



The Southborough Senior Sensation

Volume 24* Issue 05

September/October 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

Director's Corner

Hi,

Hope that you are all enjoying our warm summer months. Our new room is complete and we are just putting on the finishing touches. Many thanks to the facilities department for all of their assistance.

Peg has a full slate of programs and activities planned for you for the fall. Please don't forget that Medicare open enrollment is right around the corner.

See you soon, Pam

*The Southborough Council on Aging Cordially Invites You
To*

*The Dedication of the new Common Room
At*

*The Southborough Center for Active Living
Senior Center*

Wednesday, September 18th at 8:30am

9 Cordaville Road, Southborough MA

Join us after for light refreshments

The Senior Center will be closed on the following dates:

Monday, September 4th—Labor Day

Monday, October 14th—Columbus Day

Date for Registering for

"ALL" Programs: ----->

Starting at 10:00am

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

~Thank You For Your Understanding~

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

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

FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

2024 ANNUAL MEMBERSHIP *(January through December)*

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

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

Membership is \$15.00 per year (per person) — form is on the back page

Senior Center Programs

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

Program Registration Policy

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

Please Note:

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

Program Payment Policy

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

Important Notice — Please Read

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

HEALTHBEAT

Clinic Hours: Tuesday and Friday 10 -2

By: Leslie Chamberlin R.N.

No Health Clinic October 11th, October 22, October 25

PRESCRIPTION DRUG DISPOSAL

There is a bin in the lobby of the police department where you can dispose of prescription drugs. Please no liquids or syringes. Blacken out your name on the pill bottles. For syringe disposal, there is a kiosk at the transfer station by the compactor for small red biohazard containers. If you wish to dispose of your medicines at home, place kitty litter or coffee grounds with a small amount of water and your pills in a metal can and tape the cover on. This can be disposed of in your trash.

Please note the "NAVIGATING THE HEALTHCARE HIGHWAY" program I have set up on Friday, September 13th at 1 p.m. The 5 panel speakers have a wealth of information and materials to share with you in an informal session where discussions about Hospice vs Palliative Care, as well as various types of senior living arrangement will be covered. Please sign up at the front desk during Registration Day or after. There is No Cost for this program. Light desserts will be served.

See you soon, Leslie

If you experiencing any Cold, Flu, 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.

Medicare Open Enrollment

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 be mailed an information packet from your plan by the end of September. 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're in the right plan for you! The Southborough Senior Center will have a dedicated line starting the week of September 16th for those wishing to schedule an appointment with our SHINE counselors - Carolyn MacLeod (Wednesdays and Thursday) and Jonna Zimmerman (Mondays). Leave you name and number on the dedicated line and the Southborough Scheduler, Helene Harrington, will return your call. Open Enrollment—Oct. 15th through Dec. 7th

Flu Clinic - Southborough Residents

Wednesday, October 16th 10:00am to 12:30pm Southborough Seniors 60 years of age or older

Please see all detailed information on the insert included in this newsletter.

BOCCE — The start of Bocce is still pending court availability. If you've already signed up, you'll be contacted when we have more details. You can still sign up anytime by calling (508) 229-4453 or stopping by the Front Desk.

New — Book Club

Book Club is all new and member directed! Bring a favorite book or title with a short synopsis to our first meeting, then the group will decide on the book that interests them. The person whose selection was chosen may then lead discussion questions at the following meeting, if they wish. Each month will offer the opportunity to share your thoughts on future selections from all genres. Our first get together will be October 9, 11:00 -12:00, in the new room. Meetings will be held the second Wednesday of each month. Please sign up on Registration day or after by calling the Senior Center at (508) 229-4453 or stopping by the front desk. The program will be coordinated by Mary Ann Anderson and Sandy Kiess. We hope to see you there!

Southborough Senior Center

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 08:30a Closed in Observance of Labor Day	3 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	4 08:30a Walking Group 03:00p Trailblazers Meeting	5 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	6 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	7
8	9 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	10 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge	11 08:30a Walking Group 10:00a Phone Legal Advice 02:30p Christopher Heights Cooking Demo	12 08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 10:30a New Horizons Lunch Tour 12:30p Chair Yoga	13 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 01:00p Navigating the Healthcare Highway	14
15	16 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	17 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Health Clinic 10:00a Technical Assistance 12:00p Bridge	18 08:30a Dedication Ceremony 08:30a Walking Group 10:30a Fat Daddy Produce Bus 12:30p Movie Matinee	19 08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga 12:30p Christopher Heights Lunch Tour 02:30p Genealogy Club	20 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	21
22	23 08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	24 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Adult Coloring 12:00p Bridge	25 08:30a Walking Group 09:45a Flatbread Co Bowling Bus Trip	26 08:30a Strength Class 09:00a SYFS Office Hours 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	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 Club 07:00p Special Town Meeting					

Southborough Senior Center

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
	08:30a Walking Group 09:45a Adv Tai Chi 10:00a Colonial Gardens Health Clinic 12:00p Bridge 12:00p Health Clinic	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge	08:30a Walking Group 01:00p New Horizons Entertainment Get Together 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 Health Clinic 01:00p Tina Bemis	
6	7	8	9	10	11	12
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge	08:30a Walking Group 10:00a Phone Legal Advice 10:00a Willows presentation Mindfulness 11:00a Book Club	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	
13	14	15	16	17	18	19
	08:30a Closed in Observance of Columbus Day	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Health Clinic 12:00p Bridge	08:30a Walking Group 10:00a Flu Clinic	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	
20	21	22	23	24	25	26
	08:30a Walking Group 10:15a Stretch Class 01:00p Knitting Club	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Technical Assistance 11:00a The Willows Lunch Tour 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 12:30p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club	
27	28	29	30	31		
	08:30a Walking Group 10:15a Stretch Class 11:45a Blue Plate Special 01:00p Knitting 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 10:30a Wrights Farm Bus Trip 12:30p Chair Yoga		

Visits From our Local Independent/Assisted Living Facilities

Please take a look at the three locations visiting our Senior Center and the programs they are offering. They are also inviting you to a lunch and tour at their facilities. Sign up on Registration day or after if there is still room. We hope you take advantage of these events and learn about what each location offers at the lunch and tour dates. Sign up is required for each program.

Christopher Heights Cooking Demo (at the Senior Center) Wednesday, September 11th at 2:30pm

The idea of making a home-cooked meal can be a daunting task when you are only cooking for one or two people. Chef Luke from Christopher Heights of Marlborough will be visiting the Center to demonstrate preparing easy but delicious meals to make at home that freeze well when portioned to meal prep for several days at a time. A sampling of dishes will be available to try, including Chicken Marsala, Shrimp Scampi and Strawberry Salad, as well as a special treat you won't want to miss!

New Horizons Entertainment Get Together (at the Senior Center) Wednesday, October 2nd at 1:00pm

Come join the staff at New Horizons for a fun hour with entertainment and refreshments.

The Willows (at the Senior Center) Wednesday, October 9th at 10:00am

Come join Kerry Paulhas in her class: Introduction to Mindfulness Stress Reduction

This 1 1/2 hour long class is a brief introduction on the true meaning of "Mindfulness" and the many benefits one will receive through the skills taught to help increase ones' ability to cope with stress, pain and the everyday challenges of life. Join the movement and learn how to pay attention to the present moment with open curiosity and willingness to be with all that comes up for you each day. Learning tools will be supplied—just come with an open mind.

Lunch Tours

Sign up to attend a luncheon and tour at each Independent/Assisted Living Facility on the following dates and times. You will drive on your own. You will learn about senior living, what each has to offer for living independently, convenient amenities, and services along with a nice lunch and guided tour. Space is limited—sign up on registration day or soon after if there is still room.

New Horizons	400 Hemenway Street, Marlborough	Thursday, September 12th at 10:30am
Christopher Heights	99 Pleasant Street, Marlborough	Thursday, September 19th at 12:30pm
The Willows	1 Lyman Street, Westborough	Tuesday, October 22nd at 11:00am

There is no cost to any of the programs listed above

New! --- Southborough Youth and Family Services Office Hours

Thursdays 9:00am to 11:00am - starting on 9/12

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.

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	12:30pm	Rebecca Reber
Yoga	Tuesday (starts October 8th)	9:30am	Michele Landes

(This Yoga class above will take place at the Pilgrim Church, 15 Common Street, Southborough)

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

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

<u><i>Program</i></u>	<u><i>Day of the Week</i></u>	<u><i>Time</i></u>
Billiard (Pool) Play	Daily (not on large program dates)	8:30am – 3:00pm
Knitting Club	Monday	1:00pm
Bridge (Judy Stento)	Tuesday	12:00pm
Genealogy Club (Jeff Schiebe)	Thursday	2:30pm
Mah Jongg (Sandy Campbell)	Thursday	10:00am
Canasta (Hand & Foot) (Elaine Yetman)	Friday	10:00am
Dull Men's Club (Bill Harrington)	Friday	10:00am
Book Club (M. Anderson & S. Kiess)	Wednesday (starting October 9th)	11:00pm
Walking Group (Sandy Kiess)	Monday (Trottier Track) &	8:30am
-> (<u><i>Depending on Weather Conditions</i></u>)	Wednesday (Southborough Cemetery)	8:30am

AWESOME AMBULATORS

To all the Awesome Ambulators out there: YAY, you've made it through all the heat and humidity and can now look forward to a bit cooler temperatures as we gradually slide into Fall. I hope your feet have taken you on some interesting journeys around the Town, the State, the World! For those of you who are recording your daily miles walked – keep up the great work and let's see if we can top our last 6 month walking challenge. We will tabulate the combined miles at the end of October. Challenge yourself and see if you can top your own previous total! For ALL walkers – good for you for doing one of the three most important tasks you can do to maintain good health: exercise! The other two tasks are healthy nutrition for the body and socialization for the brain. Get out there with a friend and keep on moving! If you would like to participate in our Walk Challenge Program and/or the Monday at the Track/Wednesday at the Cemetery Program at 8:30, please contact me for more information at skiess2@verizon.net or call the Senior Center office. Thanks, and hope to see you along the way.

Sandy Kiess



Movie Matinees

Ezra

Wednesday, September 18th

Ezra follows Max, a standup comedian living with his father while struggling to co-parent his autistic son Ezra, with his soon to be ex-wife. When forced to confront difficult decisions about the future, Max and Ezra embark on an enlightening cross country road trip. Ezra is an endearing and often funny exploration of a family navigating life's complexities with humor, compassion, and heart.

This movie is rated R and is 1 hour and 41 minutes long.

Suffragette

Wednesday, October 23rd

Academy Award nominee Carey Mulligan and Helena Bonham Carter and three-time Academy Award winner Meryl Streep star in this powerful drama, inspired by a true event, about the women willing to lose everything in their fight for equality in early-20th-century Britain. Galvanized by outlaw fugitive Emmeline (Meryl Streep), Maud (Carey Mulligan) joins the U.K.'s growing Suffragette movement alongside women from all walks of life who sacrificed their jobs, homes, children,-and even their lives for the right to vote.

This movie is rated PG-13 and is 1 hour and 46 minutes long.

Lunch— 12:00pm. September—Burrito Boxed Lunch from Boro Burrito of Marlborough, - choose either Grilled Chicken or Grilled Vegetable Burrito. For October— Cheese Tortellini Salad with Assorted Calzones (meat and vegetable will be available) from TJ's Spirits of Ashland.

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

Movie will start at 12:30pm

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

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

Bus Trips

Flatbread Company (Bowling)

Thursday, Oct. 3rd

Suggestion Donation \$25.00

Bus will leave the Senior Center at 9:45am and return approximately 3:00pm.

Sign up to enjoy a fun time at Flatbread Company in Somerville to Bowl (candlepin) and a nice pizza lunch. Included in the day will be shoe rental, 2 hours of bowling, followed by a pizza lunch with salad and a fountain drink. Alcoholic beverages can be ordered for payment on your own. It's a fun place to spend a day.

Wright's Farm Restaurant

Thursday, Oct. 31st

Suggested Donation—\$15.00

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

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

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

"NAVIGATING THE HEALTHCARE HIGHWAY" – Friday, September 13th at 1 p.m. The 5 panel speakers have a wealth of information and materials to share with you in an informal session where discussions about Hospice vs Palliative Care, as well as various types of senior living arrangements will be covered. Please sign up at the front desk during Registration Day or after. There is No Cost for this program. Light desserts will be served. (Thank you Leslie—this program was worth mentioning again)

Technology Help is Here!



Tuesdays, September 17th & October 22nd – 5 one hour time slots

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



Are you getting the most out of your smartphone, E-Readers, Laptops, Tablets, Alexa or Zoom or just frustrated? No worries, we have help, Sayva Services LLC, a local company, will be coming to help answer all your questions and show you tips and tricks to get the most out of your devices. Sayva Services will give you ways to navigate different features that you may not know you have access to using. Bring your electronic device with you to your session.

Legal Phone Advice from Attorney Christine Boutin

Wednesdays, September 11th & October 9th -- 10:00am to 10:45am (4–15 minute sessions)

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

Fat Daddy's Produce Bus Coming to the Senior Center

Wednesdays, September 18th & October 23rd from 10:30am to 12:30pm

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

Farmers Market coupons accepted and now excepting EBT Food Stamps.

Blue Plate Specials Are Back

Suggested Donation – \$6.00 – 11:45am

Monday, September 30th

Chicken, Broccoli & Ziti, Caesar Salad, Garlic Bread

Monday, October 28th

Stuffed Chicken, Delmonico Potatoes, Green Beans

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 payment need to be completed by the Monday before each lunch. You will receive a ticket when payment is made. No sign ups the day of the lunch and unfortunately we can not do Take Out. We have to limit this program to 50 attendees. Enjoy these lunches socializing with friends.

Bingo

Wednesday, October 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 you two numbers to choose from and the higher number winner will get the original prize—there will be smaller prizes for the other multiple winners—this way we can keep our prize values as they have been (which has been really nice). Snacks will be provided at break time! Please sign up on Registration Day or after.

Southborough Town Information

Jim Hegarty, Town Clerk

Trivia question: As of July 25, 23% (1,754) of the 7,579 registered voters in Southborough requested a Vote by Mail ballot for the September 3 State Primary. How many of those ballots will be returned?

There will be a Special Town Meeting at the Trottier School on September 30, starting at 7:00 pm. When the town meeting warrant is completed, we'll post the warrant and copies of handouts and presentations on the Town Clerk's website so you can research the issues before the town meeting.

The Presidential Election will be held on November 5 at the Trottier School from 6:30am to 8:00pm. You have 3 voting options: Vote in person on election day, Early Vote in person at the town house from October 19 to November 1, or Vote by Mail using the ballot we'll mail to you in early October, if you've already requested one, or call us to request one.

Thank you to our Southborough Post Office for a fabulous job delivering all the Vote by Mail ballots.

If you have any voting questions, please call Town Clerk Jim Hegarty at (508) 485-0710 x 3005.

Trivia question answer: We don't know! We'll post the answer in next month's newsletter.

Tina Bemis — Fall Porch Pot - Friday, October 4th — 1:00pm

Suggested Donation — \$20.00

Sign up to make a beautiful Porch Pot containing mums, kale and fall flowers.

Southborough Senior Center
9 Cordaville Road
Southborough, MA 01772

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

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

Programs and More: Peg Leonard

First, I would like to thank Doug Peck leading the Book Club. Doug, we truly appreciate your time and effort. We wish you the best in all your endeavors.

I also want you to know that the Senior Center will have a booth at *Southborough's Heritage Day* on October 14th. Please stop by and support the Senior Center and sign up for a raffle. We would love to see you there.

I hope you enjoy reading about the new programs, Independent/Assisted Living Programs, bus trips, movies, the bringing back of the Blue Plate Specials, SYFS office hours, and of course much more. Be on the look out for notifications at the Senior Center of impromptu events. We love to throw one or two in if space and time are available.

Southborough Senior Center's Billiards Team is looking for players, whether you are a shark or a minnow. If you are interested, call the Senior Center at (508) 229-4452. Enjoy reading this newsletter.

Adult Coloring & Lunch — Tuesdays, September 24th & October 29th — 12:00pm

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

Lunch will be brought to us by Boro Burrito of Marlborough in September: Let's try a Fajita Bar with options of Chicken or Grilled Vegetables — For October, lunch will brought to us by The Plum Tomato of Marlborough, assorted Pizza flavors and along with a Garden Salad. Suggested Donation — \$3.00

FRIENDS OF THE
SOUTHBOROUGH COUNCIL ON AGING
CALENDAR YEAR 2024
ANNUAL MEMBERSHIP

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

January to December 2024

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

Name _____

Address _____

Phone _____

E-mail (s) _____

Friends 2024 Membership Donation _____

Date _____