



# The Southborough Senior Sensation

Volume 25\* Issue 02

March/April 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

Southborough Senior Tax Work Off Program for the 2025-2026 year will begin with Application pick up at 3 different locations and application drop off on April 1st. All information regarding this program is on page 6. Call the Senior Center if you have any questions.

### 44th Annual Senior Conference

Sponsored by Senator Jamie Eldgridge  
Thursday, April 24th, 2025 from 8:00am to 2:00pm  
Assabet Valley Regional Technical High School  
Any Questions – Contact Bianca.DeSousa@masenate.gov

### The Senior Center will be closed on the following date:

April 21st

Patriots 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!



### Tina Bemis at the Senior Center

Tuesday, April 22nd — Suggested Donation \$15.00  
Sign up and join Tina in making a beautiful Spring floral bowl to be put outside for months and months of enjoyment.



### 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.

*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.

### Movie Matinees

#### Wicked

Wednesday, March 12th

Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with an unflinching desire for popularity. Following an encounter with the Wizard of OZ, their relationship soon reaches a crossroad as their lives begin to take very different paths. This movie is rated PG and is 2 hours and 40 minutes long. This is classified as a musical with beautiful songs along with an intriguing story line.

#### Arthur the King

Wednesday, April 23rd

Over the course of ten days and 435 miles, an unbreakable bond is forged between pro adventure racer Michael Light and a scrappy street dog companion dubbed Arthur. As the team is pushed to their outer limits of endurance in the race, Arthur redefines what victory, loyalty, and friendship truly mean.. This movie is rated PG-13 and is 1 hour and 50 minutes long.

We will be serving lunch at 12:00pm before the movie. For March, we will serve a Finger Sandwich Tray (lots of varieties) along with a Caesar Salad. April, we will serve Mac and Cheese with Chicken Tenders. Both lunches will be brought to us by 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*



### Technology Help is Here!

Tuesdays, March 18th & April 15th — 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, March 25th & April 29th 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

March — Fajita Bar with Chicken and Vegetables along with all the fixings from Buro Burrito.

April — please choose from a Garden Salad with Chicken or a Turkey and Swiss Sandwich

Brought to us by Roche Bros., of Westborough

### AWESOME AMBULATORS

Spring is just days away with longer daylight hours inviting us out to enjoy the unfolding beauty everywhere. Buds, blooms, birds and bees - Oh My! Get your sneakers laced and sign up for our Senior Center Walking Programs. Walk in a place of your own choosing, maybe with a 2-or 4-footed furry friend, count your miles for a self-challenge and record your distances walked. Email me at [skiess2@verizon.net](mailto:skiess2@verizon.net) if you would like a Walk Journal to record your miles walked. For Walkers who like group walks join us at the Trotter Middle School track Monday mornings at 8:30 and at the cemetery on Rt.85, beside the Senior Center on Wednesday mornings at 8:30. Contact the Senior Center office or me if you have any questions. Come on out and enjoy all the fresh air! Sandy Kiess

**Southborough Senior Center**

**March 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	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 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	08:30a Walking Group 03:00p Trailblazers Meeting	08:30a Walking Group 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	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	
9	10	11	12	13	14	15
08:30a Walking Group 10:00a COA Board Meeting 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 CrossFIT Tilt class 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 10:30a Fat Daddy Produce Bus 11:00a Book Club 12:30p Movie Matinee	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 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 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 CrossFIT Tilt class 10:00a Health Clinic 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group 12:30p St. Patricks Day Party	08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga 02:30p Genealogy Club	08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 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	29
08:30a Walking Group 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 CrossFIT Tilt class 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 01:00p Do Not Be Afraid of Scams and Phishing	08:30a Walking Group 08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
30	31					
08:30a Walking Group 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club						



# Southborough Senior Center

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		08:30a Strength Class 08:30a Tax Work Off Program 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Colonial Gardens Health Clinic 10:00a CrossFIT Tilt class 12:00p Bridge 12:00p Health Clinic	08:30a Walking Group 03:00p Trailblazers Meeting	08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:30a Cheer on the Red Sox Opening Day	
6	7	8	9	10	11	12
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Quilting Club 06:30p Annual Town Meeting	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Health Clinic 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 11:00a Book Club 01:00p Coffee House	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
13	14	15	16	17	18	19
	08:30a Walking Group 10:00a COA Board Meeting 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 CrossFIT Tilt class 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group 09:45a Real Pirates Museum Bus Trip	08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga 02:30p Genealogy Club	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
20	21	22	23	24	25	26
	08:30a Center Closed in Observance of Patriots Day	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Health Clinic 12:00p Bridge 01:00p Tina Bemis	08:30a Walking Group 10:30a Fat Daddy Produce Bus 12:30p Movie Matinee	08:00a Annual Senior Conference 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:15p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
27	28	29	30			
	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 CrossFIT Tilt class 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 01:00p Bingo			

# SUPPORT OUR ADVERTISERS!



### St. Patrick's Day Party



Wednesday, March 19<sup>th</sup> Suggested Donation—\$6.00 Time: 12:30pm

Enjoy an Irish Meal of Corned Beef and Cabbage with all the fixings!

(Baked Stuffed Chicken available—need to request it at sign up) Provided by TJ's Spirits of Ashland

Entertaining us this year is The Elderly Brothers Band. We are thrilled to have them back—we have no doubt you will thoroughly enjoy yourself. We will be sure to see some singing and dancing going on during the show. Wear your green!

*Southborough Residents take priority*

Sign up on Registration Day (date and time on the bottom of the front page)

### Do Not Be Afraid of Scams and Phishing

Simple Guidelines to Identify and Block It

Wednesday, March 26<sup>th</sup> — 1:00pm

Learn how to protect yourself online and financially to protect yourself from fraud. This will supply you with extremely valuable information. Sign up on Registration day. There is no charge for this program.

### Town of Southborough Senior Property Tax Work Off Program

FY 2025-2026

Applications will be available April 1st at the Senior Center, Assessors Office, and on the town website ([www.southboroughtown.com](http://www.southboroughtown.com))

Applications will be accepted at the Senior Center beginning April 1st. There will be a box at the front door. Please have your application in a sealed envelope and leave it in the box. The program offers senior homeowners an opportunity to trade volunteer work hours for town departments with a reduction of their property tax bill of up to \$2000. Seniors have worked at the Senior Center, Library, Assessor's Office, Building Department, Board of Health, Town Clerk's Office, Selectmen's Office, DPW, and in various schools. Examples include: data entry, receptionist at town hall, office assistant at the Board of Health, assisting in classrooms at the schools, and building maintenance. We will also try to match any special areas of expertise that a senior might bring to the appropriate department. To qualify for the program a senior must be 60 years of age or older when signing up for the program, be a Southborough resident, a homeowner or spouse of a homeowner, and own and occupy the property to which the tax credit will be applied. Hours must be completed by March 1, 2025. We urge all interested seniors to apply regardless of income; if we have less than 30 applicants the income requirement will be waived. Those who have household incomes under \$45,000 will be considered first.

**\*No applications will be accepted in advance of April 1st**

### Blue Plate Specials

Suggested Donation—\$6.00 — 12:00pm

Monday, March 31<sup>st</sup>

Roast Chicken, with scallop potatoes and mixed vegetables

Monday, April 28<sup>th</sup>

Turkey Dinner with all the fixings

The meals will be brought to us by 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 and socializing with friends.

Spring is in the air., gardens are starting to come back to life. There's always something going on if you look closely. Or just sit and relax a bit and enjoy Nature's Present. If you would like to lend a hand with garden care, contact Carol Yozzo at [cay0131@verizon.net](mailto:cay0131@verizon.net).

Let's think Spring Plant some seeds indoors to add to the raised beds Also we have an Eagle Scout who wants to refurbish our raised beds... let's support his efforts and make the raised beds welcoming and a joint effort.

*Stay Active and Healthy with CrossFIT Tilt's Senior Fitness Class*  
*Beginner Friendly*



March 11th through May 1st

Tuesday's and Thursdays 10:00am to 10:45am

This is an 8 week session—Suggested Donation—\$48.00      This 8 week session is Grant Funded

These classes are \$3.00 per class but to enroll in this program—it needs to be paid in full prior to the class  
These classes will be held at CrossFIT located at 12 Southville Rd., Southborough

Join us for engaging and fun fitness classes tailored specifically for seniors in the Southborough Community. Hosted by CrossFIT TILT, this class is designed to help you stay active, improve mobility, and build strength in a supportive and welcoming environment. Our experienced coaches will guide you through safe and effective exercises that can be modified for all fitness levels. Whether you're looking to enhance your balance, boost your energy, or simply enjoy moving with a group, this class is perfect for you. No prior experience necessary. Come move with us and experience the benefits of fitness at any age! Scholarships are available, please see a staff member.

*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	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, Billiards Play 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><i>Program</i></u>	<u><i>Day of the Week</i></u>	<u><i>Time</i></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

HEALTHBEAT

By: Leslie Chamberlin R.N.

Nurses Clinic: Tuesday and Friday 10 – 3  
No Clinic Tuesday 3/11 and 4/15SIGNS YOU MAY BE HAVING A HEART ATTACKCHEST PAIN – tightness and pressure as opposed to sharp pain. The “elephant on my chest”INDIGESTION – acid reflux causing a burning feeling in the esophagus.NAUSEA AND VOMITING – is frequently present with chest pain.UPPER BODY PAIN – neck, shoulder, upper back and jaw pain is the body’s way of calling attention to the fact that the heart is not getting enough blood flow.SHORTNESS OF BREATH – this is a concrete sign the heart is not getting enough blood flow.SWEATING – If this occurs with above symptoms, this is a definite red flag to call 911. Having a family member drive you to the hospital is a very bad idea; the paramedics and ambulance are equipped to begin treatment immediately, as they are able to talk to the Doctors en route to the Emergency Room.ARM PAIN – this is a very common symptom prior to having a heart attack, the pain is a dull ache vs a sharp pain.

It is very common to deny the symptoms of an impending heart attack. Always be safe and listen to your inner voice as well as out of the ordinary symptoms I have listed here.

See you soon...Leslie

The Low-Income Home Energy Assistance Program or LIHEAP is a federally funded program that provides assistance with heating bills for eligible households. Call Cindy Beard, Outreach Coordinator if you have a Fuel Assistance Question.

Coming Soon:Videotapes, Photos, Slides & Audio Cassettes Digitized to USB or DVDs  
and Photo Restoration (damaged photos repaired)

Mark Swirsky, professional photographer and preservationist, converts movie film reels, videotapes, photos and slides to a digital format - either DVD or USB thumb drive. He can also restore your damaged photographs. Mark will be here on May 21st at 1:00pm. Mark will schedule 10 minutes appointments.

This will be in the May/June newsletter with the information to sign up then. We want to give you time to collect your. photos, home movies, videotapes, DVDs, Photo Restorations, etc. Mark will also answer all of your questions (consultation cost at your appointment is free). No upfront deposit necessary - payment in full won't be due until completion of your order, which can either be picked up from Mark in Needham, or he can mail back to you.

Quilters: One and all, experienced or just want to learn how. Join us on Monday's at 1:00pm. Interested in quilting or want to share other ideas on crafts, like knitting, sewing, cross stitching, needle point, etc. All crafters are welcome or just come and get out and join to be with other crafters. We would love to have you!

Book Club Members

The following books have been chosen during the next 4 months:

March 12	Homecoming (547 pgs)	Kate Morton
April 9	Educated (352 pgs)	Tara Westover
May 14	It Had to be You (255 pgs)	Mary Higgins Clark
June 11	The Secret Keeper (320 pgs)	Erica Bowermeister

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.



*Cheer on the Red Sox on Opening Day*

Friday, April 4th at 11:30am



Unfortunately the game is not on until 2:00pm—but let's celebrate opening day with a Hamburger and Hotdog lunch along with dessert. It's One, Two Three—all together now!

Suggested Donation—\$6.00 Our Food will be brought to us by Kennedy's.

*Coffee House with P.E. James*

Wednesday, April 9th—1:00pm

Suggested Donation—\$3.00

P.E. James has been entertaining audiences by singing and playing acoustic guitar for over four decades. He performs at concerts, churches and restaurants all through central Massachusetts and is also enjoyed at over 100 Memory Cafes, assisted living, retirement, Senior Centers, and rehabilitation facilities. He has completed his fifteenth consecutive year at Worcester's Grill on the Hill restaurant in Green Hill Park. He has twice sung the National Anthem for WooSox baseball games at Polar Park. He had a successful tour of concert halls and breweries in his native Pittsburgh, Pennsylvania this August. Sign up for an enjoyable musical hour with P.E. James. "I went to the Grill on the Hill and witnessed how enjoyable P.E. is in singing well known songs. —I hope you will come and find out for yourself". -Peg

Appetizers will be available

*Southborough Youth and Family Services Office Hours*

Every Other Thursday 9:00am to 11:00am — Mental Health Support for Southborough Residents  
(Please check the calendar for dates)

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, March 12th and April 23rd 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 accepting EBT Food Stamps.

*YAY it's "Bingo" Day**Wednesday, April 30th 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!

If interested in Genealogy, please attend our Genealogy Club the third Thursday of each month (check the calendar). The group would love to have you join. They cover very interesting subjects. Hope to see you there.

***Southborough Town Information******Jim Hegarty, Town Clerk***

This month's trivia question: True or False: When Paul Revere made his famous ride to Concord shouting "The British are Coming!", was he paid for the ride?

Nomination papers are now available for the Annual Town Election which will be held on May 14, 2025. If you'd like to vote by mail in this election, you can download a vote by mail ballot request form from the town clerk website or call us at (508) 485-0710 x3005 and we'll send you a form.

The Annual Town Meeting will be held on Monday April 7 at the Trottier Middle School. The meeting will start at 6:30 PM. The warrant will be posted on the town clerk's website as soon as it is signed by the Select Board.

Answer: Yes! On August 2, 1775, Paul Revere was paid for this and other rides he made on behalf of the Committee of Safety. Question - does this change your opinion of him?

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

***Legal Phone Advice with Attorney Christine Boutin***

Wednesdays, March 12th & April 9th -- 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.

***Neary School Building Project Presentation*** - Monday, March 24th at 1:00 - 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.

**DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?**

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### Real Pirates Museum Bus Trip

Wednesday, April 16th – Suggested Donation – \$25.00



### Real Pirates Salem - The Wreck of the Whydah

Real Pirates Salem is a new and very unique museum in historic downtown Salem, MA. As seen recently on History Channel's Beyond Oak Island, Channel 5's Chronicle and NECN, this venue houses the world's only fully authenticated pirate shipwreck treasure from the Whydah Gally, which sank off of the coast of Cape Cod in 1717. In particular, it addresses fascinating topics related to the history of slavery and the oppression of the 1700's. It covers the trials and tribulations of pirate Captain Black Sam Bellamy (as reported by Forbes, (the highest earning pirate of all time) and his beloved Maria Hallett, otherwise known as the "Witch of Wellfleet." Additionally, an entire portion of the museum centers on the science behind the underwater recovery efforts of the Whydah's artifacts by famed explorer Barry Clifford—all right in our own back yard. This venue has been named a TripAdvisor Travelers Choice Award for 2 years in a row. We will be getting a private tour with guides along the way to learn about this fascinating story. Ahoy Mate, sign up to experience it for yourself. After the museum, we will walk next door to the Witchside Tavern (A Very Short Walk). Please choose from the Steak Tips or Chicken Kabob Dinner when signing up.

The bus will leave the Senior Center at 9:45am and return approximately 4:00pm.

Enjoy your March and April at the Senior Center! Hope you find some interesting and fun programs!

~Peg

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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

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