



The Southborough Senior Sensation

Volume 24* Issue 06

November/December 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

Welcome to Fall!

Our rooms are compete and the grand opening was wonderful thanks to our hard working Council on Aging Volunteers. We were joined by Senator Jamie Eldridge, State Representative Kate Donaghue, many selectmen, police and fire department staff, and about 75 others in attendance. We were able to thank the teachers from Assabet again for their amazing work and asked them to pass on our thanks to the students who are back in school. Please stop by and enjoy are new space. Meet up with friends, read, or watch tv. Hope to see you soon.

Pam

The Senior Center will be closed on the following dates and times:

November 11th	In Honor of Veterans Day
November 27th	Center Closes at 12:00pm
November 28th & 29th	Thanksgiving Day Holiday
December 18th	Center Closes at 11:00am
December 24th	Center Closes at 12:00pm
December 25th & 26th	Christmas Holiday
January 1st	Happy New Year

Please Be Advised

If the Southborough Schools are Closed or Delayed due to inclement weather conditions, the Senior Center will also be closed and all programs will be canceled. Watch the news or listen to the radio before venturing out. Please do not drive if you are at all concerned with the road conditions. We want you to be safe!



Please Read

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.

FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

2025 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 2025

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 week's* notice or we are unable to give refunds.
- * We are obligated to prepay all the costs to 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.

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 "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.

Veterans Day Celebration

Wednesday, November 6th – 12:00pm — Suggested Donation \$6.00
Veterans - No Charge



Join us in celebrating our most Honored Veterans. Enjoy a tasty Turkey Dinner with all the fixin's brought to us by TJ's Spirits of Ashland. Following lunch, our Master of Ceremonies, Bill Harrington will open the program. Steve Whynot, one of our local honored Veterans, will lead the Color Guard Flag Ceremony. Our former talented Southborough Songsters will come back to the Senior Center, led by Jim Duncan, and will perform many Patriotic Songs including a tribute to all of the Armed Forces. There will be a very special visit from our Southborough Woodward School 3rd graders singing Patriots songs with all of us. We hope you be able to attend this wonderful program. Please call or stop by on Registration day to sign up.

Technology Help is Here!

Tuesdays, November 12th & December 17th – 5 one hour time slots



These sessions will be one on one with David, Technology Specialist from Sayva Services
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 of your devices. SayvaServices will 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.

Bus TripGate City Casino

Wednesday, November 13th

Suggested Donation—\$10.00

*Bus will leave the Senior Center at 9:30am, we will depart the Casino at 3:30pm
to return at approximately 4:30pm*

Gate City Casino is located in Nashua, New Hampshire. The Casino is honoring us with \$10.00 in Free Slot Play and a \$10.00 Comp toward your Food and Beverage. The Security Team checks for ID's before we enter the Casino, so please bring your license or State ID with you or unfortunately they will not let you in and we do not want that to happen. Your ID is also required to get a players card which you need for the free slot play and food comp. From 12:00pm to 3:00pm, we will enjoy live acoustic music, discounted lunch specials and half hour drawings to win \$250.00 in Free play. Let's Go!

Neary School Building Project Presentation

Monday, November 18th at 1:00pm

Roger Challen, member of the Southborough School Committee, and the Neary Building Committee, will provide an update and answer any questions about the proposed new four grade Neary Elementary School. Please sign up on Registration Day.

Adult Coloring & Lunch – Tuesday, November 19th at 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. 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.

Suggested Donation—\$3.00

Lunch will be Macaroni and Cheese and Chef Salad from The Plum Tomato in Marlborough

Southborough Senior Center

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Walking Group 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	08:30a Walking Group 12:00p Veterans Day Recognition Celebration 03:00p Trailblazers Meeting	08:30a Walking Group 12:00p Veterans Day Recognition Celebration 03:00p Trailblazers Meeting	08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:30a Walkers Lunch	
10	11	12	13	14	15	16
08:30a Center Closed in Observance of Veterans Day	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group 09:30a Gate City Casino 10:00a Phone Legal Advice 11:00a Book Club	08:30a Walking Group 09:30a Gate City Casino 10:00a Phone Legal Advice 11:00a Book Club	08:30a Zoom Strength Class 10:00a Mah Jongg 12:30p Zoom Chair Yoga	10:00a Canasta 10:00a Health Clinic 11:30a Dull Mens Club	
17	18	19	20	21	22	23
08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club 01:00p Neary School Building Project Presentation	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 10:30a Fat Daddy Produce Bus 12:30p Movie Matinee	08:30a Walking Group 10:30a Fat Daddy Produce Bus 12:30p Movie Matinee	08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga 02:30p Genealogy Club	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
24	25	26	27	28	29	30
08:30a Walking Group 10:15a Stretch Class 11:45a Blue Plate Special 01:00p Knitting Quilting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge 01:00p Gulbankian Florist	08:30a Walking Group 12:00p Senior Center Closes at 12:00pm	08:30a Walking Group 12:00p Senior Center Closes at 12:00pm	08:30a Closed for the Thanksgiving Holiday	08:30a Closed for the Thanksgiving Holiday	



Southborough Senior Center

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	2 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	3 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	4 08:30a Walking Group 12:30p Bingo 03:00p Trailblazers Meeting	5 08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga 02:00p How to Use Chat GPT	6 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	7
8 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	9 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	10 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge	11 08:30a Walking Group 10:00a Phone Legal Advice 11:00a Book Club 12:30p Holiday Party	12 08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	13 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 01:00p Board and Blossom Charcuterie Board	14
15 08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	16 08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	17 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 10:00a Technical Assistance 12:00p Bridge 01:00p Tina Bemis	18 08:30a Walking Group 11:00a Senior Center Closes at 11:00am	19 08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga 02:30p Genealogy Club	20 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	21
22 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	23 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	24 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Senior Center Closes at 12:00pm	25 08:30a Closed in Observance of the Holiday	26 08:30a Closed in Observance of the Holiday	27 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	28
29	30 08:30a Walking Group 10:15a Stretch Class 11:45a Blue Plate Special 01:00p Knitting Quilting Club	31 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge				

SUPPORT OUR ADVERTISERS!

Movie Matinee

Thelma

Wednesday, November 20th

Thelma is a 2024 action comedy about a 93-year-old woman who doesn't feel her age but is reminded of how vulnerable she is after she gets scammed out of \$10,000 by a phone scammer pretending to be her grandson. Thelma, played by June Squibb, sets out to get her money back with the help of her friend Ben, played by Richard Roundtree. This movie is 1 hour and 40 minutes long and is Rated PG-13.

We will be serving lunch at 12:00pm before the movie, offering Cheese Tortellini, Antipasto Salad and Garlic Bread from The Plum Tomato of Marlborough.

Suggested Donation—\$6.00 for each lunch—served at 12:00pm - no charge for just the movie

The 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 before the movie —plan on stopping by 10:30am to 12:30pm)

Festive Fall Floral Centerpiece

Tuesday, November 26th at 1:00pm -- Suggested Donation \$20.00

Carolyn Gulbankian, of Gulbankian Farms will be coming to guide us in making a beautiful Thanksgiving Centerpiece for your Holiday Table or to bring to your Holiday destination. This will prove to be a lovely addition to your Holiday Festivities..

Bingo

Wednesday, December 4th at 12:30pm (*please note the time is 1/2 hour earlier*)

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 12:30pm. At times we get multiple winners for a game. Your Bingo Leader will give the multiple winners 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!

How to Use Chat GPT

Thursday, December 5th at 2:00pm

Discover how AI can enhance your life! Experience how AI tools can help you find new hobbies, access research, and advocate for yourself in various situations. Find books to read. Learn a new language. Improve your writing. Play Trivia. Or just explore on your own. This session will connect you with local and online resources to support ongoing learning and personal development using this incredible resource. This is designed for beginners and intermediate users of AI tools like Chat GPT. There will be an interactive demonstration of real-life applications of AI in daily tasks. Sign up on registration day or after for this informative program.

Email Scam Warning—from our Southborough Police Department

Please be aware of an Email Scam that many Southborough residents have received over the past few months. We want to get the word out due to the fact that it contains personal information that is readily available on the internet and may appear to be genuine. It states that this person sending the email knows everything about you, stating that he/she knows about risks/inappropriate websites that have been visited and is demanding money to keep it silent. Please be on guard that this SCAM is going around and do not respond. For more information—visit our Web-Page at www.southboroughseniors.com. Sign up for the movie "Thelma" to see a story of a person who was scammed.

Holiday Party

December 11th at 12:30pm

Suggested Donation – \$6.00

We will begin this Holiday Celebration with a Chicken Parmesan dinner from TJ's Spirits of Ashland. Following our meal, we will be entertained by the Elderly Brothers Band for a fun Christmas Musical Show with a Sing Along at the end. We will be singing and dancing and enjoying the Holiday Season. Hope to see you there. Sign up on registration day and let's all enjoy this afternoon together!

Space is limited – Southborough Residents will take priority.

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

The Yoga class above will take place at Pilgrim Church, 15 Common Street, Southborough)

Games, Cards, Knitting, Dull Men's Club, Book Club and Billiard Play and Much More

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>Program</u>	<u>Day of the Week</u>	<u>Time</u>
Knitting & Quilting Club	Monday	1:00pm
Bridge (Judy Stento)	Tuesday	12:00pm
Book Club (M. Anderson & S. Kiess)	Wednesday (2nd Wednesday of each month)	1:00pm
Mah Jongg (Sandy Campbell)	Thursday	10:00am
Genealogy Club (Jeff Schiebe)	Thursday (3rd Thursday of each month)	2:30pm
Canasta - Hand & Foot (Elaine Yetman)	Friday	10:00am
Dull Men's Club (Bill Harrington)	Friday	10:00am
Billiard (Pool) Play	Daily (not on large program dates)	8:30am – 3:00pm
Walking Group (Sandy Kiess)	Monday (Trottier Track) &	8:30am
<u>(Depending on Weather Conditions)</u>	Wednesday (Southborough Cemetery)	8:30am

If you are experiencing any Cold, Flu, or COVID or Respiratory 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.

HEALTHBEAT

Clinic Hours: Tuesday and Friday 10 -2

By: Leslie Chamberlin R.N.

No Clinic : Friday Nov 1st**THE POWER OF PALLIATIVE CARE**

Palliative care is a medical specialty that helps people with serious illnesses manage their symptoms and improve quality of life for the patient and family. Recently a representative from Notre Dame Healthcare in Worcester, spoke at our program " Navigating the Healthcare system" and described how to access information about palliative care. I wanted to share this information with all of you. Palliative Care Nurse Practitioners work with the patients family and medical team to coordinate care in the patients home. The goals are to relieve pain and see that physical, psychosocial and spiritual needs are met. Anyone can call Notre Dame (508) 852-5505 and request information or to make a referral for a patient in need. The assessment, insurance verification and coordination with the Primary Care physician can begin if the patient desires. Please feel free to talk with me about any questions you may have.

See you soon Leslie

Medicare Open Enrollment SHINE can help!

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should have received an information packet from your plan. It is important to understand and save this information because it explains the changes in your plan for 2025. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! Trained SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential and unbiased counseling on Medicare options. Come meet with a SHINE counselor to go over any changes and make sure you are in the right plan for you! The Southborough Senior Center has a dedicated line for those wishing to schedule an appointment with our SHINE counselors - Carolyn MacLeod (Wednesdays and Thursdays) and Jonna Zimmerman (Mondays). Leave your name and number on the dedicated line and the Southborough Scheduler, Helene Harrington, will return your call.

Fuel Assistance Program

The Low-Income Home Energy Assistance Program or LIHEAP is a federally funded program that provides assistance with heating bills for eligible households. If you are a household of one and your income is less than \$45,392 (household of 2 less than \$59,359) you may be eligible for assistance. In order to apply, you can apply online at <https://smoc.org/service/home-energy-assistance> OR by making an in-person appointment. There are certain documents that are required such as, but not limited to, proof of citizenship, income verification and copies of your heating bill and utilities. To make an appointment please call 508-229-4453 and speak with Cindy Beard.

Blue Plate Specials

Suggested Donation—\$6.00 — 11:45am

Monday, November 25th

Chinese Buffet -Appetizers, Main Dishes, Fried Rice and Noodles

Monday, December 30th

Lasagna, Meatballs and Salad

The meals will be brought to us by The Rose Garden of Southborough and TJ's Spirits of Ashland. Please sign up on Registration Day or after if there is room. Signs ups and payments need to be completed by the Monday before each lunch. No sign ups the day of the lunch and unfortunately we can not do Take Outs. We have to limit this program to 50 attendees. Enjoy these lunches socializing with friends.

Board and Blossom (Charcuterie Board)

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

Friday, December 13th — 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.

Red Candle Centerpiece

Tina Bemis—Tuesday, December 17th - 1:00pm

Suggested Donation—\$15.00

How beautiful would this look on your table over the Holidays. Sign up and join Tina and friends in making this beautiful festive centerpiece.



AWESOME AMBULATORS

November starts our two Winter Walkers programs. We are inviting people interested in walking to come share a tasty lunch with our current Awesome Ambulators at the Senior Center on November 8th at 11:30am. One walking program is for those who walk on their own or with friends, two footed or four, and many track their miles walked over a 6 month period. Another walking program is held every Monday walking the track at Trottier School and walking around the cemetery beside the Senior Center on Wednesdays, both at 8:30 a.m. This is more of a group walk and a great time to meet with friends who walk for about an hour. The luncheon would be a great time to make new friends who share enthusiasm to get out and walk. Please register with the Senior Center office no later than November 5th if you would like to join us. Thank you and hope to see you along the way.

Sandy Kiess

Southborough Youth and Family Services Office Hours

Thursdays 9:00am to 11:00am — Mental Health Support for Southborough Residents

Free Consultations — Meet briefly with one of our licensed staff to ask questions about your or a loved one's mental health in a private setting. Schedule a follow up appointment as needed.

Referral Services, — find out where and when to get Mental Health support.

Learn More — Grab a list of our workshops to learn important information about taking care of your Mental health.



Fat Daddy's Produce Bus Coming to the Senior Center

"Produce on Wheels"



Wednesday, November 20th from 10:30am to 12:30pm

Introducing Fat Daddy's, 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 near the shed 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 also excepting EBT Food Stamps.

Southborough Town Information

Jim Hegarty, Town Clerk

Last month's trivia question was: For the September State Primary Election, what percentage of the 1,908 ballots we mailed to Southborough voters were actually returned and voter?. Answer: Only 39% of the voters actually returned their ballots. (That wasted more than \$5,500 of our tax money!)

The Presidential Election will be held on Tuesday November 5, from 6:30am to 8:00pm in the gym of the Trotter Middle School. You can also vote at Early Voting at the Town House from Oct 19 – Nov 1, (M-F 8-5, Sat/Sun 8-noon).

This month's trivia question is a two-part question:

- What % of ballots mailed to voters for the November election will be returned?
- What % of Southborough registered voters will vote in this election?

Please call the Town Clerk's office at (508) 485-0710 x 3005 if you ever have any questions on voting and the elections.

Legal Phone Advice with Attorney Christine Boutin

Wednesdays, November 13th & December 11thth -- 10:00am to 10:45am (4 – 15 minute sessions)

Attorney Christine Boutin is offering free services by phone from 10:00am to 10:45am. Attorney Boutin will talk with interested Southborough seniors 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.

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At Pleasant Hill, we offer more than just a community, we offer worry-free independent retirement living. Designed exclusively for adults 55 and over, we take care of everything with one monthly price and no buy-in fee, so you can enjoy the good things in life.

Call today to learn more! 774-251-9272

Crowley Drive • Marlborough, MA • PleasantHillRetirement.com

For all of your aging and caregiving questions...

I am juggling so much with caregiving – is there help for me?

Where can I get information about in-home help?

Which private options or public programs are right for me?

How do home-delivered meals work?

...the answer is **springwell**

We're a non-profit, community resource for all. Call us for the answers to your questions.

(617) 926-4100 / Greater Boston (508) 573-7200 / MetroWest
www.springwell.com

proud to **SUPPORT**
 The Southborough Senior Center

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Southborough Senior Center
9 Cordaville Road
Southborough, MA 01772

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Programs and More: *Peg Leonard*

Hard to believe we are already heading into the Holiday Season. In saying that, we are moving into the season of giving. I would like to run the annual "Toys for Tot's" Drive again this year. Donating to this organization puts a HUGE smile on a child's face. If you would like to donate, please bring an unwrapped toy to the Senior Center starting December 1st. I will continue to collect items until Friday, December 13th.

Another group accepting donations is the "Fresh Start Furniture Bank". Fresh Start distributes donated household items, bed linens and furniture to qualified low income families. The furniture bank is staffed by volunteers and depends on the generosity of the community. There is a box in the office area of the Senior Center for your donations. For more information please log onto www.FreshStartFurnitureBank.org.

With the Thanksgiving Holiday fast approaching, the Southborough Food Pantry is looking for some help with the following: Turkey/Chicken Stuffing, Cranberry Sauce: Jellied and Whole, Bread Mixes, Dill or Bread and Butter Pickles, Olives: Green or Black, Cream of Mushroom Soup, Crackers (Club, Town House, Ritz, Wheat Thins, Triscuits) and Assorted Canned Nuts. There are totes behind Pilgrim Church as well as collection areas at St. Anne's and St. Matthew's if you would like to donate.

Lorraine and Sue are working very hard on the "Gift Shop". Take a look around and if you are downsizing with your Holiday items, they would love to add them to our gift shop. As always, donations of gently used items will be appreciated. If you have any questions about what is accepted, please call (508) 229-4453. Stop by and take a look at what's on display.

In the mood for relaxing and watching a movie at home? Check out our DVD collection in the office area. There are many current movies as well as some classic Holiday Movies to choose from.

FRIENDS OF THE
SOUTHBOROUGH COUNCIL ON AGING
CALENDAR YEAR 2025
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 2025

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

Name _____

Address _____

Phone _____

E-mail (s) _____

Friends 2025 Membership Donation _____

Date _____