

Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 6 Issue 10 October 2012



Mayor's Corner

The summer months are quickly in our rearview mirror and we are now in the beginning of autumn. Although business never truly slows down in City Hall, the fall season usually will bring about a flurry of activity that people wish to complete before the end of the calendar year.

As I reflect on this past summer, I can't help but feel it went by much too quickly. Perhaps you do as well. It was a busy three months and I'm proud of the work the City Council and I were able to accomplish together. Our city was bustling with the youthful enthusiasm brought about by our Public Service Internship and Youth Employment Programs. The pools and Memorial Beach were busy with seniors, young families, and students. The sounds of construction crews working on the hot summer days became common. Now the weather has grown noticeably cooler, our students are back in school, many are anticipating the start of the Senior Citizen Property Tax Work-off Program, and the City Council has resumed its bimonthly meeting schedule.

We also have two new department heads working in City Hall that were recently confirmed by the City Council. Deb Fox has joined the city as our new Collector and Michael Mendoza is hard at work as our new Building Commissioner. Deb and Mike replaced Deborah Puleo and Stephen Reid who opted to retire after many years of dedicated service to the City. Please welcome them to the City of Marlborough if you happen to see them around City Hall.

I look forward to being able to update you on the progress of a new senior center in the coming weeks so please stay tuned!

Sincerely,

H LL WEEN P RTY

Warning!!!

This party is honor of our favorite Ms. Uncle Sam,

Jackie Fithian

(Yikes, heeper skeepers be sure not to forget your costume or Halloween dress)



Please join us for lunch, music and fun

**Friday, October 26th at 12:30 p.m.
at the Senior Center.**

Menu provided by Zarape Mexican Food (not spicy or hot): Chicken fajita, beef burrito and cheese pupusas, rice, beans, chips and salsa, coffee, tea and flan

Music provided by: Jim Porcella renowned jazz and cabaret music and leader of the popular Swing band: Bombay Jim and the Swinging Sapphires.



Ticket price is \$10.00 for Friend Members and \$12:00 for Non-Friend members

Tickets can be purchased at the Senior Center

This Halloween Party is being sponsored by the Council On Aging Board of Directors and subsidized by the Friends of Marlborough Seniors.

Marlborough Council on Aging Mission Statement

"It is the mission of the Council on Aging & Senior Center to promote healthy, successful aging and to enhance the quality of life for Marlborough's senior citizens 60 years of age or older. To that end, we strive to provide comprehensive services and programs for older adults and their families."

COME JOIN US AT THE HARVEST HOEDOWN

 Enjoy a family-style meal including dessert & coffee, provided by **Buffet Way Catering**.

 DJ Ricky will be providing the music for a true hoedown feel including **Line Dancing**

 **Raffle prizes will also be given away!**

WHERE: Marlborough Fish & Game
1 Muddy Lane , Marlborough

WHEN: FRIDAY, October 19th, 2012
5:00pm to 8:00pm

Tickets are available for purchase at the
Marlborough Senior Center, 250 Main Street
for \$12.00 each

All proceeds support
The Friends of Marlborough Seniors Building Fund



Wednesday Art with Deborah:



Pumpkin Still-Life Drawing Workshop Wednesday, October 17, 1:00 – 3:00

Come and create a still-life contour drawing of an arrangement of pumpkins as the subject matter in various shapes, lines, sizes, colors, values and textures. Learn how to look at an object and draw what you see.

The instructor will provide drawing paper, practice paper, cards, pencils, colored pencils, crayons, view finders and pumpkins.

Please bring any other medium you would like to work with such as pastels, etc. (If you have images/pictures of pumpkins, please bring those as well).

Instructor: Deborah Laws, Artist

Come enjoy learning this interesting technique.

**\$5 materials fee to Instructor
\$2 donation requested for the Senior Center.**

***** RSVP to 508-485-6492 *****

HOLIDAY CRAFT FAIR

The Friends of the Marlborough Seniors
Marlborough Senior Center, 250 Main Street, Marlborough, MA

Saturday, November 10th * 9:00 a.m. - 3.00 p.m.**

This festive event is open to the public and will feature holiday gift selections of beautiful handmade crafts, delicious homemade baked goods and holiday treats! Purchase a lovely piece of jewelry, or take a chance on one of our unique raffle items. Shoppers may also sit and relax while enjoying our luncheon refreshments.

Bakers are needed to bake cookies, cakes, brownies, cupcakes and more. We ask that donors wrap and identify their baked goods which must be clearly marked if they contain **peanut butter or nuts** of any kind.

Goodies can be dropped off at the Senior Center on Friday, November 9th in the evening from 4:00 p.m. to 7:00 p.m., and Saturday morning after 8:00 a.m.

Craft Fair Coordinator:
Judy Jewett, President
The Friends of the Marlborough Seniors
(508-485-0785)



From the Director

Please review your Health Insurance Plan

Open Enrollment will begin on October 15th and run thru December 7th and our Outreach Worker, **Ana Cristina Oliveira** and our wonderful SHINE Volunteer, **Marilyn Clausen** will be accepting appointments to meet with Marlborough Seniors over 60 who have questions concerning their insurance policies or perhaps health or financial needs have changed and you are wondering if there is a better health plan. Did you know that some insurance plans will cover your exercise classes here at the Senior Center? Please do not postpone this important time to review your health insurance coverage, health needs and your important questions. If you would like to meet with our SHINE Counselors please call the Senior Center and ask for SHINE or extension 14. We have a great SHINE DUO that can help you design the right health insurance plan for you.

Regarding opportunities to better serve your personal and financial needs, we are pleased to see the **Mayor's Office** and our **City Leaders** moving so promptly on the implementation of one of our city's newest programs, The Senior Tax Work-Off Program. In conjunction with this new program, I would like to thank the following Departments that have confirmed at this point their Department participation: **MCDA-Housing Division, School Department, Retirement Board, Public Works and Council on Aging.**

Speaking of local Departments I would like to thank our **Board of Health** and their dedicated nurses, **Linda Goodwin and Nancy Cleary** and their **volunteers** for helping provide a successful Health Fair and Flu Clinic. You did a great job in organizing our Flu Clinic and providing the new High Dose Flu Shot for our participants who chose this dosage. Also, I can't thank enough the **Friends of the Marlborough Seniors** for their great and successful outreach effort in providing this Health Fair and Flu Clinic. I would be remiss without thanking the **Chairwomen for this event Tammy Pozerycki, Melissa Esteves and Barbara McGuire.**

Don't forget to mark your calendar for the Friends of the Marlborough Seniors **Harvest Hoedown set for Friday, October 19th** at the **Marlborough Fish & Game Club** at 5:00. Tickets are \$12.00. All proceeds will support The Friends of the Marlborough Seniors Building Fund. For more information call the Senior Center. See you at the Harvest Hoedown!

Jennifer

Bowling Trip!

Sponsored by:

Fitzgerald & Collins Funeral Home



Where: Sawyers' in Northborough

When: Tuesday, October 16th at 10:30 a.m.

Teams will be organized once we get a final count of who has time to "spare" to have another great time together for only \$3.00.

After 2 strings of bowling, we will meet at Mama's Pizzeria next door to the bowling alley for pizza and a beverage.

Maximum bowlers for this very popular time is 12, so **please drop by the Senior Center front desk to sign up.**

**There will be a
FRIENDLY VISITORS MEETING**

OCTOBER 17TH AT 9:00 A.M.

AT THE

COFFEE LOFT

406 Lincoln Street, Marlborough



Marlborough Historical Society Presents:

"A Haunted History of New England"

Monday, October 29 at 7:00 p.m. - 9:00 pm
Marlborough Senior Center
250 Main Street.



There will be a one-hour slide presentation that also incorporates video footage. The presentation melds historical fact, together with legend and myth, to produce an interesting and fascinating new look at events that really happened and the stories of haunting that followed them.

Topics addressed in the lecture include: The Cursed Freetown State Forest, The Haunted Hoosac Tunnel in Western Massachusetts, The Ghosts of the Lizzie Borden House in Fall River Massachusetts, The Ghosts of King Philip's War: Nine Men's Misery, the John Alden House in Duxbury Massachusetts, and many more!

This program is free and open to the public.
Light refreshments will be served.

A GREAT and NEW OPPORTUNITY:

****Senior Spectacular****

This event is especially for the seniors who want to keep up on all the "new" exercise and enrichment opportunities, support services and other resources that are applicable to healthy, active living. Come explore the myriad of opportunities to participate in educational seminars and workshops, explore over 60 exhibitors, take advantage of free health screenings, and enjoy different venues of entertainment, dance and many complimentary samples.

A lunch concession is available for a cost of around \$5.

The Senior Spectacular is sponsored by Fallon Community Health Plan, Worcester Telegram and Gazette, Reliant Medical Group, UMass Memorial and Elder & Disability Law Advocates.

This event will be held at the DCU Center on Thursday, October 18 from 10:00 a.m. to 3:00 p.m.

If you would like to attend the Senior Spectacular field trip the cost is \$6.00. Transportation will be provided and we will leave from the Senior Center at 11:30. Please let us know if you need any special accommodations when you register.

BAYPATH ELDER SERVICES

is looking for Volunteer Drivers to help with their Meals on Wheels program.

If you're interested in helping this terrific program please call

Liz Laughlin
508-573-7234



~ THE WALKING WONDERS ~

Come join the "Walking Wonders" for a trek around Ghiloni Park. We will meet in the parking lot on Mondays and Wednesdays at 8:30AM. Please call the Senior Center if you need a ride and meet in the lobby of the Senior Center at 250 Main Street at 8:15AM.

Sign up at Office - 508-485-6492.

Hope to see you there!

Outreach Department

Ana Cristina Oliveira

Don't Wait Until It's Too Late!

Medicare's Open Enrollment Period

October 15 – December 7

Medicare plans change every year!
This is the time to decide on your coverage for 2013.

SHINE Can Help!

SHINE counselors provide Medicare counseling free of charge.

Call your senior center for a SHINE appointment now!

Tuesday, October 9th at 2:00pm

Come learn about Fallon Senior Plan Medicare Advantage and Medicare Advantage Prescription Drug Plan Option and changes.

Friday, October 12th at 1:30pm

Tufts Health Plan Medicare Preferred will present their 2013 Tufts Medicare Preferred HMO, Tufts Medicare Preferred PDP and Tufts Medicare Preferred Supplement plans. A sales person will be present with information and applications. Fallon Health Plan Medicare Preferred and Tufts Health Plan is a Medicare Advantage Organization with a Medicare contract and are Medicare-approved Part D sponsor. Tufts and Fallon Medicare Preferred Supplement plans are offered in accordance with Massachusetts law.

Tuesday, October 30th at 1:30pm

Susie Caspar of Caspar Long Term Care Planning, who has specialized in Long Term Care Insurance and Planning for over ten years will share her knowledge and help answer your questions about Medicare; Medicaid, Family Caregivers, Savings, investments and Long Term Care Insurance.

***** Please call to reserve your seat for all the above presentations - 508-485-6492 *****

FUEL ASSISTANCE PROGRAM STARTS NOVEMBER 1ST.

What New Services you would like to see offered at your Senior Center:

Would you like to have a podiatrist come back to our Center once a month?

(please circle one)

Any suggestions re: Podiatrist recommendations/fees/needs, etc.?

Other suggestions welcomed: Please give to front desk or place in Suggestion Box found in the lobby.

Thank you for your input.

Save the Date

THANKSGIVING DINNER TOGETHER

at the Epicurean Room

Tuesday, November 13th at 12:00

Traditional Turkey Dinner includes:

Chefs choice of soup, Turkey, Mashed Potatoes, Dressing, Gravy, Squash, Cranberry Sauce, Rolls & Butter, Apple Pie with Ice Cream and Coffee

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



Friends Members: \$10.00

Non-Friends Members: \$12.00

Purchase Tickets at the Senior Center

Computer Club



Computer Club and Classes
All welcome!

Friday, October 5th, 12th, 19th & 26th
at 1:00 PM.



A POPULAR HIT at
the Senior Center

Monday's Blue Plate Special!

For October TJ's will provide these tasty
meals each week at
12:45 PM

**Price for meals: \$4.75 for one or
\$8.00 for you and a friend.**

September Menu:

Oct 1st: Sausage, pepper, onion sub/chips

Oct 8th: Closed for Columbus Day

Oct 15th: Salisbury steak, mashed
potatoes/veggies

Oct 22nd: Baked fish, mashed potatoes/
veggies

Oct 29th: Chicken Parm w/ Pasta

**Meals also include rolls and
butter, dessert and beverage!**

**Please purchase your tickets at the
Senior Center Office by Friday-noon prior to
Monday's lunch!**

LIVING MEMORIAL

This form allows you to make a donation that will support and enhance the senior services in our Marlborough community. The individual or families you have chosen to honor will be notified of your contribution. Your support is needed and greatly appreciated.

I am enclosing \$ _____ Make checks payable to: Friends of Marlborough Seniors

In honor/memory of _____

Send acknowledgement to: Name _____

Address _____

City _____ State _____ Zip Code _____

Donation From: Name _____ or anonymous _____

Address: _____

Friends of Marlborough Seniors, P.O. Box 358, Marlborough, MA 01752

Centered Seniors ~ Living Gracefully A Three Part Series

Katie Cohen is a licensed Certified Social Worker and Registered Yoga Teacher. She established **Centered Seniors** to combine both the emotional and physical aspects for a holistic and integrated approach to wellness. She believes that all people deserve the opportunity to **live gracefully** and enjoy the journey of their lives.

Topics for this Series:

Manage your Anxiety and Depression and Improve your Health and Well-being- Anxiety and depression affect us emotionally and physically. Stress is a major factor in causing illness or disease. Rebalance yourself emotionally and physically. Decrease the stress reaction (or panic button). Stimulate and increase relaxation and response. To improve your overall well-being.

Date: Wednesday, October 10th at 2:30 PM

Living Gracefully-Riding the Ups and Downs-

They say life is a journey, with ups, downs, twists, and turns. How we navigate through our life journey determines our level of health and happiness. This will focus on how to turn negatives into positives and enjoy the positive times without fear and worry.

Date: Wednesday, November 7th at 2:30 PM

RSVP by calling the Senior Center at 508-485-6492



THE KNIT & CROCHET CLUB IS MAKING HATS FOR KIDS IN OCTOBER



PLEASE JOIN US ON **MONDAYS AT 11:00 A.M.**
IF YOU WOULD LIKE TO KNIT SOME HATS
FOR THIS GREAT CAUSE.

You may also drop off hats you have knitted or
crocheted at the Marlborough Senior Center

Hats will be donated to children in the Marlborough Schools.

Arthur Bergeron Legal Clinic

PRESCRIPTION DRUGS:

KEEPING CONTROL OF WHAT YOU
ARE USING & HOW MUCH YOU ARE
PAYING FOR IT

In this seminar, Attorney Arthur Bergeron will be joined by a pharmacist from the Mass. College of Pharmacy to talk about your prescriptions, how you can keep them up to date, drug interactions and side effects, when and whether to consider generic or other substitutes, and who pays for what.

Come to this event on

Thursday, October 4th at 12:30 PM

**Lunch is provided by:
Mirick O'Connell Law firm**



BOOK CLUB

Come join Sheila Brecken and others who enjoy reading and discussing a good book. The **Book Club meets at Academy Knoll on the 3rd Tuesday of the month at 1:00PM.**



For October 16th we will be reading
Cane River by Lalita Tademy .

If you want to get ahead on your reading, the book for November 20th is *The Language of Flowers* by Vanessa Diffenbaugh, and December 18th is *The Devil In The Junior League* by Linda Francis Lee.

Please feel free to join this
fun group of book lovers.

For more information call: 508-485-5580

Colette Vacations Presents: Southern Charm and Branson Musical Holiday Trips and will discuss other travel opportunities for our Senior Center

Please come to an afternoon to discuss trips you would be interested in participating in 2013.

We will be offering a Southern Charm trip that will feature Charleston, Savannah and Jekyll Island. One will experience the history, charm and singular hospitality of the Low Country in Georgia and South Carolina. Soak in two nights at the exclusive Jekyll Island Club, once described as “the richest, most exclusive club in the world.” Explore one of America’s oldest plantations, Boone Hall. Visit charming Beaufort and take an enchanting trolley tour of St. Augustine, the oldest city in the U.S., first settled in 1565.

This trip is scheduled for March 3-10, 2013. Colette vacations will also highlight features of their Branson Musical Holiday and other trip options. If you like to travel don’t miss this presentation on

Tuesday, November 13th at 2:00.
Please RSVP-508-485-6492.

**Men’s breakfast with
Mayor Vigeant and Male Department Heads**

Come join us for breakfast at Bumpy’s A/K/A The Main Street Café’ (for us newbies) on
October 30th at 8:00 a.m.

Order off the menu and enjoy a casual dialogue with our Mayor and various City Department Heads. This will be a great opportunity to learn more about our City as well as ask questions of interest and perhaps learn something new you can share with a neighbor.

Come meet our new School Superintendent, Housing and Building Director, as well catch up with our Public Works Director, Chief of Police, Information Systems, and many other of our great leaders.

**Donation for program is \$4.00
 please RSVP at the Senior Center.**



A great way to start your day!

“Each happiness of yesterday is a memory of tomorrow.”

The “Friends” of the Marlborough Seniors would like to thank the following individuals and recognize generous donations made toward the New Senior Center Building Fund.

In memory of

Lenore Duerksen



Contributors:

Mr. & Mrs. Rocco Addeo
 Peggy Bouvier
 Concetta Seymour
 Georgette McIntire

Second Saturday

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

“**Second Saturday**” is a resource (originating out of Grace Baptist Church in Hudson) that is available in our community to low income seniors. This outreach has provided wonderful help to seniors by assisting 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. Furthermore, if you have donations of small household items or clothing, we will gladly accept and recycle these items to those experiencing hardship.

Request for repairs must be received by Saturday, October 6th, 2012.

Second Saturday date for work is October 13th, 2012

Call Barbara McGuire—508-624-9365 And leave your name, phone number, address, and details of the work you are requesting. You will receive a call back in a few days.

Health Services

Wellness Clinic

The Senior Center offers a weekly drop-in health clinic. Blood sugar and blood pressure testing are provided. No appointment is necessary. The Clinic is staffed by a registered nurse who will also answer health and medication related questions.

Clinic hours are: **Thursday 9:00 a.m. ~ 11:00 a.m.**

Paraffin Wax Hand Treatments

The Senior Center offers weekly, free paraffin wax hand treatments. No appointment is necessary but service is provided on a first come, first served basis. These treatments are particularly helpful to those who suffer from arthritis. **Monday 1:30 p.m. ~ 2:30 p.m.**

Medical Equipment Loan Program

For seniors in need of a wheelchair, walker, shower chair, commode, transfer bench, cane, etc. the Senior Center can provide the item on loan at no charge, based on availability. **All donations welcome.** Please call the Senior Center at 508-485-6492 to check on availability or to donate.

Low Vision Gathering

OCTOBER 17TH

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

Friendly Visitor Program

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

Information and Referral

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

Home Delivered Meals (Meals on Wheels)

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

Meals at the Senior Center

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

FISH Volunteer Program

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

LifeLine

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

Greeter's Desk

We are currently in need of Greeters to sit at the desk and greet people as they enter the Senior Center. Greeters are also responsible for directing people to appropriate activities. This is an opportunity to become familiar with the Senior Center, meet people and make new friends. Call Susan Maki at 508-485-6492 if interested.

Council on Aging Staff –

Jennifer C. Claro	Executive Director
Ana Cristina Oliveira	Outreach Coordinator
Susan Maki	Social Service Coordinator
Sharon Collari	Principal Clerk
Lisa Martino	Bay Path Meals Site Manager

Council on Aging Board of Directors –

Jim Confrey	Chairperson
Sheila Brecken	Vice Chairperson
Brenda Costa	Secretary
Richard Collins	
Rita Connors	
Marie Elwood	
Jeanne McGeough	

FISH Volunteer Transportation Program –

Larry Vifquain	Founder
Ellie Harris	Co-Founder
Lynn Anderson	Co-Founder

Friends of Marlborough Senior Officers –

Judy Jewett	President
Peg Cahill	Vice President
Barbara McGuire	Treasurer
Angela Rossetti	Clerk
Joe Tunnera	
Melissa Esteves	
Dick Mahoney	
Tammy Pozerycki	
Peg Bouvier	
Debbie Beausoleil	
Matthew Jones, Esq.	

Volunteer Team Leaders –

Peggy Cahill	Bingo
Peggy Cahill	Newsletter
Peg Bouvier	Friends Membership & Movies
Judy Jewett	Craft Show
Dick Mahoney	Computer Lab
Sheila Brecken	Book Club
Judy Jewett	Knit & Crochet
Sheila Brecken	Knit & Crochet
Bob Marcotte	Low Vision

IMPORTANT PHONE NUMBERS



Emergency: Police, Fire, Ambulance.....911
 Bay Path Elder Services.....1-508-573-7200
 Blind, Commission for the1-800-392-6450
 Deaf, Commission for the1-800-882-1155
 Health, Board of1-508-460-3751
 MAB Community Services.....1-800-852-3029
 Marlborough City Clerk1-508-460-3775
 Marlborough COA/Senior Center.....1-508-485-6492
 Marlborough Fire Dept. – non emergency1-508-624-6986
 Marlborough Hospital1-508-481-5000
 Marlborough Housing – Valerie.....1-508-460-3797
 Marlborough Housing – Maintenance1-508-624-6508
 Marlborough Police Dept. – non-emergency.....1-508-485-1212
 Mass Dept. of Transitional Assistance.....1-508-628-1200
 Mayor’s Office1-508-460-3770
 Meals on Wheels.....1-508-573-7246
 Medicaid1-888-665-9997
 Medicare1-877-486-2048
 Public Library.....1-508-624-6900
 Social Security.....1-800-325-0778
 Social Security Administration1-800-772-1213
 VNA Care1-508-786-0693



MOVIE TIME with Peggy Bouvier
Every Tuesday at 1:00 PM is movie day at the Senior Center

Popcorn & refreshments are served and you don’t have to stand in line. Where else can you find a good movie and be served those favorite movie snacks?.

This month’s movie selection include the following:

- October 2nd Annie Get Your Gun**
- October 9th Man on a Ledge**
- October 16th Big Miracle**
- October 23rd Mission Impossible—Ghost Protocol**
- October 30th Courageous**

All the seniors in town
are reading this newsletter.

Do they know who YOU are?

Call to place an ad today

800-732-8070

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• Resident Programs
• Community Room w/Pond View
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978-568-0670
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Say "Thank you" with your patronage to the sponsors who support this newsletter.

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visit **SeekAndFind.com**



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Marlborough Council on Aging & Senior Center
 250 Main Street
 Marlborough, MA 01752
 Telephone (508) 485-6492
 FAX (508) 460-3726
Hours are Monday –Friday 8:00 am-4:00 pm



Foxwoods Fun!



\$20.00 includes trip, bonus package,
 consisting of \$10.00 buffet and
 \$10.00 coupon.

Pick up is at 7:30 AM in front of the Senior
 Center Bus departs at 7:30 AM and returns
 approximately 4:45 PM

Upcoming dates:

- Monday, October 8th
- Monday, November 5th
- Monday, December 3rd

Please call Pauline Ordway at 508-485-4677
 for your reservations and more information.

Also enjoy some BINGO on the bus!



**FRIENDS OF THE MARLBOROUGH SENIORS
 MEMBERSHIP INFORMATION**

Yes, I want to be a member of the "Friends of the Marlborough Seniors" for 2012.
 Please fill out this form and mail it to the P.O. Box 358 address below:

"Friends of Marlborough Seniors"
 P. O. Box 358
 Marlborough, MA 01752
 Date Sent: _____

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

PLEASE PRINT:

Name _____
 Street Address _____ Apt. # _____
 City _____ State _____ Zip Code _____
 Telephone Number _____
 Comments _____