

# JULY & AUGUST



## *Save the Date!*

**DID YOU KNOW... The Community-Senior Center building will be celebrating its 10<sup>th</sup> anniversary on October 21, 2022?**

We would love to hear your favorite CSC memories from over the years to include in the October newsletter! Do you have any fond moments or events at the CSC that you'd like to share? Email us at [cscnatick@natickma.org](mailto:cscnatick@natickma.org). Stay tuned for more details on upcoming celebrations!



### 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.





## Medicare Questions? I can help.

**Rose Cahill** Licensed Sales Agent  
508-498-0310, TTY 711  
Email: [rosecahill@yahoo.com](mailto:rosecahill@yahoo.com)  
[MyUHCagent.com/rose.cahill](http://MyUHCagent.com/rose.cahill)



**DARYL LIPPMAN**

*Skillfully Navigating Your Next Move*

*Senior Real Estate Specialist*

781.724.9506

[Daryl.Lippman@raveis.com](mailto:Daryl.Lippman@raveis.com)

[Daryl4RealEstate.com](http://Daryl4RealEstate.com)

**WILLIAM RAVEIS**  
REAL ESTATE • MORTGAGE • INSURANCE



## SALMON HEALTH & RETIREMENT

THE GOOD LIFE,  
*with just a little help.*

PREMIER ASSISTED LIVING  
& MEMORY CARE,  
*right in your backyard!*

THREE VISION DRIVE, ROUTE 9 WEST, NATICK, MA 01760 | [WWW.SALMONHEALTH.COM](http://WWW.SALMONHEALTH.COM)



**WILLIAM RAVEIS**  
BARBER REAL ESTATE GROUP  
[BarberRealEstateGroup.com](http://BarberRealEstateGroup.com)

For someone you can trust  
with all of your real estate needs....

Contact Stephanie Barber, your local real estate agent.

Cell: 508.314.0398 - [Stephanie.Barber@raveis.com](mailto:Stephanie.Barber@raveis.com)



**Advocates**  
*Caring Partners. Creative Solutions. Better Lives.*

**Adult Family  
Care**

*Are you caring for an  
aging loved one at home?*

Find the support your family needs to thrive.

(888) 628-6885

[www.Advocates.org/AFC](http://www.Advocates.org/AFC)

alzheimer's   
association

**I TRIED MAKING  
MY FAMOUS  
CHICKEN RECIPE,  
BUT CONFUSED  
THE STEPS.**

**KNOW WHERE ALZHEIMER'S  
AND ALL DEMENTIA HIDE.**

Difficulty planning and completing familiar  
tasks are warning signs of Alzheimer's.

[alz.org](http://alz.org) | 24/7 Helpline 800.272.3900







## 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](http://www.natickma.gov/626/Council-on-Aging)

## HOURS

Monday-Wednesday: 8:00 am-5:00 pm

Thursday: 8:00 am-7:00 pm

Friday: 8:00 am-2:30 pm

## STAFF

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

**Debbie Budd**, LSW, Social Worker

**Ryan Cannon**, Senior Head Custodian

**Dave Caulfield**, Transportation Coordinator

**Teri Checket**, MS, LSW, Social Worker

**Patti Collari**, Receptionist

**Allen Gardner**, Receptionist

**Rosa Haffner**, Department Assistant

**Richard Ives**, Transportation Coordinator

**Sharon Kirby**, Program Assistant

**Frank Lam**, Administrative Assistant

**Lorraine McNally**, MPA, Asst. Director / Program Developer

**Sam Mensah**, Driver

**Emily Meyer**, Spec. Asst. to Director

**Maureen Pipe**, Receptionist

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

## LETTER FROM THE FRIENDS OF THE NATICK SENIOR CENTER

Hello Friends,

Hope this note finds you well and staying cool. We are pleased to report that Bingo continues to grow: almost double in size (fourth Monday of each month from 1:00-3:00 pm). A big Thank You to our Bingo Volunteers. For those who will attend the August 2 Woo-Sox game .."HAVE A BALL"!!

As a reminder, the popular Wednesday Lunch with Friends will take a break for July and August, however, it will resume in September with sign-up the last Wednesday in August. We encourage you to continue to come to the Center, bring your lunch and socialize with the friends you have made.

Save the Date for our Annual Board Meeting to be held on September 20 at 10:00 am.

Our Best to You,  
Ginny Constantine and Joan Bace  
Co-Presidents



## COUNCIL ON AGING: CHAIR'S CORNER

Hope the summer finds you staying cool and staying connected. The air-conditioned Community-Senior Center remains open, a perfect place to explore new interests and meet new people. The gym continues to offer daily indoor walking times and July brings new programs: Pizza and a Movie on Thursdays, starting July 14 at 4:00 pm; see inside for details and to make a reservation. Ballroom Dancing will be offered on Wednesday evenings, starting July 13. Please let staff know if you have suggestions for additional evening programs! *Reminder:* Thanks to a recent grant, taxi vouchers remain available for medical appointments in the MetroWest area. Call the Center at least 3 business days in advance of your appointment to check for availability. The Property Tax Work-Off Program is accepting applications until September 1. See page 9 for more details and call the CSC with questions. If Medicare options and choices make your head spin, consult the experts: Trained SHINE volunteers are available to help with all aspects of Medicare. In person and phone appointments can be scheduled by calling the front desk. Have a safe and happy summer!

## COA Officers & Board Members

**Chair:** Judy Sabol

**Vice Chair:** Connie Pitt

**Secretary:** Barbie Rasmussen

**Board Members:** Saul Beaumont, Elaina Danahy, Andrew Eschtruth, Harriet Merkwowitz, Karen Oakley, Susan Peters, Mal Sockol, Rick Subber

**Associate Members:** Linda Jaffe, Salvatore Pandolfo

*The Board meets the 2nd Monday of each month via Zoom at 7:00 pm.*

4 Park St., Natick, MA  
508-653-4342  
[www.everettfuneral.com](http://www.everettfuneral.com)

# EVENTS & CLASSES

Pre-registration required unless noted below. Register online through [register.communitypass.net/Natick](https://register.communitypass.net/Natick), or call our front desk at 508-647-6540.



## VIRTUAL TRAVEL WITH BEEYONDER: IRELAND CASTLES - ZOOM

Thursday, July 7, 1:30-2:30 pm

We visit three different Ireland castles, including Blarney Castle, home of the Blarney Stone. The castles are excellent examples of how the Normans influenced fortified stone building in Ireland. *Zoom link sent out a week in advance.*

## GARDEN TOUR AT ELM BANK

Monday, July 11, 10:00-11:30 am

The Garden at Elm Bank is a horticultural jewel of Greater Boston. Come learn about the history and surrounding plants as we walk through the various gardens including Bressingham, Goddess Garden, the 1907 Alice Cheney-Baltzell Manor House and the Olmsted Italianate garden. Meet in the Visitor Parking Lot, 900 Washington St, Wellesley, MA. **Limited space.**

## MEET UP AT CONCORD MUSEUM - ALIVE WITH BIRDS: WILLIAM BREWSTER IN CONCORD

Tuesday, July 12, 10:00 am-noon, \$5/person, guided tour

The Concord Museum is collaborating with Mass Audubon to present a special exhibition, *Alive with Birds: William Brewster in Concord*. William Brewster (1851-1919) was Mass Audubon's first President. This exhibition explores William Brewster's life and legacy in Concord, featuring paintings and sculpture from the Museum of American Bird Art and ornithological artifacts. Meet outside the main entrance, 53 Cambridge Turnpike, Concord, MA.

## LEARN TO DANCE: BALLROOM BASICS

Wednesdays, July 13-August 17, 5:00-6:00 pm

Cost: \$60 for 6-session class

Dancing is a perfect combination of physical activity, social interaction, and mental stimulation. Learn the basic step elements: posture, poise, lead/follow, technique, etc. Dances include: Merengue, Waltz, Foxtrot, Tango, Swing, Rumba, and Salsa/Cha Cha. Prepare for a wedding or social event. **No partner required.**

## LINE DANCING (ALL LEVELS)

Thursdays, July 14-August 18, 2:30-3:30 pm

Cost: \$18 for 6-session class

Dance for fun, exercise, balance, coordination, to learn a new skill, and improve memory skills, strengthen bones, develop better

balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated and then danced to contemporary music and some old favorites. No need to have a partner, just a willingness to learn and have fun!

## JOIN US FOR PIZZA & A MOVIE ON THURSDAYS!

Thursdays, July 14 - August 25

Dinner 4:00-5:00 pm; Movie begins at 5:00 pm

Join us for Pizza and a Movie this summer in our Great Room! Complete listings of movies will be available at our front desk. We will provide pizza and water for our registrants. Pre-registration required by noon on the prior Wednesday each week.

## MEET UP AT MOUNT AUBURN CEMETERY, CAMBRIDGE, MA

Monday, July 18, 10:30 am-noon

Mount Auburn Cemetery was founded in 1831 and is a designated National Historic Landmark, as well as a bucolic garden and the burial site of many prominent members of Boston, including: Nathaniel Bowditch, Isabella Stewart Gardner, Henry Longfellow and Charles Sumner. Our tour includes history of the cemetery, notable people buried there, surrounding nature and a bonus is we'll spot some migrant birds. Meet inside the entry gate. Group size limited to 15. Address is 580 Mount Auburn Street, Cambridge, MA.

## SHAKESPEARE: COURTSHIP AND MARRIAGE IN RENAISSANCE ENGLAND - ZOOM

Tuesday, July 19, 1:30-2:30 pm

Join Boston University **Professor Liam Meyer** as he talks about courtship and marriage in Shakespeare's time with references to *Much Ado About Nothing*. Some questions Liam will look at: What age did people typically marry in the Renaissance? How much freedom of choice did young women have? Why were engagements legally binding? Were elopements like Romeo and Juliet's really possible? We'll have time for your questions too. *Zoom link sent out a week in advance. Please also join us for our showing of Kenneth Branagh's Much Ado About Nothing during our weekly Wednesday movies at the CSC on July 13 (see page 5).*



## PLAY UKULELE

Mondays, August 1 - September 26, 11:00 am-noon

Cost: \$24 for 8-session class

We will teach you the ukulele, a small, inexpensive and easy to learn instrument. We will sing the songs of Johnny Cash, the Beach Boys, the Beatles, and more. No class on September 5. **Attendees must bring their own ukulele.**

# EVENTS & CLASSES/DROP-IN ACTIVITIES

## POWERFUL TOOLS FOR CAREGIVERS - ZOOM

Thursdays, August 4 - September 8, 5:30-7:00 pm

Powerful Tools for Caregivers (PTC) helps caregivers learn to take better care of themselves while caring for a friend or relative. The class series will give you the tools to:

- Reduce caregiver stress
- Improve self-confidence in caregiving
- Manage time, set goals and problem solve
- Better communicate your feelings
- Make tough caregiving decisions
- Locate helpful resources

To learn more about PTC, an info session will be held via Zoom on **Thursday, July 14, at 5:30 pm**. To register for the information session and/or program, please call 508-647-6540. **Registration is required and space is limited.** If you need someone to care for or keep your loved one company in order to attend this program, please call Debbie Budd, 508-647-6540, ext. 1906 to discuss a possible respite benefit. *The program is made possible in part by funding from the Older Americans Act, as granted by BayPath Elder Services, Inc.*

## COST SAVINGS STRATEGIES FOR MEDICARE BENEFICIARIES

Wednesday, August 10, 2:00-3:00 pm

Join our SHINE counselors as they discuss federal and state benefit programs, such as the Medicare Savings Programs, Extra Help and Prescription Advantage. In addition, we will be covering Medigap supplemental plans that offer premiums discounts for coverage of multiple people in a household, Medicare Advantage Plans, alternative prescription drug coverage options, and more. For those still working with earned income, we will review the earned income disregards in determining qualification for MassHealth and Extra Help benefits.

## BOOKGROUP WITH KAREN MALLOZZI - ZOOM

Friday, August 19, 1:00-2:00 pm

Join avid book reader Karen Mallozzi for a discussion of *Death on the Nile* by Agatha Christie. Who doesn't love a good Agatha Christie murder mystery! This classic was recently made into a bestselling movie. Maybe you had a chance to see it? We'll talk about the book and we can also compare what you thought about the movie as well.

## DROP-IN ACTIVITIES

*Pre-registration not required, but please stop by the front desk when you arrive to check in.*

**Beaded Flower Class:** Tuesdays, 1:00-3:00 pm. Materials purchased at class as needed.

**Card Room Reservations:** Available timeslots are: Monday-Thursday, 9:00 am-noon and 1:00-4:00 pm; Fridays, 9:00 am-noon. Please call or come by our front desk to reserve your spot!

**Chair Volleyball:** Wednesdays, 10:30-11:30 am.

**Knitting & Crocheting:** Wednesdays, 1:00-3:00 pm. Materials provided.

**Learn to Quilt:** Thursdays, 1:00-3:00 pm. Materials provided.

**Ping Pong:** Mondays and Thursdays, 1:00-4:00 pm. Equipment provided.

**Pool Room:** Mon-Thur, 8:30 am-4:30 pm; Fri, 9:00 am-2:00 pm.

## PORTRAIT PAINTERS

Thursdays, 10:00 am-noon, \$6 per class

Attendees must bring their own materials. Any medium can be used (no turpentine, please). Fee is used to pay the models.

## MOVIES IN TV ROOM

Wednesdays, 1:00 pm

*Movies subject to change, due to availability.*

- July 6: Operation Mincemeat (Drama)
- July 13: Much Ado About Nothing (Romance/Comedy) - Please also join us on Tues., July 19, for a Zoom presentation by Boston University Professor Liam Meyer as he talks about the history of courtship and marriage in Shakespeare's time with reference to *Much Ado About Nothing* (see page 4).
- July 20: Three Identical Strangers (Documentary)
- July 27: Munich - The Edge of War (Drama)

August movies TBD. Listings will be posted at the front desk and announced in the biweekly e-newsletter. Call 508-647-6540 if you are not subscribed to the e-newsletter!

## BORROW OUR GARDEN MEMBER PASSES!

To reserve and check for availability, call Rosa at 508-647-6540 x1908 between 9:00 am-4:00 pm on Monday-Thursday and 9:00 am-2:00 pm on Friday. *Passes not available on weekends.*

### MASSACHUSETTS HORTICULTURAL GARDENS AT ELM BANK

900 Washington Street, Wellesley

Admits two people and may be picked up from the Center between 9:00-9:30 am the day of your visit. The pass must be returned the same day before 4:00 pm on Monday-Thursday and before 1:00 pm on Friday. *Sponsored by Whitney Place Assisted Living & Memory Care at Natick.*

### NEW ENGLAND BOTANIC GARDEN AT TOWER HILL

11 French Drive, Boylston

The pass may be reserved in person or by phone and will be emailed to you. Please print the receipt or be prepared to show your receipt upon entering the garden.





# EXERCISE AND ONGOING PROGRAMS

## DROP-IN EXERCISE PROGRAMS

Please check in at the front desk.

### SLOW FLOW YOGA

Mondays and Wednesdays, 1:00–2:00 pm

Cost: \$3/class or purchase a multi-exercise card

This drop-in, beginner-friendly class will be comprised of a series of yoga postures that incorporate earth, horizon and sky asanas (laying postures on the mat to standing independently) and transitional poses (moving from one posture to the next) requiring some strength and stability through the wrists, knees, shoulders and hips. *Participants need their own mat; yoga strap and towel are optional.*

### MUSCLE BUILDING CLASS

Tuesdays and Thursdays, 10:00–11:00 am

Cost: \$3/class or purchase a multi-exercise card

Participants are asked to bring their own exercise band and 1, 2, or 3 lb. hand weights. Class taught by MetroWest YMCA fitness instructors. Class size is limited to 40.

### CHAIR YOGA FOR ALL LEVELS

Fridays, 10:00–11:00 am

Cost: \$3/class or purchase a multi-exercise card

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. *Participants must bring their own yoga strap & mat.*

### ZUMBA WITH SUSAN CRAVER

Mondays, 10:30–11:30 am

Cost: \$3/class or purchase a multi-exercise card

Join Susan for Zumba at the CSC - it's a party!

### QIGONG WITH BOB DOHERTY

Tuesdays, 1:00–2:00 pm

Cost: \$3/class or purchase a multi-exercise card

Qigong is a practice of aligning movement, posture, and awareness for a better you. Exercise classes are designed for all ages and fitness levels. It can be done standing or sitting.

### PICKLEBALL

Mondays, 1:00–3:00 pm and Wednesdays, 1:00–4:00 pm

Pickleball is a drop-in, 1st come, 1st served system. Please be courteous to other players as our court space is limited; all levels of play welcome. Balls are provided; bring your own racket.

### WALKING IN GYM

Monday: 8:00–10:00 am

Tuesday: 8:00–9:30 am

Wednesday: 11:00 am–noon

Thursday: 8:00–9:30 am

Friday: 8:00–9:30 am & noon–2:00 pm

*Please remember that walking is not allowed in the gym during regularly scheduled exercise classes!*

## FITNESS ROOM

6-month membership fees: \$25 for 60+ yr and \$40 for 18–59 yr.

All new members must attend an orientation session to become acquainted with the equipment. Call the Center at 508-647-6540 to schedule 30-minute orientation appointments. Appointments are every other week between 11:15 am–12:45 pm.

Fitness Room hours are:

Monday 8:00 am–4:30 pm; Tuesday 8:00 am–8:30 pm;

Wednesday: 8:00 am–4:30 pm; Thursday 8:00 am–6:30 pm;

Friday: 8:00 am–2:00 pm; Saturday 8:30 am–12:30 pm

## ONGOING PROGRAMS

### BEREAVEMENT SUPPORT GROUP- IN PERSON & ZOOM

In Person: Tuesday, July 5 & August 2, 11:00 am–12:00 pm

Zoom: Tuesday, July 19 & August 16, 11:00 am–12:00 pm

The group is facilitated by **Malka Young, LICSW**.

### WELLNESS VISIT AND BLOOD PRESSURE CLINICS

Thursdays, July 14 & 28, August 11 & 25, 11:30 am–12:30 pm

With Natick's Public Health Nurse, **Heidi Harper**. Pre-registration not required, but please sign in at front desk when you arrive.

### ASK AN ATTORNEY...BY PHONE

Tuesday, July 19, and Tuesday, August 16

Private phone appointments at 11:00 am, 11:20 am & 11:40 am

Call the Center at 508-647-6540 to make a free appointment.

### PODIATRY CLINIC WITH DR. CLAYMAN

Tuesday, July 19, and Tuesday, August 16, starting at 9:00 am

Please call 508-647-6540 to schedule your 15-min appointment.

Appointment fee is \$45, cash or check, paid to Dr. Clayman.

### ELLENBOGEN VIBRANT CENTER

Tuesdays & Fridays, 10:00 am–2:00 pm

The Center is for blind or low vision individuals who are not eligible for assistive technology (AT) through standard state-funded programs. This free service is available by appointment by calling **Jerry, AT Coordinator**, at 857-443-6636.

### LOW VISION SUPPORT GROUP

3rd Friday of each month by phone, 1:00–2:30 pm

The Natick Low Vision Support Group is for individuals who are losing their vision, who would like to gain information from speakers and to share common experiences. Contact Amy Ruell at 857-262-1993 or email [aruell@mabcommunity.org](mailto:aruell@mabcommunity.org) to join.

*Sponsored by the MA Association for the Blind and Visually Impaired.*

### MEDITATION - IN PERSON & ZOOM

Thursdays with Sharon, 2:00–2:40 pm. This meditation is audio-only and participants are muted during the meditation portion. Everyone is welcome.

*...Programs continued on page 8*



## BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell. Now, proudly serving 22 communities.



Learn more at [www.springwell.com](http://www.springwell.com)



Same great services

Same great people

Same great community



# Riverbend of South Natick



## Exceptional Short Term Rehab & Skilled Nursing Care

- On Call Physicians
- Physical Therapists on Site
- Respite Stays Welcome
- 24 Hr Nursing Coverage
- Short Term Rehab
- Hospice & Support Services

### (508) 653-8330

34 South Lincoln Street, South Natick, MA  
[www.rehabassociates.com/riverbend](http://www.rehabassociates.com/riverbend)





# ONGOING PROGRAMS (CONT'D)

## GREAT COURSES: THE AGING BRAIN – ZOOM

Tuesdays, July 19–August 23, 11:30 am–12:30 pm  
 Research has shown that starting in our twenties, some brain functions begin a linear decline and skills such as multitasking and episodic memory worsen. But is old age all doom and gloom? Are we destined for senescence once we're barely out of adolescence? Not at all! While it's true that some functions in the aging brain decline, neuroscientists have discovered that many other brain functions remain stable—or even improve—as we age. Join us to watch this best-selling DVD series presented by Professor Thad A. Polk, University of Michigan.

## MONDAYS AT A MUSEUM (AT THE MOVIES!) – ZOOM & IN-PERSON

Join us on Mondays at 2:00 pm for movies about art & artists.  
**July 11 - Lust for Life** (1956). The life of brilliant but tortured artist Vincent van Gogh.  
**July 18 - Mr. Turner** (2014). An exploration of the last quarter century of the great British painter J.M.W. Turner's life.  
**July 25 - Frank Lloyd Wright** (1998). A biography of the life and work of the American architect.  
**August 1 - Renoir** (2012). Jean Renoir returns home to convalesce after being wounded in WWI.  
**August 8 - The Agony and the Ecstasy** (1965). Biographical story

of Michelangelo's troubles while painting the Sistine Chapel at the urging of Pope Julius II.  
**August 15 - Cave of Forgotten Dreams** (2010). Werner Herzog gains exclusive access to film inside the Chauvet caves and captures the oldest known pictorial creations of humanity.  
**August 22 - Pollock** (2000). A film about the life and career of the American painter, Jackson Pollock.  
**August 29 - Frida** (2002). A biography of artist Frida Kahlo, who channeled the pain of a crippling injury and her tempestuous marriage into her work.

## WALKING GROUP AT ELM BANK

Tuesdays, July 5, 12, 19, & 26 at 9:30-10:30 am  
 Meet up for our weekly walk around the loop road. Goes rain or shine. Meet in the Visitor's Parking Lot outside the entrance to the gardens, 900 Washington St. **This is a drop-in activity and no pre-registration is required.**

## WALKING GROUP AT WELLESLEY COLLEGE

Tuesdays, August 2, 9, 16, 23, & 30 at 9:30-10:30 am  
 Meet us for our weekly walk around natural landscapes of Wellesley College. Goes rain or shine. Meet in the Visitor's Parking Lot entry; signage points to Athletic Fields and follow signs to Visitor Parking. Call Sharon at 508-647-6540 x1907 if you have questions. **This is a drop-in activity and no pre-registration is required.**

## AUDIOLOGY CLINIC

Certified/Licensed Audiologists

Fitting a wide selection of hearing aids including the most advanced technology

**ADULTS • INFANTS • CHILDREN**

- Pure tone and speech evaluations
- Analysis of middle ear function
- Hearing aid consultation and sales
- Hearing aid service and repairs

848 CENTRAL STREET • FRAMINGHAM, MA 01701

**508-875-4559**

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



## LAW OFFICES OF TIMOTHY R. LOFF

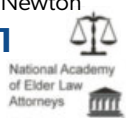
ESTATE PLANNING  
 PROBATE • MEDICAID

1087 Beacon St., Newton

**617-332-7021**

Tim@LoffLaw.com

[www.lofflaw.com](http://www.lofflaw.com)



Private In-Home Care For Elders, Adults & Children

From Companion to Hospice

We Care for Alzheimer's • Dementia • MS • Cancer  
 Parkinson's • Post Surgery • Housecleaning  
 Transportation • Nannies • Free Home Assessment

(781) 355-2273 • Lexington, MA

Cori checked and Insured - [www.excelledcare.com](http://www.excelledcare.com)

FALL 2022

ADVENTURES <sup>in</sup>  
**LIFELONG  
 LEARNING**



Enjoy courses for seniors 60+!

Tuesdays October 11, 18, 25 and November 1

Visit our website to join the mailing list and learn more.

[www.bit.ly/Adventures-FSU](http://www.bit.ly/Adventures-FSU)

Registration will open on Tuesday, September 6, at 11am.

Adventures in Lifelong Learning courses are free to all participants, thanks to partial funding support from the Older Americans Act as granted by BayPath Elder Services, Inc., and grants from Framingham Cultural Council and Marlborough Cultural Council.



## JFK Taxi

**508.653.4500**

*Ride Local | Ride Safe*

Owned & Operated  
 by the Kelley Family

Logan Airport Service

[www.jfktransinc.com](http://www.jfktransinc.com)





# SERVICES AND PROGRAMS

## HUMAN SERVICES

### OPTIONS COUNSELING

BayPath Elder Services offers Options Counseling, a free program of the Metrowest Aging and Disability Consortium. If you are over the age of 60, disabled or a family member or caregiver, an Options Counselor can help you establish your goals and needs and provide community resources to help you meet your specific needs. A counselor can also assist you with mapping out next steps toward your goals and help you to address obstacles. Options Counseling provides information on benefits, health insurance, meal preparation, personal care and homemaking, housing, transportation and social supports. To make a referral to the Options Counseling Program, please contact Susan Cote at (508) 573-7247 or [Scote@baypath.org](mailto:Scote@baypath.org).

### FARMER'S MARKET COUPONS

Natick Human Services expects to receive a limited number of Farmer's Market coupon books that we will distribute to Natick residents who are at least 60 years old and whose income is within the guidelines as follows:

- 1 person: \$25,142
- 2 people: \$33,874
- 3 people: \$42,606

Farmer's Market coupons are used to purchase fruits, vegetables, herbs and honey from authorized farmers, farmers' markets, roadside stands and community supported agriculture programs. The goal of this program is to increase access to nutritious, local foods to low income seniors. *Distribution of the coupon books (one per household) will be made on a first come first served basis.* To receive a coupon book, please call Debbie Budd at 508-647-6540, ext. 1906 **beginning on Monday, July 11.**



## VOLUNTEER SERVICES

### PROPERTY TAX WORK-OFF PROGRAM

The Property Tax Work-Off Program assists Natick residents who are having difficulty paying their property tax bills. 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 up to a maximum of \$1,510.50 for work performed between June 1 and March 1. It is available to 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 below.

- Household with One Person – Gross Income \$54,601
- Household with Two People – Gross Income \$71,401

Applications are available at the Natick CSC **until September 1, 2022.** You must provide a copy of your 2021 1040 Federal Income Tax Return, a copy of your current Property Tax Bill and complete a CORI check. *Please note that properties that are owned by a Trust are not eligible.* Please call the CSC with questions at 508-647-6540.

### SEEKING SAGES FOR THE FALL

Sages & Seekers is an 8-week intergenerational program bringing Senior adults together with High School students. Designed to honor our Elders, Sages & Seekers is a wonderful opportunity for an older adult to share their wisdom and life experience with interested teens. Interested in being a Sage? Contact Lorraine at [lmcnally@natickma.org](mailto:lmcnally@natickma.org).



## VETERANS' SERVICES

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

Our Veterans' Agent, Paul Carew, can assist you with applying for government benefits or with other questions you may have.

Providing a Continuum of Top-Rated Senior Living & Healthcare Services

[maryannmorse.org](http://maryannmorse.org)



Assisted Living, Memory Care & Mental Health, Adult Social Day Program  
2022 CARING STAR AWARD  
508-665-5300

MARY ANN MORSE  
AT HERITAGE



Medicare Certified Skilled Nursing & Private Duty Home Care  
SERVING METROWEST  
508-433-4479

MARY ANN MORSE  
HOME CARE

Long Term & Memory Care, Short Term Rehab, Outpatient Rehab  
5-STAR CMS RATING  
508-433-4404

MARY ANN MORSE  
HEALTHCARE CENTER





PREMIER REMOVAL SERVICE 617-893-9824

Steven Conroy - Owner  
www.lugaway.com | info@lugaway.com

Home Cleanouts  
Garage Cleanouts  
Office Cleanouts  
Storage Unit Cleanouts  
Estate Cleanouts  
Furniture • Appliances  
Televisions • Yard Waste  
Construction Debris  
Demolition

## reviving mind Online Group Support & 1-on-1 Health and Wellness Sessions for Older Adults

Sign up today to  
speak with one of  
our geriatric NPs!



Bethany, NP



Janet, NP

www.revivingmind.com

(781) 661-5815



AVENÜ  
at natick

## Become part of the Avenu family

#1 Senior Living Community  
in Massachusetts

- Massachusetts Apartment Association 2020



Grand Award, Senior  
Category, 2020 National

Best Senior Community  
of the Year

Your Road To Active Senior Living

3 Superior Drive | AvenuNatick.com | 833.858.1049



# Thanks to BetterWOMAN, I'm winning the battle for Bladder Control.



Frequent nighttime trips to the bathroom, embarrassing leaks and the inconvenience of constantly searching for rest rooms in public—for years, I struggled with bladder control problems. After trying expensive medications with horrible side effects, ineffective exercises and uncomfortable liners and pads, I was ready to resign myself to a life of bladder leaks, isolation and depression. But then I tried **BetterWOMAN**®.

When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that after 2-3 months it actually works! It changed my life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!



### ALL NATURAL CLINICALLY-TESTED HERBAL SUPPLEMENT

- Reduces Bladder Leaks\* • Reduces Bathroom Trips\*
  - Sleep Better All Night\* • Safe and Effective
- Costs Less than Traditional Bladder Control Options
- Live Free of Worry, Embarrassment, and Inconvenience

Better Products  
for Better Aging!  
Tested. Natural.  
Effective. Trusted.  
-SINCE 1997-



BLADDER



MEMORY



JOINT

Limited  
Time  
Offer

Call Now & Ask How To Get A

**FREE BONUS BOTTLE**

CALL TOLL-FREE 1-888-812-2654

or order online: **BeBetterNow.com**

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Use as directed. Individual results may vary. © 2022 Interceuticals, Inc. Salem, MA.







# HEALTHCARE THAT DELIVERS!

## WE'VE GOT ALL YOUR BASES COVERED:



**CALL TODAY TO LEARN MORE!**  
**1-(800)-840-5431 (TTY 711)**

Monday - Friday, 8am - 8pm  
Saturdays, 10am - 2pm

Serving Suffolk, Worcester, and Middlesex Counties

Paid Spokesperson, DAVID ORTIZ



[www.eternalHealth.com](http://www.eternalHealth.com)

YS140\_LPA2\_M




**HEART TO HOME MEALS**

DELICIOUS MEALS  
MADE FOR SENIORS™

508-658-3000

[HeartToHomeMeals.com](http://HeartToHomeMeals.com)



Maura Shannon, LMT

## THERAPEUTIC MASSAGE

Reduce Stress & Anxiety  
Treat Inflammation & Pain  
Promote Health & Well-Being

**(508) 653-9008**

[MLTShannon1@gmail.com](mailto:MLTShannon1@gmail.com)

Certified and Licensed for over 24 Years



Center for Health & Rehabilitation

Your community provider for short-term, long-term and respite care.

168 West Central Street, Natick, MA 01760  
(508) 655-1000

[www.eliotcenterrehab.com](http://www.eliotcenterrehab.com)



KINDNESS    COMPASSION    SERVICE    EXCELLENCE



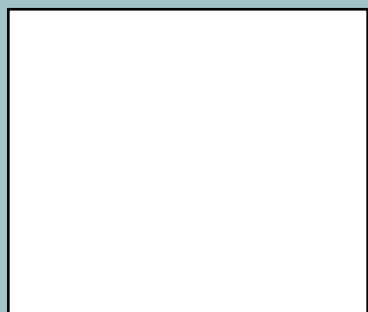
**HANNA HEARING AID CENTER**

Family Owned Since 1950

- FREE Hearing Screening & Video Otoscope Exam
- 30 Day Trial • We carry all major brands
- Offering the Latest in Hearing Aid Technology

8 North Avenue, Natick Center • 508-653-8977

[www.hannahearingaid.com](http://www.hannahearingaid.com)

**WINGATE RESIDENCES** | Assisted Living | Memory Care  
AT NEEDHAM



**THIS IS LIVING, ENRICHED.**

A rejuvenating life awaits you at Wingate Residences at Needham.

Call 781-455-9080 to learn more or schedule a tour.

[WingateHealthcare.com](http://WingateHealthcare.com) • 235 Gould Street, Needham, MA 02494

**TRAIN with SHAIN**

IN HOME PERSONAL TRAINING FOR SENIORS

Gait, Balance/Fall Prevention & Strength Training

**(508) 231-6378**

[www.trainwithshain.net](http://www.trainwithshain.net)

**FULLY INSURED**



**JANICE CLOVER BURKE**

SENIOR REAL ESTATE SPECIALIST

**Call Janice Today, Start Packing Tomorrow!**

508-380-7206 | [JANICECBURKERE@GMAIL.COM](mailto:JANICECBURKERE@GMAIL.COM)




71 CENTRAL ST  
WELLESLEY MA 02482

## NATICK COUNCIL ON AGING

117 East Central St.

Natick, Massachusetts 01760

p: 508.647.6540

f: 508.647.6548

w: [www.natickma.gov/626/Council-on-Aging](http://www.natickma.gov/626/Council-on-Aging)

PRSR STANDARD

US POSTAGE

PAID

FRAMINGHAM, MA

PERMIT NO. 179

## COMMUNITY-SENIOR CENTER HOURS

Monday-Wednesday: 8:00 am - 5:00 pm

Thursday: 8:00 am - 7:00 pm

Friday: 8:00 am - 2:30 pm

## SAVE YOUR SEAT FOR A DAY TRIP TO NEWPORT, RI!

Join us on Wednesday, July 20, for

### ***NEWPORT SPECTACULAR: THE BREAKERS MANSION***



The Gilded Age comes alive on this trip to the Vanderbilt family mansion, The Breakers, in Newport. We will have lunch at Johnny's Restaurant with your choice of entrée: Fresh Baked Scrod or Chicken Piccata. We'll also visit the Brick Marketplace on Newport Harbor to browse specialty shops and take in the scenery. The total cost is \$109 per person. Departing time is 8:00 am and we will return by 5:30 pm.

*Please be advised that this trip will include walking and stair-climbing, and the coach bus is not wheelchair accessible. Persons with mobility issues may experience difficulties accessing all venues.*

~Call 508-647-6540 to register~

