

Natick SENTINEL

A PUBLICATION OF THE NATICK COUNCIL ON AGING



JUNE



©LPi

Dear Friends,

As we welcome the warmer weather and are able to get outside a bit more, we hope that you will find some of our new outdoor programming to be fun new additions to our offerings at the Community-Senior Center. This month, we continue our **Dish and Dine with the Director**, and I'm looking forward to hearing from you! Join me on **Wednesday, June 9 at noon**, by Zoom: <https://zoom.us/j/96378824577?pwd=Z0JSVURXT210VmNtSUt2cVBZNmVZQT09>. In our continuing efforts to hear from our community as we anticipate a fuller re-opening of our Center, we have compiled a survey, found on **Page 6** that we hope you will fill out and get back to us! You can complete the survey by paper and mail or drop it off to us, by Survey Monkey, or by calling our Center and our staff can fill it out for you. Please keep in mind as we work towards our re-opening goals that we are required to adhere to the CDC, State of Massachusetts and local Department of Public Health regulations, which may require us to place limits on in-person class size.

With that in mind, we are excited to bring back **Afternoon Movies** to the Center! We are able to host a small number of socially distanced Natick seniors in our Great Room for an afternoon of great new movies! Join us on **June 16 and June 30 at 1:00** for a movie in our Great Room! Pre-registration is required and size is limited to 6. Call to register and find out about the movie selection!

Also, we are delighted to announce that the **Natick Community Organic Farm will be at our Center every Tuesday starting in June from 10:00 am to Noon for a popup Farmer's Market!** Start date is subject to growing conditions, so call to find out the start date.



June 20 is Father's Day; hope all have a great day!

Susan Ramsey, Director, Senior Center and Community Services

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WELCOME STATEMENT

Our Center strives to create an environment which values diversity, mutual respect, and supports inclusive ways to work to provide support services, programs, and advocacy for people of all ages and abilities.



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INFORMATION & LETTERS FROM THE BOARDS



COUNCIL ON AGING OFFICE

117 East Central Street
Natick, Massachusetts 01760

p: 508.647.6540

f: 508.647.6548

www.natickma.gov/626/Council-on-Aging

HOURS

Staff are available in the building during our regular working hours of: Monday – Thursday: 8:30 am–5:00 pm and Friday: 8:30am–2:30 pm

You can reach us at 508-647-6540; call us for information, questions or resources.

STAFF

Susan Ramsey, MPA, Director, Senior Center & Community Services

Debbie Budd, LSW

Teri Checket, MS, LSW

Karen Edwards, Program Manager, Volunteer Services

Richard Ives, Transportation Coordinator

Sharon Kirby, Program Assistant

Frank Lam Administrative Assistant

Lorraine McNally, MPA, Asst. Director / Program Developer

Sam Mensah, Driver

Kate Moberg, Department Assistant

Lindsay Quillen, LCSW, Let's Talk Natick

Jack Rourke, Transportation Coordinator
Christina Vasquez, Receptionist

Sheila Young, CRS-A/D I & R Specialist / Executive Asst.

Friends of the Natick Senior Center

Dear Friends,

Springtime means many things. Time to plant and time for new beginnings.

Grab a cup of coffee and a chair, call a friend, come down to the beautiful green space beside the Center. Have a visit, read the Sentinel, sign up for one of the new zoom programs.

Hat's off to the Natick Garden Club for the Art in Bloom event in downtown Natick. Their individual floral pieces were amazingly beautiful. Thank You Paul Carew for the Memorial Day festivities honoring all our veterans in Natick! It was so meaningful for everyone.

If you have forgotten to renew your Friends' membership, stop by the Center and pick up an application. You will help the C.O.A. and the Friends' ability to enrich the lives of all our Seniors in many ways.

We are hoping to hold our annual meeting for all Natick seniors by early September (probably outside). We encourage your participation.

The first 150 people to call the Friends' Office at 508-647-6540, ext. 1915 on June 14-June 18 between the hours of 9:00 am and noon, can register to pick up a beautiful geranium plant on Thursday, 7/1/2021, by driving up to the Center.

Judith D'Antonio & Joan Bace
Co-Presidents

Council On Aging: Chair's Corner

As vaccination rates rise and restrictions are loosened, we can look forward to resuming more activities that have been on hiatus. For many of you, high on the list is being able to return to Natick's Community-Senior Center (CSC). During the pandemic, the CSC has done a great job offering on-line options, and the necessity of going virtual has even allowed for new programs and easier access for those with a good Internet connection. However, sometimes, nothing can substitute for having the use of the CSC facilities and meeting friends face-to-face. You can help move this process forward by filling out a survey that appears **on page 6** this issue of the Sentinel. The survey will offer invaluable guidance to the Council on Aging staff about your interest in resuming in-person activities, as well as retaining options for virtual activities. The survey is very short; it can be filled out in hard copy form and mailed in, completed on-line, or even done by phone. I hope you all have an enjoyable summer and that you feel a renewed spirit after the many challenges of the past year. We all deserve it!

COA Officers & Board Members

Chair: Andrew Eschtruch

Vice Chair: Judy Sabol

Secretary: Connie Pitt

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Associate Members: Linda Jaffee, Salvatore Pandolfo


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ZOOM EVENTS & CLASSES

ALL CLASSES: Pre-registration required one week in advance. Zoom link will be sent before class. Call our front desk at 508-647-6540 OR register online through

<https://register.communitypass.net/Natick>.



DANCE CALIENTE *IN PERSON*

**Monday, June 7, 11:00 am-noon
(Rain date June 9, 11:00 am)**

Join us outdoors by the center for this energizing performance of Latin and Ballroom dancing with Eileen and Paul, Dance Caliente. Bring your own lawn chair. *Sponsored in part by a grant from the Massachusetts Cultural Council.*

DNA RESULTS- GENEALOGY WITH SEEMA



Monday, June 7, 1:30-2:30 pm

Whether you've taken or are still considering a DNA test to determine your kinship with someone or trace your lineage, knowing how to work with the results you receive is crucial! Receiving the result is one thing, understanding them and using them as a research tool are totally different things. Join Genealogist Seema Kenney for this presentation.

FATHER'S DAY TRIVIA GAME

Monday, June 7, 7:00-8:00 pm

Register at <http://baconfreelibrary.org/event/trivia2000-2/>



In partnership with Bacon Free Library, we are pleased to offer our first virtual trivia game in celebration of Father's Day. Categories may include: Founding Fathers, Famous Fathers, Sports, Cars, Home Repair, Man's Best Friend/Dogs and more! You can Zoom in by yourself and be a spectator or play with others in this friendly competitive game. There are prizes too! Winners may receive one of the following: Red Sox & Patriots memorabilia, gift certificate passes for a round of golf at Sassamon Trace, car wash gift certificate to ScrubaDub. Questions? Email kkassel@minlib.net

NEW DATE ADDED- GARDEN TOUR ELM BANK/MASS HORT- *IN PERSON*

Tuesday, June 8, 10:00 am-noon

Call for availability: 508-647-6540.

HISTORY BOOKGROUP WITH BFL & NHS- ZOOM PROGRAM

Thursday, June 10, 11:00 am-noon

Email mking@minlib.net for link.

Join us for this casual discussion with a different book each month either historical fiction or non-fiction led by Maria King, Bacon Free Library and Nikki Lefebvre, Natick Historical Society. Book is *The Cellist of Sarajevo* by Steven Galloway (fiction)

SPORTS TALK WITH LEVAN REID, CBS SPORTSCASTER WBZ TV- ZOOM

Monday, June 14, 1:30-2:30 pm

Celebrating Father's Day with SPORTS TALK! Whether you are a fan of baseball, football, hockey, or other sports, join us for this LIVE entertaining, freewheeling talk with CBS Boston Sportscaster, Levan Reid. Levan is so knowledgeable about sports, not only our favorite local teams but everywhere as well; he is personable and always keeps a good sense of humor. Submit



your questions for Levan **by June 7 to lmcnally@natickma.org** and Zoom chat questions will be fielded during the program too if we have time. Hope you can join us! *Levan Reid is a veteran sports reporter for WBZ-TV's and The New England Patriots' flagship programs "Patriots All-Access" and "Patriots Gameday" and is a contributor to "Patriots 5th Quarter" post-game show.*

AUTHOR TALKS- THE DOCTORS BLACKWELL

Tuesday, June 15, 12:30-1:30 pm

The Doctors Blackwell: How two pioneering sisters brought medicine to women and women to medicine, with author Janice Nimura and Dr. Perri Klass moderating. In 1849, Elizabeth Blackwell became the first woman to receive an M.D. with her sister joining her soon after. Find out about this fascinating story of the state of healthcare and medical treatments during this time and its intersection with women's rights and healthcare.

PRANAYAMA- YOGIC BREATHING

Tuesday, June 15, 2:30-3:30 pm

Experience pranayama, the art and science of yogic breathing. Pranayama's health benefits include reduced anxiety, lower blood pressure, increased energy, muscle relaxation, improved concentration, and more. Join Anjana Bhargava, an Ayurvedic Wellness Counselor, has bachelor's degree in Science and Mathematics and master's degree in Electronics. *Note: This is best done on an empty stomach.*

MEET-UP WALK AT GARDEN IN THE WOODS, FRAMINGHAM- *IN PERSON*

Wednesday, June 16, 2:00-3:00 pm, \$5.00

Meet at 180 Hemenway Rd, Framingham, free parking on site. Gift shop and bathrooms available. **Size limited to 15.** Sharon from the COA will meet at the entry.

We will be free to meander through the 45 acres of this varied garden landscape, sculpted by retreating glaciers into eskers, steep-sided valleys, and a kettle pond. You'll find inspiration for your own garden and a new appreciation for the varied plant life of our region. Map will be provided. Wear comfortable walking shoes and masks as we socially distance for this activity. Please be advised that walk is paved, but hilly.

AUTHOR TALKS- TOGETHER

Tuesday, June 22, 12:30-1:30 pm

Join us in this streamed recording from Harvard Bookstore with U.S. Surgeon General, Dr. Vivek Murthy in conversation with Barbara Bush, Global Health Corps co-founder and daughter of President George W. Bush about his new book, *Together- The Healing Power of Human Connection in a Sometimes Lonely World*. One of the lessons of this pandemic has been how we value being together in community and Dr. Murthy has made this subject his life's work. He shows why this matters and how we can nurture community for others & ourselves.

BORROW THE ELM BANK/MASS HORT GARDEN PASS.

Stroll at your leisure around the beautiful gardens. Reserve the pass by calling Kate at the Center at 508-647-6540. *Sponsored by Whitney Place Assisted Living and Memory Care at Natick.*

ZOOM EVENTS & CLASSES



ART MATTERS-CHAGALL

Tuesday, June 22, 1:30-2:30 pm

Marc Chagall, known as the "Poet", was one of the most versatile artists of the 20th Century. He merged the traditional images of his native Russian, Jewish culture with the modern styles of Cubism, and Fauvism. His paintings portray stories and fables, ideals of freedom, nightmares of war and passionate emotions. Join us

for a retrospective look at his work, his life, and his unique perspective of the world.

BOCH CENTER WANG THEATER VIRTUAL TOUR

Wednesday, June 30, 11:00 am-noon

Join us in this virtual tour of The Boch Center Wang Theatre, listed on the National Register of Historic Places and has been one of the premier theatrical destinations in Boston since opening in 1925 and is one of the five largest stages in the U.S. Learn about the architectural highlights and unique history - and visit the same dressing rooms and hallways once walked by entertainers like Ella Fitzgerald, Mikhail Baryshnikov, Queen, Elton John, Lady Gaga, Liza Minnelli and more!

OUTSIDE AT THE CENTER

MAP & COMPASS ORIENTEERING

Friday, June 18, 10:00 am-noon; Fee: \$6.00

Curriculum includes basics of topographic maps and navigating with a map, how to take and walk a bearing, and how to transfer map bearings to the real world and vice versa. Class will be held outside in the field next to the gym; please dress accordingly. Bug spray and sunscreen strongly suggested. **Registration begins June 4 at 9:00 am** by calling the Center at 508-647-6540. *Class size limited to 10: Natick residents only.* All equipment will be provided by L.L. Bean instructors.

FLY-CASTING COURSE (DRY LAND ONLY)

Wednesday, June 23, 9:00 am-noon; Fee: \$20

Comprehensive 3-hour course that covers the basics of the four-part cast, false casting, and roll casting. Instructors will explain how to strip and shoot line, as well as covering equipment basics and what you need to get started. Basic format is technique and knowledge-focused, and does not include fishing time on the water. Class will be held outside in the field next to the gym; please dress accordingly. Bug spray and sunscreen strongly suggested. **Registration begins June 9 at 9:00 am** by calling the Center at 508-647-6540. *Class size limited to 6: Natick residents only.* All equipment will be provided by L.L. Bean instructors.

GROUP WALKS AT ELM BANK

Tuesdays, June 1, 8, 15, 22, 29, 9:30-10:30 am

Walking outside is a great way to start your day and many studies have shown that walking is one of the best ways to keep fit! Meet at the parking lot by the Visitor's Center, 900 Washington St, Wellesley. Please wear a mask.



ALL CLASSES: Pre-registration required one week in advance. Zoom Link will be sent before class. Register online through <https://register.communitypass.net/Natick>, or call our front desk at 508-647-6540.

ONGOING PROGRAMS

MONDAYS AT A MUSEUM

Join us on Monday, 11:00 am-noon, as we preview video highlights from a range of Museums

Monday, June 14- Travels with a Curator

Monday, June 21- MFA- Hans Hoffman- Balance of Art and Nature

Monday, June 28- Gees Bend Quilts, Grandma Moses

MEDITATION

Every Thursday with Sharon 2:00-2:40 pm. This meditation is audio only and participants are muted during the meditation portion. Everyone is welcome to join for some guided meditation, some quiet sitting and some reflection with Q & A and sharing.

GREAT COURSES: EXPERIENCING HUBBLE: Understanding the Greatest Images of the Universe

Tuesdays, 11:30 am-12:30 pm, June 22-July 27

For two decades, the Hubble Space Telescope has been amassing discoveries that rival those of history's greatest scientists and explorers, making it the most important and productive scientific instrument ever built. Your guide to this adventure is Professor David M. Meyer of Northwestern University, an award-winning educator and a frequent user of the Hubble Space Telescope. Professor Meyer has made Hubble images the hallmark of his popular astronomy lectures to undergraduates, amateur astronomers, and the general public.

COFFEE AND CURRENT EVENTS

Friday, June 25, 10:00-11:30 am

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.

ASK AN ATTORNEY...BY PHONE

Wednesday, June 16

Private phone appointments at 10:00 am, 10:20 am & 10:40 am

Ask your legal questions to an experienced elder law attorney. Schedule subject to change. Call the Center at 508-647-6540 to make a free appointment.

PODIATRY CLINIC WITH DR. CLAYMAN

Tuesday, June 15, starting at 9:00 am

Appointments are slotted in 15 minute time slots, with the room thoroughly disinfected between appointments. Appointment and wearing of masks during appointment required, call 508-647-6540 and our front desk staff will make an appointment. Appointment fee is \$45, cash or check.

EXERCISE

EXERCISE: MUSCLE BUILDING CLASS- IN PERSON

Tuesdays & Thursdays, June 29-July 22

10:00 -11:00 am; Cost: \$24 for 8 sessions

Participants are asked to bring their own exercise band and 1,2, or 3 lb. hand weights. Class taught the MetroWest YMCA.

Pre-registration and masks required, Natick Residents only, class size limited, but has increased to 20. Call Center to register; **registration begins June 15 at 9:00 am.**

CHAIR YOGA WITH MALA- IN PERSON

Fridays, June 25-Aug 6

10:00 -11:00 am; Fee: \$18 for 6 weeks

Easy and simple to follow yoga postures in a chair that simply flow in a way that creates a sense of flexibility and release for both body and the mind. Suitable for all levels of experience. **Participants must bring their own yoga strap & mat.** Pre-registration & masks required, Natick Residents only, class size increased to 15. Call Center to register; **registration begins June 11; no class on July 2 at 9:00 am.**

FLOOR YOGA is back at the Center!

Fridays, July 9-Aug 27

12:00 noon-1:00 pm

\$21 for a \$24 for 8 weeks

Join class instructor Raisa from the MetroWest YMCA for Floor Yoga! Please be advised that this class will be for **Natick residents only**; pre-registration will be required, and class size will be limited due to social distancing guidelines as determined by the state and local government and in keeping with the CDC restrictions. **Participants in class must wear a mask and bring your own mat; block, strap and towel or blanket is optional, but recommended.** Registration will start on **June 24 at 9:00 am** by calling the Center at 508-647-6540.

WALKING IN GYM- IN PERSON

Mondays at 9:00, 10:00 and 11:00 am

Fridays at 12 noon and 1:00 pm, 45-minute sessions

pre-registration required, Natick Residents only, class size limited. Masks required. Appointments for walking session will be limited to 4 people maximum per 45 minute time slot.

----- Cut here -----

COUNCIL ON AGING SURVEY 2021

We anticipate a fuller re-opening of our Center in the coming weeks. *We are required to adhere to the CDC, State of Massachusetts and local Department of Public Health regulations. Please keep in mind these regulations will require us to place limits on in-person class size.*

As part of our effort to re-open the Community-Senior Center (CSC) for in-person activities, we ask that you complete the following survey. Your responses will go a long way to help us prioritize and improve access to our services. *We value your opinion!*

This survey may be completed by:

- filling out this form, and mailing it or dropping it off at the CSC, 117 East Central Street, Natick, **OR**
- completing it online at <https://www.surveymonkey.com/r/TGPHBJ8>, **OR**
- calling us at 508-647-6540 & asking to speak with Christina or Kate.

Would you feel comfortable returning to the Center for in-person activities?

Yes No Maybe Other: -----

Before the Covid-19 restrictions, how often did you visit the Center?

Weekly monthly rarely never

Since Covid-19 closed the Center, have you participated in a Council on Aging program?

Yes No

If YES, how often (check all that apply): In the last 3 months 4-6 months ago

7-9 months ago

In the future, are you interested in programs that are (check all that apply):

In person Virtual/online At other community locations

Do you have (check all that apply): an iPad/tablet a laptop or desktop computer a Smart phone internet connection
 Don't have and/or unable to access technology

My birth year is: -----

Optional Questions:

I've lived in Natick for: 0-9 years 10-19 years 20+ years Outside of Natick

I live ... in own my home I rent with my family Other

The Natick Council on Aging (COA), a division of the Community Services Department, is the town's agent responsible for meeting the needs of elders, their family, caregivers and those approaching their senior years.



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PROGRAMS AND SERVICES

COFFEE BREAK CONNECTIONS

Studies show that social interaction protects the aging brain and may reduce the risk of dementia. If you are looking to develop new social connections, our Coffee Break social call program may be for you! We match volunteers with participants and together to enjoy a weekly call discussing current events, reminiscing or getting to know one another. Our current participants have given us very positive feedback and look forward to their weekly "coffee break". Please call Karen Edwards at 508-647-6540 x1905 if you want to receive calls to improve your brain health while making a friend.



GRAB AND GO LUNCH from BAYPATH ELDER SERVICES offers residents either a hot or cold lunch Mon-Fri. Reservations are required 2 business days in advance; call 508-647-6540 today! A suggested voluntary donation of \$3.00 is requested, but not required. *This program is made possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.*

TRANSPORTATION BY TAXI

We are able to provide transportation for Natick seniors by cab due to a recent grant. Rides to medical appointments only in the Metrowest area can be arranged. If you are interested, please call the Center at 508-647-6540 at least 3 business days in advance of your appointment.

LET'S TALK NATICK

Emergency and Advance Care Planning involves consideration of who you would trust to represent your medical decisions and care preferences in the event you are not able to speak for yourself. Let's Talk Natick will host two educational zoom sessions in June to guide you through the important steps of initiating -or revising- your advance care plan. Join us! Registration required.

Advance Care Planning: Starting the Conversation June 16, 11:00 am
Register at: <https://forms.gle/PSixVSczGf42vSjk9>

Health Care Proxy Workshop June 23, 11:00 am
Register at: <https://forms.gle/1XH84X537tB6AqBKA>

Please register through the program links above, or contact the CSC at 508-647-6540.



NATICK CONNECTOR

The Natick Connector is a passenger van that's a convenient, secure and accessible transportation service for seniors and disabled residents. The service provides door-to-door transportation to destinations in Natick, Framingham, Sherborn, Wayland, Wellesley, and Market Basket in Ashland. Interested? Call the MWRTA at 508-820-4650 to set up an account; 2 business days advance notice required. The MWRTA is requiring that all passengers wear mask while on-board an MWRTA vehicle. Riders who do not wear a face covering will not be permitted on an MWRTA vehicle. Thank you for your cooperation and understanding.

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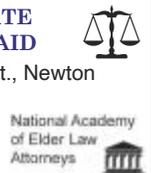
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VOLUNTEER SERVICES / HUMAN SERVICES

VOLUNTEERS SERVICES

MOW Delivery Volunteer Substitute Drivers Needed

Meals on Wheels drivers deliver a noontime meal to Natick seniors who are homebound, and residents with disabilities Monday through Friday. This program allows Natick residents to maintain their independence and guarantees that they will receive at least one hot, nutritious meal each day. The success of the Meals on Wheels program depends on volunteer efforts and with summer approaching our regular drivers will be taking well deserved time off and will be unable to deliver their normal route for the time they are away.

In order to become a volunteer an application, CORI check, confidentiality agreement and orientation/training via Zoom is required. If you have some extra time and are willing to become a Meals on Wheels driver volunteer please apply at www.myvolunteerpage.com. Once you log on to the page you must search for Natick to be connected to our volunteer website. If you have any questions or have difficulty with the online application please contact Karen Edwards at kedwards@natickma.org or 508-647-6540 x1905

PROPERTY TAX WORK OFF PROGRAM

The Property Tax Work-Off Program is available to Natick residents who are 60 years of age or older, or Veterans of the U.S. Armed Forces of any age. You must own and occupy the residence to which the taxes will be credited and have a gross income that does not exceed the amounts listed on the chart below. If you are accepted into the program you will be placed in a job within Natick Municipal or School Departments. You will earn a credit toward your property taxes matching the minimum wage in Massachusetts (currently \$13.50 per hour) up to a maximum of 112 hours for work performed between June 1st and March 1st. Types of positions available include: Meals on Wheels driver, class check-in, monitor, plant maintenance, Zoom hosting, and program monitor.

Income Guidelines for FY 2022 are as follows:

Households of 1:	Gross Income of \$49,815
Households of 2:	Gross Income of \$65,141

Applications are available at the Natick Council on Aging **until September 1, 2021**. Along with your application you must provide a copy of your 2020 income tax return and a copy of your current Property Tax Bill. Please note that properties that are owned by a Trust are not eligible for this program.

MASSACHUSETTS EQUIPMENT DISTRIBUTION PROGRAM

If you are a Massachusetts resident, have a doctor verified permanent disability and have residential phone service in your home, you may be eligible for specialized phone equipment through the MA Equipment Distribution Program at little or no cost. Mass EDP offers a choice of telecommunication equipment options such as amplified phones, voice carry over, text phones, or ring signalers which flash when the phone rings. There are also phones which make accommodations for motion, vision and cognitive impairments. To find out which option is best for you and to get an application, please go to www.MassEDP.com or contact a Mass EDP specialist at 1-800-300-5658.

EAT RIGHT EVEN ON A BUDGET- SNAP

Eligibility for the Supplemental Nutrition Assistance Program (SNAP) is based primarily on income and certain household expenses. Call Debbie Budd to find out if the SNAP program can help you lower your grocery costs.



TAX ASSISTANCE AND TAX DEFERRAL PROGRAMS

The Board of Assessors administers tax assistance programs for eligible taxpayers including:

- ◆ Veterans
- ◆ Blind Persons
- ◆ Older persons
- ◆ Older Citizens Property Tax Deferral
- ◆ Elderly, Surviving Spouse, Minor Child
- ◆ Elderly & Disabled Taxation Fund

Please contact Human Services at 508-647-6540 for details regarding eligibility.

VETERANS' SERVICES

Paul Carew, Director, Veterans' Services Natick, 508-647-6545

We have a flag disposal box inside our Center's front door. If you have a flag that needs to be disposed, come to the CSC, ring our doorbell, and we will dispose of it for you.

MEDICARE QUESTIONS? SHINE CAN HELP!

SHINE (Serving Health Insurance Needs of Everyone) offers free, confidential counseling on health insurance to Medicare recipients. To schedule a SHINE phone appointment, call us at 50646540. Join a free *Welcome to Medicare Virtual Event* on June 23, go to <https://www.shiptacenter.org/> to register.

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117 East Central St.
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w: <https://www.natickma.gov/626/Council-on-Aging-Human-Services>

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COMMUNITY-SENIOR CENTER HOURS

At the time of publication, the Center was closed to the public, but you can still reach us at:

508-647-6540

Monday through Thursday: 8:30 am–5:00 pm

Friday: 8:30 am–12:30 pm

Friends of the Natick Senior Center Membership Form

2021 MEMBERSHIP INFORMATION for the *Friends of Natick Senior Center, Inc.*

Your membership to the Friends of Natick Senior Center, Inc. helps support programs and events run by the Natick COA and assists with one-time purchases and scholarships.

Mail the completed form and your tax deductible donation to:

Friends of Natick Senior Center, Inc., 117 E Central Street, Natick, MA 01760

Make checks payable to: Friends of Natick Senior Center, Inc.

Please share your email address below for periodic communications.

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