

# NATICK SENTINEL

**March 2015**

**Letter From The Director**



117 E Central Street  
Natick, MA 01760  
508-647-6540

## Mission Statement:

To provide and promote advocacy and support systems focused on issues of aging, working toward the ultimate goals of **i n d e p e n d e n c e**, improved quality of life and preparation for life change.

- **Information**
- **Referral**
- **Counseling**
- **SHINE**
- **Advocacy**
- **Transportation**
- **Programs/Activities**
- **Nutrition**
- **Volunteer Opportunities**

Dear Friends,

Despite record snow fall and weather related closings, the Natick Community-Senior Center continues to set records of its own this winter. Each day we welcome first-time visitors as well as greet hundreds of returning members. Our programming is robust and features recurring favorites like beaded jewelry, fitness classes and lecture series in addition to new offerings like tap dancing and genealogy. Please check our calendar of activities and pages 3 to 7 for a list of special events and new opportunities in March.

Unfortunately, Punxsutawney Phil's prediction on February 2 proved to be true. But no one could have predicted winter would extend with such frigid temperatures and piles of snow. It has challenged all of us to be active, stay connected with friends and family and stay warm. Please continue to check on and help your neighbors. If you or any one you know is in need of assistance please call the Community-Senior Center. Our staff is a wealth of information and experienced with helping seniors connect with services and savings.

Recently we have received numerous calls alerting us to telephone scams. Some callers are pressuring seniors to make purchases, others are stating seniors owe money to the IRS and some others have been told they have an arrest warrant. Please report any suspicious phone calls or door to door solicitations to the Police Department (508-647-9500), refrain from providing any personal information over the phone or agree to secure funds or mail gift cards to any callers. To avoid many telemarketing calls consider registering your phone number with the Do Not Call Registry with the State of Massachusetts at: [www.mass.gov/donotcall](http://www.mass.gov/donotcall) or 866-231-2255 and the National Registry at: [www.donotcall.gov](http://www.donotcall.gov) or 1888-382-1222.

Looking ahead I am hopeful that April will arrive like a lamb and that you will plan to join us for the televised Red Sox home opener April 13 at 3pm in the Great Room.

Warm Regards,

Susan Ramsey  
Director  
Council on Aging

The **Natick Sentinel** is published 10 times per year. The material used is compiled by senior volunteers. Information is published as a guide and service. The goal is to help provide safe, quality services. Ideas and opinions expressed are those of individuals and not the Town of Natick.

For activities requesting donations or fees, provisions have been made to finance those participants who may have financial difficulties. Reasonable accommodations, audio-visual aids and other services are available upon request.

**COMMUNITY SERVICES DEPARTMENT**

Jemma Lambert, Director  
Beth Fagan, Special Assistant

**HUMAN SERVICES & COUNCIL ON AGING STAFF**

Susan Ramsey.....COA Director  
Debbie Budd, CIRS-A.....Outreach Coordinator  
Sandy Carr.....Administrative Assistant  
Patti Collari.....Department Assistant  
Teri Checket, MS,LSW.....Social Worker  
Karen Edwards.....Volunteer Coordinator  
Amanda Hughes.....Department Assistant  
Sharon Kirby.....Program Assistant  
Lorraine C. McNally.....Asst. Director/Prog. Developer  
Sheila Young, CIRS-A.....Executive Assistant

**NATICK VETERANS' SERVICES**

Veterans' Services Officer.....Paul Carew  
Executive Assistant.....Sheila Young, CIRS-A

**INSTRUCTORS / GROUP LEADERS**

Lois Barbour.....Duplicate Bridge  
Linda Bellefeuille.....Energy, Focus, Action  
Robert Baum.....Bridge Instructor  
Manny Correia.....Line Dancing  
Susan Craver.....Zumba  
Erika C. Edmands.....Basic Drawing  
Michael Franklyn.....Writer's Guild  
Gloria Fox.....All Media Workshop  
Sheralee Gladu.....T'ai chi, Chair Yoga, Strength Training  
Charlene Harper.....Muscle Building  
Donna Lambert.....Knitting  
Gene Pacelli.....Yoga  
Mary Patton.....Contract Bridge  
Gina Poole.....Goldenaires  
Lori Rosen.....Drop in Beading & Neck Coolers  
Helen Sicotte.....Quilting  
Tom Swan.....Computer Lab  
Tony Terrasi.....Pool/ Billiards  
Judith Sachs.....Beaded Flowers  
John Vernon.....Chair Aerobics

**SPECIAL PROGRAMS**

Blood Pressure Clinics..Long Term Solutions & Natick VNA  
Diabetic Support Group.....Joan Hill  
Income Tax Prep. Assistance.....John Homberg  
Law Help.....Atty. Julie McQuade Ladimer  
SHINE (Tuesday).....Marty Maffeo  
SHINE (Wednesday).....Phyllis DiSano  
SHINE (Thursday).....Mary Keyes & Margaret Snow Reagan  
SHINE (Saturday).....LaToya Staine

**NEWSLETTER**

Labels.....Gladys Eagerman

**Important Phone Numbers**

**Emergency: Police, Fire, Ambulance.....911**  
**Bacon Free Library (South Natick).....1-508-653-6730**  
**BayPath Elder Services.....1-508-573-7200**  
**BayPath Elderly Nutrition.....1-508-573-7200**  
**MA Peer Review Org., Medicare Info.....1-508-252-5533**  
**MAB Community Services.....1-800-852-3029**  
**Mass Dept. of Transitional Assistance.....1-508-628-1200**  
**MetroWest Regional Transit Authority.....1-508-935-2222**  
**MetroWest Medical Center/ Leonard Morse.....1-508-650-7000**  
**Morse Institute Library.....1-508-647-6520**  
**Natick Community-Senior Center.....1-508-647-6540**  
**Natick Council on Aging.....1-508-647-6540**  
**Natick Fire, General Business.....1-508-647-9550**

**Council on Aging Officers & Board Members**

**Chair:** Sue Salamoff  
**Vice Chair:** Harriet Merkowitz  
**Secretary:** Karen Oakley  
**Board:** Helen Anzick, Roberta Ciarfella, Richard Goldstein,  
Donald Greenstein, Joan Hill, Nancy Mulcahy,  
Salvatore Pandolfo Susan Watjen

**Liaison to BayPath Elder Services Board of Directors, Inc.:**  
Steve Zafron

The Council on Aging Board meets the 1st Monday of the month at 7:00 pm.

**Friends of the Natick Senior Center, Inc.**

**President:** Jerry Pierce  
**Vice President:** Judy D'Antonio  
**Treasurer:** Edna Glass  
**Corresponding Secretary:** Charlotte Swartz  
**Recording Secretary:** Elizabeth Rosa  
**Gift Shop Manager:** Gini Lyster  
**Board Members:** Wilberta Davis, Ann Fremault, Donna Lambert, Arlene Mills, Guy Schrag, Sue Shea, Gini Lyster, Judy Santoro  
**Associate Members:** Cindy Hurley, Steve Zafron  
**Honorary Board Member:** Gladys Eagerman

The Friends of the Natick Senior Center, Inc. board meeting is the first Tuesday of the month at 10:00 am.

**FINANCIAL AID**

Any community member can request support to offset some or all of the fees associated with an activity.

Please contact our Case Management staff at 508-647-6540 for confidential assistance.

## Natick Volunteer Fair

**Monday, May 4, 2015 • 4-7:30 pm**

Find your perfect match at the Natick Volunteer Fair! Drop by and find out how YOU can make a difference right here in your community. Opportunities abound for your talents. Come and meet representatives from Natick community organizations - see list below.

### Break-out sessions on:

*Finding Your Best Volunteer Fit, 4:30-5:30pm*, led by Jeanette Szretter who has been a volunteer coordinator for various non-profits, has been an active volunteer and served on the Natick Service Council Board of Directors

*Learn about Serving on a Natick Town Board or Commission, 6-7pm*, led Town Moderator Frank Foss

Refreshments offered • Call 508-647-6540 for more information

Come and talk to representatives for volunteer opportunities at the following organizations (more to come):

A Place to Turn • Broadmoor Wildlife Sanctuary, Audubon • Family Promise Metrowest • Friends of Council on Aging • Friends of Morse Library • Lake Cochituate Watershed Council • Medical Reserve Corp • Natick Community Organic Farm • Natick Goes Green • Natick Service Council • Natick Together for Youth • Neighborhood Brigade • Open Door • Recreation/Parks Dept • SOAR 55 • Spark Kindness • Town Boards and Commissions • Whitney Place

## Keep Moving: Walking for People 50+ Years Young!

***Made possible with a grant from the Massachusetts Council on Aging***

The mission of the Keep Moving Program is to improve the lives of people over age 50 by promoting physical activity to help prevent and postpone chronic disease, build healthy bodies and minds and keep individuals socially connected.

***Join us for a walk at***

- \* Natick Community-Senior Center gym: Monday-**Thursday** 7:30-9:30 am
- \* Natick Mall, meet at California Pizza Kitchen
  - \* TBA—Need Walking Leaders! Contact Sharon!
- \* Please feel free to walk for as long as you like AND as many days as you like!
- \* When you arrive, please sign in with My Senior Center
- \* When you sign in, you'll be entered in a weekly drawing to win a lunch at our Lincoln Café and other prizes. First Drawing will be on Thursday, March 5.

When spring arrives, we'll offer outdoor walking options and excursions to local sites such as: Elm Bank, Natick High School track, Natick Community-Senior Center outdoor path, JJ Lane Park and Wellesley College. Details on these will be posted in early April. For more information, please call Sharon Kirby at the CSC 508-647-6540 or email [skirby@natickma.org](mailto:skirby@natickma.org)

**Join the fun!!**

## SPECIAL EVENTS

### OPERA APPRECIATION SERIES

**Instructor: Ron Williams**

The course will be guided by Ron Williams, an award winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. He performed roles with several companies nationally, including San Francisco Opera and Michigan Opera. He sang in the world premiere of "The Last Leaf" with Opera San Jose.

| Day | Times    | Dates           | Price     |
|-----|----------|-----------------|-----------|
| Fri | 10:30 am | Jan 23-April 17 | \$5/class |

No class April 3

Cash or check due upon registration. Please leave extra time if registering the day of the event.

### GENEALOGY MEET-UP

Whether you are new to genealogy or have been at it for years, you are welcome to come to this informal group, hosted by Rosemarie who has been exploring her own family genealogy and those of others for over 15 years. Bring your paper materials or electronic research for discussion.

| Day | Times | Dates                  | Price |
|-----|-------|------------------------|-------|
| Fri | 1-2pm | Mar 6, Apr 3,<br>May 1 | free  |

### PANTRY STAPLES: THE HEALTH BENEFITS & CULINARY USES OF STAR NUTRITION INGREDIENTS

Everyone has an opinion about what to feed your body. Some of the healthiest, tastiest ingredients are easy to use and can also be less ex-pensive than you think. Please join Barbara Gold, RD, CPC, BayPath's Nutritionist to hear about Pantry Staples. You will learn about what to have on hand and how to create good, healthy food with star nutrition ingredients.

| Day | Times  | Dates  | Price |
|-----|--------|--------|-------|
| Thu | 9:30am | Mar 12 | free  |

### LOOKING FOR A GOOD BOOK?

Join book buyer from Wellesley Books and lifelong book enthusiast, Lorna Ruby as she talks about new titles in both fiction and non-fiction. She'll bring samples to show and offer for sale.

| Day | Times | Dates  | Price |
|-----|-------|--------|-------|
| Fri | 2-3pm | Mar 13 | free  |

### CIRCUIT BREAKER PRESENTATION

**The Office of Sen. Ross and the Department of Revenue**

Senator Richard Ross will host an informational presentation on the Circuit Breaker Tax Credit with a representative from the Massachusetts Department of Revenue.

| Day | Times | Dates  | Price |
|-----|-------|--------|-------|
| Wed | noon  | Mar 18 | free  |

### INTRODUCTION TO GENEALOGY

**Location: CSC**

Genealogy is a life-long hobby or avocation. Join Seema Kenney as she presents an overview of this fascinating endeavor including how to get organized, groups to join, accessing information and more. Whether you're undertaking genealogy research for your own family or to help someone else, this class will get you started on your way.

| Day   | Times | Dates  | Price |
|-------|-------|--------|-------|
| Thurs | 1-2pm | Mar 19 | \$7   |

### MAKING MEDICARE WORK FOR YOU

**Location: CSC**

Will you be eligible for Medicare soon? Come and find out about enrollment, Medicare Plans, supplemental insurance to consider and all the other choices in this program. Dorene Nemeth, MetroWest Regional SHINE Director will present and answer all your questions. SHINE (Serving the Health Insurance Needs of Everyone) is a free public resource providing confidential unbiased information about Medicare.

| Day   | Times    | Dates  | Price |
|-------|----------|--------|-------|
| Thurs | 7-8:30pm | Mar 26 | free  |

### COMMUNITY ESSENTIAL SKILLS PROGRAM FOR THE VISUALLY IMPAIRED

**Instructor: Renee Man**

Community Essential Skills is a seven-week course designed to teach valuable independent living skills to individuals who are visually im-paired. Participants in the program will try adaptive equipment and learn new techniques to improve skill, confidence and independence. Topics include: Getting Around Safely, Personal Care, Cooking and Eating, Money and Mail, and more. Each class will offer a combination of lecture and hands-on activities in a supportive group atmosphere. Legally Blind participants can have their tuition covered by the Mass Commission for the Blind. Tuition assistance may be available for those who are not legally blind. Please contact the CSC at 508-647-6540 for more information and to sign up. The program is limited to 8 people. \* Free for the legally blind.

| Day | Times   | Dates         | Price |
|-----|---------|---------------|-------|
| Wed | 9am-1pm | Mar 25- May 6 | free  |

**COFFEE AND CURRENT EVENTS****Instructor: Joe Weisse**

Discuss international, national, state and local issues of the day with Joe Weisse, the Host of Conversations on the Natick Cable Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board. Former state agency Public Information Offi-

| Day | Times    | Dates          | Price |
|-----|----------|----------------|-------|
| Fri | 10:30 am | Mar 27, Apr 27 | free  |

**RED SOX HEROES - A TALK WITH HERB CREHAN****Location: CSC**

Join Herb Crehan, who has been the Red Sox historian for 20 years as he looks at the Heroes of our beloved Sox. He'll include interviews that he has conducted with over 125 former players.

| Day | Times    | Dates | Price |
|-----|----------|-------|-------|
| Wed | 7-8:30pm | Apr 8 | free  |

**CONQUER THE CLUTTER****Location: CSC**

Do you sometimes feel overwhelmed by clutter and procrastinate cleaning out that file cabinet, closet, or garage? In this 6-session facilitated group discussion, you will learn basic organizing techniques, complete a home project, deal with procrastination, and avoid future clutter situations. Gain motivation and ideas, and make it happen. YOU CAN DO IT!

| Day | Times | Dates          | Price |
|-----|-------|----------------|-------|
| Fri | 1-2pm | Apr 10, 17, 24 | \$21  |

**AGING PARENTS & CHANGING FAMILIES in INDIA & AMERICA**

Families are changing as a result of fewer children, longer lives and greater geographic mobility. How can we stay in touch when we live far apart? How can we create family-like neighborhoods and communities for social support? With a focus on the growing population of people of Asian descent, for whom this presents even more challenges. Join Brandeis University Professors Janet Giele (Professor Emerita of Sociology, Social Policy and Women's Studies at the Heller School for Social Policy and Management) and Sarah Lamb (Professor of Anthropology) for a look at this issue.

| Day  | Times | Dates  | Price |
|------|-------|--------|-------|
| Thur | 7pm   | Apr 23 | free  |

**ST. PATRICK'S DAY BRUNCH**

Sponsored by the Natick Rotary Club  
**Sunday, March 15, 10-11:30am**

**Limited to the first 125 people****Call 508-647-6540 to register.**

Advance sign-up required.

**COMMUNITY****STAINED GLASS PUBLIC ART PRESENTATION****Presented by: Carol Krentzman, local artist**

Carol will do a presentation which will include a power point about the CSC's Stained Glass Restoration project and about her mosaic tile quilt "Garden Bed" sculpture. There will be time for questions on the processes and a quilt related paper craft.

| Day | Times | Dates  | Price |
|-----|-------|--------|-------|
| Tue | 1pm   | Mar 31 | free  |

**'TED TALKS' DISCUSSION GROUP****Presenter: Jillian Wilson-Martin, Natick Sustainability Coordinator**

Each month attendees will be invited to watch about 20 minutes of TED Talks and then participate in a discussion about the ideas presented. Jillian will facilitate the conversation and will lead discussions on a wide range of topics, from 'greening the ghetto' to the 'future of shareable cities.'

| Day  | Times | Dates          | Price |
|------|-------|----------------|-------|
| Thur | 11am  | Mar 12, May 14 | free  |
| Thur | 7pm   | Apr 9          | free  |

**THE GREAT HEALTHY YARD PROJECT:****A BEGINNER'S GUIDE TO ORGANIC LAWN CARE & GARDENING****Jillian Wilson-Martin, Natick Sustainability Coordinator**

Learn how to have a healthy yard and garden while avoiding chemicals that are harmful to our environment. During this one hour course, you will learn about the impact pesticides have on our local drinking water and will receive practical tips from local organic lawn care companies. This lecture is geared to those wishing to gather information to convey to their landscape service provider.

| Day  | Times | Dates  | Price |
|------|-------|--------|-------|
| Thur | 10am  | Mar 26 | free  |
| Thur | 7pm   | Apr 2  | free  |

**HELP OTHERS TO SPEAK ENGLISH**

Adults from other countries studying English need to practice speaking. Are you interested in sitting and chatting with one adult once a week for eight weeks? No teaching experience is necessary. Support people will be present to help you. Join us for our INFORMATION SESSION on **Monday, MARCH 30, 2015 AT 11:00 am**. This info session is required for those who wish to take part in this session. There will be 8 sessions held, starting April 6 at 11am. No class on May 25. Full schedule will be handed out at this session. Class size limited.

**MASSBAY NATICK - - SPRING CLASSES**

For more information please call the CSC at 508-647-6540.

We are pleased to continue our partnership with MassBay by offering these for credit classes. Look for summer classes at a later date. Register (with a check) in person at the CSC, 117 E. Central Str. or register (with a credit card) online at [www.massbay.edu](http://www.massbay.edu).

**HU-105: EXPLORING WORLD RELIGIONS (3 credits)**

This course compares what world religions believe about God, atheism, grace, karma, incarnation, reincarnation, heaven and hell, and what these beliefs contribute to our understanding of contemporary issues, including ecology, artistic expression, and global awareness.

| Day         | Times    | Dates        | Price |
|-------------|----------|--------------|-------|
| Mon,<br>Wed | 6-9pm pm | Mar 23-May13 | \$522 |

**MK-103: PRINCIPLES OF MARKETING (3 credits)**

Examines contemporary marketing principles, concepts and managerial practices. Studies the marketing environment, consumer behavior, marketing, research, and information systems. Analyzes the marketing mix in terms of product planning and development, distribution management, pricing strategies, and promotional practices. Focuses attention on the social and legal responsibilities of marketing and consumerism. Examines the nature and importance of international and global marketing. Case problems and current issues are discussed and ana-

| Day         | Times    | Dates        | Price |
|-------------|----------|--------------|-------|
| Mon,<br>Wed | 6-9pm pm | Mar 23-May13 | \$522 |

**COMPUTERS****COMPUTER LAB**

**Instructor: Tom Swan**

Drop-in, first come, first served with your computer questions.

| Day           | Times      | Dates   | Price |
|---------------|------------|---------|-------|
| Tue, Wed, Thu | 1 – 3:00pm | ongoing | free  |

**FOSS (FREE, OPEN-SOURCE SOFTWARE) USER GROUP**

Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. FOSS is now the most common software on everything from smart phones to the biggest computers of all. Excellent FOSS applications can fit your computer, your interests, and your abilities. All computer users are welcome.

| Day | Times     | Dates        | Price |
|-----|-----------|--------------|-------|
| Thu | 3-6:00 pm | Mar 5, Apr 2 | free  |

**EMAIL BASICS**

**Instructor: Swati Dave**

This introduction to email is a hands-on workshop that will provide you with: a working understanding of the basic features of email programs, confidence to use them on a daily basis, and the knowledge of how to send and receive email and attach documents. Space is limited 7.

| Day | Times   | Dates  | Price |
|-----|---------|--------|-------|
| Sat | 10-noon | Mar 14 | \$15  |

**INTRODUCTION TO WORD**

**Instructor: Swati Dave**

This beginner's class for Microsoft Word hands on workshop will introduce you to MS Word, the skills to edit and format documents with ease, insert tables, and the ability to set up pages and print documents. Space is limited 7.

| Day | Times   | Dates  | Price |
|-----|---------|--------|-------|
| Sat | 10-noon | Apr 18 | \$15  |

**VOLUNTEERS****VOLUNTEER VAN DRIVERS NEEDED**

The Community Services Department of the Town of Natick is pleased to announce that we will soon be providing enhanced transportation services in our community.

We're looking for a team of dedicated volunteer drivers to help make this service successful.

- \* No special license required
- \* All drivers will be trained and insured
- \* 4-hour shifts (morning or afternoon)
- \* Routes scheduled for you
- \* Mostly local transportation
- \* Teams of two welcome (driver and companion)

If interested, please contact Karen at [kedwards@natickma.org](mailto:kedwards@natickma.org).

**FREE INTERGENERATIONAL PROGRAM**

Seniors! Share your life experiences with the younger generation. The non-profit organization, Sages & Seekers, is recruiting Seniors (65 and up) to participate in an 8-week intergenerational program with local High School students. Come share your life experiences and invaluable knowledge. You have so much to offer the world; your maturity and experience allows for a larger perspective of life from which younger generations can learn. It's fun, exciting and interesting when these two generations come together. **Join us for an informational session Tuesday, March 3 at 1pm!**

## GAMES

### INTERMEDIATE BRIDGE LESSONS

**Instructor: ROBERT BAUM**

Intermediate Bridge Continues! If you are comfortable with the basics and want to improve your game, Intermediate bridge is for you. A fun and friendly group learns and practices the next level of the game including negative doubles, new minor forcing, defensive carding, opening leads and much more. Sessions include instruction and discussion followed by play where questions are encouraged. If you enjoy the challenge of bridge and want to get better, join us. 8 sessions.

| Day | Times | Dates        | Price |
|-----|-------|--------------|-------|
| Tue | 3-5pm | Apr 7—May 26 | \$80  |

### CONTRACT BRIDGE FOR PLAYERS

**Instructor: Doris Burke**

This course is geared for those who have taken a beginners course and wish to review the fundamentals of the game and learn new material and for players who have not played the game for a long time and wish to refresh their skills. Each class will begin with a review and an introduction of new material. The second half of the class will be devoted to the play of the cards with prepared and randomly dealt cards. 8 weeks.

| Day | Times     | Dates         | Price |
|-----|-----------|---------------|-------|
| Mon | 10am-noon | Jan 26-Mar 23 | free  |
| Mon | 10-noon   | Apr 6-June 8  | free  |

### CONTRACT BRIDGE - DROP IN

This is an informal bridge group for people who have some knowledge of the game. No formal instruction but materials are provided. Friday's group is not for beginners

| Day | Times       | Dates   |
|-----|-------------|---------|
| Thu | 9am-12 noon | ongoing |
| Fri | 1-4:00 pm   | ongoing |

### DUPLICATE BRIDGE - DROP IN

For experienced bridge players. You may attend without a partner. Welcome to come and observe on your first visit then join in when you are comfortable. A social, fun group. Materials provided.

| Day | Times           | Dates   |
|-----|-----------------|---------|
| Wed | 12:30 – 4:00 pm | ongoing |

#### **NEW!**

#### **Drop in Card games!**

Starting Friday mornings in March, stop in at the front desk between 9 and noon to see if there is a room available for you to play cards with your friends. Any game is fine, but remember no money can be exchanged. Play for fun and please limit your time to an hour.

### ART CLASS WITH ERIKA

Prerequisite: You must have taken Exploring Drawing and Color Mixing This class is designed for continuing students who wish to focus their studies in a studio environment. You are free to choose your own subject matter. Mixed media and abstract art are encouraged. Bring drawing and painting to be critiqued.

| Day | Times        | Dates         | Price |
|-----|--------------|---------------|-------|
| Wed | 9:30-11:30am | Mar 4-June 24 | free  |

**Please consult our calendar on pages 8-9 for all of our regular drop in programs and ongoing programs. More details can be found in our Spring Common Guide!**

### ALL MEDIA OPEN WORKSHOP

Beginning Artists are invited to join and learn from more experienced artists of all levels of ability. All Individuals can work independently in the medium of their choice.

### BEADED JEWELRY MAKING PROGRAM – DROP IN

Come and make your own beaded jewelry creations including earrings, bracelets, necklaces, etc. All materials are provided and there is a modest charge per item made and taken.

### PORTRAIT PAINTERS

Portrait Painters paint a live clothed model. All mediums are used; however, turpentine is not allowed. Models are paid through the class fee. If you would like to model for the group please call CSC. Cash or check due on the day of session.

### QUILTING

All levels welcome to this informal quilting group. No formal instruction is given but if you bring your project the group will most likely be able to offer guidance and suggestions. There are various supplies available for use. Machine and hand quilters welcome.

### KNITTING & CROCHETING

All are welcome to join and may bring any supplies to use. We also have yarn on hand to get started. This isn't an instruction class, but our experienced knitters can answer any questions and knitting challenges you bring.

### BIRTHDAY PARTIES WITH THE FRIENDS

Our monthly birthday parties will now be run by our wonderful Friends of the Natick Senior Center! Join us for cake, ice cream and lots of fun! All are welcome to come — bring a friend, a grandchild, or just yourself! Now on Fridays in the Lincoln Café.

| Day | Times  | Dates          | Price |
|-----|--------|----------------|-------|
| Fri | 1:30pm | Mar 20, Apr 17 | free  |

|  |  |   |
|--|--|---|
| <p><b>2</b><br/> 9:00 Billiards<br/> 10:00 Chair Yoga<br/> 10:00 Contract Bridge for Players<br/> 12:00 Poker<br/> 12:00 Chair Volleyball<br/> 12:30 Zumba<br/> 1:00 Movie<br/> 1:00 Scrabble<br/> 3:00 Ping Pong<br/> 5:30 Movie</p>  | <p><b>3</b><br/> 9:00 Billiards<br/> 10:00 Video Exercise<br/> 10:00 Advanced Muscle Building<br/> <b>11:00 Bereavement Support</b><br/> 11:00 Muscle Building<br/> 11:00 Chair Aerobics<br/> 12:00 Mah Jongg<br/> 12:45 Bingo<br/> <b>1:00 Sages &amp; Seekers Info Session</b><br/> 1:00 Writer's Guild<br/> 1:00 Computer Lab<br/> <b>3:00 Bridge Lessons</b><br/> 5:30 Muscle Building</p> | <p><b>4</b><br/> 9:00 Billiards<br/> 9:30 Art with Erika<br/> 10:00 Tai Chi<br/> 10:30 Chair Volleyball<br/> 12:00 Line Dancing<br/> 12:30 Duplicate Bridge<br/> 1:00 Computer Lab<br/> 1:00 Knitting<br/> 1:00 Movie<br/> 1:00 Energy, Focus, Action<br/> 5:30 Movie</p>   |
| <p><b>9</b><br/> 9:00 Billiards<br/> 10:00 Chair Yoga<br/> 10:00 Beaded Jewelry<br/> 10:00 Contract Bridge for Players<br/> 12:00 Poker<br/> 12:00 Chair Volleyball<br/> 12:30 Zumba<br/> 1:00 Movie<br/> 1:00 Scrabble<br/> <b>2:00 Red Cross Blood Drive</b><br/> 3:00 Ping Pong<br/> 5:30 Movie</p>   | <p><b>10</b><br/> 9:00 Billiards<br/> 10:00 Video Exercise<br/> <b>10:00 Diabetes Support Group</b><br/> 10:00 Advanced Muscle Building<br/> 11:00 Muscle Building<br/> 11:00 Chair Aerobics<br/> 12:00 Mah Jongg<br/> 12:45 Bingo<br/> 1:00 Writer's Guild<br/> 1:00 Computer Lab<br/> <b>3:00 Bridge Lessons</b><br/> 5:30 Muscle Building<br/> <b>6:30 Building Resiliency</b></p>          | <p><b>11</b><br/> 9:00 Billiards<br/> 9:00 Podiatry<br/> 9:30 Art with Erika<br/> 10:00 Tai Chi<br/> 10:30 Chair Volleyball<br/> 12:00 Line Dancing<br/> 12:30 Duplicate Bridge<br/> 1:00 Computer Lab<br/> 1:00 Knitting<br/> 1:00 Movie<br/> 1:00 Energy, Focus, Action<br/> 1:30 Blood Pressure<br/> 5:30 Movie</p>                                |
| <p><b>16</b><br/> 9:00 Billiards<br/> 10:00 Chair Yoga<br/> 10:00 Contract Bridge for Players<br/> 12:00 Poker<br/> 12:00 Chair Volleyball<br/> 12:30 Zumba<br/> 1:00 Movie<br/> 1:00 Scrabble<br/> 3:00 Ping Pong<br/> 5:30 Movie</p>   | <p><b>17</b><br/> 9:00 Billiards<br/> 10:00 Video Exercise<br/> 10:00 Advanced Muscle Building<br/> <b>11:00 Bereavement Support</b><br/> 11:00 Muscle Building<br/> 11:00 Chair Aerobics<br/> 12:00 Mah Jongg<br/> 12:45 Bingo<br/> 1:00 Writer's Guild<br/> 1:00 Computer Lab<br/> <b>3:00 Bridge Lessons</b><br/> 5:30 Muscle Building</p>  | <p><b>18</b><br/> 9:00 Billiards<br/> 9:30 Art with Erika<br/> 10:00 Tai Chi<br/> 10:30 Chair Volleyball<br/> 12:00 Line Dancing<br/> <b>12:00 Circuit Breaker with Sen. Ross</b><br/> 12:30 Duplicate Bridge<br/> 1:00 Computer Lab<br/> 1:00 Knitting<br/> 1:00 Movie<br/> 1:00 Energy, Focus, Action<br/> 3:00 Ask an Attorney<br/> 5:30 Movie</p> |
| <p><b>23</b><br/> 9:00 Billiards<br/> 10:00 Chair Yoga<br/> 10:00 Beaded Jewelry<br/> <b>10:00 Sen. Ross office hour</b><br/> 10:00 Contract Bridge for Players<br/> 12:00 Poker<br/> 12:00 Chair Volleyball<br/> 12:30 Zumba<br/> 1:00 Movie<br/> 1:00 Scrabble<br/> 3:00 Ping Pong<br/> 5:30 Movie</p> | <p><b>24</b><br/> 9:00 Billiards<br/> 10:00 Video Exercise<br/> 10:00 Advanced Muscle Building<br/> 11:00 Muscle Building<br/> 11:00 Chair Aerobics<br/> 12:00 Mah Jongg<br/> 12:45 Bingo<br/> 1:00 Writer's Guild<br/> 1:00 Computer Lab<br/> <b>3:00 Bridge Lessons</b><br/> 5:30 Muscle Building</p>  | <p><b>25</b><br/> 9:00 Billiards<br/> <b>9:00 Community Essential Skills</b><br/> 9:30 Art with Erika<br/> 10:00 Tai Chi<br/> 10:30 Chair Volleyball<br/> 12:00 Line Dancing<br/> 12:30 Duplicate Bridge<br/> 1:00 Computer Lab<br/> 1:00 Knitting<br/> 1:00 Movie<br/> 1:00 Energy, Focus, Action<br/> 1:30 Blood Pressure<br/> 5:30 Movie</p>       |
| <p><b>30</b><br/> 9:00 Billiards<br/> 10:00 Chair Yoga<br/> 10:00 Contract Bridge for Players<br/> 11:00 Help others Speak English<br/> 12:00 Poker<br/> 12:00 Chair Volleyball<br/> 12:30 Zumba<br/> 1:00 Movie<br/> 1:00 Scrabble<br/> 3:00 Ping Pong<br/> 5:30 Movie</p>                              | <p><b>31</b><br/> 9:00 Billiards<br/> 10:00 Video Exercise<br/> 10:00 Advanced Muscle Building<br/> 11:00 Muscle Building<br/> 11:00 Chair Aerobics<br/> 12:00 Mah Jongg<br/> 12:45 Bingo<br/> 1:00 Writer's Guild<br/> 1:00 Computer Lab<br/> <b>3:00 Bridge Lessons</b><br/> 5:30 Muscle Building</p>  |   |



**5**  
 9:00 Billiards  
 9:00 Contract Bridge  
 10:00 Video Exercise  
 10:00 Muscle Building  
 10:00 Advanced Muscle Building  
 10:00 Portrait Painters  
**10:30 Caregiver Support Group**  
 12:45 Bingo  
 1:00 Movie  
 1:00 Computer Lab  
 1:00 Quilting  
 1:00 The Nurse Is In By Appointment  
 3:00 FOSS  
 5:30 Movie  
 5:30 Muscle Building

**6**  
 9:00 Billiards  
 10:00 All Media Workshop  
 10:00 Strength Training Class  
 10:00 Cribbage  
 10:30 Chair Volleyball  
**10:30 Opera Appreciation**  
 11:00 Chair Aerobics  
 1:00 Contract Bridge  
**1:00 Goldenaires**  
**1:00 Genealogy Meet Up**  
 1:45 Yoga \*Please bring your own mat  
 2:00 Ping Pong

**12**  
 9:00 Billiards  
 9:00 Contract Bridge  
**9:30 Pantry Staples**  
 10:00 Video Exercise  
 10:00 Muscle Building  
 10:00 Advanced Muscle Building  
 12:45 Bingo  
 1:00 Movie  
 1:00 Computer Lab  
 1:00 Quilting  
 1:00 The Nurse Is In By Appointment  
 5:30 Movie  
 5:30 Muscle Building

**13**  
 9:00 Billiards  
 10:00 All Media Workshop  
 10:00 Strength Training Class  
 10:00 Cribbage  
 10:30 Chair Volleyball  
**10:30 Opera Appreciation**  
 11:00 Chair Aerobics  
 1:00 Contract Bridge  
**1:00 Goldenaires**  
 1:45 Yoga \*Please bring your own mat  
**2:00 Looking for a Good Book**  
 2:00 Ping Pong

**19**  
 9:00 Billiards  
 9:00 Contract Bridge  
 10:00 Video Exercise  
 10:00 Muscle Building  
 10:00 Advanced Muscle Building  
 10:00 Portrait Painters  
 12:45 Bingo  
 1:00 Movie  
 1:00 Computer Lab  
 1:00 Quilting  
**1:00 Intro to Genealogy**  
 1:00 The Nurse Is In By Appointment  
 5:30 Movie  
 5:30 Muscle Building

**20**  
 9:00 Billiards  
 10:00 All Media Workshop  
 10:00 Strength Training Class  
 10:00 Cribbage  
 10:30 Chair Volleyball  
**10:30 Opera Appreciation**  
 11:00 Chair Aerobics  
 1:00 Contract Bridge  
**1:30 Birthday Party with the Friends**  
**1:00 Goldenaires**  
 1:45 Yoga \*Please bring your own mat  
 2:00 Ping Pong

**26**  
 9:00 Billiards  
 9:00 Contract Bridge  
**9:00 Bagels with the BOS**  
**10:00 Healthy Yard**  
 10:00 Video Exercise  
 10:00 Muscle Building  
 10:00 Advanced Muscle Building  
 10:00 Portrait Painters  
 12:45 Bingo  
 1:00 Movie  
 1:00 Computer Lab  
 1:00 Quilting  
 1:00 The Nurse Is In By Appointment  
 5:30 Movie  
 5:30 Muscle Building

**27**  
 9:00 Billiards  
 10:00 All Media Workshop  
 10:00 Strength Training Class  
 10:00 Cribbage  
 10:30 Chair Volleyball  
**10:30 Coffee & Current Events**  
**10:30 Opera Appreciation**  
 11:00 Chair Aerobics  
 1:00 Contract Bridge  
**1:00 Low Vision Support Group**  
**1:00 Goldenaires**  
 1:45 Yoga \*Please bring your own mat  
 2:00 Ping Pong

# MARCH 2015

**FITNESS ROOM AT CSC**

The Fitness Room at the CSC is a small community gym with cardiovascular equipment, KEISER Pneumatic weight machines, and free weights. To join please sign up for an orientation session at the front desk at the CSC. There is a \$5 orientation fee. The fee will be deducted from your membership cost if you decide to join the fitness room. Please arrive early for your scheduled orientation time, as late arrivals will not be permitted. If you do not attend the orientation or do not arrive on time the fee is nonrefundable. Membership is for 6 months and is \$25 for those 60 and above

**SMALL GROUP PERSONAL TRAINING**

**Instructor: Fitness Together Staff**

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. You will be asked to fill out a health questionnaire for the instructor when you sign up. New sessions start each month.

| Day        | Times      | Dates         | Price             |
|------------|------------|---------------|-------------------|
| Tue & Thur | 10-11:00am | Mar 16—Apr 14 | \$100 per session |
| Tue & Thur | 10-11:00am | Apr 15—May 12 | \$100 per session |
| Tue & Thur | 10-11am    | May14—Jun 9   | \$100 per session |

| Day        | Times | Dates         | Price             |
|------------|-------|---------------|-------------------|
| Tue & Thur | 7-8pm | Mar 16—Apr 14 | \$100 per session |
| Tue & Thur | 7-8pm | Apr 15—May 12 | \$100 per session |
| Tue & Thur | 7-8pm | May14—Jun 9   | \$100 per session |

**WEEKLY EXERCISE CLASSES AT THE CSC**

The classes below are on the Multi-Class Exercise Card. Classes are \$3.00 per class and require the purchase of a Multi-Class exercise card. Cards can be purchased in two denominations, 10 class card for \$30 and a 5 class card for \$15. They are available at Community-Senior Center.

- Chair Aerobics: Tuesdays & Fridays at 11:00 am
- Chair Yoga: Mondays at 10:00 am
- Line Dancing: Wednesdays at 12:00 noon
- Muscle Building: Advanced Band Exercises  
Tuesdays and Thursdays at 10:00 am
- Muscle Building: Low to Moderate Band Exercises  
Tuesdays and Thursdays at 11:00 am
- Evening Muscle Building:  
Tuesdays and Thursdays at 5:30 pm
- Strength Training: Fridays at 10:00 am
- T'ai Chi: Wednesdays at 10:00 am
- Yoga: Fridays at 1:45 pm
- Zumba: Mondays at 12:30 pm
- Energy, Focus, Action Wednesdays at 1pm

**VIDEO EXERCISE**

Low impact aerobics. Many exercises can be done from a chair. Richard Simmon's "Silver Foxes" will be used.

**CHAIR VOLLEYBALL**

Chair volleyball is a modified version of regular volleyball played with an inflatable beach ball. A great team activity that can improve upper body strength, mobility, balance and strength.

| Day        | Times | Dates   | Price |
|------------|-------|---------|-------|
| Tues, Thur | 10am  | ongoing | free  |

| Day      | Times   | Dates   | Price |
|----------|---------|---------|-------|
| Mon      | noon    | ongoing | free  |
| Wed, Fri | 10:30am | ongoing | free  |

Register for classes by calling the CSC at 508-647-6540 or online for all FREE classes at [www.myactivecenter.com](http://www.myactivecenter.com).

## TRIPS

### COLLETTE TOURS INFORMATION SESSION

Come and hear about upcoming trips coordinated through the Natick Community-Senior Center with Collette Tours to the Grand Canyon (discount reservation deadline is 3/10/15) and Australia/New Zealand (discount reservation deadline is 5/7/15) in 2015 and looking ahead to trips in 2016 to Hawaii, Portugal/Spain with representative Vincent Brown.

| Day  | Times | Dates   | Price |
|------|-------|---------|-------|
| Thur | 7pm   | March 5 | free  |

### NORTH SHORE DAY TRIP- Salem, Rockport, and Gloucester

Bus departs from Natick Community-Senior Center Depart the Natick Community-Senior Center at 8:30am on a lux-ury Fox bus for the day trip to the North Shore. The first stop is the Peabody Essex Museum and historic Salem to explore over 200 years of maritime trade history in this world class museum collection with a special exhibit of American artist Thomas Hart Benton. Then board the bus and head to Gloucester for lunch at the Gloucester House Restaurant (choice of baked scrod or baked chicken). There's one more stop in scenic Rockport where you can explore shops, seaside views and motif #1! Return home at approximately 5:30pm.

June 19, Friday, 8:30am-5:30pm  
\$74 includes lunch and fee to PEM

### Join us for St. Patrick's Celebration with the with the Reagle Players Saturday, March 14, 2015

Join us for the Natick Community-Senior Center day trip on Saturday, March 14 for the Reagle Players of Waltham and 'A Little Bit of Ireland' matinee show. A Luxury Fox Tours bus departs the Center, 117 East Central St, Natick at Noon for an Irish Pub lunch followed by a rousing show with Harney Academy Irish Step Dancers, music with MA Harp Ensemble members, Irish tunes, songs, humor and stories. Pure Celtic heartwarming magic! Cost is \$79 per person, cash or check payable to 'Town of Natick' due upon registration. All ages welcome!

## MONDAY MOVIES

Mondays at 1:00 pm & 5:30 pm

| Dates    | Film                   |
|----------|------------------------|
| March 2  | Jersey Boys            |
| March 9  | If I Stay              |
| March 16 | The Giver              |
| March 23 | Tammy                  |
| March 30 | Magic in the Moonlight |

### "GRAB BAG" WEDNESDAY

Foreign, Independent, Documentaries, suggestions from viewers welcome!

Wednesdays at 1:00 pm & 5:30 pm

| Dates    | Film                             |
|----------|----------------------------------|
| March 4  | Tess                             |
| March 11 | Slumdog Millionaire              |
| March 18 | America: Imagine the World with- |
| March 25 | Le Chef                          |

## THURSDAY FILMS

Thursdays at 1:00 pm & 5:30 pm

| Dates     | Films                          |
|-----------|--------------------------------|
| March 5   | Rise of the Planet of the Apes |
| March 12  | Maleficent                     |
| March 19, | A Most Wanted Man              |
| March 26  | When the Game Stands Tall      |

Details and movie description available at CSC.

**Mark your calendar for these upcoming trips!**  
**Day Trip to New York City 9-11 Memorial and Museum**  
Saturday, June 27, \$99 per person

**Block Island Day Trip**  
Friday, July 10, \$109 per person

**Day Trip to North Shore Musical Theatre and 'Billy Elliott'**  
Wednesday, October 7, \$109.00 per person

**Does Medicare cover fitness programs?**

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, 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, as soon as possible.

**DO YOU NEED HELP PREPARING YOUR TAXES?**

**Income Tax Assistance is available at the CSC by appointment only.**

IRS trained and certified AARP tax volunteers will be available, **by appointment only**, to prepare your 2014 Federal and State Income Tax returns. Appointments are currently being accepted at this time. There is no cost for this service.

The program is designed to assist all people of low-to-middle-income tax payers, with special attention given to those age 60 and older. Drop in service will not be available.

Tax volunteers are also available to assist older residents who are unable to leave their home due to illness or disability. To arrange for this service, please call Lorraine at 508-647-6540.

At the time of your appointment, please come prepared with the following: 2013 Tax Returns, all statements reporting your income (including social security), interest income, dividends, pensions, unemployment compensation, capital gains or other sources of income you may have. Homeowners should bring copies of 2014 real estate tax payments and water/sewer bills with evidence of payments made.

Call 508-647-6540 to schedule your tax appointment.

**ATTENTION SENIOR HOMEOWNERS & RENTERS**

The Massachusetts Circuit Breaker Tax Program is for persons 65 or over whose property taxes (or 25% of rent) exceed 10% of their annual gross income and who meet other qualifying criteria. You may be eligible even if you receive a property tax exemption through the town.

If you meet certain requirements, you may be eligible for the refundable tax credit or Circuit Breaker now and for the past three years – even if you did not file Massachusetts state income tax forms. Join us March 18, noon, for Senator Ross's talk on the Circuit Breaker Program.

You may file for the 2014 tax year beginning in January 2015 and may also file retroactively, if you had not done so before, for the last three years. The maximum credit you may receive for tax year 2014 has not yet been determined; however, the maximum credit for 2013 is \$1030; for 2012 is \$1000, and for 2011 is \$980.

**CHECKET OUT**

Teri Checket

Benefits Checkup, a service of the National Council on Aging, offers a free online screening process to determine eligibility for public benefits. The screening includes federal and state programs such as home heating assistance, food stamps, property tax exemptions, veterans' benefits, housing subsidies, and assistance with prescription and health insurance costs. The online screening is available at [www.benefitscheckup.org](http://www.benefitscheckup.org). Be prepared to provide information about your income and current housing and medical expenses as well as your date of birth and zip code. If you do not have access to a computer or would like assistance in completing an assessment, please call Sheila Young at (508)647-6540 for more information.

**FUEL ASSISTANCE: 2014-2015 Winter Season**

Natick Human Services will be helping Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP). Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or in some circumstances have it included in their rent, and may use any type of heating fuel. Individuals and families may qualify for fuel assistance if the combined total gross annual income of all household members over the age of 18 is within the new 2015 income guidelines. Applications will be accepted through mid-April.

If you are over income for the LIHEAP program, you may be eligible for fuel assistance through the Salvation Army's Good Neighbor Energy Fund (GNEF).

Please call Debbie Budd, Outreach Coordinator, at the CSC (508) 647-6540 with any questions.

**NATICK OPEN DOOR**

Weekly community meal and social event, located downstairs at St. Paul's Church Hall (across from Fire/Police Station) every Thursday, except Natick School snow days. Come early for music and singing 5-6:30 pm. (closed July and August). Bring some friends - room for all!

**Information and Referral**

Sheila Young, the Information and Referral Specialist at the Human Services & Council on Aging can offer information and resources for residents of Natick about home care services, assisted living, nursing homes, support groups, adult day health and more. Please call to speak with Sheila.

**Ask an Attorney**

Private appointments will be scheduled every 15 minutes. Bring your legal questions to an experienced Elder Law attorney. Call to make an appointment.

**Bagels with the BOS  
(Board of Selectmen)**

Thursday, March 26 &  
April 23, at 9 am

**Caregiver Support Group  
March 5 at 10:30-noon**

Natick Human Services and Council on Aging is offering a new caregiver support group, facilitated by Elizabeth Charter, LICSW from Crossroads Counseling. The group will meet on the first Thursday of the month from 10:30-12:00. Elizabeth will provide information on self-care, planning for the future, dealing with family members, chair yoga stress relief and will provide ongoing support, education and resources. This program is free of charge and does not require pre-registration. We look forward to seeing you at our monthly meetings and hope you take this time to take care of yourself. Please call (508) 647-6540 if you have any questions.

**Low Vision Support Group  
March 27, 2015 at 1pm**

This group, sponsored by the Massachusetts Association for the Blind and Visually Impaired, is for individuals who are losing their vision and would like to learn from and listen to others' experiences. For more information about the group, please call Laurie Werle, (800) 852-3029.

**Congregate Meal**

There is a meal offered Monday-Friday at 11:45am for a suggested \$3.00 donation. Order your meal the day before with the kitchen.

**Diabetes Self Management  
Support Group**

**Tuesday, March 10 & April 14 10am**

**Bereavement Support Group  
March 3 & 17 at 11am**

This drop-in group is for those who have lost a loved one. Bereavement group participation can help to facilitate the healing process. First and third Tuesday of the month.

**Home Delivered Meals**

Seniors can get meals delivered to their home through BayPath Elder Services. Call 508-573-7200 for more information. There is a suggested donation of \$3.00.

**Blood Pressure Clinics**

**Wed, March 11 & 25**

**April 8 & 22 at 1:30 pm**

Provided by Natick VNA Nurses & Long-Term Solutions

**Building Toward Resiliency: A Parent  
Support Group**

is offered on a monthly basis every second Tuesday 6:30-8:00 pm at the CSC. The next 2 meetings will be held on **March 10 & April 14**. Parents and grandparents are invited to join us in this facilitated group to develop skills to become more resilient for yourself, your children and your families. Facilitated Cari Ryding. Please call (508) 647-6540 to register. Building Toward Resiliency is a partnership with SPARK Kindness, which provides other parenting presentations during the year and was developed by Christine Fortune Guthery.

**Podiatry Clinic with Dr. John**

**Second Wednesday of each month from 9:00 am-noon.** Appointment required, call CSC. A fee will apply.

**Representative Linsky****Office Hour**

First or second Monday of each month. Contact Rep. Linsky's office at 617-722-2575 for dates.

**Sen. Richard Ross Office Hour**

Drop in with your questions / concerns.  
Mon, Mar 23 10am

**SHINE**

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. They are available at the Community-Senior Center on **Tuesdays, Wednesdays, & Thursdays**. If you have questions regarding your health insurance, please call the CSC and ask for a SHINE appointment.

**Supportive Services**

An experienced social worker is available by appointment to provide residents of all ages with information, guidance and help completing applications for various local, state and federal assistance programs, as well as housing options.

**Please call the CSC to schedule an appointment.**

**The Nurse is In**

**Thursdays from 1-2:00 pm**

A Nurse from the Natick VNA and Distinguished Care Options provides private consultation and education. The nurse will be available by appointment only to discuss any health conditions or concerns.

**Veterans Services**

For information and aid for Natick veterans and their families please call Paul Carew or Sheila Young at 508-647-6545.

**Volunteer Opportunities**

We are in need of more **newsletter** volunteers. Every month we fold, label and sticker the newsletter, and can use all the help we can get. Call for more information. A BIG THANK YOU to all of our current newsletter volunteers, we couldn't do it without you.



### Join Your Friends At TCAN

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- Community Theater
- Classical Music
- Senior Discounts

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[www.natickartarts.org](http://www.natickartarts.org)



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If you're reading this, you are a worthy survivor! You made it through the

historic Winter of 2015. Congratulations!

While the mounds of snow are slowly melting, the needs of the community continue to grow. And this is most apparent at the Food Party at the Natick Service Council. When I stop in there, usually weekly, I notice that the shelves constantly need restocking. This is a good thing in the sense that it means people in need are receiving the help they need.

On the other hand, it means that more donations are needed. That is why this month I chose to emphasize again that the Community-Senior Center hosts a collection bin for donations. Since so many residents attend programs and events at their wonderful Center, if everyone brought in just one item, it would fill the bin to overflowing more often, and many more people in need would be helped. This truly is in the spirit of Friends helping Friends. Thank you for your contributions. They are much appreciated.

Think spring! It really is a possibility.

Jerry Pierce, President

**RED CROSS BLOOD DRIVES AT THE CSC**

| Day | Times | Dates        |
|-----|-------|--------------|
| Mon | 2-7pm | Mar 9, Apr 6 |

Please book an appointment for your donation by calling 1-800-REDCROSS (733.2767) or visit [redcrossblood.org](http://redcrossblood.org).

Copies of the Town's Financial Assistance program offered by the Town of Natick, the Commonwealth, and other agencies to assist in a variety of ways has been mailed to all Natick residents. Copies of this brochure will be available at the CSC and Town Hall as well. We encourage all eligible residents to make use of these great programs. Participation is confidential.



508-655-9767  
NATICK

**Adult  
Day  
Health**

**Council on Aging Board Update**  
*Advocating for and educating about senior issues to the Natick community, local, state and federal officials.*

*Dear Seniors,*  
**I am introducing the rest of the COA Board restating that individually and as a group they bring a wealth of knowledge, experience and dedication to their volunteer service. Members are appointed by the Board of Selectmen for 3 year staggered terms, less if filling a vacancy for an unexpired term.**

**Don Greenstein** is a Mediator with over 26 years of experience working with an array of technical issues and conflict management processes. Don mediates elder issues and end of life matters involving family members who don't always agree on care, management of finances or end of life decisions. A COA Board Member for 3 years, he values family relationships and the importance of creating solutions. Don has aging parents (Mother is 88 and Father is 91) in Rhode Island and he says that learns from them on a daily basis.

**Joan Hill** is a Nutritionist and a 10 year senior center volunteer. An active board member in year 3, she recently attended a continuing education program by Lifestyle Institute at Harvard Medical School. Deemed a great program by Joan, she was struck by the message, "Aging isn't a Disease." She has a passion for engaging the community in ways to make everyone healthy: nutrition, physical activity, as well as emotional wellbeing. She believes that we can keep ourselves in shape, and have a great resource, the Natick Community/Senior Center.

**Nancy Mulcahy** is a Director of Nursing at a long term care facility in Weston. A 2 year member, she serves as the COA Board's liaison to Natick's Commission on Disability. An active participant in board programs, Nancy is an advocate for "Seniors to Age in Place." She is interested in safety, fall reduction, caregiver support, palliative care, and dementia care, all components to achieving the goal of aging in place.

**Sal Pandolfo** recently retired from the Town of Groton (CT) where he was the Finance Director for over twenty years. Previously, he lived in Southern California for 17 years where he was employed in the finance department of two public transit systems. Sal is the newest appointee to the board interested in how Natick's government assists and serves its elders. He would like to be an advocate for Natick seniors. Already a volunteer at holiday programs, he has agreed to serve on the COA Board Finance Committee which participates in the town budget process.

**Sue Salamoff** I retired following more than 22 years in elder services and home health care administration. Involved with Natick's Town Government for over 42 years, currently I am a member of the Natick Personnel Board and a Town Meeting Member.

**Sue Watjen** worked for 30 years in Business Administration. Presently, she provides home organizing services on a part time basis. A 4 year member of the board, Sue has been leading Outreach to the Natick community: educating and informing residents about senior programs and services, the roles of the COA Board and Friends of Natick's Senior Center. Also, she has been an active volunteer to support senior programs and activities.

**We look forward to an early spring after a winter of never ending snow storms. See you at the center.**

**Sue Salamoff, Chair**





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Natick, MA 01760

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You can become a Friend at the Natick Senior Center, Inc. These donations help run programs at the CSC and help pay the cost of mailing the *Sentinel* to you. We ask for a donation of at least \$10 per year. If you live outside of Natick or are under 60 years old and become a Friend we will add you to the mailing list.

Mail this form and your tax deductible donation to:

The Friends of Natick's Senior Center, Inc. – 117 East Central St. – Natick, MA 01760 Make checks payable to: The Friends of Natick's Senior Center, Inc.

Please include a stamped, self-addressed envelope if you want a membership card mailed. **Because we use the Natick Census for our 60+ mailing list having your birth date ensures that you will receive your copy of the *Sentinel*.**

- 
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