

The Senior Edition

September 2015 Volume 15 Issue 9



The Town of Shrewsbury's Council on Aging (COA) mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.

Welcome to our September Issue!

We hope many residents in town are seeing this publication for the first time. We were long overdue to update our mailing list and thanks to some tedious database work by our Volunteer Coordinator Stacey Lavelly and a change in how the town and the Friends fund the Newsletter, we are finally able to mail the Newsletter to every resident 60 and older as we have in the past.

Perhaps you're a "Baby Boomer" and are still working full-time. Maybe you're 90 and don't "feel" like a senior...that's okay! There are plenty of things in your publication that are applicable to everyone! Looking for volunteer opportunities? (See page 4) Trying to make sense of the complicated health care changes that come with Medicare eligibility? (Check out the SHINE column on page 7) Maybe you are a caregiver for a spouse, parent or other loved one. There are resources available to assist you. Looking to stay fit? Be sure to look at our calendar for our activities that you may be interested in.

As I'm sure you'll agree, Shrewsbury is a wonderful community across the age span. We'll use this space each month to highlight one of our many programs, services or activities that you should be aware of. We hope you'll take a peek in these pages each month. Is receiving the Newsletter electronically better for you? Please let us know at syager@shrewsburyma.gov and help us keep our mailing list current. Have a great month!

Sharon M. Yager
COA Director

"Let's Be Friends"

The Friends of the Shrewsbury Senior Center, Inc. is celebrating the 20th anniversary of its founding. Throughout the summer of 1995, a small group of optimistic, dedicated people gathered at the Senior Center on Parker Road to organize the foundation of The Friends.

On September 21, 1995 an open house was held at the Senior Center to introduce the new organization and to welcome members. This was the culmination of hours spent discussing and writing Bylaws and Articles of Organization. It was not an easy task and the ensuing months would prove to be somewhat contentious as all the "wrinkles" were worked out.

We are so grateful for the wonderful volunteers that gave so much to the effort. At the Friends' program each month in the coming year you will have an opportunity to follow the successes accomplished as the Friends work their way to becoming a valuable asset to the Senior Center and the senior population in Shrewsbury.

If you are not a member of this important group or your membership has expired, use the form inside the newsletter to re-new or join for the first time.

Let's all be Friends this year!



Friends of the Shrewsbury Senior Center, Inc.

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**Deadline for the
October Newsletter is
September 10th, 2015**

Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please email: tgale@shrewsburyma.gov. (Please note new e-mail address!) Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

Senior Television Shows, SPAC-TV 28

Don't know what to watch on TV? Why not check out a local program made by Shrewsbury seniors.



Senior Center Events (1 hour): Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm. Featuring the Friends of Shrewsbury events.

Seniors on the Move: (1/2 hour) Tues. at 2:00pm and Wed. 10:00am and Fri.1:00pm. 1 hour program on Tues. 7:00am. Host : Karen McKenzie

Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: www.shrewsbury-ma.gov.

Thank You!!! To **Ben Tomaso** for retrofitting the public computer desks, **Don Alger** for helping to secure another grant for the Small Home Repair Program and the **Independent Artists** for their recent Senior Center donation!

Senator
Michael O. Moore
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HANNAH KANE**

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EMAIL: HANNAH.KANE@MAHOUSE.GOV
WEBSITE: WWW.REPHANNAHKANE.COM

Fri., Sep., 4th, 10-11am Brain Gym

Smoothie: Heart Healthy Smoothies and Brain Gym techniques. New free delicious Smoothie each month! Please call 508-841-8640 or stop by the front desk to register.

Fri., Sep., 11th, Movie and Lunch 11:30am:

"Black & White" When his wife dies in a car crash, Elliott Anderson (Kevin Costner) fields another blow: the realization that he must raise his biracial granddaughter, Eloise (Jillian Estell) alone. However, the child's paternal grandmother, Rowena (Octavia Spencer) feels that she is better equipped to take care of the child, and sues for custody. With Eloise caught in the middle, both Elliott and Rowena are forced to confront their true feelings about race, forgiveness and understanding. PG-13, 2hrs. **Movies have limited seating.** Reserve lunch at 11:00 at the Village Café for donation of \$2.50. **Movie will start promptly at 11:30.**

Tues., Sep. 15th 1pm, Friends of the Shrewsbury Senior Center Inc. Program:

Come join in the celebration of the 20th anniversary of the Friends. Some of the original founders of the Friends will be on hand to help recreate the beginning of the organization that raises funds for the Senior Center. Lyle Willis Pierce, an awarding winning Nashville recording artist, will entertain with a varied program from his vast repertoire ranging from country to oldies to rock. Bring a friend, or come and make a new friend, and be a part of this special day. Refreshments will be served.

Tues, Sep. 15th, 9:00am; Piano Class

Begins: Instructor Dennis Deyo will start a new beginning piano class. \$5 per class. The 3 books used for the class are \$30 and will be provided by Mr. Deyo. Mr. Deyo teaches over 12 classes between here and other area Senior Centers. Call to sign up!

Wed., Sept., 16th 2:30pm, Country/Western Dance Lessons:



Learn beginner level dances including waltz, Cha-cha, and popular El Paso. A new dance will be presented each week for an 8 week session. This session starts on Sept. 16th with a **FREE introductory lesson**. Smooth sole shoes are recommended. Dances are choreographed for couples, but suitable for individuals to learn. Call the Senior Center to sign up.

Help on Newsletter Mailing Day!



Free Coffee, Donuts and Muffins when you help us stick the mailing labels on The Senior Edition Newsletter. September mailing date for the October Issue is FRIDAY, September 25th at 8:30am. Come join in a fun two hours.

September Free Health Events:

Please call to sign up

9/8 (Tues) 10am Neuropathy Workshop: Dr. Brian Maher from Shrewsbury Chiropractic will discuss neuropathy concerns and options that may help.

9/8 (Tues) 1-2:00pm: Hearing Screening: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings with Dr. Clermont and nurse Lydia.

September Legislative Dates:

No appointment necessary, first come, first serve basis

9/11 (Fri) 11am-noon: State Representative Hannah Kane

9/14 (Mon) 10-11am: State Senator Moore Office Hours, Senator Michael Moore or a representative from his office, will hold office hours at the Senior Center to meet with constituents.

Wed., Sept., 16th, 9:30 Fitness & Nutrition:

Exercise mind and body with strength training, aerobics and stretching. Also learn the latest in aging and falls prevention with Karen McKenzie, host of the TV talk show "Seniors on the Move" Register for the eight week session with the Parks Department at 508-841-8503.



Thurs. Sept., 17th and Mon. 28th:

Legal Clinic, 9am-12pm:

The Shrewsbury Senior Center is now offering two Legal Clinics a month with our pool of elder law attorney volunteers. Slots fill quickly. **Advance sign-up is required, call the Senior Center to register.**

Thurs., Sept., 24th, Blood Drive 2:00-

8:00pm: One pint of blood can help to save up to three lives! Every two seconds someone needs a blood transfusion. Adults of any age can donate. Call the Red Cross at 1-800-GIVE-Life.

Thurs., Sept., 24th 2:00pm, Book

Chat: Please read "The Light Between Oceans" by M. L. Stedman. Copies are available at the Shrewsbury Public Library's Circulation Desk on 8/27.



In the works: Trip To The Big E (see page 5) and Fall Computer Tutoring (see page 7)!

On-Going:

Weds., 1-2pm Mindfulness Meditation: Stress management relaxation. Learn techniques to deal with the causes of stress, whatever it be physical pain, loneliness or more.

REIKI: Many people find the light, hands-on practice of Reiki helps them in many ways. Water Rice is a Reiki Master and can provide this gentle healing technique. if you would like to make an appointment for a half hour session call him at 508-841-8647.



Scrapbooking: We meet every Thursday morning from 9:30-11:00. There is no charge. Bring a 12x12 album and your photos and create beautiful memories. Most supplies are provided.

Shrewsbury Senior Citizens Club meets every Monday morning from 11 - 1:00. Featuring cards games, and Bingo and fun. Come join us.

Men's Group: See page 5 for Speakers

See Calendar on the back page for other on-going activities!

Friends of Shrewsbury Senior Center, Inc.

The September 2015 - August 2016 membership year is beginning. The Friends of the Shrewsbury Senior Center, Inc. is a non-profit organization that raises funds to support the Shrewsbury Senior Center. Please use the form below to join and support the Friends. Membership cards are available at the front desk.

Please check off box or boxes that applies!
 Enclosed are:
 \$10.00 Individual Membership
 \$20.00 Couples Membership
 \$ 5.00 COA Newsletter mailing to non-residents
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CARES Column

(Consumer Awareness and Resources for Elders in Shrewsbury)
By Dave Grillo, CARES Coordinator

The recent experience of a Shrewsbury woman deserves your attention since, in this digital age, it is representative of a problem that is pervasive. Seeking assistance online for help with her Kindle, this senior came upon a service called Toler Tech. She called Toler Tech, and a representative asked her for permission to access her device remotely. She gave permission as well as her password. The representative then had hands-on control of her Kindle. Eventually, she was told that her problem was fixed. She was told to put \$350 in an envelope, address the envelope to a location in Iowa, and put that envelope in another marked "UPS" for pick up. Fortunately, she sensed something wasn't right. She researched Toler Tech and found that there were many complaints about this "service". She wisely decided not to pay. A technician at Staples checked her Kindle and found that not only had Toler Tech not solved her problem, they had added malware which has the potential to cripple her Kindle. Her case suggests that the Internet is a dangerous place to turn to solve computer-related problems. If you should seek help online, trust only the established, verifiable websites of the device- or software-makers whose products are causing your concern. Ignore unsolicited offers (especially online) to fix your computer or other electronic devices.

Michelle Singletary, a Washington Post finance columnist, emphasizes in "Doubts on Identity-Theft Protection" (Boston Sunday Globe, July 26, 2015, pg. G3) that "[y]our personal financial can't be completely protected." She noted that LifeLock Inc., "one of the leading companies in the identity-theft protection business", has been cited by the Federal Trade Commission for false and deceptive claims regarding the protection it provides since it "didn't, for a period of time, adequately guard the personal data the company itself collected." (Lifelock advertises heavily on TV and in news and financial publications). Michelle adds that, once "LifeLock discovers that your information has been compromised", it is too late because your information is out and available to those who could bring harm. In other words, you are alerted only "after the fact." Realize that with LifeLock or similar ID theft protection services you are paying for warnings after undesirable things have transpired. Ultimately, you are the one who must take steps to prevent such theft in the first place.

You've worked hard to earn your money! Always consult with CARES, a trusted family member or friend before parting with funds you are being asked for!

****Volunteer Corner****
Coordinator
Stacey Lavelly 508-841-8758

Council On Aging September 2015
Volunteer Opportunities

The fall is a time of renewal and what better way to refresh than with a new volunteer opportunity.

Office Fill-ins: DESPERATELY: Seeking reliable fill-in receptionists for vacations and sick days with the possibility of permanent positions in the near future. Computer experience is NOT necessary! Answer phones, assist guests and other office duties. Dependability and a positive attitude are essential!

Fill-in Senior Greeters at Shrewsbury High School: Looking for senior greeters for the 2015-16 school year. These positions require people comfortable with high visibility and good communication skills. You will have all vacations, holidays, snow days and summers off!!

Meals On Wheels Drivers: We need a few good drivers and fill-ins to deliver meals to homebound seniors. If you have one morning a week we would love to hear from you! Shifts are available Monday through Friday starting at 9:15am and out by noon.

Volunteer Producer: We are in need of a volunteer to assist with the filming of our Friends monthly show. This is a once a month event and only a few hours. Training on the camera will be provided.

Hospice Volunteers: Central Mass Hospice is seeking volunteers for their hospice program. They are seeking people who are kind, compassionate and caring and who can provide patient support, light housekeeping, visiting, playing cards, walking, feeding a pet or reading to a patient. You will receive training for this most rewarding position. Please contact Mary Ann Riggs at Central Mass Hospice 508-755-4500 extension 15.



St Mary's Parish Family Festival: The festival is almost here and they need volunteers to help out at the information desk, bake tables, ticket tables and more. Please call John Sliwoski at 508-353-2545.

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TRAVEL

Seniors On The Go: For more info, please contact Dave Stevens at 508-869-6830. You may also go on-line at: www.boylstonseniorsonthego.com

Wed., Sept. 23rd, "Turkey Train & Bolton Spring Farms" Join your friends and hop aboard the "Turkey Train" in Meredith, NH for a full Turkey Dinner as we meander along beautiful Lake Winnepesaukee. We will also stop at the rustic Bolton Spring Farm where everyone will receive a complementary bag of juicy apples. Price: 83.50pp. Includes motor coach, Turkey dinner, Train ride, Apple Orchard and driver gratuity.

Save the date: December 31, for our Annual New Years Eve Day Party featuring Jan Peters, Boston's Lady of Cabaret. Dance your way to the New Year with the exceptional orchestra of Tom LaMark. Price: 91.00pp. Includes transportation, luncheon, show, Party Favors & Champagne Toast. Meal choice of Baked Scrod or Chef's Choice of either Prime Rib or Roast Sirloin. Location is the Double Tree Hilton, Leominster, MA. Pick-ups for all events are in Shrewsbury.



The Happy Travelers: Bus trips for the over 50 traveler. Call Gladys Merrow at (508) 835-4312. Driver gratuity & cancellation waiver fee included in all of our day trips.

Sat., Sept., 12th - Albany & The Hudson River, lunch at C.H. Evans Brewing Co. and a visit to the New State Museum

Sat., Sept., 26th, trip to Norwich Vermont, King Arthur flour, lunch at the Norwich Inn, plus more @ \$89.00/pp.

Oct, 8th to 11th, an over night trip to Washington D.C. with Annapolis & Baltimore @ \$619.00/pp double.

Oct 24th Providence Performing Art Center for the Musical play "Newsies" and lunch at Zooma Trattoria @ \$149.00/pp.

Interested in going to the Big E this year?

In previous years, if there has been enough interest, the COA has planned a day trip to the Big E for those interested in riding the van to this popular event in Springfield. Call the COA if interested!

Sept., 10th Shrewsbury Friends Men's Club meets on Thursdays, 9:00 to 11:00am. This month's speakers will be:

Sept., 10th: Ms. Ashley Boudreau, Navicare Health Systems
 Sept., 17th: Ms. Melanie Magee, Shrewsbury Trails Committee
 Sept., 24th: State Senator Moore



Trip to Foxwoods Casino, Wed, Sept., 9th at 8am:

Foxwoods Casino with the Men's Friends Club. Depart at Shrewsbury Senior Center. Sign up at the front desk or with Joe Montecalvo and pick your seat. \$22 per person, incl. \$10 food coupon and \$10 Keno tickets. Payment is needed at sign-up to avoid overbooking. NO refunds. Call Joe at 508-234-5162. **Parking spaces at the Senior Center are limited so please car pool.**

Bob Zinkus 2015 Trips: call 508-757-1210 or zworcester@verizon.net, Send check to Bob Zinkus, 45 Hilton Ave., Worcester, MA 01604.

Foxwoods Casino September 10th, . Receive buffet voucher plus \$10 slot play. Prizes and video on bus \$25. All Trips include gratuity for bus driver.

Mohegan Sun Casino Sept., 20th. Depart from Our Lady of Loreto Church, 33 Massasoit Rd. Worcester, at 10am. Depart Mohegan at 5pm. Upon arrival receive a **full buffet voucher and \$10 spin on the wheel.** \$25.



September 13 - 15, ATLANTIC CITY - RESORTS HOTEL & CASINO. Two nights at the Resorts with a great package - \$25 slot play - \$60 in food vouchers and a show (if available.) Walk the Boardwalk, shop the shops, enjoy the food, etc.\$225 per person (dbl).

Captain Jack's & Foxwoods Casino on Sept 28th: Enjoy a delicious luncheon of clam chowder, clam cakes, shrimp cocktail, 11/4lb whole lobster or prime rib, beverage and dessert. Then travel from Wakefield R.I. to Foxwoods Casino where you will receive a buffet voucher and \$10, slot play. 9:30am Depart from Worcester approx. 6:30 departure from Foxwoods after a full day of eating & gaming. \$74.

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By Outreach Coordinator
Walter Rice, LCSW
Call Walter at 508-841-8647 to
set up an appointment.

Fuel Assistance: It is already that time of year! If you have received federal fuel assistance in the past, you should have recently received your recertification paperwork in the mail during the month of August. If you have yet to receive your paperwork or have questions, please call. These can be done yourself or Walter can assist by appointment either at the Senior Center or your home. New applications will begin in November. Watch the Outreach column for details as they become available.

Other Programs Available: Outreach can assist you in learning what other programs you may be eligible for such as Food Stamps (applications year round) and 41C Tax abatements (usually done in September). Call to make an appointment

Emergency List: If you want a well-being check in the event of severe weather or an unforeseen emergency, such as hurricanes, loss of electricity and more, please call the Senior Center to be added to the list. Please note this is NOT an R.U.O.K program well-being check.

Small Home Repair Program (SHRP): PLEASE don't try to take on difficult tasks yourself, no matter how small! Keep this helpful program in mind for all other small repairs that can be done. This is the season for removing screens, air conditioners and fans installed, changing light bulbs and repairing unsafe steps and stairs, railings or other things, such as installing grab bars or other assistance adaptations. Being safe in your home is important. Contact Walter to explore the options that are available.

Short Term 1-1 Emotional Support: Have you experienced the loss of a loved one, feel sad, lonely, lost, living with an unresolved conflict and would like to share your issue(s) with someone? Walter Rice will be happy to meet with you either at the Senior Center or at your home. The focus of getting together with Walter will be to listen, not judge, and possibly provide new options and choices to help you to address your issue(s) instead of it just remaining stuck. This meeting will be confidential. Call to set up an appointment.

Whittier Rehabilitation Hospital's Health and Wellness Fair: September 23rd, 11am-1:30pm. Screenings, exhibits, lunch and special talks are planned! Call 508-870-2222, ext. 2134 to reserve your seat!



Committees for the 2015 Spirit of Shrewsbury Fall Festival:

have been working since mid-winter. President, Tom Falzoi, has been overseeing the monthly meetings ensuring all aspects run smoothly. How did the first Spirit of Shrewsbury Fall Festival originate? The website, www.spiritofshrewsbury.org relates that the first festival was held in 1997 out of an unexpected outgrowth of a homecoming idea. Joyce Perreault, Sue DiLeo and Sue Falzoi are responsible for what has grown into one of the largest festivals in New England. – The fall festival lets the community come together to celebrate Shrewsbury's culture and history since 1727. Browse through the website and find out what's in store during September. Among the many events, you'll find car shows; boat parade; Chinese Community Fun Weekend; Mackenzie Melemed, pianist; Dining in the Lakeway; "Let Your Spirit Build"; International Drumming Circle; All for Kids; Pancake Breakfast and Fishing Derby; 5K Road Race & Funwalk; Cool Carnival; Craft Fair; Town Expo; Kids Got Talent; Shrewsbury Historical Society Open House; A Gala Evening of Dining, Dancing & Entertainment; Freedom Song Festival; Parade; Over 90 Tribute Tea (if you are 90 or older, look for your invite!); Dancing Fountains at Dean Park; Scarecrows on the Common; and lots more. Check out the website or look for the booklets that will be distributed around town!

Fall Basket Raffle



Please help support the Shrewsbury Senior Center by joining in our Fall Basket Raffle. This event is sponsored by the Friends of the Shrewsbury Senior Center, Inc. and is open to the entire community. The Basket Raffle features a wide variety of baskets

made possible by the very generous donations of local businesses and individuals. There is something for everyone - gift cards, food baskets, lottery tickets, beauty products, coffee and tea baskets, baby basket and much, much more. Beginning on September 15, you can see these baskets on display at the Shrewsbury Senior Center and purchase raffle tickets at the front desk. The baskets will also be on display at the Spirit of Shrewsbury Expo on September 26 and you can purchase tickets there. The drawing will be held on October 20 at the Friends' monthly program. All proceeds will benefit the Senior Center. Thank you for your support.

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NEWS FROM SHINE SEPTEMBER 2015***Don't Ignore Your Medicare Mail!***

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information 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 2016.

During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs. **We also have a link to our very informative cable TV program Medicare and More.**

Learning Opportunities!

One-on-One Computer Tutoring: The COA is developing a new program for this fall. If you are interested in getting tutoring or becoming a tutor, please call the Senior Center!

WISE Education Classes: Back to school is not just for kids! Check out the exciting Fall courses being offered at Assumption's program. Call 508-767-7513 for more info or visit www.assumption.edu/wise. A course catalog is available at the Senior Center.

Monthly Support Group Meetings Available

Support Groups are a wonderful way to connect with others who share your struggles. Check out the ones below for yourself or your friends!

September 1st: (1st Tues)

Bereavement Support Group: Notre Dame Hospice. Du Lac Assisted Living, 555 Plantation St., Worcester. 3-4:30pm contact number 508-852-5505.

Family & Care-partner Alzheimer's Support Group: held the first Tuesday of the each month from 7-8:30pm at the conference room on the 2nd floor. Contact: Gary Davis at 508-836-4354

September 2nd: (1st Wed)

Caregivers Support Group: Southgate at Shrewsbury, 30 Julio Drive, Shrewsbury, 6:30- 8 pm. Contact Cathy Flanagan at 508-735-2059.

Alzheimer's and Related Dementia Caregiver Support Group: Shrewsbury Crossing at 5pm. Contact Angela Rosado, Harbor Care Director at 508-845-2100

Dementia and Alzheimer Program: for spouses of individuals with memory impairments, Dodge Park, 110 Randolph Rd, Worcester, 6-8 pm.

Central MA Parkinson's Support Group 6:30 - 8:00pm:at Saint Vincent Hospital, 123 Summer St. Room 581N, Worcester. Contact: Elizabeth Austin, PsyD,508755-2056

September 8th: (2nd Tuesday)

Support Group for Grandparents Raising Grandchildren: 6-8pm YWCA, 1 Salem Sq., Worcester, contact number 508-756-1545. Free childcare is provided contact number 508-853-8180

Better Breathers Support Group: Whittier Rehabilitation, Westborough, MA 2:00pm., contact number 508-871-2134.

Alzheimer's and Memory Loss Support Group: 1:30-3 pm. Beaumont Rehabilitation and Skilled Nursing Center, 85 Beaumont Drive, Northbridge. Contact number 508-234-6481.

September 10th: (2nd Thursday):

Worcester Prostate Cancer Support Group: UMass Med School, 55 Lake Ave North, Ambulatory Care Center, Worcester, MA 6-7:30 pm. Contact Carl Barstow (508-835-3390).

Caregivers Support Group: Saint Francis Adult Day Health, Worcester, MA 7-8:30 pm. Contact number 508-752-2546.

Low Vision Support Group: Northborough Senior Center, Northborough, MA 1-3 pm. Contact number 508-393-5035.

September 10th & 24th: (2nd and 4th Thurs.):

Early Stage Alzheimer's Patient Group: 5 Whitney Place, Westborough, Second and Forth Thursdays 10:30-12pm.

September 14th: (2nd Monday):

Alzheimer's Caregivers Support Group: 6pm - 8pm. Location: Pleasantries Adult Day Services, 195 Reservoir St. Marlborough. Contact Tammy Pozerycki at 508-481-0809.

September 28th: (4th Sunday):

Create A Better Day Café: 1:00 - 3:00 at Pleasantries 195 Reservoir St. Marlborough. Contact Tammy at 508-481-0809.



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