



The Southborough Senior Sensation

Volume 25* Issue 01

January/February 2025

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

Wishing you the best during the Holiday Season

Pam, Leslie, Cindy, Lorraine, Ellen and Peg

Tuesday is Gas Day at Falconi Pit Stop
29 Boston Rd, Southborough

A percentage sold on Tuesdays goes to the Senior Center.

Thank you Jimmy Falconi for all you do for the Senior Center
with your extremely generous donation.

The Senior Center will be closed on the following dates

January 1st

January 20th

February 17th

Happy New Year

In honor of Martin Luther King

In honor of Presidents Day

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, 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.



Technology Help is Here!



Tuesdays, January 14th & February 18th – 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.

Adult Coloring & Lunch – Tuesdays, January 21st & February 25th 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.



Suggested Donation – \$3.00

January – Stomboli Platter (Steak & Cheese, Spinach & Cheese and Chicken Parmesan) with Salad
February – Combination sandwich tray and garden salad
(Both lunches will be brought to us by Roche Bros., of Westborough)

Craftyor not....

Come and join us for fun, conversation, snacks and create a wonderful wooden sign, box, or tray at this location in Westborough



Board and Brush Studio in Westborough

600 Union St. Westborough

Wednesday, January 22 at 1:00pm

Suggested donation \$10.00

Design options include holiday designs, flowers, and sports, just to name a few. Because there are so many options we are asking that you register with us at the Senior Center not directly with Board and Brush.

(Please make sure that you sign up first during registration to hold your spot)

TWO WAYS TO CHOOSE YOUR DESIGN

1. Go to boardandbrush.com and click on Time Crunch Projects. You will see the many, many options available. Call or stop in and see Pam and she will register your choice.
2. If you choose not to go on line just stop in and see Pam to choose your design.



Jazz Luncheon Bus Trip

Wednesday, January 29th

Suggested Donation – \$25.00



*Bus will leave the Senior Center at 11:15am,
to return at approximately 3:00pm*

Join us for a luncheon get away at Val's Restaurant in Holden. The Grand Buffet includes stuffed sole, steak tips and chicken piccata, mashed potatoes, vegetable medley, apple crisp along with coffee and tea. There is a cash bar available. We will also be enjoying the wonderful music by jazz duo "Jazzed Up". Sign up on registration day, the date in on the first page.

Southborough Senior Center

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
		08:30a Center Closed Happy New Year	08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic		
5	6	7	8	9	10	11
08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	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	08:30a Walking Group 10:00a Phone Legal Advice 11:00a Book Club	08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic		
12	13	14	15	16	17	18
08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	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 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 01:15p Chair Yoga 02:30p Genealogy Club	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic		
19	20	21	22	23	24	25
08:30a Closed in Observance of Martin Luther King Day	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 01:00p Board and Brush Studio	08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic		
26	27	28	29	30	31	
08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 12:00p Blue Plate Special 12:00p Bridge	08:30a Walking Group 11:15a Jazz Restaurant Bus Trip	08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club		



Southborough Senior Center

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 12:00p Bridge 01:00p YouTube and You	08:30a Walking Group 01:00p Coffee House	08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club	
9	10	11	12	13	14	15
12:00p Cub Scout Valentine Bingo	08:30a Walking Group 10:15a Stretch Class 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 Town Office Hour	08:30a Walking Group 10:00a Phone Legal Advice 11:00a Book Club	08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
16	17	18	19	20	21	22
	08:30a Center Closed in Observance of Presidents 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 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 01:15p Chair Yoga 02:30p Genealogy Club	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
23	24	25	26	27	28	
	08:30a Walking Group 10:15a Stretch Class 12:00p 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 Adult Coloring 12:00p Bridge	08:30a Walking Group 01:00p Bingo	08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	



YouTube and You

Tuesday, February 4th at 1:00pm

Sign up for an introduction to streaming and dive into the world of YouTube, discovering how to access a wealth of knowledge and entertainment at your fingertips. This is Tech Essentials at its best. Stay informed on Today's Essential Skills.

Coffee House with the Highland Woods Project

Wednesday, February 5th – 1:00pm

Suggested Donation – \$3.00

Sign up for an enjoyable musical hour with the Highland Woods Project, an acoustic trio harmonizing songs that everyone loves, features three former Bose Corporation employees: Ed Aucoin, Paul Fidler, and Kris Swanson. Upon retiring, they discovered each other's love of music and quickly found that making music together for others was a whole lot of fun. They love to perform some of their favorite songs in rich three-part harmonies. Some of the artists they cover include: Crosby, Stills and Nash, The Everly Brothers, Simon & Garfunkel, John Denver, Kenny Loggins, and The Eagles. The trio enjoy audience engagement and sing-alongs are definitely encouraged! Don't miss their unforgettable performance.

Refreshments will be available

Movie MatineesUnsung Hero

Wednesday, January 15th

When David Smallbone's successful music company collapses, he moves his family from Australia to the United States in search of a brighter future. With nothing more than their six children, their suitcases, and their love of music, David and his pregnant wife Helen set out to rebuild their lives from the ground up. Based on a remarkable true story. A mother's faith stands against all odds and inspires her husband and children to hold onto theirs. This movie is rated PG and is 1 hour and 52 minutes long.

Penitencia

Wednesday, February 19th

Alejandro 'Ale' Villacano is a young associate lawyer who has landed a job at a prestigious law firm. Even though he was top of his class, he is also a former convict and an acquitted felon, which makes him an unlikely pick for this firm. Intent on forgetting his past and forging a new identity, he dedicates himself to being the top associate at the firm. He is reluctant to take on a pro bono case to help an old friend, but ultimately does so at the prodding of his mentor. Ale is filling a few grievances against the local prison and then back to his new life. But for his client, it's a matter of life and death. No matter how much Ale tries to resist, the pull to do the right thing, to fight the good fight is too strong. Ale must decide what kind of lawyer he is really meant to be. This movie does not have a rating and is 1 hour and 30 minutes long.

We will be serving lunch at 12:00pm before the movie. For January, please choose from Cashew Chicken Salad Sandwich or Caesar's Salad from Kennedy's of Marlborough. For February, please choose from a Turkey Club Sandwich or Pastrami & Swiss Sandwich, from TJ's in Ashland.

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)

Blue Plate Specials

Suggested Donation – January is \$8.00 – February is \$6.00 – 12:00pm

Tuesday, January 28th

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

Monday, February 24th

Meatloaf, gravy, scallop potatoes, green beans

The meals will be brought to us by The Rose Garden of Southborough (*not open on Monday's*) 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.

Annual Southborough Cub Scout Valentines Day Bingo Lunch

Sunday February 9th, 12:00pm

Sign up and enjoy this fun lunch and bingo game sponsored by our Southborough's Cub Scout Pack 26. The Cub Scouts will come to your table and take your lunch order. Their parents will be busy in the kitchen preparing the orders and the cub scout will deliver them for you to enjoy. This will be followed with an enjoyable Bingo game with prizes. The Southborough Cub Scouts and their families fundraise during the year for this very enjoyable program.

(No Charge)

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 (<i>New Time</i>)	1:15pm	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)	11:00pm
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
(<i>Depending on Weather Conditions</i>)	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

By: Leslie Chamberlin R.N.

Nurses Clinic : Tuesday and Friday 10 -3

No clinic January 28, 31 February 4, 7

STROKE SYMPTOMS NOT TO IGNORE

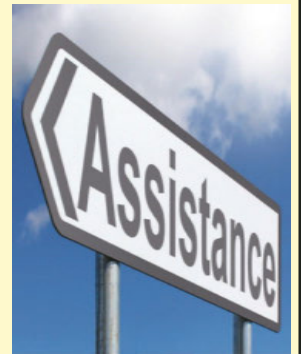
Sudden vision problems such as blurred or double vision, temporary loss of sight in one or both eyes. Unexpected weakness or fatigue on one side of the body, sometimes accompanied by numbness on the face or the body. Difficulty speaking or understanding speech is a key warning sign of an impending stroke and requires immediate attention. Severe headache with no known cause, the "worst headache of my life" may be accompanied by vomiting and can be misdiagnosed as a migraine. Feeling unsteady, dizzy, or having trouble walking. Sudden confusion, disorientation, or lapse of memory, especially if they occur with vision changes or difficulty speaking. Trouble swallowing and or facial drooping. If you or someone around you experiences any of these symptoms it is very important to seek immediate medical care. Act FAST- Facial drooping--Arm weakness--Speech difficulty— Time to call 911

Recognizing these symptoms and acting fast can save lives and decrease the long term impact of a stroke.

See you soon, Leslie

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 utility bills. To make an appointment please call 508-229-4453 and speak with Cindy Beard.

Medicare Assistance from (SHINE)

Even though Open Enrollment has ended, our SHINE counselor continues to take appointments to assist you through your Medicare questions. To schedule an appointment with our Southborough SHINE counselor, Carolyn MacLeod, call the Senior Center at (508) 229-4453. Thank you Carolyn for all your time and effort assisting our members with their Medicare needs. As we hear many times throughout the year at the Senior Center, you are a life saver, miracle worker and wonderful friendly easy going person to help with all the daunting questions. We would also like to thank Jonna Zimmerman for also assisting on Mondays throughout the Open Enrollment period. Jonna you were also spoken very highly of by the people who you served. We are so lucky to have you both. Just in case you did not know, both Carolyn and Jonna are Volunteers.

Heads Up — Assets no Longer Counted!!

In March of 2024, MassHealth will be lifting the asset requirement for its Medicare Savings Plans/Buy-Ins. If your monthly gross income is below \$2,824 for an individual or \$3,833 for a couple, see our SHINE counselor this Spring to see if you're eligible. Depending on the level of your income, you may be eligible to have your Medicare Part B premiums paid as well as Medicare deductibles and co-pays plus automatic qualification for the federal Extra Help program that covers some drug plan premiums and drug costs

Now that the Holidays are over, Lorraine and Sue will be stocking the shelves with Non-Holiday items; jewelry, glassware and much more. Stop by and take a look. As always, new and gently used items are always accepted and appreciated.



Coffee with Select Board Chairperson Kathy Cook

Tuesday, February 11th at 1:00pm



The current chair of the Select Board, Kathy Cook, will be at the Senior Center to discuss any issues that our resident seniors may have that relate to Town government. Ms. Cook is also on the Neary Building Committee and will discuss that project with anyone who is interested. She is hoping to see a lot of seniors. Sign up on Registration day or anytime after.

YAY for Bingo

Wednesday, February 26th 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 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!

AWESOME AMBULATORS

Welcome to a brand new year to get out and honor your New Year's Resolutions towards a healthy lifestyle. Those of you who walk regularly already know that! But if you've been thinking about walking now is the perfect time to just DO IT! Southborough Senior Center offers two opportunities: one program is to walk on your own in a place of your choosing. If you'd like to challenge yourself try keeping track of your miles and see if each month your distance increases. Invite a friend to join you! If you want to track miles I can email you a Walk Journal which covers a 6-month period. For other Walkers who like group-walks we meet at the Trotter School track off Parkerville Road every Monday at 8:30 and every Wednesday at the cemetery beside the Senior Center on Rt. 85 at 8:30 for about an hour. Contact the Senior Center office or email me at skiess2@verizon.net if you have questions. Hope to see you out there! 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"

Wednesdays, January 15th and February 19th 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

In early January, the 2025 Annual Census/Street Listing will be mailed to all Southborough households. Please take the time to review the list of people our records show live at your address, make any changes as necessary, and return it to the Town Clerk. You can bring it in person, drop it in our drop box, return it by US mail, or even take a picture of it and send us that picture by email! And if you'd like to run for one of the elected positions in Southborough, you can pick up nomination papers on February 14 at the Town Clerk's office.

Only 80.7% of voters voted in the November 2024 election. The participation rate for other years were: 2020 87.2%, 2016 82.9%, 2012 83.0%.

Please call us at (508) 485-0710 x 3005 if you have any questions.

Legal Phone Advice with Attorney Christine Boutin

Wednesdays, January 8th & February 12th -- 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.

Southborough Residents – take a moment to review the Town Property Tax Insert enclosed.

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For all of your aging and caregiving questions...

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?

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

...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

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 The Southborough Senior Center

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Programs and More: Peg Leonard

Just a little recap: Our Annual Veterans Day Celebration was held in November and was a huge success. We had a record number of Veterans attend which truly warmed all our hearts. I would like to personally thank Steve Whynot for all his help announcing the celebration to our local Veterans who assisted, along with Steve with the Opening Flag Ceremony. Thank you to the Southborough Songsters for the beautiful tributes to each of the Armed Forces, led by Jim Duncan. Also, thank you to Bill Harrington for taking on the role of Master of Ceremonies for the day. We also had the treat of our local Woodward School 3rd graders come and sing Patriots songs. Lastly, thank you to our local Girl Scouts for the beautiful centerpieces for our tables.

I would like to thank those of you who donated to the Toys for Tot's Organization. At the time of writing this newsletter, I am thrilled to report that I delivered well over 100 toys to the Organization from all of you. Thank you again for putting a smile on the face of a child in need during this Holiday season. It made me feel so proud to be a part of such a wonderful caring, generous Senior Center.

Hope you all had nice time at our Annual Holiday Party; friends, music, tasty meal, beautiful centerpieces from our local Girl Scouts and a special visit from Santa and his Elves. Wonderful time had by all.

We understand that some members did not receive their newsletters for the November/December timeframe. There was an interruption in service due to a problem with the US Postal Service. It has been rectified and will hopefully not cause this to happen again.

Wishing you health, safety and happiness in 2025!

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 _____