



The Southborough Senior Sensation

Volume 25* Issue 05

September/October 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

Peg Leonard

Director

Laura West

Program Manager

Raeleen Gallivan

*Outreach
Coordinator*

Leslie Chamberlin

Clinic Nurse

Lorraine Caporale

*Administrative
Assistant*

Ellen Miller

*Administrative
Assistant*

Heidi Cibelli

*Volunteer
Coordinator*

Doug Peck

COA Chairperson

Joan Guerrant

FRIENDS President

Director's Notes

I am pleased to announce that we now have two new staff members that joined our team in July.

Laura West, our new Program Manager

Raeleen Gallivan, our new Outreach Coordinator

Laura and Raeleen are wonderful additions to our already amazing staff. Please stop by and say "Hello" to Laura and Raeleen when you are at the Senior Center.

I really appreciated your patience while we worked through this staffing process. I personally want to extend my gratitude for your support these past five months while we were in transition with minimal staff. It meant the world to me.

What's New?

Summer BBQ- It's back on the front lawn (first time in 5 years)!
New Women's Program- A much requested program, now in the schedule!

Be sure to check out the full list of fun and engaging programs in this newsletter. We are back and the programs will keep on coming.

To a great September and October,
~Peg Leonard

The Senior Center will be closed on the following dates:

Monday, September 1st:	Labor Day
Monday, October 13th:	Indigenous Peoples' Day/ 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.

*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 to be fair. Thank you for your understanding. Some programs have limits, so please sign up early.

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 weeks'* 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.

Interested in setting up your own Hydroponics garden? Meetings will be open to new participants on an ongoing basis and dependent on interest. Sign up at the front desk and Carol Yozzo will provide you with more information.



Fitness at the Senior Center

Please sign up for the following classes on Registration Day. Suggested Donation of \$3.00 per class. A basket will be in the room for your donation. **Call the Senior Center for details 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>Class</u>	<u>Day of the Week</u>	<u>Time</u>	<u>Instructor</u>
Stretch	Monday	10:15am	Sharon Gallant
Strength	Tuesday & Thursday	8:30am	Sharon Gallant
Advanced Tai Chi	Tuesday & Thursday	9:45am	Jeanne Friswell
Chair Yoga	Thursday	1:00pm	Mary Starr Green
*Yoga	Tuesday (starts Oct 7)	9:30am	Michele Landes

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

Fall Recovery & Movement Confidence Class

Friday, September 5th — 1:00-2:30 PM



This hands-on, participatory class explores safe and practical fall recovery techniques, along with exercises done lying down, seated, standing, and at floor level to support mobility and transitions. Participate at your comfort level—watch, move, or ask questions. Hands-on guidance, mats, chairs, and equipment are all provided. Wear comfortable clothing and come ready to learn and engage! Please register at the front desk or call 508-229-4453.

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

Beginner Friendly

September 9 – October 30 (8-week session)

Tuesdays & Thursdays, 10:00–10:45 AM

Cost: \$5 per class (pay in full to enroll) Suggested donation \$80.00.



Join us at CrossFit Tilt, held at 12 Southville Rd, Southborough, for fun, beginner-friendly fitness classes designed for seniors. Improve your mobility, strength, and balance in a supportive environment. Our experienced coaches guide you through safe, effective exercises for all fitness levels. No experience needed! This class is tailored specifically for seniors in the Southborough Community. We are thankful to the Friends of Council on Aging for subsidizing a portion of this session.

Calling all Walkers!

Lace up your sneakers, come on out and meet new people, or old friends, and keep your body moving! Meet at the Trottier School track Mondays at 8:30 AM and at the Southborough Cemetery beside the Senior Center on Wednesdays at 8:30 AM for walking with small groups or head out on your own, maybe with a 2-footed or 4-footed friend and add miles and smiles to your day. Track your distances and record them. You'll be amazed at how quickly those steps add up! You, too, can be an Awesome Ambulator!

Our Walkers meet twice annually for a friendly lunch or brunch. Contact Sandy Kiess at skiess2@verizon.net for a Walk Journal or to answer any questions.



Southborough Senior Center

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 08:30a Closed in Observance of Labor Day	2 08:30a Strength Class 09:45a Adv Tai Chi 12:00p Bridge	3 08:30a Walking Group 03:00p Trailblazers Meeting	4 08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 01:00p Chair Yoga	5 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:00a Bocce 01:00p Fall Recovery & Movement Confidence Class	6
7	8 08:30a Walking Group 10:00a COA Board Meeting 10:15a Stretch Class 01:00p Knitting Quilting Club	9 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	10 08:30a Walking Group 10:00a Phone Legal Advice 10:30a Fat Daddy Produce Bus 11:00a Book Club 12:30p Movie Matinee	11 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:00p Chair Yoga	12 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:00a Bocce	13
14	15 08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 01:00p Knitting Quilting Club	16 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Womens Group 12:00p Bridge	17 08:30a Walking Group 12:00p Summer BBQ	18 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:00p Chair Yoga 02:30p Genealogy Club	19 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:00a Bocce	20
21	22 08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 01:00p Knitting Quilting Club	23 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Technical Assistance 12:00p Bridge	24 08:30a Walking Group 01:00p Painted Pine Craft	25 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:00p Chair Yoga	26 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:00a Bocce	27
28	29 08:30a Walking Group 10:15a Stretch Class 12:00p Blue Plate Special 01:00p Knitting Quilting Club	30 08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Adult Coloring 12:00p Bridge				

SUPPORT OUR ADVERTISERS!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			08:30a Walking Group 09:15a Bus Trip Tower Hill Botanic Gardens 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:00p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:00a Bocce 02:00p Colonial Gardens Health Clinic	
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 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge	08:30a Walking Group 10:00a Flu Clinic 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 01:00p Chair Yoga	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:00a Bocce	
12	13	14	15	16	17	18
	08:30a Closed in Observance of Columbus Day and Indigenous Peoples Day	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 12:00p Bridge 01:00p Tina Bemis	08:30a Walking Group 10:30a Fat Daddy Produce Bus 12:30p Movie Matinee	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg 01:00p Chair Yoga 02:30p Genealogy Club	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:00a Bocce	
19	20	21	22	23	24	25
	08:30a Walking Group 10:15a Stretch Class 11:00a Rummikub 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 10:00a Womens Group 12:00p Bridge	08:30a Walking Group	08:30a Strength Class 09:45a Adv Tai Chi 10:00a CrossFIT Tilt class 10:00a Mah Jongg	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:00a Bocce	
26	27	28	29	30	31	
	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 09:30a Yoga-Pilgrim Church 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	10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 11:00a Bocce	

SUPPORT OUR ADVERTISERS!

Movie Matinees

The Penguin Lessons (PG-13, 1hr 50min) – Wednesday, September 10

Based on a true story, this heartwarming film follows Tom Michell, an English teacher who rescues a penguin named Juan Salvador from an oil slick in Uruguay. Their unlikely bond unfolds against Argentina's political turmoil in 1976, bringing joy and personal growth to all involved.

Twisters (PG, 2hrs) – Wednesday, October 15

A sequel to *Twister*, this film follows Kate, a former storm chaser, as she returns to track storms using new technology. She teams up with Tyler, a reckless storm chaser, as they face intense tornado activity in Oklahoma.

Lunch 12:00PM (food from Plum Tomato)

Enjoy lunch before the movie. Suggested donation: \$6.00 for lunch (movie free).

September: Sandwich platter, garden salad, and dessert

October: Pizza, salad, and dessert



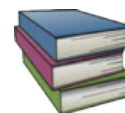
Movie starts at 12:30PM—Register at the front desk or call (508) 229-4453.

Fat Daddy's Produce Bus will be at the Senior Center from 10:30am–12:30pm.



Book Club

Wednesdays, September 10th and October 8th at 11:00 AM



Book Club is back from its summer hiatus!

The club has been reading The End of the World Is Just the Beginning by Peter Zeihan.

October's selection is Voyage of Mercy by Stephen Puleo.

Come join us and enjoy lively discussions every month. All are welcome.

Join Us for the Launch of Our New Women's Group!

Tuesday, September 16th 10:00AM - 11:00AM

Be part of our inaugural meeting to shape a special group with meaningful discussions, guest speakers, and shared experiences. Plus, help us choose the perfect name! Enjoy a light brunch, reconnect with old friends, and make new ones. We're excited to bring joy, support, and lasting friendships to many. Women are Amazing! Thank you to Leena Dasgupta for volunteering to run this new group. If anyone would like to share co-leadership with Leena, please let Peg know or come to the first meeting and see if it's something you would enjoy.



Sign up on Registration Day or anytime after! —- Next Women's Group—Tuesday, October 21st

NEW GAME ALERT! 3rd and 4th Monday of each month from 11:00 am-12:00 PM

Rummikub is the classic tile game that blends strategy, luck, and quick thinking — and it's perfect for players of all ages! Arrange numbered tiles into runs and groups, be the first to clear your rack, and outsmart your opponents with clever moves. Jean Rindolph will be leading the game. Please sign up at the front desk.

Dates will be September 15th, 22nd, October 20th, 27th



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>Program</u>	<u>Day of the Week</u>	<u>Time</u>
Knitting & Quilting Club	Monday	1:00pm
Rummikub (Jean Ridolphi)	Monday (third and fourth Monday monthly)	11:00am-12:00pm
Bridge (Judy Stento)	Tuesday	12:00pm
Book Club (M. Anderson & S. Kiess)	Wednesday (2nd Wednesday monthly)	11:00pm
Mah Jongg (Sandy Campbell)	Thursday	10:00am
Genealogy Club (Jeff Schiebe)	Thursday (3rd Thursday monthly)	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
Bocce Ball (Carol Yozzo)	Friday (weather permitting)	11:00 am
Walking Group (Sandy Kiess)	Monday (Trottier Track) &	8:30am
<i>(Depending on Weather Conditions)</i>	Wednesday (Southborough Cemetery)	8:30am

Summer BBQ

Wednesday, September 17 at 12:00 PM

Join us outside on the front lawn of the Senior Center for our end of summer BBQ! We are thrilled to be able to hold it right outside on our lawn. Between COVID and our new room construction, it's been five years since we had it here—so let's do it up!

Food will be grilled onsite by TJ's Spirits of Ashland including burgers, hot dogs, and chicken along with coleslaw, potato and strawberry salads.

Enjoy bocce ball, corn hole, music by the Highland Woods Project Band, and an Ice cream sundae bar sponsored by New Horizons of Marlborough.

Sign up on Registration Day- Southborough residents will be given priority. Suggested donation \$8.00



Visit the Fat Daddy's Produce Bus at the Senior Center

"Produce on Wheels"

Wednesday, September 10
Wednesday, October 15
10:30 AM -12:30 PM

Fat Daddy's is a local, family owned hydroponic farm offering fresh, chemical-free lettuce, herbs, greens microgreens, mushrooms, and baked goods. Erik Jewett will sell produce at wholesale prices from his bus parked near the shed. Now Accepting Farmers Market coupons and EBT. Don't miss this great opportunity for fresh, healthy food!

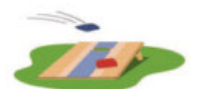


The Bocce Ball Court is now open!

Join organized games every Friday at 11:00 AM—sign up at the front desk.

Thanks to Carol Yozzo for leading the effort! The court is also open for casual play anytime. Want to play Corn Hole? Just ask at the front desk.

Enjoy the fall weather and our outside space—everyone's welcome!



Technology Help is Here!



Tuesdays, September 23rd & October 21st

5 one hour time slots

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. Bring your electronic device with you to your session. Feel free to sign up again if you have attended a prior session.

These sessions will be one on one with David, Technology Specialist from Sayva Services.

Appointments will begin at 10:00am

Call or stop by to schedule a time slot.

Paint the Patch –A Pumpkin Trio Craft Workshop

Wednesday, September 24th at 1:00 PM



Fall in love with crafting this season! Join us for a festive and fun workshop where you'll create a pumpkin trio set. Each person will paint and decorate three wooden pumpkins in various sizes. Tammy from Painted Pine Craft Parties will be leading the workshop and bringing all supplies. Suggested donation \$20.00. Please sign up on Registration Day.

Adult Coloring & Lunch

Tuesdays, September 30th & October 28 at 12:00pm



Come join our fun Adult Coloring group beginning with a delicious 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.

Enjoy lunch, socializing and coloring together.

September—Boxed Lunch with Wrap Sandwiches. Please choose between Chicken Caesar or Southwest Turkey. Potato chips and cookies included!

October—Stromboli Platter with chicken parm, steak and cheese or spinach and cheese options. Fresh garden salad and dessert will also be served.

Roche Brothers will be providing the food.

Be sure to register, suggested donation \$3.00

House Numbering Program

The Worcester County Sheriff's House Numbering Program is designed to assist all emergency personnel in identifying residences that do not have a highly visible number on their homes. The Community Outreach Department will create a custom wooden sign with your house number, free of charge. To receive a new house number please fill out a form at the front desk of the Senior Center.

Tuesday is Gas Day at Falconi Pit Stop-29 Boston Road, Southborough. A percentage sold goes to the Senior Center. Please support our local business as well as the Senior Center!



Alice's Gift Shop

Be sure to stop by the gift shop to see newly added items, you never know what gems you might find! If you have new or like new items to donate please stop by the front desk. Thank you!

Blue Plate Specials

Monday, September 29th & Monday, October 27th at 12:00 PM



September, 29th—Meatloaf, Mashed Potatoes and grilled Vegetables
October, 27th—Pasta & Meatball with Salad

Registration required. Payment and sign-ups need to be completed by the Monday before each meal. Meals from TJ's Spirits of Ashland. We hope you can join us to enjoy a meal with friends!

Suggested donation \$6.00

takeout meals and day of sign ups are not permitted

Bus Trip to New England Botanical Gardens at Tower Hill

Wednesday, October 1st

Bus will leave the senior center at 9:15 AM and return approximately at 2:30 PM

Enjoy a guided group tour of Tower Hill. The garden sits on nearly 200 acres. It includes conservatories, formal and naturalistic gardens, a café, Garden Shop, walking trails, accessible pathways, and expansive views of the Wachusett Reservoir.

Choose a boxed lunch of chicken salad on sourdough or smoked turkey with cheddar on wheat.

Suggested donation \$20.00 Please register by September 17th.

Dried Flower Botanical Broom Workshop Tuesday, October 14 at 1:00 PM

Give your home instant witchy or simply cottage vibes with this whimsical decorative broom. Perfectly placed by the front door, on your porch, or set by the fireplace. Dried flowers grown locally, in Spencer, MA.

Tina Bemis from Bemis Farms will be leading the workshop.

Suggested donation \$20.00 Please sign up on Registration Day

Bingo!

Wednesday, October 29th, 1:00pm



Dress up in a Halloween costume for a chance to win prizes—the top three best costumes will win!

Join us for a Halloween themed afternoon of Bingo with Bill Harrington and Peter Rowe. Cards on sale starting at 1:00pm. Multiple winners may choose from available prizes, with a larger prize for the highest number. This way we can keep our prize values as they have been (which has been really nice).

Enjoy Halloween snacks & treats at break time!

Important information from our Town Clerk, Jim Hegarty

Trivia question: Was Southborough founded on July 6, 1727, or July 17, 1727?

Although there are no elections this fall, on **Monday October 27**, there will be a Special Town Meeting starting at 6:30pm in the Trottier School auditorium. The warrant (agenda) has not been finalized yet, but as it is created, you can read more about it on the town website: www.southboroughma.gov

Trivia Answer: The correct date is July 6th. On July 6th 1727, the General Court passed 1727 c. 13 which split Marlborough into two towns and created a new town by the name of Southborough

Legal Phone Advice with Attorney Christine Boutin

Wednesdays, September 10th & October 8th — 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.

We hope you have enjoyed the raised bed gardens this summer. The beds were refurbished by Bill Harrington and that gave a real boost to the plantings of flowers, veggies and herbs. Remember to take a few sprigs of thyme, sage, parsley, etc. for your fall recipes. Thank you to all who have watered and added to this year's efforts. -Joyce



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508-573-7200

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

Heritage Day

The Senior Center is excited to join this year's Southborough Heritage Day on October 13! Visit our booth to learn about our services and pick up a magnet featuring our new colorful logo. Don't forget to cheer us on in the parade — we look forward to seeing you there!

Bob Ainsworth presents PONZI, MADOFF, & SCAMS THRU THE AGES

Wednesday, November 5th—12:30 PM Lunch & 1:00 PM Presentation

Bob's presentation will introduce you to Carlo Pietro Giovanni Guglimo Tebaldo Ponzi, AKA Charles Ponzi, as well as Bernie Madoff, Elizabeth Holmes, and other fraudsters such as a man who sold the Brooklyn Bridge and another who sold the Eiffel Tower.

Suggested donation for lunch \$6.00-Taco bar from Borro Burrito Company

Sign up on Registration day or after by calling the front desk or stopping by to sign up in person

FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING CALENDAR YEAR 2025 ANNUAL MEMBERSHIP

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

January to December 2025

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

Name _____

Address _____

Phone _____

E-mail (s) _____

Friends 2025 Membership Donation _____

Date _____