



# The Southborough Senior Sensation

Volume 24\* Issue 04

July/August 2024

Senior Center  
9 Cordaville Rd.  
Southborough, MA  
01772  
(508) 229-4453  
Fax (508) 229-1783  
www.southboroughseniors.com

### OPERATING HOURS

Monday – Friday  
8:30am – 3:00pm

Pam LeFrancois  
*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*

Joan Guerrant  
*FRIENDS President*

Springwell  
Meals on Wheels  
508-573-7200

MWRTA  
DIAL-A-RIDE  
TRANSPORTATION  
508-820-4650



*Happy Summer Everyone*



The Senior Center will be closed on the following dates:

July 4th Independence Day Recognition

Hi,

By the time you read this in the newsletter I am hoping our new room will be up and running with a new tv and furniture! The students and teachers from Assabet did an amazing job and we did a thank you luncheon for them in May. Over 90 students were able to attend along with most of their instructors. We will miss having them all here. This room gives us more space for activities and programs but now we have a place to spend time with friends, read a book, or work on a puzzle. We hope that you come by and check out the new space!

See you soon, Pam

The following programs will be taking the summer off and will resume in in September with the exception of Tuesday's 9:30 Yoga class at Pilgrim Church which will resume on October 8th.

Book Club – Call the Senior Center for September's book title  
Tuesday's Yoga (Pilgrim Church)  
Tuesday's Advanced Tai Chi Class  
Genealogy Club

### Date for Registering for

"ALL" 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~*

*When signing up for the programs in this newsletter, please review our Program Registration Policy on page 2.*

If you are registering in person, take a form from the table in the hall (outside the office door), fill it out in the kitchen and drop it off with your payment in the box. **We will inform you if a program was already filled as soon as possible. (we process the forms as they are dropped off or called in—we time stamp them to be fair—but a program may fill up).**

Please visit our website at "southboroughseniors.com" for updated information and also our Facebook at "Southborough Senior Center" to see what has been happening, and be sure to Like It.

## FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

2024 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 our events, please contact the President of the Friends, Joan Guerrant at the Senior Center.

*This current membership is for the calendar year January–December 2024*

**Membership is \$15.00 per year (per person) — 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.
- \* Cancellations for programs require *one full week* 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 for 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 balance requirements, it is the way we must continue to proceed. We ask for your understanding by continually assisting us in this process.

### Important Notice — Please Read

- \* We require a call if you have signed up for a program and find you are unable to attend.
- \* We appreciate your consideration so there are not "*day of the event empty seats*" due to no shows (this happens a great deal, especially with "No Charge" programs.)
- \* We understand there are times when things come up on the day of the event and make it difficult for you to attend but please do your best to let us know.
- \* There are continuous waiting lists for all our programs. Knowing you are not attending a program will give us the opportunity to call the next person on the waiting list who would be thrilled to attend. Thank you for your understanding.

**HEALTHBEAT**

Nurses Clinic: Tuesday and Friday 10 - 2

By: Leslie Chamberlin R.N.

No Clinic on Tuesdays: July 23rd, August 13th and August 27th

**BLOOD SUGAR SCREENING:** Walk In Tuesday July 9<sup>th</sup> 11 – 12:30 . No need to fast. No appointment necessary.**DURABLE MEDICAL EQUIPMENT** : Please continue to call and ask for Leslie or my voicemail regarding any equipment you wish to donate.. NO drop offs please.**HEALTH BENEFITS OF TOMATO JUICE**

- Tomato juice is high in fiber and acts as food for beneficial gut bacteria which assists with digestion and gut health.
- Tomato juice helps breakdown LDL (bad cholesterol) and in addition niacin and vitamin B3 helps regulate cholesterol.
- Packed with Vitamin A and C, and antioxidants such as Lycopene, these all support a healthy immune system, and vitamin A contributes to vision health.
- High in vitamin K, tomato juice helps keeps bones healthy.
- The red color of tomatoes is caused by lycopene, an antioxidant protecting against various cancers and atherosclerosis
- Lastly, the high water content in tomato juice is effective in maintaining body hydration so the body's organs can function optimally.

I hope this is helpful information.....See you soon, Leslie

If you experiencing any Cold, Flu, or COVID symptoms (even if you are not sure of what you may have) please stay home and visit the Senior Center when you are well. If you have any questions or need assistance, please call us at (508) 229-4453.

**Medicare Assistance from (SHINE)**

Summer is upon us and beach outings and cookouts are popping up everywhere. With all the fun, staying safe and healthy should also be on your mind. Don't forget to stock up on your medications before you venture forth. If you have any family members turning 65 this year, send them my way at least three months before their birth month. For those of you already on Medicare, keep a lookout in September for your healthcare's Annual Notification of Change (ANOC). This document will outline any changes your plan has slated for January 2025. Examples include increases in premiums, medications being dropped from formularies or moved to a higher tier and raises in co-pays.

The Open Enrollment Period starts on October 15th and runs through December 7th. This year myself and fellow SHINE counselor, Jonna Zimmerman, will be available Monday, Wednesday and Thursday to assist you with reviewing your coverage for 2025. For those of you on Medicare Advantage Plans, these are pretty steady-eddies and usually don't need to be checked during OEP if your plan is working for you. The plans that change the most from year to year are the stand-alone drug plans. Calling to set up an OEP appointment starts in mid-September.

Carolyn MacLeod, Southborough SHINE Counselor



Tuesday is Gas Day at Falconi Pit Stop, 29 Boston Rd, Southborough.  
A percentage sold on Tuesdays goes to the Senior Center.  
Support our local business as well as the Senior Center.



# Southborough Senior Center

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	2 08:30a Strength Class 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	3 08:30a Walking Group	4 08:30a Center closed in Observance of Independence Day	5 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta 11:30a COA Board Meeting	6
7	8 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	9 08:30a Strength Class 10:00a Health Clinic 12:00p Bridge 11:00p Blood Sugar Screening	10 08:30a Walking Group 10:00a Phone Legal Advice 03:00p Trailblazers Meeting	11 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	12 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	13
14	15 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	16 08:30a Strength Class 10:00a Health Clinic 12:00p Bridge	17 08:30a Walking Group 12:45p Reagle Theatre Show	18 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	19 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	20
21	22 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	23 08:30a Strength Class 10:00a Technical Assistance 12:00p Bridge	24 08:30a Walking Group 01:00p Board and Blossom Charcuterie Board	25 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	26 10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	27
28	29 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	30 08:30a Strength Class 10:00a Health Clinic 12:00p Bridge	31 08:30a Walking Group 10:30a Fat Daddy Produce Bus 12:30p Movie Matinee			

# Southborough Senior Center

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta 11:30a COA Board Meeting	
4	5	6	7	8	9	10
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	08:30a Walking Group 12:00p Adult Coloring 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
11	12	13	14	15	16	17
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 10:30a Fat Daddy Produce Bus 12:30p Movie Matinee	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
18	19	20	21	22	23	24
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 10:00a Health Clinic 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga 03:00p Plainridge Casino Bus Trip	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
25	26	27	28	29	30	31
	08:30a Walking Group 01:00p Knitting Club	12:00p Bridge	08:30a Walking Group 01:00p Bingo	09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	



### "All Shook Up"

*Reagle Performing Arts Theatre in Waltham – July 17th*

*Our bus will leave the Senior Center at 12:45pm*

*show will start at 2:00pm*

*We will return to the Senior Center approximately 5:00pm*

*Suggested Donation – \$35.00*



Loosely based on Shakespeare's Twelfth Night, this hip-swiveling, lip-curling musical fantasy will have you jumpin' out of your blue suede shoes with such classics as "Heartbreak Hotel," "Hound Dog," "Jailhouse Rock," and "Don't Be Cruel." All Shook Up is a fun, high-spirited show filled with mix-ups and confusion, all surrounded by the hits of Elvis Presley. With countless electrifying musical numbers, it will be hard for audience members not to groove along in their seats! Sign up on Registration Day or later if there is still room. We will be rocking with the best of them!



### Board and Blossom (Charcuterie Board)

You and others will be so proud of your creation – sure to be impressive!

Wednesday, July 24th – 1:00pm to 3:00pm

Suggested Donation – \$20.00



Sign up to learn the beautiful art of designing a charcuterie board with Cari Baker. You will design your own board with instructions from Cari. All materials will be given to you at the class. Cari also adds pretty flowers to accompany your board. Space is limited, please sign up on Registration day or later if there is room. We are excited to bring this program to the Senior Center.

### Movie Matinee

#### The Long Game

Wednesday, July 31st

The film tells the true story of the San Felipe Mustangs, a group of Mexican-American youths located in Del Rio, Texas. In the 1950s, the group set out to play golf at a white country club in town. Despite prejudice, the Mustangs overcame these obstacles to become the 1957 Texas state champions. This movie is rated PG and is a little under 2 hours long. This movie has received very high reviews.

We will be serving lunch at 12:00pm. Please choose from either a Tossed Salad with Chicken or an Asian Chicken Wrap – Boxed lunches will have macaroni salad and cookies brought to us by Roche Bros.

*Suggested Donation – \$6.00 for lunch – served at 12:00am - no charge for just the movie*

*Movie will start at 12:30pm*

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

*(Fat Daddy's Produce Bus will be at the Senior Center – plan on stopping by between 10:30am to 12:30pm)*

### Podiatry Home Visits

Footcare Focus is a professional nursing service that concentrates on preservation and maintenance of feet through preventative care and education. Healthy and Happy Feet will take you further! As Registered Nurses and Certified Foot Care Nurses we offer specialized nursing care in your own home. Footcare Focus collects a fee for service. Checks and Cash Accepted. No insurance is accepted. Appointments range from 30 minutes to 1 hour. Call 617-417-2149 or contact us at [www.footcarefocus.com](http://www.footcarefocus.com) to set up an appointment.

### *Fitness at the Senior Center*

Please sign up for the following classes on Registration Day. There is a Suggested Donation of \$3.00 per class. A basket will be in the room for your donation. Call the Senior Center for details on any of the classes listed below and to make sure there is space available. Check the calendar for scheduling updates.

\*\*\*Medical Insurance companies offer a Fitness reimbursement for classes attended during the year. Please see Pam LeFrancois at the end of your yearly enrollment period to have this form signed. If you are new to any of our fitness programs – please stop by the front desk to fill out a registration form.

<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 & Thursday	8:30am	Sharon Gallant
Advanced Tai Chi	Thursday	9:45am	Jeanne Friswell
Chair Yoga	Thursday (45 Minutes)	12:30pm	Rebecca Reber

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

The following programs are open to all. Please review the calendar in case of any changes and to see what programs are on-going, weekly, bi-weekly or monthly.

<u><i>Program</i></u>	<u><i>Day of the Week</i></u>	<u><i>Time</i></u>
Bridge (Judy Stento)	Tuesday	12:00pm
Mah Jongg (Sandy Campbell)	Thursday	10:00am
Canasta ( <b>Hand &amp; Foot</b> ) (Elaine Yetman)	Friday	11:15am
Billiard (Pool) Play	Daily (not on large program dates)	8:30am – 3:00pm
Knitting Club	Monday	1:00pm
Dull Men's Club (Bill Harrington)	Friday	10:00am
Walking Group (Sandy Kiess)	Monday (Trottier Track) &	8:30am
-> ( <u><i>Depending on Weather Conditions</i></u> )	Wednesday (Southborough Cemetery)	8:30am

### *AWESOME AMBULATORS*

AWESOME AMBULATORS is the name of our Summer Walking program, as voted by the Walkers at our May brunch. If you are not already a member of the Walking program (formerly MCOA Walk MA Challenge) or the Monday-Wednesday 8:30 Walkers please feel welcome to come join us in walking the track, trails, cemetery or safe roads and enjoy the fresh air and the beauty of the great outdoors. For our 6 month Walk Program we track our miles and see how far our combined totals have taken us: November 2023-April 30, 2024 miles totaled 12,340 miles walked as reported by 24 participants! YAY to all you walkers! You're AWESOME! Walk anywhere on your own, with 2 footed or 4-footed friend(s) and keep track of your distances. See how quickly those footsteps add up!

For those who would like to walk with friends on Mondays at 8:30 we meet at the track at Trottier School and Wednesdays at 8:30 at the Southborough Cemetery next to the Senior Center. These walks are loops that usually last about an hour or however much time you have. You're certainly welcome to track your miles here also or just walk and talk at your own pace (some are fast walkers and some are fast talkers!).

If you have any questions or would like to register for either program please email me at [skiess2@verizon.net](mailto:skiess2@verizon.net). Hope to see you somewhere out there. Thanks to all our participants!

Sandy Kiess



Adult Coloring & Lunch — Wednesday, August 7th — 12:00pm

Come join our fun Adult Coloring group beginning with a nice lunch. You will have a variety of Books from which to choose your coloring option(s). All supplies will be available or feel free to bring your own. This will be a nice time to have lunch, socialize and enjoy coloring together. There are lots of conversations and laughter. Give it a try. We would love to have you participate.

Lunch will be brought to us by Kennedy's Market of Marlborough. You will enjoy assorted sandwiches and mandarin orange salad and of course dessert. Suggested Donation—\$3.00

Movie Matinee

The Boys in the Boat

Wednesday, August 14th

The Boys in the Boat is a sports drama based on the #1 New York Times bestselling non-fiction novel written by Daniel James Brown. The film, directed by George Clooney, is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.

This movie is rated PG-13 and is 2 hours and 4 minutes long.

We will be serving lunch at 12:00pm. Lunch will be assorted sandwiches and garden salad brought to us by The Plum Tomato from Marlborough.

*Suggested Donation—\$6.00 for lunch - no charge for just the movie*

*Movie will start at 12:30pm*

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

*(Fat Daddy's Produce Bus will be at the Senior Center—plan on stopping between 10:30am to 12:30pm)*

Plainridge Park Casino with a Wonderful Banquet Dinner

Enjoy a nice summer night outside watching or betting on the horses with an enjoyable dinner overlooking the racetrack (betting can also be done at the dinner)

Thursday, August 22nd

Bus will leave at 3:00pm return to the Senior Center at approximately 9:00pm

Suggested Donation—\$20.00

Sign up to enjoy the Casino with many slot machines, horse racing and best of all; a Banquet Dinner. We will arrive approximately 3:30pm. Horse Racing begins at 4:00pm and runs every 15 minutes with the last race timed approximately 7:30pm to 8:00pm. We will meet in the Loft Banquet Room at 6:00pm for dinner. When signing up, let us know if you would like Roasted Salmon or Chicken Marsala. You will also enjoy a classic Caesar salad, medley of seasonal vegetable, roasted red bliss potatoes and Triple Chocolate Mousse. How awesome is that! If you have your Marquee Card from past visits, please bring it with you. It is not needed to play in the casino or racetrack, but the card collects points for possible special offers. You can get one if you would like when we arrive. Everyone needs to bring your Drivers License or Mass ID Card if you would like to get a Marquee Rewards Card or if you win BIG! The Casino is giving each of us a \$20.00 Free Slot Play Package (you will need a Marquee Card for to receive this Free Package). Our Friends of the COA are significantly subsidizing a portion of our banquet dinner—Thank you Friends of the COA.

Sign up on Registration Day or after by calling (508) 229-4453.

Bingo

Wednesday, August 28th at 1:00pm



Come join us for a wonderful afternoon of Bingo, fun, and prizes. Our Bingo Leaders, Bill Harrington and Peter Rowe will start selling cards promptly at 1:00pm. At times we get multiple winners for a game, your Bingo Leader will give you two numbers to choose from and the higher number winner will get the original prize—there will be smaller prizes for the other multiple winners—this way we can keep our prize values as they have been (which has been really nice). Snacks will be provided at break time! Please sign up on Registration Day or after.





### Technology Help is Here!

Tuesdays, July 23rd & August 20th – 5 one hour time slots

One on one sessions with a Sayva Technology Specialist, David Sullivan  
Appointments will begin at 10:00am – No Charge



Are you getting the most out 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 out of your devices. Sayva Services will give you ways to navigate different features that you may not know you have access to using. Bring your electronic device with you to your session.

### Legal Phone Advice from Attorney Christine Boutin

Wednesdays, July 10th & August 14th -- 10:00am to 10:45am (4–15 minute sessions)

Attorney Boutin of Mirick O'Connell is offering free services by phone from 10:00am to 10:45am. Attorney Boutin will talk with interested members to give you free individualized legal advice. If you would like to sign up, please call the senior center at (508) 229-4453 to book a 15-minute advice time slot.

### Alice's Gift Shop

Lorraine and Sue are working eagerly on the Gift Shop, stocking it with donated items. If you have new or gently used items that you no longer want or need – we would be thrilled to add them into the gift shop. It's our little hidden gem and Lorraine and Sue would love to receive more items to fill the shelves. Thank You

### Fat Daddy's Produce Bus Coming to the Senior Center

Wednesdays, July 31st & August 14th from 10:30am to 12:30pm

*Fat Daddy's Produce Bus*, a small family owned "hydroponic farm" that specializes in lettuce, herbs, greens, microgreens and mushrooms. Everything is custom grown using no pesticides or chemicals of any kind. Erik Jewett will also have baked goods. Erik will be parking his bus during the dates and times above selling his produce for wholesale cost. We are very lucky to have Erik come to the Senior Center. We hope you stop by and take advantage of this healthy produce.

Farmers Market coupons accepted and now excepting EBT Food Stamps.  
Stop by and see what Eric has each of these days.

### Southborough Town Information

Jim Hegarty, Town Clerk

The State Primary Election will be held on Tuesday, September 3, 2024. Voters have three options to cast their vote: 1) Vote in person on September 3, from 6:30am to 8:00pm in the Trottier School gym, or 2) Vote in person during the Early Voting sessions at the Town House located at 17 Common Street on 8/24 and 8/25 from 9am to noon, and 8/26 – 8/30 from 8am to 5 pm, or 3) Vote by Mail using the ballot that will be mailed to you in early August. If you've already requested a Vote by Mail ballot for all election in 2024, a ballot will automatically be mailed to you in August. If you haven't requested a Vote by Mail ballot, the state will automatically mail you an application in July. If you have any questions, please call the Town Clerk's office and we can answer any questions. (508) 485-0710 x 3005, or email [townclerk@southboroughma.com](mailto:townclerk@southboroughma.com)

DURABLE MEDICAL EQUIPMENT At this time I am not accepting ANY donations of medical equipment. If you have borrowed a wheelchair, shower chair, OR walker and wish to return it, please inform the front desk you have brought it back to the lobby.

### Let's Think Summer

Summer is in full swing and so are the raised bed gardens. Please enjoy the herbs, tomatoes, kale and other vegetables as they become ripe for the picking or you can just relax in the yellow chairs and enjoy the flowers. Also you can water or pull weeds or deadhead flowers -- this is your garden -- please enjoy.



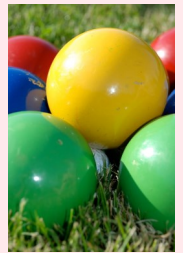
### Nature's Present Native Garden

We want to invite you to stop by Nature's Present Native Garden by the flagpole. Carol has been working very hard in maintaining its beauty. Be sure to email Carol Yozzo at [cay0131@verizon.net](mailto:cay0131@verizon.net) if you have any questions. Stop by and spend some time.



### BOCCE

Bocce will start when the front of the building is complete. There is still some work to be done and we do not have an exact date of completion. If you are interested in playing, leave your name and contact information at the front desk or e-mail Carol Yozzo [cay0131@verizon.net](mailto:cay0131@verizon.net). Our possible timeframe might be Fridays at 11:00AM. Some maintenance on the court will need to take place -- you will be contacted when the process will begin. We had a group before COVID and it was a lot of fun. Join In!



Southborough Senior Center  
9 Cordaville Road  
Southborough, MA 01772

PRSR  
STANDARD MAIL  
US POSTAGE PAID  
SOUTHBOROUGH, MA  
PERMIT NO. 10

← Please verify your address label information. If corrections are needed, please call the Senior Center. →

***Programs and More: Peg Leonard***

Happy Summer Everyone. I know most of you have seen the progress of our new addition. We are so thankful to the talented Assabet students and their teachers. The students are amazing and will do well in their careers. To all the students—go out and do great things—you have learned from the best!

We are hoping to schedule in some impromptu programs when the timing is right. So take a look when walking through the kitchen for an announcement of a pop-up program

Congratulations to the newly names walking group "*Awesome Ambulators*". What an accomplishment with the number of members and the amount of miles walked—Extremely impressive! Looking forward to future results.

Enjoy reading the newsletter and I will look forward to seeing you around the Senior Center this summer, with .our new ROOM, YAY!

Southborough Police Dept. has a Prescription Drug Drop Box in the front lobby of the PSB Complex at 32 Cordaville Road, Southborough. The Police Department applied for (and just received) additional grant money awarded through the Massachusetts MED Project grant for \$1,300; which will be used to help maintain the operation of this RX Drop Box.

**FRIENDS OF THE  
SOUTHBOROUGH COUNCIL ON AGING  
CALENDAR YEAR 2024  
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 2024

*Membership is a Suggested Donation of  
\$15.00 per year. Per Person*

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail (s) \_\_\_\_\_

Friends 2024 Membership Donation \_\_\_\_\_

Date \_\_\_\_\_