



The Southborough Senior Sensation

Volume 26* Issue 02

March/April 2026

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

Peg Leonard
Director

Raeleen Gallivan
*Outreach
Coordinator*

Leslie Chamberlin
Clinic Nurse

Lorraine Caporale
*Administrative
Assistant*

Ellen Miller
*Administrative
Assistant*

Heidi Cibelli
*Intergenerational
Coordinator*

Doug Peck
COA Chairperson

Joan Guerrant
FRIENDS President

Springwell Meals
on Wheels
508-573-7200

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



St. Patrick's Day Party

Wednesday, March 18th
Suggested Donation – \$6.00
Time: 12:00pm



Enjoy an Irish Meal of Corned Beef and Cabbage with all the fixings!
(Baked Stuffed Chicken is available—please request it at sign up)
Provided by TJ's Food & Spirits of Ashland

Entertaining us this year is The Killeeshil Band. Let's welcome them to our Senior Center with all our Irish (for the day) voices. There will sure to be singing and dancing going on during the show. Wear your green!

Southborough Residents take priority

(Rest Assure – we do our best to enroll everyone into the party)
Sign up on Registration Day (date and time on the bottom of this page)

Southborough Senior Tax Work Off Program for the 2026-2027 year will begin with application pick up at 3 locations starting April 1st and application drop off at the Senior Center on Tuesday, April 7th. Information regarding this program can be found on the insert included in this newsletter. Call the Senior Center if you have any questions.

The Senior Center will be closed on the following date:
April 20th Patriots Day

Please Be Advised



If the Southborough Schools are Closed or Delayed due to inclement weather conditions, the Senior Center will be closed and all programs will be canceled for the day. 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!



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. We will inform you if a program has been filled as soon as possible. We process the forms as they are dropped off or called in— we time stamp registrations to be fair). Thank you for your understanding. Some programs have limits, so please sign up early.

FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

2026 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 2026

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 for programs 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 program dates or times may have changed after the printing. We apologize for any inconvenience. Please call the Senior Center if you have any questions. We appreciate your patience. (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

The Thursday Murder Club

Wednesday, March 11th

A group of senior sleuths passionate about solving cold cases get plunged into a real-life murder mystery in this comic crime caper. This cozy crime-comedy follows four retirees in a posh village – ex-spy Elizabeth (Helen Mirren), activist Ron (Pierce Brosnan), psychiatrist (Ben Kinsley), and nurse Joyce (Celia Imrie) coming together in such a funny way to solve a murder(s). This movie is rated PG-13 and is 2 hours long.

Song Sung Blue

Wednesday, April 22nd

A heartfelt movie musical drama starring Hugh Jackman and Kate Hudson as a real-life Milwaukee couple. Mike and Claire Sardina, who find love and success as a Neil Diamond tribute act named "Lightning & Thunder". This emotional film explores their journey from modest beginnings to fame, navigating financial struggles and a tragic, life alternating accident. This true story is highly rated and is uplifting, sincere, and dramatic as well as very refreshing. This movie is rated PG-13 and is 2 hours and 13 minutes long.

We will be serving lunch at 12:00pm before the movie. For March, please choose from Boxed Lunches of Turkey and Swiss Sandwich, Tuna Wrap or Garden Salad from Roche Bros. For April, we will be serving a variety of Calzones and Caesars Salad from TJ's of 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 24th & April 21st – 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 31st & April 28th 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 Boro Burrito of Marlboro

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

Hi all Walkers! Meteorological Spring is March 1, giving us longer daylight hours, warmer temperatures and emerging colors to enjoy. Walk with our Monday-Wednesday mornings group or on your own as an Awesome Ambulator. Group walks of about an hour are held Monday at 8:30 at the Trottier School Track and Wednesday at 8:30 at the cemetery beside the Southborough Senior Center. We also encourage you to walk any number of days each week in places of your own choosing and time, keeping track of your distance if you like to challenge yourself. For those who share their distances walked I tabulate the combined totals and share at our semi-annual get-together for lunch or brunch. Walk on your own, with a friend or pet. To register or any questions please contact Sandy Kiess at skiess2@verizon.net.

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	3 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Americas Documentary 10:00a CrossFIT Tilt class 12:00p Bridge	4 08:30a Walking Group 03:00p Trailblazers Meeting	5 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga	6 09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	7
8	9 08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 01:00p Knitting Quilting Club	10 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Americas Documentary 10:00a CrossFIT Tilt class 12:00p Bridge	11 08:30a Walking Group 10:00a Phone Legal Advice 10:30a Fat Daddy Produce Bus 11:00a Book Club 12:30p Movie Matinee	12 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga	13 09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	14 10:00a Rummikub with High School Students
15	16 08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 01:00p Knitting Quilting Club	17 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 11:00a Spicy Ladies Club 12:00p Bridge	18 08:30a Walking Group 12:00p St. Patricks Day Party	19 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga 02:30p Genealogy Club	20 09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	21 10:30a Welcome to Spring at the Library
22	23 08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 01:00p Knitting Quilting Club	24 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Technical Assistance 12:00p Bridge 12:30p Lunch and Learn	25 08:30a Walking Group	26 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 10:30a Wrights Farm Bus Trip 12:30p Chair Yoga	27 09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	28
29	30 08:30a Walking Group 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club	31 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Hydroponic Gardening 12:00p Adult Coloring 12:00p Bridge				



Southborough Senior Center

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			08:30a Walking Group 12:30p Musical Baseball Show 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 02:00p Colonial Gardens Health Clinic	10:00a Rummikub with High School Students
5	6	7	8	9	10	11
	08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	08:30a Strength Class 08:30a Tax Work Off Program 09:45a Adv Tai Chi 10:00a Americas Documentary 10:00a CrossFIT Tilt class 12:00p Bridge	08:30a Walking Group 09:30a Scam Presentation 10:00a Phone Legal Advice 11:00a Book Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga	09:00a Wizards 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 11:00a Rummikub 01:00p Knitting Quilting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Americas Documentary 10:00a CrossFIT Tilt class 12:00p Bridge 01:00p Tina Bernis	08:30a Walking Group 12:30p The Joys of Nature	08:15a Peabody Essex Museum Bus Trip 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga 02:30p Genealogy Club	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
19	20	21	22	23	24	25
	08:30a Center Closed in Observance of Patriots Day	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Technical Assistance 11:00a Spicy Ladies Club 12:00p Bridge	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 12:30p Chair Yoga	09:00a Wizards 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	
26	27	28	29	30		
	08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 12:00p Blue Plate Special 01:00p Knitting Quilting Club	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Adult Coloring 12:00p Bridge	08:30a Walking Group 01:00p Bingo	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 12:30p Chair Yoga		



Americas Documentary

Tuesday's , March 3rd, 10th, April 7th, 14th

The Americas is a 2025 NBC's nature documentary series narrated by Tom Hanks and scored by Hans Zimmer, exploring the wildlife and landscapes of North and South America. Sign up to enjoy this amazing documentary. Episodes are 45 minutes in length.

New Program! – Wizards

A new "Duller" Men's Group has recently formed. This is a group of men who meet in the Front Room on Fridays at 9:00am prior to the main Dull Men's club meeting. They generally discuss subjects relating to science and technology. If discussing new (and old) technology with like minded guys gets your brain cells humming you owe it to yourself to check out this new interest group. No academic referral required.

Join the Spicy Ladies Club!

We invite you to become a part of the new Spicy Ladies Club. We meet on the third Tuesday of every month at 11:00am.

Our meetings include a variety of activities, such as guest speakers, introductory speeches to get to know one another, recipe exchanges, and engaging group discussions. The group is a welcoming space to share ideas, meet new people, and offer mutual support through diverse activities.

If you have any questions, please contact Leena Dasgupta at ldasgupt@gmail.com

Southborough Residents—Please read the information on the insert included in this newsletter.

Intergeneration Programs -- Heidi CibelliRummikub with High School Students

Saturdays, March 14th & April 4th 10:00am to 12:00pm

Enjoy the benefits of this Intergenerational Program with local students at the Senior Center. Join High School students to learn and play the game Rummikub. All that have attended in the past have found it very rewarding making new friendships.

Ceramic Mini Flower Pot

Location: Southborough Library, 25 Main Street

Saturday, March 21st 10:30am to 11:30am

Tired of the winter? Come to the Southborough Library and paint a ceramic mini flowerpot with young adults. The program will take place in the downstairs room at the Library.

We are looking for seniors who would be interested in becoming a Pen Pal with young local adults. Your letter can be dropped off at the Senior Center, we will deliver it to the library for them to distribute to your Pen Pal. The letters you receive can be picked up at the Senior Center or we can mail them to you. Please register so we know how many people are interested.

Musical Baseball Show

Wednesday, April 1st at 12:30pm Suggested Donation—\$6.00

Performing a unique, interactive and highly entertaining program, local singer-songwriter (and former sportswriter) Howie Newman will sing baseball songs, offer up baseball trivia and tell stories about his days as a sportswriter on the Red Sox beat. Howie covered baseball for the Patriot Ledger, Lowell Sun, Boston Globe and Lynn Item as well as several other newspapers and magazines. The show also includes a free raffle for a baseball CD and a display of his personal baseball memorabilia We will enjoy lunch and then Howie will begin his fun show at 1:00pm. Lunch will be Hot Dogs, Beans and maybe a few other surprises—sign up on Registration day. (Chicken Caesar Salad will be available for those who do not want Hot Dogs)

Blue Plate Specials

Suggested Donation—\$6.00 — 12:00pm

Monday, March 30th

Cheese and/or Spinach Ravioli, Tortellini Salad & Garden Salad

Monday, April 27th

Ziti, Broccoli & Chicken along with Caesars Salad

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 Lunch and socializing with friends (that's what it's all about!)

March is a perfect time to sow seeds indoors. There are seeds and starter kits available. You can then plant herbs in larger pots indoors or you can plan to plant them in the raised beds in May when we have our planting luncheon. If it makes you smile it is worth it. ~Joyce Macknauskas

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 Peg Leonard 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	Mary Starr Green

Games, Cards, Knitting, Dull Men's Club, Spicy Ladies Club, Book Club, Billiards Play More

The following programs are open to all. Please review the calendar for 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>
Rummikub (Jeanne Ridolfi)	Monday (2nd, 3rd & 4th Mondays)	11:00am
Knitting & Quilting Club	Monday	1:00pm
Bridge (Judy Stento)	Tuesday	12:00pm
Spicy Ladies (Leena Dasgupta)	Tuesday (third Tuesday of each month)	11:00am
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

Stay Active and Healthy with CrossFit Tilt's Senior Fitness Class

Beginner Friendly

March 10th through April 30th (16 classes) Tuesdays & Thursdays 10:00-10:45 a.m.

This is an 8 week session—Suggested Donation—\$80.00 (\$5.00 per class)

The program needs to be paid in full prior to March 10th

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 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!

We are thankful to the Friends of Council on Aging for subsidizing a portion of this session.

HEALTHBEAT

By: Leslie Chamberlin R.N.

Nurses Clinic: Fridays 10 – 3

Colonial Gardens: Friday, April 3rd – 2:00pm

THE STROKE WARNING MNEUMONIC

Balance, Eyes, Face, Arm, Speech – call 911 BE FAST

Symptoms to look for:**BALANCE-** sudden loss of balance, dizziness ,trouble walking and vision loss**EYES**— sudden vision problems, blurred, double vision, vision loss**FACE-** face drooping or numbness ,especially on one side**ARMS-** Arm or leg weakness, usually on one side**SPEECH-**slurred speech, trouble speaking, difficulty understanding speech**TIME-**time to call 911 immediately

Modern stroke treatment- clot busting medication works best within 3.5 -4 hours of symptom onset. If you suspect a stroke call 911-even if symptoms are mild or fade.

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.

Outreach Services

The Southborough Senior Center provides Outreach Services for Southborough Seniors and their caregivers. Our Outreach Coordinator can assist with applications for public benefits including SNAP, the home energy assistance program (HEAP) (formerly known as fuel assistance) and other cost savings programs. The Outreach Coordinator provides advocacy and support and can connect you with community resources including caregiver support, long-term care and assisted living resources, housing assistance, home care services, transportation, legal referrals and behavioral health resources. If you would like to learn more about Community Resources or need help with an application, please call the Southborough Senior Center at 508-229-4453 to schedule an appointment with the Outreach Coordinator, Raeleen Gallivan.

Lunch & Learn

Tuesday, March 24th – 12:30pm
(No Charge)

Join us for lunch and an important talk about the MOLST form (Medical Orders for Life-Sustaining Treatment) presented by Denise Roskamp, Owner and President of Home Helpers of MetroWest. Discover how this crucial document safeguards your healthcare preferences and ensures that your wishes are honored. Gain valuable insights and have your questions answered as you learn to make informed decisions about your future medical care. (sandwiches will be served)

Need Help Paying for Your Heating Bill?

SMOC's Home Energy Assistance Program (**HEAP**), (previously known as fuel assistance), provides help with heating bills for eligible households.

The heating season operates from November 1st through April 30th.

Eligibility for the home energy assistance program (**HEAP**) is based on the total gross income for all household members.

The 2026 Income eligibility:

51,777 for 1- person
67,709 for 2- people

To learn more about the program or help with applying, contact the Southborough Senior Center Outreach Coordinator Raeleen Gallivan at 508-229-4453.

Incentives to Help Reduce Energy Consumption

Mass Save offers no-cost energy assessments to renters, homeowners and small businesses. Energy assessments find inefficiencies in how energy is used in a home or building. During a home energy assessment, an Energy Specialist will identify energy-saving opportunities and help homeowners and renters access available rebates and incentives. Visit [Mass Save No-Cost Online Home Energy Assessment](#) or call 1-866-527-SAVE (7283) for more information or to schedule a home energy assessment.

Volunteers Needed

Springwell is looking for Volunteer Home Delivered Meal Drivers to deliver meals from the Westborough Senior CTR and deliver to Southborough residents. If you are interested in making a difference as a volunteer, contact Springwell at 617-926-4100, www.springwell.com or volunteer@springwell.com

Bus Trips

Wright's Farm Restaurant *Thursday, March 26th* *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—You will have an opportunity to visit their 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.

Peabody Essex Museum *Thursday, April 16th* *Suggested Donation—\$30.00*
The Bus will leave at 8:15am and return to the Sr Center at 4:00pm

The Peabody Essex Museum features a world-renowned collection of over 840,000 works of art and culture, spanning maritime, American, Asian, Oceanic, and African art. There will be a one hour guided Highlights of PEM tour, pre-ordered lunch from the Atrium Cafe, and a self-guided scheduled time in the authentic 200-year old Yin Yu Tang Chinese House. Please choose your lunch from the following menu: Chicken Caesar Salad Romaine Lettuce, Sliced Grilled Chicken Breast, Garlic Croutons, Parmesan Cheese, Creamy Caesar Dressing, Falafel Wrap (Vegan) Crispy Falafel, Hummus, Cucumbers, Romaine, Red Onion, Beets, Kalamata Olives or Harvest Chicken Salad Wrap Harvest Chicken Salad (Grilled Chicken, Dried Cranberries, Marmalade Onion, Mayo), Lettuce, Wheat Wrap

Tina Bemis is Coming!

Tuesday, April 14th at 1:00pm

Suggested Donation—\$15.00

Tina will guide us with making a beautiful Spring Color Bowl. You will be proud of your creation.



Joys of Nature

New England Animals in Spring

Wednesday, April 15th at 12:30pm

Suggested Donation \$6.00

Sign up to spend time with Joy Marzolf with this amazing program. Spring is a time of change! Some animals are emerging from hibernation while some have been active all winter. Others might be singing, or even look like they are dancing, to show off. Learn up close and personal about animals in the spring here in New England, and beyond, and learn more about their wild relatives. (Live animals with some cold blooded special guests).

Lunch will be served at 12:30pm. We will be serving a Cranberry Walnut Chicken Salad Sandwich, Mixed Green Salad and Cole Slaw coming to us from Kennedy's Market of Marlborough. Joy will begin her show at 1:00pm.



Fat Daddy's Produce Bus



Wednesdays, March 11th and April 22nd
 from 10:30am to 12:30pm

Fat Daddy's is a local, family owned hydroponic farm offering fresh, chemical-free lettuce, herbs, greens microgreens, mushrooms, and more. Erik Jewett will sell produce at wholesale prices from his bus parked at the side of our building.

Now Accepting Farmers Market coupons and EBT. Don't miss this great opportunity for fresh, healthy food!

YAY it's "Bingo" Day

Wednesday, April 29th 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!



Book Club

Our Book Club meets every second

Wednesday at 11:00am

All Are Welcome!

March 11th The Berry Pickers Amanda Peters

April 8th Thunderstruck Erik Larson

Please join us for lively discussions on these member-selected books.

**45th Annual Senior Conference**

Sponsored by Senator Jamie Eldridge

Thursday, April 23rd, 2026

8:00am to 2:00pm

Assabet Valley Regional Technical High School

Any Questions:

Contact Bianca.DeSousa@masenate.gov

Hydroponic Gardening

Tuesday, March 31st 10:00am

No charge

Come and learn about a fun and simple method to grow plants indoors in small spaces with little effort. Start seeds early to transplant outside or grow herbs and vegetables indoors all year round. This meeting will feature a demonstration on setting up a hydroponic unit and getting started with planting seeds.

**Legal Phone Advice**

with Attorney Christine Boutin

Wednesdays, March 11th & April 8th

10:00am to 10:45am

(4–15 minute sessions) –No Charge

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.

*Mirick, the right choice for all
your legal needs.*

Trusts and Estates | Elder Law

Christine Boutin
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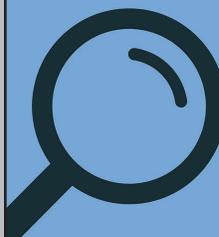
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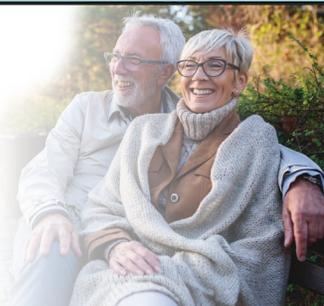
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Learn about SCAMS

Wednesday, April 8th at 9:30am — No Charge

Sign up for this very valuable presentation by Kevin Donahue, Community Outreach Coordinator, Worcester County District Attorney's Office. This presentation will address active scams and discuss tactics scammers use to get you to part with your money and or your Personal Identifying Information. Also, smishing and phishing scams will be discussed. This part of the presentation will discuss how scammers use social engineering to trick potential victims into sharing sensitive information or clicking on malicious links.

Kevin is dedicated to engaging in community outreach, specifically focusing on educating our seniors about scamming tactics and arming them with safety tips to help avoid falling prey to a scammer. Kevin enjoys being an active member of the Worcester community, including being able to converse with seniors and providing them with ample opportunities to share their own experiences and knowledge to help keep our community safe. Sign up on Registration Day. Thank you to Detective Anthony Vega for referring Mr. Donahue.

Director's Notes: ~Peg Leonard

Carolyn MacLeod, our SHINE Counselor (Serving the Health Insurance Needs of Everyone) has retired. Thank you Carolyn for assisting countless numbers of our members over 17 years in navigating the tough changes to Medicare and helping newly 65 year old's learn about their options. I personally will miss your infectious laugh, it always brought joy to my day as well as many others I am sure. We wish you (and Brad) the best with what life has to offer during your retirement—You Go Girl. You will be missed!

Please welcome Larry Whitman as our new SHINE Coordinator. Larry has already started here at the Senior Center and will now take over with the assistance to those in need with Medicare. Please call the Senior Center with any questions or to scheduled an appointment.

FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING CALENDAR YEAR 2026 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.

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