



# The Southborough Senior Sensation

VOLUME 22\* ISSUE 02

May/June 2022

## Senior Center

9 Cordaville Rd.  
Southborough, MA  
01772  
(508) 229-4453  
Fax (508) 229-1753  
www.southboroughseniors.com

## OPERATING HOURS

Monday – Friday  
8:30am – 3:00pm

## Pam Le Francois

*Director*

## Cynthia Beard

*Outreach  
Coordinator*

## Peg Leonard

*Program Manager*

## Leslie Chamberlin

*Clinic Nurse*

## Lorraine Caporale

*Administrative  
Assistant*

## Ellen Miller

*Administrative  
Assistant*

## Doug Peck

*COA Chairperson*

## Bob Myers

*FRIENDS President*

## Bay Path

Meals on Wheels  
508-573-7200

## MWRTA

DIAL-A-RIDE  
TRANSPORTATION  
508-820-4650

## Director's Corner

*By Pam LeFrancois*

Hi all,

We will see what this spring brings us this year! We are planning a "normal program schedule" with classes, fun and informative programs, and even bus trips! We hope you are well and can come back and join us if you haven't done so already.

Pam

## Get On Board...

Wednesday, May 25th  
12:00pm



...with our Youth and Family Services Department that serves Southborough residents of all ages through mental and behavioral health support, social services, and prevention programs at no cost to residents.

According to the CDC, it is estimated that 20% of people age 55 and older experience some type of mental health concern, so connecting to Southborough's senior population is very important to SYFS. Join Sarah Cassell, SYFS Director, and Shannon Kinayman, Program Coordinator, to learn more about our services and the ways they can help you and your loved ones to live a content and healthy life. Sarah and Shannon are really looking forward to meeting you and share a luncheon consisting of a BBQ Chicken Melt Sandwich, Cole Slaw, Chips and a Cookie from Kennedy's Market. Space is limited—sign up on Registration Day or anytime after at the front desk or call (508) 229-4453.

No Charge Space is limited

Did you know that between October 1, 2021 and March 31, 2022 our 41 Senior Walkers have been hiking, walking, treadmilling, etc? Twenty four who shared their totals have logged a total of 11,317.81 miles! This program ends April 30. Look inside to see what exciting walking opportunities May will bring us!



## Date for Registering for Programs:

Starting at 10:00am: - - - - - >

Do not leave any Program Registrations on Voicemail, please connect with a staff member to register for all programs at all times.

*~Thank You For Your Understanding~*

## FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

### 2022 ANNUAL MEMBERSHIP (*January through December*)

The Friends of the COA is a non-profit fundraising group that supports our Senior Center. They help to pay for many of the events held at the senior center and help purchase supplies and furnishings. This is a small group of people who work very hard on Fundraising Events. If you are interested in helping out with these events, please contact the President of the Friends, Bob Myers at the Senior Center.

*This current membership is for the calendar year January – December 2022.*

**Membership is \$15.00 per year—*form is on the back page***

### Senior Center Programs

The Senior Center programs are often subsidized or funded through the town budget and/or the Friends of the Council on Aging. Suggested donations are voluntary contributions to the Friends of the Council on Aging. All donations made to the Friends are always used to support the Senior Center. Please sign up for all programs starting with the date and time on the front page of the newsletter. Make your check(s) out to *Friends of the Southborough COA.*

### Program Registration Policy

- \* Payment for programs needs to be made one week after signing up or unfortunately you will be taken off the list.
- \* Cancellation for programs requires *one full weeks'* notice or we are unable to give refunds.
- \* Cancellations for Bus Trips require *two full weeks'* notice or we are unable to give refunds.
- \* We are obligated to prepay all the costs to our caterers, presenters, buses and tickets, etc. for all our programs.

### Please Note:

Every effort is made during the writing and production of this newsletter to assure the accuracy of the information included. There are times when we inadvertently leave something out, make an error or the information we received has changed after the printing. Always feel free to contact the Senior Center if you have any questions regarding a program. (508) 229-4453

### Program Payment Policy

We understand writing separate checks for each program is not ideal. But due to our current accounting system and checks and balances requirements, it is the way we must continue to proceed. We ask for your understanding by continually assisting us in this process.

Stop by *The Falconi Pit Stop* on *Tuesdays* located at 29 Boston Road (Route 30), Southborough to purchase your gas. This is a *full service* gas station open 7 days a week, Monday through Friday 6:30am to 7:30pm, Saturday and Sunday 8:00am to 4:00pm. Spread the word to your friends and families. Mr. Falconi donates *5 cents* of every gallon purchased on *Tuesdays* to the Senior Center.

~~Thank You Mr. Falconi~~*Tuesday is now "GAS" day!*



Please take a look at the insert with important Town Information; Annual Town Meeting, Annual Town Election, planning of our Tercentenary 2027, along with the upcoming change to 5G and how to stay connected, and also Mirick O'Connell information (Virtual Legal advice, Cable presentations, and an article listing very valuable information).

*Lets All Learn CPR*

This session is a refresher, not a formal class  
(no need for prior training, no tests)



Friday, May 20th 12:30

7 spots available



Join Southborough Fire Lieutenant *Chris Dano* for a review of CPR, choking assistance and the use of the AED (defibrillator). Very important information for us all. Sign up at the front desk or call (508) 229-4453. No Charge

*ACUPUNCTURE and HERBAL MEDICINE**PRESENTATION*

Monday, May 23rd  
12:30 to 1:30



Julie Dalbec owner of Marlborough Wellness Center asks "Have you been wondering what acupuncture and herbal medicine is about and how it works? Come join us as Julie Dalbec explains the basics, answers questions, and does one hands - on experience. Sign up at the front desk or call (508) 229-4453. No Charge

*Great News — Bus Trips are Back!!!*

*We are asking that everyone registering for a Bus Trip wear a mask while on the bus for your safety as well as the comfort and consideration of others.*

*Encore Casino*

Wednesday, May 11th

Suggested Donation—\$15.00

*Bus will leave the Senior Center at 9:00am and return at approximately 4:00pm*

Encore is located on the beautiful mystic Boston Riverfront. Just entering the main door brings an open, airy, colorful and vibrant experience. Encore will greet you with a \$20.00 free slot play which will be loaded onto your Wynn card if you have one—if you do not—you can get one with your license and the slot play will be added at that time. Lunch will be on your own. Encore does have a Café area offering lunch type options as well as many various restaurants. Reserve your space by calling the front desk on Registration day.

*Wright's Farm Restaurant*

Thursday, June 23rd

Suggested Donation—\$15.00

*Bus will leave the Senior Center at 10:30am and return at approximately 5:00pm*

Sign up for a fun trip to Wright's Farm Restaurant. What's more fun than sitting down to enjoy a meal surrounded by friends or new friends in a comfortable and relaxed setting? You will get all that at Wright's Farm. You will be served a hearty, juicy, family style home cooked chicken, pasta with marinara sauce, fresh baked rolls, signature French fries, and salad topped with a unique dressing recipe. Dessert, coffee and tea will also be served—how can you beat that. There is also a cash bar. After lunch—there is a wonderful gift shop to enjoy with your 20% off coupon. After leaving Wright's Gift Shop, we will travel to Wright's Dairy Farm & Bakery. So many wonderful items to pick from—maybe pick up a dinner and your day will be complete. Reserve your spot by calling the front desk on Registration day.

*MWRTA Representative Session*

Monday, May 16th 10:00am—11:00am

Jon Fetherston, The Community Outreach Manager for the MWRTA will be here on May 16<sup>th</sup> from 10:00 to 11:00 to answer questions about the Metro West Regional Transportation Authority. How to book rides, fixed route questions, senior and disabled Dial A Ride options, and more. Free giveaways and schedules will be provided. Questions, in advance can be submitted to [jon.fetherston@mwrt.com](mailto:jon.fetherston@mwrt.com) or 508-816-6674. Stop by to talk to Jon and enjoy some refreshments—Jon will be in the Kitchen to answers your questions. Please take advantage of this information session for your transportation needs.

# Southborough Senior Center

May 2022

| Sunday | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday |
|--------|---|--|---|---|--|----------|
| 1      | 2<br>08:30a Walking Group<br>10:00a Health Clinic<br>10:15a Stretch Class   | 3<br>08:30a Strength Class<br>09:45a Advanced Tai Chi<br>11:00a Senior Songsters<br>12:00p Bridge<br>01:00p Knitting Club                        | 4<br>08:30a Walking Group<br>03:00p Trailblazers Meeting                            | 5<br>08:30a Strength Class<br>09:45a Advanced Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga  | 6<br>08:30a COA Board Meeting<br>10:00a Canasta<br>10:00a Dull Mens Club<br>10:00a Health Clinic | 7        |
| 8      | 9<br>08:30a Walking Group<br>10:00a Health Clinic<br>10:15a Stretch Class   | 10<br>08:30a Senior Center closed<br>10:30a Volunteer<br>Appreciation Event  | 11<br>08:30a Walking Group<br>09:00a Encore Bus Trip<br>10:00a Virtual Legal Advice | 12<br>08:30a Strength Class<br>09:45a Advanced Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga | 13<br>10:00a Canasta<br>10:00a Dull Mens Club<br>10:00a Health Clinic                            | 14       |
| 15     | 16<br>08:30a Walking Group<br>10:00a Health Clinic<br>10:00a MWRTA Info Session<br>10:15a Stretch Class   | 17<br>08:30a Strength Class<br>09:45a Advanced Tai Chi<br>11:00a Senior Songsters<br>12:00p Bridge   | 18<br>08:30a Walking Group<br>12:30p Movie Matinee                                  | 19<br>08:30a Strength Class<br>09:45a Advanced Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga | 20<br>10:00a Canasta<br>10:00a Dull Mens Club<br>10:00a Health Clinic<br>12:30p CPR Refresher    | 21       |
| 22     | 23<br>08:30a Walking Group<br>10:00a Health Clinic<br>10:15a Stretch Class<br>11:00a Raised Garden Bed<br>12:30p Herbal Medicine and<br>Acupuncture | 24<br>08:30a Strength Class<br>09:45a Advanced Tai Chi<br>10:00a Sayva Services<br>Technical Assistance<br>12:00p Bridge<br>01:00p Knitting Club | 25<br>08:30a Walking Group<br>12:00p Get On Board                                   | 26<br>08:30a Strength Class<br>09:45a Advanced Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga | 27<br>10:00a Canasta<br>10:00a Dull Mens Club<br>10:00a Health Clinic                            | 28       |
| 29     | 30<br>08:30a Closed for Memorial<br>Day   | 31<br>08:30a Strength Class<br>09:45a Advanced Tai Chi<br>12:00p Adult Coloring<br>12:00p Bridge   |   |   |  |          |

# SUPPORT OUR ADVERTISERS!





# Southborough Senior Center

June 2022

| Sunday | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday |
|--------|---|--|--|---|---|----------|
| 29     | 30  | 31   | 1  | 2   | 3   | 4        |
|        |   |  | 08:30a Walking Group<br>11:30a Heart to Home Meal<br>03:00p Trailblazers Meeting       | 08:30a Strength Class<br>09:45a Advanced Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga                                 | 08:30a COA Board Meeting<br>10:00a Canasta<br>10:00a Dull Mens Club<br>10:00a Health Clinic |          |
| 5      | 6   | 7  | 8  | 9   | 10  | 11       |
|        | 08:30a Walking Group<br>10:00a Health Clinic<br>10:15a Stretch Class                          | 08:30a Strength Class<br>09:45a Advanced Tai Chi<br>11:00a Senior Songsters<br>12:00p Bridge                         | 08:30a Walking Group<br>10:00a Virtual Legal Advice<br>03:00p Trotter Big Band Concert | 08:30a Strength Class<br>09:45a Advanced Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga                                 | 10:00a Canasta<br>10:00a Dull Mens Club<br>10:00a Health Clinic                             |          |
| 12     | 13  | 14   | 15   | 16  | 17  | 18       |
|        | 08:30a Walking Group<br>10:00a Health Clinic<br>10:15a Stretch Class<br>01:00p Fight The Fall | 08:30a Strength Class<br>09:45a Advanced Tai Chi<br>11:00a Senior Songsters<br>12:00p Bridge<br>01:00p Knitting Club | 08:30a Walking Group<br>12:00p The Joys of Nature                                      | 08:30a Strength Class<br>09:45a Advanced Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga                                 | 10:00a Canasta<br>10:00a Dull Mens Club<br>10:00a Health Clinic                             |          |
| 19     | 20  | 21   | 22   | 23  | 24  | 25       |
|        | 08:30a Walking Group<br>10:00a Health Clinic<br>10:15a Stretch Class                          | 08:30a Strength Class<br>09:45a Advanced Tai Chi<br>10:00a Sayva Services<br>Technical Assistance<br>12:00p Bridge   | 08:30a Walking Group<br>12:30p Movie Matinee   | 08:30a Strength Class<br>09:45a Advanced Tai Chi<br>10:00a Mah Jongg<br>10:30a Wrights Farm Bus Trip<br>12:30p Chair Yoga | 10:00a Canasta<br>10:00a Dull Mens Club<br>10:00a Health Clinic                             |          |
| 26     | 27  | 28   | 29   | 30  |   |          |
|        | 08:30a Walking Group<br>10:00a Health Clinic<br>10:15a Stretch Class                          | 08:30a Strength Class<br>09:45a Advanced Tai Chi<br>12:00p Bridge<br>01:00p Knitting Club<br>01:00p Tina Bemis       | 08:30a Walking Group<br>01:00p Bingo   | 08:30a Strength Class<br>09:45a Advanced Tai Chi<br>10:00a Mah Jongg<br>12:30p Chair Yoga                                 |   |          |

# SUPPORT OUR ADVERTISERS!



### *Fitness at the Senior Center*

Call the Senior Center to sign up for our Fitness Classes on Registration Day or any time after. Some of these classes are full due to dealing with limited space. If you have already been taking a class – continue to come, you are all set. Please let us know if you choose to no longer attend a class since we have waiting lists. There is a suggested donation of \$3.00 per class (payable at the beginning of each class). Enjoy the benefits of exercise while you get stronger, gain balance and improve mindfulness. (508) 229-4453

| <u><i>Class</i></u> | <u><i>Day of the Week</i></u> | <u><i>Time</i></u> | <u><i>Instructor</i></u> |
|---------------------|-------------------------------|--------------------|--------------------------|
| Stretch Break       | Monday                        | 10:15am            | Sharon Gallant           |
| Strength            | Tuesday                       | 8:30am             | Sharon Gallant           |
| Advanced Tai Chi    | Tuesday                       | 9:45am             | Jeanne Friswell          |
| Strength            | Thursday                      | 8:30am             | Sharon Gallant           |
| Advanced Tai Chi    | Thursday                      | 9:45am             | Jeanne Friswell          |
| Chair Yoga          | Thursday                      | 12:30pm            | Rebecca Reber            |

### *Games, Cards, Knitting, Dull Men's Club, Senior Songsters and Billiard Play*

The following programs are opened to all. Please review the calendar. All programs are not weekly.

| <u><i>Program</i></u> | <u><i>Day of the Week</i></u>                                 | <u><i>Time</i></u> |
|-----------------------|---|--------------------|
| Senior Songsters      | Tuesday (check the calendars for dates)                       | 11:00am            |
| Bridge                | Tuesday   | 12:00pm            |
| Knitting Club         | Tuesday   | 1:00pm             |
| Mah Jongg             | Thursday  | 10:00am            |
| Canasta               | Friday  | 10:00am            |
| Billiard (Pool) Play  | Daily (please check calendar for programs)                    | 8:30am – 3:00pm    |
| Dull Men's Club       | Friday  | 10:00am            |
| Walking Group         | Monday (Trotter Track) &<br>Wednesday (Southborough Cemetery) | 8:30am             |

If you are new to our Senior Center – please register at the Front Desk – we would love to have you join.



### *Technology Help is Here!*



Tuesdays, May 24th & June 21st — 8 one hour time slots

(8 1-hour sessions available – these sessions will be one on one with a Sayva Technology specialist)

Please sign up for a 1 hour time slot – sign ups will begin at 10:00am

Are you getting the most of your smartphone, E-Readers, Laptops, Tablets, Alexa or Zoom or just frustrated? No worries, we have help, SayvaServices LLC, a local company, will be coming to help answer all your questions and show you tips and tricks to get the most of your devices. SayvaServices will help answer your questions or just give you ways to navigate different features that you may not know you even have access to using. Bring your electronic device with you to your session. Feel free to sign up again if you have attended a prior session. Call (508) 229-4453 on Registration Day or after to reserve your spot — No Charge

Come view our growing DVD movie collection for signing out to enjoy in the comfort of your own space. Also our Puzzle Table is back in the kitchen – stop by, sit by the window and enjoy being a part of our masterpiece puzzle creations.



### Adult Coloring & Lunch



Tuesday, May 31st – 12:00pm

Choose from Chicken Salad Sandwich with Cranberries and Walnuts or a Turkey & Swiss Sandwich, also included will be Potato Salad, Chips and a Cookie – from Kennedy's of Marlborough

Come join our fun Adult Coloring group beginning with a lunch and then picking your picture to start your creation. All supplies will be available or feel free to bring your own. This will be a nice time to eat, chat and enjoy coloring together. There is lots of conversations and laughter. Give it a try. No Charge

### Heart to Home Meals

Delicious Meals Made for Seniors

(Lunch with Heart to Home Meals)

Wednesday, June 1st

Time: 11:30am

No Charge

The team at Heart to Home Meals is offering a free hot lunch to honor the beautiful seniors of Southborough. Meals are frozen and can be stored in your freezer until you are ready to heat and enjoy! The company provides a selection of over 160 healthy and nutritious meals, soups and desserts, hand delivered by a local driver right to your freezer. Their friendly, convenient service can be adapted to suit many dietary preferences, with free delivery and no contract or minimum commitment required. Space is limited – please sign up early.

Come join the team for a free hot lunch, quiz, and prize give away at the Southborough Senior Center!

Please Choose one Meal Option:

#### Honey Rosemary Chicken

Diced chicken in a honey rosemary sauce served with a side of sweet potatoes and peas

#### Crumb Topped Cod in Lemon Sauce

Cod fillet, topped with a parsley crumb, in a lemon butter sauce. Served with rice, asparagus, and green beans.

*These meals are suitable for anyone following a low fat or low calorie diet.*

Sign up to be entertained by Conductor Jamison Clark and the Trottier Big Band on Wednesday, June 8th – details of this program on the back page.



### The Joys of Nature

### Creatures of the Night

Wednesday, June 15th at 12:00pm

Suggested Donation – \$5.00



From bats to fireflies, frogs and more, learn about the animals that come out in our neighborhoods at night. Many of these animals include important predators, such as bats, frogs and owls, and help us unseen under the cover of darkness. Some of these animals, such as fireflies, are also under threat. Learn what you can do to help these amazing creatures of the night! We will be serving a Turkey Club Sandwich with Steak Fries lunch from TJ's of Ashland at 12:00pm and Joy will start her presentation at 12:30pm.

A little background on Joy "I have loved animals from the time I was a child growing up in New England and would always take advantage of any outdoor time to explore nature. Now, I still love to explore, but also to share my knowledge about wildlife and nature in general. In addition to a BA in Biology, I have been doing a variety of animal-related education programs in my professional life for over 20 years. One of my favorite things to do is break people's misconceptions about many animals, especially those that people fear, such as predators including sharks, reptiles and spiders." - We will be scheduling Joy in the Fall for a series on her New England Travel Talks. More to follow regarding this series in future newsletter.

## Movie Matinees!

### King Richard

*Wednesday, May 18th*

Based on a true story that will inspire the world. Richard Williams, father of legendary tennis champions Venus and Serena Williams, shows how family and perservance can achieve the impossible and impact the world. The movie is rated PG-13 and is 2 hours and 25 minutes in length.

### House of Gucci

*Wednesday, June 22nd*

House of Gucci is inspired by the shocking true story of the family behind the Italian fashion empire. When Patrizia Reggiani (Lady Gaga), an outsider from humble beginnings, marries into the Gucci family, her unbridled ambition begins to unravel the family legacy and triggers a reckless spiral of betrayal, decadence, revenge, and ultimately ... murder. The movie is rated R and is 2 hours and 38 minutes in length.

We will be serving lunch at 12:00pm before each movie. MAY—please choose from Monte Cristo Panini or Nantucket Chicken Salad Sandwich—brought to us by Festive Breads of Northborough, and JUNE we will offer a Pub Burger from Kennedys Market of Marlborough.

Feel free to bring your own lunch or just come at movie time!

*Suggested Donation—\$5.00 for each lunch—served at 12:00pm*

*Movies will start at 12:30pm*

*Please sign up at the front desk or call (508) 229-4453*

## HEALTHBEAT

Nurse Clinic Hours: Monday and Friday 10:00am – 2:00pm

By: Leslie Chamberlin R.N.



## BALANCE..BALANCE..BALANCE

One of the main concerns I hear from Seniors is about their balance being off. Please join FYZICAL Therapy and Balance Centers of Metrowest as they present an interesting lecture on:

*Fight the Fall*

*Monday June 13th*

*1:00pm-2:00pm*

Everyone has a little bit of worry about falling, no matter our age. How does this worry relate to balance? Why is my balance not as good now as it was previously? On Monday, June 13, 2022 at 1pm, come listen as Dr. Cheryl S. Abelow, PT, DPT, MS introduces you to the basics of balance. She will help you understand how and why balance changes throughout life, why falls are feared and most importantly, how to improve your balance so you can move about your day more freely. Bring a friend, and your questions!

Also I am working on a Balance Class series in the Fall with FYZICAL—more details will follow in upcoming newsletters. I hope you take advantage of this very beneficial program with the lecture on June 13th and the series coming in the fall.

See you soon, Leslie

## Senior Songsters Returning

The Southborough Senior Songsters will once again return for their sing-along session at 11:00am. In May, we will be gathering on Tuesday, May 3 & 17. We invite and welcome new members to join our sing-along. No audition is required, and we sing songs from the Great American Songbook and music from Broadway. Most of the time, we just sing the melody. This year, we welcome spectators to join our gathering so that you can enjoy the music and fun. If you have any questions, please E-Mail Jim Duncan at Jamesfduncan@msn.com.



The Senior Center will be closed on Tuesday, May 10th—  
we are hosting our Annual Volunteer Appreciation Event off-site.





PROGRAMS AND MORE ~ Peg Leonard

Hope you are all doing well. As you will see we are starting to schedule in some of our old favorites.

One thing I would like to ask: if you sign up for a program and then find that you cannot attend—please call and let us know. We have had attendees not show up at programs that have waiting lists with people who would really have enjoyed being there. Please let us know if you are not able to attend and we will make sure a person on the waiting list will be moved up. Most of our programs do have waiting lists. Thank you for your consideration.

*Leslie has been working hard to keep us all limber! Please take a look at her Healthbeat advertising a Fall Prevention program in May—with more to come in the September/October newsletter (This will be a series). Thanks Leslie for bringing this valuable program to our members.*

If anyone is interested in leading a Book Club here at the Senior Center, please let me know. I would like to start this back up in September if anyone is interested. Thank you.

We will be running an 8 week Fitness Session this summer (7 weeks for Chair Yoga). There will be special summer session pricing required up front. All information will be in the next newsletter. We are requiring a minimum of 8 participants to run each class. Sign up for the full session will be required. Please call or stop by if you have any questions.

Enjoy reading the newsletter-

~Peg

Calling all Walkers!

Calling out to all Walkers! The MA Walk Challenge, sponsored by the MA Council on Aging, is getting geared up for a May 1 start. Register at [www.walkmachallenge.com](http://www.walkmachallenge.com) starting April 1. Choose an MCOA challenge based on MA Fun Facts. Lace up your sneakers and hit the road, the park, a track or treadmill, indoors or out - are all great! Keep track of your mileage or steps, if you prefer. At the end of October MCOA will be randomly drawing names for 85 gift card prizes throughout MA Senior Centers. Last year Southborough Senior Center had 11 winners! This year 16 Councils on Aging will win, with one lucky COA receiving \$1000 for future programming! We will have a raffle entry for each completed challenge. Let's Do This! When you register online please also notify me so I may keep track of participants and periodically contact you with any additional news. If you don't have computer access contact me at [skiess2@verizon.net](mailto:skiess2@verizon.net) and I will register you.

~Sandy Kiess

Raised Bed Gardeners!

...LET'S PLANT...



Plants you have grown from seeds you picked up at the Library.

Plants you grew on your own from seed.

Plants we will purchase at Gulbankians.

This is an invitation to meet at the Senior Center and discuss what you would like to see in the Raised Beds located behind the Senior Center. Please see below to sign up.

When: Monday - May 23, 2022 -- 11:00

Where: Senior Center — Meet out back at the Raised Beds

What: We will prepare a schedule for maintenance

RSVP: (508) 229-4453

Chair: Joyce Macknauskas

Attention Gardeners & Commemorative Plaques

It's been a long wait, but Nature's Present Garden is back in bloom, so come and enjoy it as it progresses through the seasons. There's even a sign now! A few bricks remain with space for commemorative plaques. For a \$50 donation to the Friends of the Council on Aging you can designate one. Contact Carol Yozzo at [cay0131@verizon.net](mailto:cay0131@verizon.net) with questions on this garden or to submit your plaque request.



### *Tina Bemis is Back — Summer Porch Pot*



Tuesday, June 28th at 1:00pm

Suggested Donation—\$20.00

Learn how to design Living Art with colorful flowers and contrasting textures using Thrillers, Fillers, Chillers and Spillers. This colorful pot is sure to grow in to a traffic-stopper in a few short weeks as it fills in. You will also learn the technique to create stunning combos for years to come. To add a bit more about Tina, she is co-host of the Gardener's Calendar on WTAG radio and co-owner of Bemis Farms Nursery in near by Spencer, MA. As all of our loyal "Tina" fans know—You always leave with a wonderful, colorful creation to add to your living space.

Sign up early—space is limited



### *Bingo*



Wednesday, June 29th at 1:00pm

Come join us for a wonderful afternoon of Bingo, fun, and prizes. Our Bingo Leader, Bob Myers, will start selling cards promptly at 1:00pm. Bingo will begin once everyone has purchased their cards. Snacks will be provided at break time. Sign up at the front desk or call (508) 229-4453.

Sign up early—space is limited

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



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### Trottier Big Band Concert

Wednesday, June 8th – 3:00pm

Location: Trottier School located at 49 Parkerville Rd.

(please arrive between 2:30pm and 2:45pm if possible to get seated before the start of the concert)



Band director Steve Elman founded the first Southborough Middle School Jazz Band in 1968 and led it until 1978. Steve Curtis then took over the band in 1979 and was its director until 2003. The band became the Trottier Big Band when the Trottier Middle School opened in 1998. Since 2004, the Trottier Big Band has been lead by Jamison Clark. The Big Band has been attending the Clark Terry/University of New Hampshire Jazz Festival for the past 12 years and has been awarded "Outstanding Performance" many times. For the past 12 years, the band has won consecutive Gold Medals at the Massachusetts Association Jazz Educators Junior Central District Festival and was featured in Meredith O'Brien's book "Mr. Clark's Big Band: A Year of Laughter, Tears and Jazz in a Middle School Band Room". The members of the band are extremely hard working 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders who are dedicated to the art of jazz and play far beyond their years. Audiences continuously are surprised by the band's ability and musicality and are uplifted by the band's exuberant and powerful performances. This is an extremely entertaining band with many laughs from their leader Jamison Clark! Please sign up on Registration Day! You will be WOW'd by these young musicians.

Worth mentioning again—Please call us if you have signed up for a program and as it gets closer you find you are unable to attend. We have continuously had waiting lists for all our programs and would be thrilled to give everyone a chance at attending.

#### FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

#### CALENDAR YEAR 2022 ANNUAL MEMBERSHIP

The Friends of the COA is a non-profit fundraising group that supports our Senior Center. They help to pay for many of the events held at the Senior Center and help purchase supplies and furnishings. To become a "Friend of the Southborough COA" member, please complete the form on the right. Priority for certain special limited seating events may be given to Southborough residents regardless of "Friends" membership status. Please call (508) 229-4453 if you have any questions.

January to December 2022

Membership is \$15.00 Suggested Donation per year.  
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