law  
legal clinics on YouTube:  
"ElderLawFrankAndMary"**



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## LOOK FOR BROCHURE INCLUDING ALL TRIP OPTIONS AND INFORMATION



### 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

#### - DUCK TOUR (quack quack)

**Wednesday, September 9th, 2015**

Join us for an afternoon in the City! We will stop at both the Boston Common and Quincy Market before boarding the "DUCK" and touring the city by land and sea! Don't miss this fun time! \$74 pp.

### SEPTEMBER CONTINUED...

- **All About Quebec**  
**September 20-23**
- 4 Days and 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 Beauport Coast-sightseeing continues at St. Anne de Beauport, 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

### OCTOBER

#### - CONNECTICUT OKTOBERFEST

**Thursday, October 15th**

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 Landing. Board the Becky Thatcher and see Gillette's Castle and Goodseed Opera House before returning, by train to Essex. \$112 Tours of Distinction.

### NOVEMBER

#### - "SISTER ACT" THE MUSICAL, AND FULL COURSE LUNCHEON AT THE DANVERSPORT YACHT CLUB.

**Wednesday, November 4th, 2015**

Depart the Senior Center and head to the Yacht Club for a delicious lunch with your choice of baked chicken or baked scrod. Then travel to the North Shore Music Theatre for one of Broadway's classic musicals. \$113 Fox Tours.

### DECEMBER

#### - BOSTON POPS HOLIDAY CONCERT... DATE TO BE ANNOUNCED SOON!

#### - NEW YEAR'S EVE DAY TRIP

**December 31st**

Ring in the New Year with us!! We will travel to the Sheraton 4 Points Hotel in Norwood, Ma to enjoy a fabulous luncheon and an afternoon of music and dancing! Party favors and champagne toast included! \$92

#### FOXWOODS FUN!

\$25.00 includes tip, bonus package Consisting of \$10.00 food for buffet and \$10.00 in free slot play (*subject to change.*) Bus departs Marlboro Senior Center at 7:30 AM, and returns approximately 4:45 PM. Please pay in advance. Checks are due 1 week prior to Foxwoods trip.

#### Upcoming Dates:

**Monday July 13th, August 10th, September 14th**

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

## GET ON THE *PATH* TO NEW CUSTOMERS!

ADVERTISE IN  
**Marlborough Seniors**  
on the go!



Senior Center Communications, LLC

Connecting Seniors with Consumer Brands through Senior Center Communications

[www.seniorcentercommunications.com](http://www.seniorcentercommunications.com)

Tom Keller - Regional Director

508-361-7000

[tom@seniorcentercommunications.com](mailto:tom@seniorcentercommunications.com)



~ Kay Mockus in memory of John F. Mockus Sr. ~  
~ Jeffery and Elka Troutman in memory of Eugene Babineau ~

# 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: \_\_\_\_\_



## CHRISTOPHER HEIGHTS™ of Marlborough AN ASSISTED LIVING COMMUNITY



Visit our website at [www.christopherheights.com](http://www.christopherheights.com) and take a virtual tour of our neighborhood.

- Financial options to help you
- 1.5 hours of daily assistance with personal care needs
- Medication reminders
- Safety checks
- 3 chef prepared meals daily
- Laundry & housekeeping
- A full social calendar

**No Hidden Fees - The Christopher Heights Difference!**

99 Pleasant Street, Marlborough, MA 01752

Our doors are always open!

Call for a tour - 508-281-8001

# The Lazy Days of Summer

The lazy days of summer are upon us. We spend our time outside, enjoying the warmth, picnicking with friends. Although we love the bright sunny days of summer it's imperative to keep your pets safe from the hazards of summer.

**Look for Ticks** - ticks are the number one problem for pets (more dogs than cats) in the warm seasons. As we head outside in the yard, hike or even simple walks, ticks can adhere themselves to your pet. Treat your pet for fleas and ticks to keep them from harm's way.

**Dehydration** - pets love to play both inside and out. As the heat turns up a notch it's important to provide plenty of water for your pet. Keep them hydrated and watch for signs out of the ordinary. If your pet has been exposed to heat/strenuous exercise and doesn't seem right, call your veterinarian.

**Cars** - simple as this...**DO NOT LEAVE YOUR PET IN THE CAR** unattended. Even if it's a "quick errand", don't take your pet with you unless someone is in the car with them.

**Pools/Water** - some dogs love the water, some dogs don't. Cats, rabbits and other pets generally do NOT like the water. Use your best judgment with your pet. If your pet does go into the water, rinse the chlorine or lake water off as both can irritate your pet's skin.

**Sidewalks** - if it's too hot to walk barefoot on sand or sidewalks, it's too hot for your pet to walk on sidewalks or blacktop. Their pads can burn. Take to the grass or wait until evening when it is cooler to take a walk.

**Barbecues/Cookouts** - Friends and family think it's OK to sneak a treat to your pet. Having a treat or two is not the end of the world but be careful of items with seeds, pits, bones, cobs. These are all choking hazards for pets and should not be considered in the treat category. Also, heavy, sauce filled scraps can lead to digestive problems. Bland, mild treats such as a carrot, celery, watermelon, a plain cracker are perfect for cookout treats.





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🐾 Surgery

🐾 House Calls

🐾 Nutrition Counseling

441 Lakeside Ave., Marlboro, MA 01752  
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



Full  
Service  
House Calls

**HOUSE CALL FEE  
WAIVED FOR SENIORS!**

### 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. 32198** 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!**

### JULY AND EARLY AUGUST, 2015

9:30 AM - 12:30 PM

Monday	July 6	Solomon Pond Mall
Monday	July 13	Wal-Mart
Monday	July 20	Chateau
Monday	July 27	Hannaford's - Hudson
Tuesday	July 7	Price Chopper
Tuesday	July 14	Savers
Tuesday	July 21	Market Basket & BJ's
Tuesday	July 28	Wal-Mart
Monday	August 3	Solomon Pond Mall
Monday	August 10	Market Basket & BJ's
Tuesday	August 4	Wal-Mart
Tuesday	August 11	Hannaford's - Hudson

## Sudoku

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

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

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DIFFICULTY: ★★☆☆

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

Answer to Previous Sudoku



## CROSSWORD PUZZLE

- ACROSS**
- 1 Federal Trade Commission (abbr.)
  - 4 Fuel
  - 7 Chief executive officer (abbr.)
  - 10 King of Israel
  - 11 Border
  - 12 Spindle
  - 14 Fence of stakes
  - 16 Spin
  - 17 Turk. title
  - 18 Almost
  - 20 Sheep's cry
  - 21 Delay
  - 22 Coarse file
  - 24 Sacred city of India
  - 28 Friend of Mowgli
  - 31 Winglike
  - 32 Mythical bird
  - 34 Lofty
  - 35 Daughter of Helios
  - 37 Male falcon
  - 39 Alaska Hawaii
- DOWN**
- 1 Droop
  - 2 Broad structural basin
  - 3 Greek letter
  - 4 Farmer
- Std. Time (abbr.)**
- 41 Fellow
  - 42 Anglo-Saxon letter
  - 44 Prophetess
  - 46 Fish with bait on the surface
  - 49 Loess
  - 51 Font
  - 53 In the matter of (2 words)
  - 54 Art (Lat.)
  - 55 Academy (abbr.)
  - 56 Trouble
  - 57 Modernist
  - 58 Ancient stringed instrument

### ANSWER TO PREVIOUS PUZZLE

RAH	PASS	HSIA
OBO	EVOE	ITAL
MRU	EEOC	PROA
PIROL	TAPA	
	MEDI	LOIRE
VEDA	ANIL	GEL
ICI	GIDDY	HEU
OHS	OLIO	ITLL
LOHAN	OLPE	
	OBED	ARRAN
TANA	ABAS	OCA
BLOC	CESS	AHS
SERA	ELBE	DEA

- 5 Helper
- 6 Slur
- 7 Lobster box
- 8 Model
- 9 Olive genus
- 10 Environmental Protection Agency (abbr.)
- 13 Guido's note (2 words)
- 15 Fr.-Ger. region
- 19 Mortar beater
- 21 Tamarack
- 23 Filled completely
- 24 Cistern
- 25 Teacher of Samuel
- 26 4th incarnation of Vishnu
- 27 Distress signal
- 29 Cheer
- 30 Danube tributary
- 33 Cousteau's ship
- 36 Curved letter
- 38 Money
- 40 Giant
- 42 Yale student
- 43 Port. lady
- 45 Cow shelter
- 46 Carplike fish
- 47 Adjective-forming (suf.)
- 48 Garden plot
- 50 Honey
- 52 Trend

	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			

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



**THE WESTENDER**  
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**\$5 OFF**  
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**508-485-1185**  
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 7/31/15.

**Marlboro House of Pizza**  
Est. 1964

**FREE PIZZA**

Buy any large pizza at the regular price & get a small cheese pizza FREE.

For Pick-Up Only.

**508-485-3033**  
280 Main Street  
Marlborough, MA 01752

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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 7/31/15.



**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 7/31/15.



**SORRENTO'S**  
ITALIAN GOURMET

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

**508-486-0090**  
128 Main Street  
Marlborough, MA 01752

**TERMS & CONDITIONS**  
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**Domino's**

**FREE PIZZA**

Buy any large pizza at the regular price & get a Small Cheese Pizza Free

Pick-up Only

**508-481-5335**  
10 Weed Street  
Marlborough, MA 01752  
**978-562-7755**  
234 Washington Street  
Hudson, MA 01749

**TERMS & CONDITIONS**  
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**Welly's Restaurant**

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

**508-281-2091**  
[www.wellysrestaurant.com](http://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 7/31/15.

**NEWS FROM SUSAN MAKI, SOCIAL SERVICES COORDINATOR**

## Volunteers Needed!

### THE FRIENDLY VISITOR PROGRAM

Friendly Visitor volunteers visit elders in the community who are in need of companionship. Volunteers visit one to two hours a week during scheduled times decided upon by the elder and volunteer. This is the perfect opportunity to make a significant impact in someone's life. A relationship is built through conversation, walking, errands, and other small tasks that two people share together. This kind of social relationship can greatly improve the quality of an elders life. Volunteers attend monthly meetings where they discuss client visits and any issues or concerns that might need to be addressed.

We are also in need of elders in the community who are interested in receiving a Friendly Visitor. The Volunteer Coordinator does a CORI (criminal background check) on all volunteers as well as checking references. Volunteers and clients are often matched based on common interests.

Please give Susan Maki a call at **508-485-6492** if you are either interested in becoming a Friendly Visitor, or would like to receive a visit.

### FRIENDLY VISITOR VOLUNTEERS MEETING

**When: Wednesday, July 8th**

**Time: 9:00 AM**

**Where: the Senior Center**

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**.

### VOLUNTEERS NEEDED FOR THE SENIOR MOBILE MARKET

We are currently in need of substitute volunteers to deliver food from the Food Pantry to elders in their homes. Volunteers are needed Thursday mornings between the hours of 9-11. You will be called on an as needed basis. Please give Susan Maki a call at **508-485-6492** if you are interested.

### GIFT SHOP

Volunteers are hard at work getting the gift shop open and ready for business. A special thank-you to Marilyn Gullotti for the many hours she has spent cataloguing and pricing items. Due to the large amount of items we have received, we will be accepting donated items again in the fall.



## MONDAY'S BLUE PLATE SPECIALS

*All lunches are at 12:00 PM \*Please note the new Time\**

**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. VEGETARIAN OPTION AVAILABLE UPON REQUEST**

### July 6th: Catered by the Olive Garden

Soup, Salad, and Breadsticks. Dessert and beverage included. **\$6.00**

### July 13th: Catered by LINGUINE'S

Eggplant Parmigiana with Ziti, Garden Salad, and homemade Fresh Bread. Dessert and beverage included. **\$7.00**

### July 20th: Vin Bin back by popular demand!

Choose from Grandma's Meatball, Firehouse Smoked Turkey Breast, or the Tuna with Bacon and Cheddar, pickles and chips included with meal as well as dessert and beverage. **\$7.00**

### July 27th: Catered by Boston Market

Roasted Turkey, Mashed Potatoes & Gravy, and Steamed Vegetables with Fresh Baked Cornbread. Dessert and beverage included. **\$7.00**

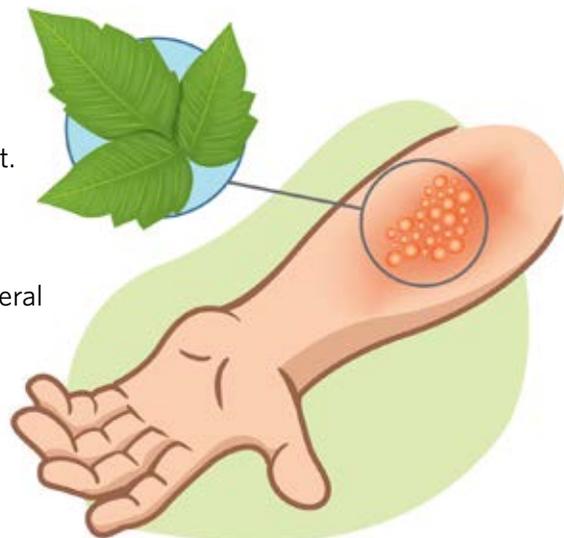


# POISON OAK AND POISON IVY

A rash from poison ivy, poison oak or poison sumac is caused by an oil found in these plants. When the oil touches your skin, it often causes an itchy, blistering rash. The rash may not present itself until 12 to 72 hours after contact. The rash is not contagious and does not spread. Later appearances of the rash is simply a delayed reaction. The rash should last about 7 to 10 days. Watch for infection and swelling in particular of the eyes and face. If swelling occurs or it appears the rash is infected, please seek medical treatment. There are several ways to limit the discomfort of poison ivy, poison oak and poison sumac:

- 1) **Immediately wash exposed skin with lukewarm soapy water.** If you know you touched the plant the oils can spread to other people or other areas of your skin.
- 2) **Wash your clothes and anything you used.** Again, the oil will stay on the clothes, golf clubs, garden tools and the like. The oil can spread onto other surfaces that touch it.
- 3) **Refrain from scratching.** There are several over the counter remedies that will help ease the urge to scratch. Cool compresses with a washcloth or short lukewarm baths with oatmeal mixture that you can purchase at your local pharmacy will help.
- 4) **Leave the blisters.** As the blisters become full and larger, there can be an urge to poke at them. Opening them up or poking them can lead to infection. Try your best to leave them alone.

As always, seek out professional medical help if you sense that your rash is infected or you are having an allergic reaction.



Article Provided by Dr. Roxanne Latimer,  
Medical Director and Lead Physician  
Doctors Express Marlborough and Natick



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a Week  
M-F: 8-8  
S-S: 8-5



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  <p><b>20% OFF EVERY TUESDAY FOR SENIORS (55 &amp; OVER)</b> PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION</p> <p><b>222A EAST MAIN STREET, MARLBOROUGH, MA 01752</b></p> <p><b>508-485-5191</b> <b>WWW.SAVERS.COM</b></p>		<p>1</p> <p>9:00 30/30 Exercise 10:15 Bingo 12:30 Bingo 1:00 Movie time 4:00 Yoga</p>	<p>2</p> <p>8:50 Wayside Water Aerobics 10:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio &amp; Weights 1:00 Pitch</p>	<p>3</p> <p>8:30 Cribbage 9:00 Strengthening Chair Yoga 10:15 Tai-Chi 4:00 Fitness Class</p> <p><b>Big Cookie Day</b> Sponsored by: Christopher Heights Assisted Living</p>
<p>6</p> <p>9:00 30/30 Exercise 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:00 Blue Plate Lunch 12:30 Duplicate Bridge 1:30 Hand Waxing 1:30 Watercolor</p>	<p>7</p> <p>8:50 Wayside Water Aerobics 9:00 ESL 9:00 Gentle Hatha Yoga 10:00 Gentle Chair Yoga 11:15 Pilates 12:00-2:00 Hannaford Pharmacy Lunch and Learn 1:00 Scrabble</p>	<p>8</p> <p><b>Reflexology/Manicures/ Pedicures by Appt only</b> <b>9:00 Friendly Visitor</b> <b>Mtg. - Senior Center</b></p> <p>9:00 30/30 Exercise 10:15 Bingo 12:30 Bingo 1:00 Movie Time 4:00 Yoga</p>	<p>9</p> <p>8:50 Wayside Water Aerobics 10:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio &amp; Weights 1:00 Pitch 1:00-3:00 Matter of Balance 2:00 Nutrition Seminar</p>	<p>10</p> <p>8:30 Cribbage 9:00 Strengthening Chair Yoga 10:00-12:00 Hearthstone follow up seminar 10:15 Tai-Chi 4:00 Fitness Class</p>
<p>13</p> <p>9:00 30/30 Exercise 10:00 Beg. Aerobics 11:00 Knit/crochet 11:00 Zumba 12:00 Blue Plate Lunch 12:30 Duplicate Bridge 1:30 Hand Waxing 1:30 Watercolor</p>	<p>14</p> <p>8:50 Wayside Water Aerobics 9:00 ESL 9:00 Gentle Hatha Yoga 10:00 Gentle Chair Yoga 11:15 Pilates 1:00 Scrabble 1:00 Podiatrist <b>2:00 Ping Pong</b> <b>3:30 Friends Board Meeting</b></p>	<p>15</p> <p>9:00 30/30 Exercise 10:15 Bingo 12:30 Bingo 1:00 Movie Time 4:00 Yoga</p>	<p>16</p> <p>8:50 Wayside Water Aerobics <b>9:00 MENS GROUP TRIP TO BATTLESHIP COVE</b> 10:00-12:00 Low Vision 10:00 ESL 9-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio &amp; Weights 1:00 Pitch 1:00-3:00 Matter of Balance</p>	<p>17</p> <p>8:30 Cribbage 9:00 Strengthening Chair Yoga <b>9:00-12:00 Dental Clinic</b> 10:15 Tai-Chi <b>2:00 BIG SCREEN MOVIE</b> 4:00 Fitness Class</p>
<p>20</p> <p>9:00 30/30 Exercise 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:00 Blue Plate Lunch 12:30 Duplicate Bridge 1:30 Hand Waxing 1:30 Watercolor</p>	<p>21</p> <p>8:50 Wayside Water Aerobics 9:00 ESL 9:00 Gentle Hatha Floor Yoga 10:00 Gentle Chair Yoga 11:15 Pilates 12:00 Latino Congregate Lunch hosted by Baypath 1:00 Scrabble 1:00 Book Club</p>	<p>22</p> <p>9:00 30/30 Exercise 10:15 Bingo 11:00 COPD Support Group 12:30 Bingo 1:00 Movie Time 4:00 Yoga</p>	<p>23</p> <p>8:50 Wayside Water Aerobics 10:00 ESL 9-11:00 Wellness clinic 10:00 Zumba 11:00 Cardio &amp; Weights 1:00 Pitch 1:00-3:00 Matter of Balance 2:00 Summer Sizzler with the Rockin' Robin</p>	<p>24</p> <p>8:30 Cribbage 9:00 Strengthening Chair Yoga 10:15 Tai-Chi 4:00 Fitness Class</p>
<p>27</p> <p>9:00 30/30 Exercise 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:00 Blue Plate Lunch 12:30 Duplicate Bridge 1:30 Hand Waxing 1:30 Watercolor</p>	<p>28</p> <p>8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Gentle Chair Yoga 11:15 Pilates 1:00 Scrabble 2:00 Ping Pong</p>	<p>29</p> <p>9:00 30/30 Exercise 10:15 Bingo 12:30 Bingo 1:00 Movie Time 4:00 Yoga</p>	<p>30</p> <p>8:50 Wayside Water Aerobics 10:00 ESL 9-11:00 Wellness clinic 10:00 Zumba 11:00 Cardio &amp; Weights 1:00 Pitch 1:00-3:00 Matter of Balance</p>	<p>31</p> <p>8:30 Cribbage 9:00 Strengthening Chair Yoga 10:15 Tai-Chi 4:00 Fitness Class</p>

# MARLBOROUGH SENIORS *on the go!*

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