

NATICK COUNCIL ON AGING & HUMAN SERVICES

COMMUNITY SERVICES DEPARTMENT

NOVEMBER- DECEMBER 2025

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.



WELCOME

TO

THE NATICK COMMUNITY SENIOR CENTER

REGISTRATION BEGINS

Natick residents: October 20th at 9:00am

Non-residents: October 21st at 9:00am

HOW TO REGISTER FOR PROGRAMS

Pre-registration is required for all programs (except for drop-ins).

ONLINE

You may register online through CommunityPass at:

register.communitypass.net/Natick

Visit our website to watch a helpful step-by-step simple video explaining the process:

<https://www.natickma.gov/636/Programs>

PHONE

Call the front desk at (508) 647-6540 to register for free programs.

IN-PERSON

You may register for all programs in-person at our center. We accept cash, credit cards (Visa, MasterCard, Discover), and check payment.

HOLIDAYS/BUILDING CLOSURES

Tuesday, November 11th	Veterans Day
Thursday, November 27th	Thanksgiving Day
Friday, November 28th	Day After Thanksgiving
Friday, December 12th	Holiday Luncheon
Thursday, December 25th	Christmas Day
Thursday, January 1st	New Year's Day

CONTACT US

Phone | (508) 647-6540

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

OFFICE HOURS

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

Thursday 8:00am-7:00pm

Friday 8:00am-2:30pm

BUILDING HOURS

Monday - Thursday 8:00am-8:30pm

Friday 8:00am-2:30pm

Saturday 8:30am-1:00pm

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MESSAGE FROM THE COA DIRECTOR

Dear Community,

Scams and fraud are targeted to all age groups and specifically more to older adults. The best way to prevent being a victim of scams is to be educated about the various tactics and methods scammers use and how to best prevent oneself from being scammed.

Recently, there was a presenter from AARP who came to the Natick Community Senior Center. AARP has excellent resources [ONLINE](#). AARP's message for staying safe from scams is: "Pause. Reflect. Protect." If you receive a phone call that may be a scam, arm yourself with taking a pause and don't react. Reflect on whether the request or the scenario that is being presented is legitimate.

There are many resources in addition to AARP that can help guide you with knowledge about scammers. [Mass.gov](#) provides information about protecting oneself against scammers. It is always good practice to inform the local police if you suspect that someone is trying to scam you, your family or your neighbor. If you choose to file a complaint about a scam, contact the Attorney General's Office Consumer Hotline at 617-727-8400.

It is best to be aware of situations that may involve scammers and to protect oneself against scammers, especially during the holiday season. However, please enjoy the beauty of the winter and sharing holidays with friends and family. Wishing you all a safe, peaceful, and joyous holidays.

Best wishes,
Donna Tarutz, LCSW

STAFF DIRECTORY

Angela Snell, CPRP
Director Community Services

Donna Tarutz, LCSW
Director of Council on Aging and Human Services

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Receptionist

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Case Manager

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Program Manager - Volunteer Services

Pat Russell
Receptionist

Ana Vladimirov
Administrative Assistant

COUNCIL ON AGING OFFICERS & BOARD MEMBERS

Chair
Saul Beaumont

Vice Chair
Sal Pandolfo

Secretary
Jim Fitzgerald

Board Members
Laura Forker, Mark Frankel, Linda Jaffe, Fonda Mangino, Paula Panchuck, Jeanette Sewell, Debra Shaw, Mal Sockol

Associate Members
Connie Pitt

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

Information & Policies

Although we make every effort to ensure the information in this newsletter is accurate, there are times when information has changed since the publishing date, and programs may be added or canceled. Please call the front desk at (508) 647-6540 to verify information.

PARTICIPATION POLICY

Our programs are open to residents of Natick and surrounding communities. There are no age or residency restrictions unless stated.

INCLEMENT WEATHER

When Natick Public Schools are closed or delayed due to inclement weather, all Council on Aging and Human Services (COA) activities will be cancelled until 1:00 pm. A decision regarding afternoon and/or evening activities and rentals will be made by 11:00 AM. Please call our inclement weather hotline at 508-647-6400, ext. 1930 for weather related closures.

For the most up-to-date information on cancellations, please check the regular school cancellation list on local TV stations or visit the Natick Public Schools website at www.natickps.org. When school is not in session, watch the town website www.natickma.gov.

ACCOMMODATIONS

If you are in need of an accommodation to be able to access our programs, please call Donna Tarutz at (508) 647-6540 as soon as possible prior to the program.

PARTICIPANT PHOTOGRAPHY POLICY

Periodically, the Natick COA photographs/records program participants for promotional use. Unless participants inform us of their desire not to be photographed/recorded, the COA may use photographs/recordings for promotional purposes in our materials.

FINANCIAL AID

Any Natick resident may request financial support to offset some or all of the fees associated with a program. Please contact Debbie Budd at (508) 647-6543 for confidential assistance.

CANCELLATION POLICY

We reserve the right to reschedule or modify classes as needed. If your program is cancelled, you will be notified.

REFUND POLICY

In an effort to continue to offer high-quality programs, we cannot offer refunds if you choose to withdraw from or not attend a program. Thank you for your understanding.

OUR PUBLICATIONS

Natick COA Newsletter - This newsletter is published six times a year (bimonthly).

E-blast (Natick COA E-news) - We send a biweekly e-blast every other Friday to our participants as a great way to stay informed of the most up-to-date information.

Sign up here for our bi-weekly e-blasts:

www.natickma.gov/1049/Newsletter-Print-and-E-blast

ONGOING ACTIVITIES: Drop-In

Pre-registration is not required for Drop-In activities. Drop-In activities are free unless otherwise noted. Please check in at the front desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am - 8:45am Walking in Gym	8:00am - 8:45am Walking in Gym	8:00am - 8:45am Walking in Gym	8:00am - 8:45am Walking in Gym	8:00am - 8:45am Walking in Gym
8:00am - 8:30pm Billiards	8:00am - 8:30pm Billiards	8:00am - 8:30pm Billiards	8:00am - 8:30pm Billiards	8:00am - 2:00pm Billiards
9:00am - 12:00pm Poker	9:00am - 12:00pm Canasta	9:00am - 12:00pm Mahjong	9:00am - 12:00pm Rummikub	9:00am - 12:00pm Cribbage
12:15pm - 1:00pm Walking in Gym	12:00pm - 12:45pm Walking in Gym	10:30am - 11:30am Chair Volleyball	10:00am - 12:00pm Portrait Painters	12:15pm - 2:15pm Open Gym Basketball
1:00pm - 4:00pm Pickleball**	1:00pm - 4:00pm Mahjong	1:00pm - 3:00pm Knitting & Crocheting	12:15pm - 1:00pm Walking in Gym	SATURDAY
1:00pm - 4:00pm Bridge	1:00pm - 3:00pm Beaded Flower Class*	1:00pm - 4:00pm Pickleball**	1:00pm - 3:00pm Quilting	
1:00pm - 4:00pm Scrabble	3:00pm - 5:00pm Open Gym Basketball	1:00pm - 4:00pm Poker	1:00pm - 4:00pm Ping Pong	8:30am - 12:30pm Billiards
1:00pm - 4:00pm Ping Pong		4:00pm - 4:45pm Walking in Gym	1:00pm - 4:00pm Mahjong	
4:00pm - 4:45pm Walking in Gym				

Beaded Flower Class* - Through November Only

Make beautiful beaded flowers. All are welcome to drop-in.

Billiards

Playing pool is a great way to have fun and enjoy many health and physical fitness benefits at the same time.

Bridge

Bridge teaches you logic, reasoning, quick thinking, patience, concentration and partnership skills. Excellent social game and can be played by everyone - players can meet new people and make new friends.

Canasta

Canasta is a card game, generally for four players in partnerships, where the goal is to score points by melding cards and forming canastas (melds of seven cards of the same rank).

Chair Volleyball

Reduce stress and boost self-esteem with this gentle approach to volleyball. Played with beach balls.

Cribbage

Cribbage is an entertaining card game that requires minimal materials. So, put those phones away and get ready to fall in love with cribbage. The game of cribbage is one of the most popular card games out there.

Knitting and Crocheting

Join this talented, terrific group whose focus is to create beautiful handmade items. Enjoy the opportunity to socialize with friends.

Mahjong

Indulge yourself in playing Mahjong, a game, which requires social skills; it is characterized by demonstrating patience and politeness, as well as the importance of making speedy decisions and gathering information.

Open Gym Basketball

Must bring your own basketball.

Pickleball** Must be a Natick resident

Games are played in a first-come, first-served system. All levels are welcome. Balls are provided, but players must bring their own paddle.

Ping Pong

Table, rackets, and ping pong balls provided.

Poker

The poker game can be a potent tool for improving concentration and memory, especially when played regularly.

Portrait Painters

Clothed models sit weekly for our class. Attendees must bring their own materials. Any medium is welcome (no turpentine, please!). Cost is \$6/class to pay for our model.

Rummikub

Rummikub is not just a fun game; it's a catalyst for making new connections. It encourages communication and critical thinking - this is a great game for keeping your brain active, engaged and challenged without making you crazy!

Quilting

A relaxing and creative craft. Have fun making beautiful quilts! Materials provided.

Scrabble

Play the classic word game - all are welcome!

Walking in Gym

Join others and walk around the CSC's gymnasium.

EXERCISE CLASSES: Drop-In - \$3

No registration required. Please sign-in at the front desk upon arriving. We highly encourage you to save time and pay ahead by purchasing a [multi-exercise card](#)! Please note the following schedule is accurate at time of printing. Classes may be canceled due to inclement weather, instructor schedule changes, or other unforeseen issues.

MONDAYS	TIME	NO classes on the following dates:
ZUMBA	9:00am	
GENTLE FLOW YOGA	10:00am	November 3, December 1
STRETCH AND ROLL	10:00am	
SIT & GET FIT	11:00am	
TUESDAYS		
ENERGY HEALING YOGA	9:00am	November 11
MUSCLE BUILDING	10:00am OR 11:00am	November 11
QIGONG	1:00pm	November 11
WEDNESDAYS		
ENERGY HEALING YOGA	10:00am	
MAT PILATES	10:15am	
CHAIR YOGA	11:30am	
THURSDAYS		
MUSCLE BUILDING	10:00am OR 11:00am	November 27, December 25
T'AI CHI	1:30pm	November 27, December 25
FRIDAYS		
CHAIR YOGA	10:00am	November 28, December 12
SIT & GET FIT	11:00am	November 28, December 12 & 26

CHAIR YOGA

Enjoy a holistic yoga practice mainly seated in a chair with the option to stand for a few poses. Practice includes breath work, range-of-motion movements and meditation.

ENERGY HEALING YOGA

For All-Levels. The class taps into "Energy Healing" wisdom rooted in Chinese and Indian teachings. The movements, postures, tapping, and breathwork help us to optimize and heal the flow of energy within and beyond our bodies.

GENTLE FLOW YOGA

Enjoy a yoga practice that includes breath work, joint-freeing warm ups, kneeling, seated and standing poses with modifications, guided meditation and relaxation. Ability to get up and down off the floor is required. Bring their own mat and strap; optional blanket/towel.

MAT PILATES

The class will focus on a variety of mat exercises originally developed by Joseph Pilates to strengthen the core muscles, improve overall flexibility, maintain proper alignment, and support mind/body awareness. Participants will primarily use their body weight, while occasionally adding props to modify or intensify the exercises. Ability to get up and down off the floor is required. Please bring a mat and a long stretchy band (commonly known as a "Theraband").

MUSCLE BUILDING

Join a trainer from the MetroWest YMCA for this dynamic and energetic class! Participants are asked to bring their own exercise band and 1, 2, or 3-pound hand weights. Class size is limited.

QIGONG

Qigong is a practice of aligning movement, posture, and awareness for a better you. The class is designed for all ages and can be done sitting or standing.

SIT & GET FIT

You will be primarily seated, or standing behind a chair to hold onto for balance. A combination of strengthening, cardio, balance and stretching brings us to a full body workout. Please bring your own 1, 2 or 3 pound weights, and your own loop exercise band.

STRETCH AND ROLL

A manual therapy technique using foam rollers and tennis balls that focuses on releasing restrictions in the body to improve mobility, reduce pain, and enhance overall function. Please bring your foam roller and a band. Most of the class time is spent down on the mat.

T'AI CHI

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breathwork and meditation to help promote relaxation, healing and well-being. No prior experience necessary.

ZUMBA

A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

CSC FITNESS CENTER

Our fitness room features treadmills, bicycles, weights, and more. All new members must attend an orientation session to become acquainted with the equipment in order to activate your membership. A 6-month membership costs \$25 for ages 60+ and \$40 for ages 18-59.

Fitness Room is CLOSED during fitness orientation sessions on November 18 and December 9 between 5:00pm - 7:00pm

FITNESS CENTER HOURS

MONDAY	8:00AM - 8:30PM
TUESDAY	8:00AM - 8:30PM
WEDNESDAY	8:00AM - 8:30PM
THURSDAY*	8:00AM - 8:30PM
FRIDAY	8:00AM - 2:00PM
SATURDAY	8:30AM - 12:30PM
SUNDAY	CLOSED

** Fitness Room is CLOSED during fitness orientation sessions every Thursday from 12:00pm - 1:00pm*

EXERCISE CLASSES: Registration Required

Registration is required. Please sign-in at the front desk upon arriving.

Please note the following schedule is accurate at time of printing. Classes may be canceled due to inclement weather, instructor schedule changes, or other unforeseen issues.

Drop-ins are available for \$7 per eligible class, this fee cannot be applied towards purchasing a full session.

FUNCTIONAL STRENGTH TRAINING

Mondays | November 3 - December 29 | 11:00 AM | \$45

Join Dr. Maggie Curtis from Harbor Strength Physical Therapy for a 45 minute long strength training class. Each class begins with a dynamic warm up followed by upper and lower body strengthening and as postural and functional exercises. Classes will utilize various equipment including light and heavy dumbbells and resistance bands. Exercises are tailored to the individual and emphasize proper form. Please bring a yoga mat.



STRENGTH & CORE FITNESS

Mondays/Wednesdays | November 3 - December 31 | 9:00 AM | \$68

This class is a moderate-to-advanced strength training class that works the major muscles in the body and challenges stability and endurance. There is a big focus on core strength. A post-workout stretch is included. Please bring bands! [No class December 17th](#).

SCULPT & STRETCH

Mondays | November 3 - December 29 | 12:00 PM | \$36

This class is a moderate to advanced class with a combination of strengthening, cardio, balance and stretching for a full body workout. This exercise program requires participants to be able to transition smoothly to the ground.

BALANCE AND BRAIN

November 4 - November 25 **December 4 - December 16**
Tuesdays/Thursdays | \$30 **Tuesdays/Thursdays | \$20**
Class#1: 9:00 AM **Class#1: 9:00 AM**
Class#2: 11:00 AM **Class#2: 11:00 AM**

Movements will be executed from a chair and standing next to a chair. Each session will include optional exercises that can be done traveling across the floor and some will be performed only in your head. We will use a VARIETY of simple exercises that can be made challenging for every fitness level. Performing these exercises helps the brain and body maintain elasticity, flexibility and a wealth of youth like capabilities. Benefits may include improved function in memory, brain speed, executive thinking and cognition. This may also include faster reflexes, increased muscle coordination, improved poise and spatial awareness.

LAUGHTER YOGA

Tuesdays | November 4 - December 30 | 9:30 AM | \$36

Laughter Yoga combines playful laughter exercises with deep breathing to boost overall health and happiness. Unlike traditional yoga, no mats or poses, are required. Open to all abilities.

EXERCISE BASICS - HIP, KNEE, SPINE

November 4 - November 25 **December 4 - December 16**
Tuesdays/Thursdays **Tuesdays/Thursdays**
10:00 AM | \$30 **10:00 AM | \$20**

This class will focus on spine and stomach strength, knee stability and hip mobility.

DANCE FUSION

Thursdays | November 6 - December 18 | 10:00 AM | \$16

Drop-in class is \$7

Dance Fusion is a concept of getting a cardio workout, and toning muscles, while enjoying it, to great Pop & Funk music you'll likely recognize. There's no experience necessary and no judgment. Just fun! [No class December 4th and 11th](#).

BOLLY X - BOLLYWOOD DANCE INSPIRED WORKOUT

Thursday | November 6 - December 18 | 9:00 AM | \$30

Drop-in class is \$7

Anyone who says no pain no gain has never worked out to Bollywood music, one of the best ways to get fit physically and mentally. Purnima, our instructor, takes pride in making the magic of Bollywood accessible to people of all ages and abilities. With her youngest student at 3-years-old and oldest at 97 years young, she believes everyone can create joy and happiness through BollyX. We are eager to share the infectious positive energy along with all the benefits of dancing to BollyX.

DANCE CARDIO WITH SHAWN

Fridays | November 7 - December 19 | 9:00 AM | \$20

Drop-in class is \$7

Dance your way to better physical and mental health. Structured dance classes can lead to improvements in areas such as emotional well-being, depression levels, motivation, social cognition and memory! So come join Shawn in this 50 min class and learn choreography from songs from all over the world.

[No class November 28th, December 5th & December 12th](#)

POWER OVER PARKINSONS

Fridays | November 7 - December 19 | 12:00 PM | \$30

This is a specialized class for 5 participants with a Parkinson's Disease diagnosis. It focuses on aerobic activity, muscle strengthening and flexibility. Exercise can help with symptoms of Parkinson's through consistent activity covered in this class.

[No class December 12th or 26th](#)



NOVEMBER 2025 PROGRAMS

PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS, UNLESS OTHERWISE NOTED. All programs are free unless noted.

HYBRID Programs, available in-person and online

WORLD TRAVELS w/ SOPHIA - Japan

Monday | November 3 | 1:00PM

A modern country in Asia known for its delicious food, historic architecture, and rapidly changing society. Join Sophia on a photographic journey through her recent trip to Japan. A trip complete with historical sights, pagodas, wildlife, Japanese gardens, and authentic food. You don't want to miss out!



TECH WORKSHOP WITH NATICK HIGH ROBOTICS CLUB

Monday | November 3 | 3:00PM

Hosted entirely by high school students from Natick High School Robotics Club, this hour-long workshop is designed for older adults who are interested in basic, informational lessons on using their own technology. Please bring your own device. The number of participants is limited, so you must pre-register!

WONDRIUM **HYBRID**

Tuesdays | November 4 - December 16 | 11:00AM

"The Real History of Secret Societies:

Nov 4 - Ireland's Secret War for Independence

Nov 18 - Mafia! Criminal Secret Societies

Nov 25 - Red Octopus: The Communist International

Dec 2 - Italy's Secret Government: The P2 Lodge

Dec 9 - Bohemian Grove, Bilderbergers, and Elites

Dec 16: Terrorism's Long Trail of Secret Cells; Secret Societies

TRAVEL TALK W/DANA: Galapagos Islands

Tuesday | November 4 | 1:00PM

Join world traveler Dana Zaiser along an armchair adventure to the Galapagos Islands. This talk will focus on his recent trip to explore the unique wildlife of the Galapagos Islands. The islands were made famous during Charles Darwin's voyage on the HMS Beagle. Darwin's experiences on this trip formed his theory of evolution. Beautiful photographs and impressive videos will be shared during this lively presentation.

PAINTING WITH WATERCOLOR INSPIRED BY NATURE

Tuesdays | November 4-December 23 | 3:30PM | \$50

Regardless of your level of experience with watercolor, this class is tailored for students and artists with various skill levels. Join a supportive community that encourages you along your artistic journey. Participants will share both their challenges and successes through their artwork. Expect honest and constructive feedback from an experienced instructor allowing you to build upon your skills. CSC has brushes available.

No class on November 25th or December 2nd.

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OPEN STUDIO ART

Wednesdays | November 5 - December 10 | 9:30 AM

All abilities are welcome. In this relaxed informative class students will be encouraged to pursue their own choice of subject matter, style and media, however no oils. Feedback will be provided individually and by group critiques. You must bring your own supplies.

CHAIR MASSAGE

Wednesdays | November 5, 19 | 10:00 AM-1:00 PM | \$15

Like table massage, chair massage offers numerous benefits. After this 15-minute session, clients can experience reduced muscle tension, deeper breathing, headache relief, stress reduction and improved focus and attention. Check online or call for available appointments. Registration is required for each session. Payment to be paid at time of registration.



LUNCH TOGETHER

Wednesday | November 5 | 12:00 PM | \$7

Make new friends and catch up with old ones while enjoying a delicious lunch. Lunch served will be chicken fingers with french fries served with dessert. These are dine-in meals only.

WHEEL OF FORTUNE Game Show

Wednesday | November 5 | 1:30PM

Come and be a contestant on our LIVE game show with MC Kevin Richman. In this fun competition, you will compete for prizes while solving word puzzles.



CLOSE ENCOUNTERS - The Most Intriguing UFO Cases in History

Thursday | November 6 | 1:00PM

Explore pivotal UFO events from Roswell to O'Hare with Christopher Torres, a seasoned podcaster/paranormal expert. Delve into key sightings, eyewitness reports, and official media accounts. Join us for this straightforward and engaging journey through UFO history's most compelling moments. Great for everyone from the curious to the informed.



UKULELE LESSONS II

Fridays | November 7 - December 26 | 10:00 AM | \$50

This is an intermediate class designed for players who have mastered the basics of ukulele playing. In this class, students will enhance their rhythm skills and learn how to play chord progressions. Students need to bring their own instrument. Class is limited to 10 people.

Opera & Music Appreciation

Fridays | November 7 - December 19 | 10:30 AM | \$25

Join our very own Ron Williams as we expand our reach and take a look at symphonies, jazz and other world music. Ron is 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 through Europe.

GUITAR LESSONS II

Fridays | November 7 - December 26 | 11:00 AM | \$55

This is an intermediate class designed for players who have mastered the basics of guitar playing. Join Memo Rubio, musician, singer, composer and producer for some fun instruction. Students need to bring their own instrument. Class is limited to 10 people.

THANK YOU VETERANS

NATICK'S ANNUAL VETERANS DAY PARADE AND CEREMONY
Tuesday, November 11, 2025 at 9:00AM

We warmly invite you to attend the Veterans Day Parade, starting in front of the Morse Institute Library. Following the parade, a commemorative ceremony will take place on the grounds of the Library. In the event of inclement weather, the ceremony will be moved indoors at the Library. For the latest details, please visit the Town of Natick's Veterans webpage: <https://www.natickma.gov/617/Veterans-Day>

VETERANS DAY APPRECIATION LUNCHEON
Tuesday, November 11, 2025 at 11:30AM

The Town of Natick would like to invite our veterans to a Veterans Day lunch. The luncheon will be held at the Natick Community-Senior Center, located at 117 East Central Street, Natick, MA 01760.

Luncheon is sponsored by The Charles River Rotary Club, Town of Natick Veterans Services, Community Services Department, Natick Firefighters Local 1707, and the American Legion Post #107

LOST RESTAURANTS OF YESTERYEAR

Wednesday | November 12 | 1:00PM

From legendary seafood houses to elegant tea rooms and forgotten department store cafés, we'll revisit the dishes, decor, and stories behind restaurants that once defined a neighborhood or an era. Expect a flavorful mix of history, trivia, and personal memories—with a side of "Remember when?" Perfect for food lovers, longtime locals, and anyone curious about the changing tastes of the city



ADULT FAMILY CARE (AFC) PROGRAM OVERVIEW

Wednesday | November 12 | 11:00AM

Home Care AFC will present an overview of Mass Health's Adult Family Care (AFC) program which is a healthcare benefit that supports caregivers in providing assistive services to members who need supervision and aid with daily functions due to advanced age, disability, weakness or illness. The program offers caregivers up to \$18,000 per year, along with expert resources and ongoing guidance to ensure the health, safety & comfort of those being cared for.

JOYS OF NATURE: Africa - Safari in Tanzania HYBRID

Wednesday | November 12 | 1:30PM

Join Joy Marzolf to discover the amazing wildlife of the plains of Ngorongoro Crater and the Serengeti. Prides of lions can be found among the grasses, including large males and mothers with small playful cubs, causing grazers like impala, gazelle, and zebra to gather in herds for protection. Some, like the leopard and rhino, are solitary and a rare and exciting find. These famous National parks often enable visitors to see the "big five" animals and many more.

STRETCH BEADED BRACELETS

Wednesday | November 19 | 10:00AM | \$5

Let your creativity sparkle and learn to make pretty stretch beaded bracelets. The instructor will cover all the steps to make the bracelets. Stretch beaded bracelets are versatile, easy to wear, fit most people, and you can make them for yourself or as a gift. There will be letter beads to use to add a name or words to the bracelets. Skill level needed: ability to see and pick up 6mm to 8mm beads and string them on 1mm string. Your choice – make one or two bracelets.

FEATURE FILM

Thursday | November 13 | 1:00PM

This film follows a team of English homeless footballers, led by their coach, who travel from London to Rome to compete in a global annual football tournament - The Homeless World Cup. At the last minute, they decide to bring with them a talented striker, but he must confront his own issues and once-promising past. In order to help the team win the cup and move on with his own life. In Rome, just as in life, everything's to play for.

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STILL LIFE DRAWING

Fridays | November 14-December 26 | \$42

10:00AM - Beginner | 12:00PM - Intermediate

In the beginner drawing class students will be introduced to life drawing (drawing from observation of real world objects). Emphasis will be placed on realistic perspective, lighting and composition. In the intermediate class, you will build upon fundamental skills by focusing on advanced techniques for creating more detailed and realistic compositions. You'll move beyond basic shapes to accurately render complex textures, lighting, and spatial relationships. Instructor and Artist Geoffrey Halverson is a Cambridge native who studied art at the Corcoran.

BOSTON TEA PARTY TASTING

Monday | November 17 | 1:00PM | \$5

Travel back to 1773 and experience history through taste! This engaging workshop brings the Boston Tea Party to life with a deep dive into the event and a guided tasting of the teas thrown into Boston Harbor. This session combines history, discussion, and hands-on tasting to create a truly engaging experience. Perfect for history buffs and tea lovers curious about America's revolutionary past!

SOUND HEALING

Tuesday | November 18 | 10:15 AM | \$10

There is a hidden power within sound that is only just beginning to be scientifically explored. For centuries bells, chimes, rattles and drums have drawn us together and invited our imaginations to journey. Join us for a fun and relaxing practice. Leo Ryan, yoga teacher and Nicole Ward, certified Reiki Master and intuitive healer invite you to join us for 75 minutes for gentle movement followed by sound immersion. You simply relax and allow waves of sound to roll over you. You will need to bring a yoga mat and maybe a pillow and blanket to maximize your comfort.



PREPARE TO CARE PRESENTED BY AARP

Wednesday | November 19 | 11:00AM

Prepare to Care is a practical guide focused on the "how to" of putting together a team and establishing a care plan for your loved one. You will gain insight on navigating challenges as you and your care receiver begin the journey of caregiving.

FEATURE FILM

Wednesday | November 19 | 1:00PM

A dutiful damsel agrees to marry a handsome prince, only to find the royal family has recruited her as a sacrifice to repay an ancient debt. Thrown into a cave with a fire-breathing dragon, she must rely on her wits and will to survive.

CULTURALLY CURIOUS - The Mysterious Dreamscapes of Salvador Dalí *HYBRID*

Wednesday | November 19 | 1:30PM

Salvador Dalí, the enigmatic Spanish Surrealist, left an indelible mark on the world of art with his striking and often bewildering creations. But what drove this eccentric artist to produce such dreamlike and provocative works? From melting clocks to elephants with spindly legs, Dalí's paintings challenged reality and invited viewers to explore the depths of their subconscious. This program delves into the life, inspirations, and enduring fame of Salvador Dalí, unraveling the mysteries behind his fantastical visions.

FESTIVE HOLIDAY SOUPS

Thursday | November 20 | 1:00PM | \$5

Whether it's for a holiday meal, a get-together with friends or a quiet night at home, come learn how to make these festive soups! Get recipes for Butternut Squash and Ginger, Roasted Red Bell Pepper, Pumpkin Soup with Lentils, Beet and Apple Soup with Horseradish Cream, and more! Plenty of recipes and lots of laughs will be shared.



MEANINGFUL CONNECTIONS MEMORY CAFE

Thursday | November 20 | 11:30AM

Our memory cafe is a welcoming and supportive gathering for individuals with memory loss and their care partners. Join us for companionship, entertainment, resources and a light lunch. We are excited to welcome back the Octaband. The Octaband is a fun, interactive experience that helps connect everyone involved. Please call Katie Carew at 508-647-6540, ext. 1908 to reserve your spot no later than the Monday prior to the scheduled memory cafe you would like to attend.

HEATING ASSISTANCE

Now that winter is approaching, we would like to remind you that it's time to prepare for cold temperatures and rising utility costs. The Home Energy Assistance Program (HEAP) can provide financial assistance toward your winter season heating bill as well as a discounted rate on your electricity, as long as you meet the income guidelines and provide the necessary documentation. If approved for heating assistance, you may also qualify for weatherization, appliance management, and /or heating system repairs or replacement. If you are over income for the HEAP program, you may be eligible for fuel assistance through the Salvation Army's Good Neighbor Energy Fund (GNEF). Please call Information & Referral at 508-647-6519 for GNEF guidelines or with any questions about heating assistance or to schedule an appointment to complete an application.

Income Eligibility Guideles for 2025/2026 Winter Season	
Household Size Maximum	Annual Household Income
1	\$51,777
2	\$67,709
3	\$83,641

TAMING YOUR NOISY MIND

Friday | November 21 | 12:30PM

Do you feel like your mind is frequently a tornado of thoughts which can sweep you away and feel overwhelming? Do you tend to believe whatever thoughts pop into your mind even if they aren't helpful? Join Laura to learn some neuroscience about where thoughts come from, learn the power of self-awareness to influence the impact of your thoughts, and learn 3 strategies to create space between you and your thoughts. Just because the thoughts appear, doesn't mean you have to believe them! Empower yourself with awareness and compassion to create a less stormy and more peaceful mind.

LIVE IN CONCERT: MEMO RUBIO

Monday | November 24 | 1:00PM

Mexican guitarist Memo Rubio will take you on a journey through the world with his unique fingerstyle guitar. Memo Rubio has been living the musician life since he was 6 years old when he played his first guitar. Finding the stage by age 17, Memo excelled as a touring musician with Tejano artists and began to develop his craft as a performer on big stages around US and Mexico, including the Strawberry Festival in San Antonio, TX. Founder and Director of Memo Rubio Music School, he continues to share his musical talents teaching lessons in guitar, bass, ukulele, drums, vocal and piano for students of all ages. Always one to embrace the next adventure, he has mastered the fingerstyle guitar learning among gifted Berklee professors and has recently won the Latin American Musical Festival in Boston with his vocal interpretation of well known songs from Mexican icons. You won't want to miss it!



HOME DELIVERED THANKSGIVING DINNER

The Curtis Family of Framingham has generously offered to provide a traditional Thanksgiving dinner to those in Natick who are unable to prepare their own Thanksgiving dinner or who will be unable to join friends and/or family for the holiday. Volunteers will deliver the dinners on Thanksgiving Day, Thursday, November 27th. Please note that you must be at home to accept the dinner. Please call the Information & Referral Line at 508-647-6519, by Monday, November 17th to request a dinner.



EVENING PROGRAMS

PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS, UNLESS OTHERWISE NOTED. All programs are free unless noted.

PAINTING WITH WATERCOLOR INSPIRED BY NATURE

Tuesdays | November 4-December 23 | 4:50PM | \$50

Regardless of your level of experience with watercolor, this class is tailored for students and artists with various skill levels. Join a supportive community that encourages you along your artistic journey. Participants will share both their challenges and successes through their artwork. Expect honest and constructive feedback from an experienced instructor allowing you to build upon your skills. CSC has brushes available. [No class on November 25th or December 2nd.](#)

TAP DANCE CLASSES

Tuesdays | November 4 - December 30

4:00 PM - Advanced | 5:00 PM - Intermediate | \$80

"Time Steps, along with Tap combinations with lots of styles of music! Students must purchase tap shoes in advance.

[No class on November 11th.](#)

ESSEINTRICS

Tuesdays | November 4 - December 30 | 6:30 PM | \$80

The goal of the Essentrics Workout is to create a balanced body such that the strength in your muscles doesn't inhibit your movement, and your mobility is enhanced by your strength. Essentrics dynamically combines strengthening and stretching to develop a strong, toned body with the complete ability of moving each joint and muscle freely and with full range of motion. Join Julie Ferrari, Certified ESSEINTRICS® Instructor for this one of a kind class. Julie is one of a limited number of certified instructors in Massachusetts!

[No class on 11/25.](#)

JOY OF ART WITH LISA

Wednesday | November 5 - December 17 | 4:30PM | \$30

Come relax and escape with me and discover the artist within you. This class will allow you to create fun and easy projects that even a beginner will enjoy. Every week we will have a new piece of art. Most supplies will be provided, but please purchase an acrylic paint set, mixing palette and an apron if you choose. [No class on November 26th.](#)

DANCE CARDIO WITH SHAWN

Wednesdays | November 5 - December 17 | 6:00 PM | \$60

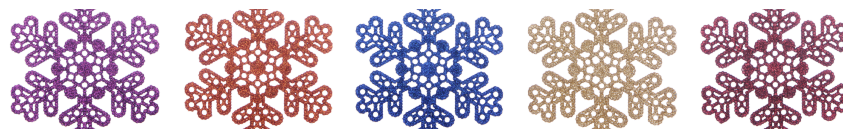
Dance your way to better physical and mental health. Structured dance classes can lead to improvements in areas such as emotional well-being, depression levels, motivation, social cognition and memory! So come join Shawn in this 45 min class and learn choreography from songs from all over the world. [No class on November 26th](#)

SOUND HEALING

Thursday | November 13 or December 11 | 7:00 PM | \$20

There is a hidden power within sound that is only just beginning to be scientifically explored. For centuries bells, chimes, rattles and drums have drawn us together and invited our imaginations to journey. Join us for a fun and relaxing practice. Leo Ryan, yoga teacher and Nicole Ward, certified Reiki Master and intuitive healer invite you to join us for 75 minutes for gentle movement followed by sound immersion. You simply relax and allow waves of sound to roll over you. You will need to bring a yoga mat and maybe a pillow and blanket to maximize your comfort.

2025 ANNUAL COUNCIL ON AGING HOLIDAY LUNCHEON FOR NATICK SENIORS FRIDAY, DECEMBER 12 AT NOON



We hope you can join us at our annual holiday luncheon at the Community Senior Center on Friday, December 12 at noon. Lunch is limited to Natick residents only. You may register on Monday, November 17th at 9:00 am by calling 508-647-6540 or by stopping by the lobby of the Community Senior Center. Lunch will be roasted sliced turkey with mashed potatoes, gravy, stuffing and a vegetable with coffee and dessert! Limited seating.

This is a great opportunity to register for your 2026 Friends membership! Applications will be available in the lobby and on the last page of this newsletter.

Parking is limited. If possible, please carpool or take a MWRTA bus.

DECEMBER 2025 PROGRAMS

PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS, UNLESS OTHERWISE NOTED. All programs are free unless noted.

HYBRID Programs, available in-person and online

TECH WORKSHOP WITH NATICK HIGH ROBOTICS CLUB

Monday | December 1 | 3:00PM

Hosted entirely by high school students from Natick High School Robotics Club, this hour-long workshop is directed at older adults who would like brief and informational lessons on using their own technology. Please bring your own device, and we look forward to seeing you there! The number of participants is limited, so you must pre-register!

HOUSING SEARCH CLINIC

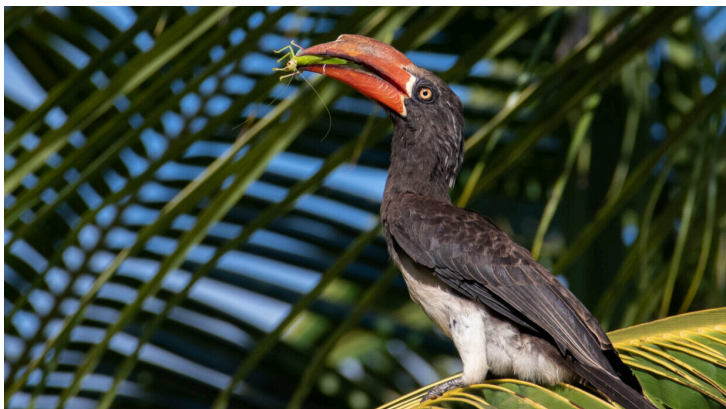
Tuesday | December 2 | 2:00 PM

The housing search clinic, offered by MetroWest Collaborative Development, is for you if: You are interested in learning about income-restricted housing; searching for a more affordable housing option but don't know where to begin; and/or need assistance with online housing applications. The clinic will review types of affordable housing, income eligibility, strategies for effective housing search, and computer time. Please bring a laptop if you have one. To register, call Merkeisha Dickson at 617-923-3505, ext. 102 or email merkeisha@metrowestcd.org.

JOYS OF NATURE: Africa - Exploring Zanzibar Above and Below **HYBRID**

Wednesday | December 3 | 1:30PM

Come explore the beauty and natural wonders of the Islands of Zanzibar with Joy Marzolf. While this area is steeped in history, nature abounds. One can see large animals like enormous Aldabra tortoises, and primates like red colobus and blue monkeys. Bird life varies widely from the tiny endemic Pemba Island sunbird to various kingfishers and even larger hornbills. Along the coast one might see shorebirds and land crabs, while under the sparkling



CHAIR MASSAGE

Wednesdays | December 3, 17 | 10:00 AM-1:00 PM | \$15

Like table massage, chair massage offers numerous benefits. After this 15-minute session, clients can experience reduced muscle tension, deeper breathing, headache relief, stress reduction and improved focus and attention. Check online or call for available appointments. Registration is required for each session. Payment to be paid at time of registration.

FEATURE FILM

Thursday | December 4 | 1:00 PM

From Jesse Armstrong, this darkly comedic satire follows a group of tech billionaire friends who reunite amid a rolling international crisis

UNVEILING THE UNKNOWN: The Latest on UFOs and UAPs

Thursday | December 4 | 1:00PM

Join podcaster, paranormal enthusiast, and MA native, Christopher Torres as he takes you through the most recent developments on the topic of UFOs, including the New York Times article that broke the official UFO reports. Chris will review what government officials and prominent scientists have said, on and off-the-record, about UFOs (now known as UAPs), and what we might see next. If you are curious about the unknown, then this is the talk for you

WORLD TRAVELS w/ SOPHIA - Hawaii

Monday | December 8 | 1:00PM

Known for its natural beauty, culture, and delicious food, Hawaii, The Aloha State, is only a 5,000 mile plane ride away! Join Sophia on a photographic journey of her trip, complete with wildlife, a volcano, greenery, sunsets, and more!



SOUND HEALING

Tuesday | December 9 | 10:15 AM | \$10

There is a hidden power within sound that is only just beginning to be scientifically explored. For centuries bells, chimes, rattles and drums have drawn us together and invited our imaginations to journey. Join us for a fun and relaxing practice. Leo Ryan, yoga teacher and Nicole Ward, certified Reiki Master and intuitive healer invite you to join us for 75 minutes for gentle movement followed by sound immersion. You simply relax and allow waves of sound to roll over you. You will need to bring a yoga mat and maybe a pillow and blanket to maximize your comfort.

UNDERSTANDING AND OVERCOMING PROCRASTINATION

Tuesday | December 9 | 1:00PM | Part 1

Monday | December 22 | 2:00PM | Part 2

Do you fight with getting started on your tasks? Have you labeled yourself a professional procrastinator? Then join Laura Mutch, for this interactive 2-session workshop that reframes procrastination as a natural brain response. Through guided exercises, you'll identify your patterns and create a customized approach emphasizing self-compassion. You'll leave with practical tools to implement immediately. The 2nd workshop will be more focused on sharing successes and struggles around implementing the information provided in the first workshop.

LONG TERM CARE: Planning for What's Next & Protecting Your Assets

Wednesday | December 10 | 10:00AM

In this long-term care planning session, Samantha Gentel, Esq. of Generations Law Group, will cover the types of care available, associated costs, and how these expenses can impact your financial security. We'll explore Medicaid eligibility requirements and strategic asset protection techniques to help preserve your wealth while ensuring access to necessary care. This informational session will equip you with practical knowledge to create a team of experts and make informed decisions about long-term care planning before it is needed.

FAMILY FEUD Game Show

Wednesday | December 10 | 1:00 PM

Come and be a contestant on our LIVE game show with MC Kevin Richman. In this fun competition, you will compete for prizes by naming the most popular answers to survey questions.

MAKING CENTS OF CAREGIVING PRESENTED BY AARP

Wednesday | December 10 | 1:00PM

This program will introduce you to AARP's Financial Workbook for Family Caregivers, a practical guide focused on health, housing and money management. The goal is that the tools shared will help participants feel prepared to minimize the stress that making financial decisions can cause. We will introduce some of the essential financial information caregivers need to more easily manage some of the complex responsibilities of caregiving.

FEATURE FILM

Thursday | December 11 | 1:00 PM

A suburban dad attempts to befriend his charismatic new neighbor and it threatens to ruin both of their lives.

TRAVEL TALK W/DANA: Amazon River

Tuesday | December 16 | 1:00PM

Ride along with world traveler Dana Zaiser through this famous forest and the Brazilian city of Manaus. During this fascinating presentation, you will learn about life along the Rio Negro, one of the major tributaries of the Amazon River; see amazing animals and colorful birds; and learn how to fish for piranhas.

CULTURALLY CURIOUS - Behind the Curtain: Edgar Degas, the Ballet & Beyond *HYBRID*

Wednesday | December 17 | 1:30PM

Forget the Nutcracker, these are the ballerinas you want to see! Discover the captivating world of Edgar Degas, a master of Impressionism known for his intimate portrayals of ballet dancers and everyday Parisian life. Through his innovative use of pastels and unconventional compositions, Degas captured fleeting moments with remarkable clarity and emotion. His work ranges from elegant ballerinas to candid scenes at the racetrack and offer

MEANINGFUL CONNECTIONS MEMORY CAFE

Thursday | December 18 | 11:30AM

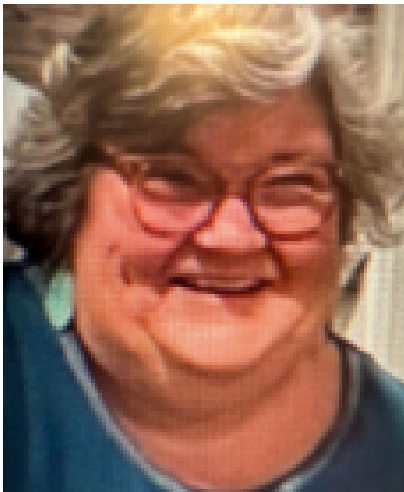
Our memory cafe is a welcoming and supportive gathering for individuals with memory loss and their care partners. Join us for companionship, entertainment, resources and this month we will enjoy a special lunch to gather together and celebrate the holidays. Please call Katie Carew at 508-647-6540, ext. 1908 to reserve your spot no later than the Monday prior to the scheduled memory cafe you would like to attend.

COOKING SMALL: RECIPES FOR 1 OR 2

Monday | December 22 | 1:00PM

Master the art of preparing delicious and nutritious meals in smaller portions. Learn the essential cooking techniques, how to shop efficiently, and how to minimize waste, all while enjoying a variety of dishes tailored for fewer servings. This class is perfect for anyone looking to enhance their culinary skills in a cozy kitchen setting. Get exclusive Therapy Gardens recipes!

MEET THE INSTRUCTOR!



Lisa Demartin

Please meet Lisa DeMartin one of our newest art instructors for the Council on Aging. Lisa has had a passion for art since childhood and has been hosting painting parties for adults and children. She loves sharing her joy with others. Lisa uses color and texture in designing her curriculum and teaches based on seasons as a New Englander Fall is her favorite season to teach. There will be plenty of yellow, red and orange on her students' pallets. One of Lisa's favorite lessons is the color wheel and as most of us hopefully remember from school yellow and red make orange! Below is a short review from one of her students that we would like to share with you.

"Lisa is a dedicated teacher who wants to see her students succeed. She spends time with each person, helping, critiquing, and encouraging. She even chooses what we'll paint based on what she thinks we like, yet incorporates what we need to learn into the lesson. My husband and I joined Lisa's class as rank amateurs having no idea how to paint. We enjoyed it so much, we signed up for a second class, and I'm sure we'll be back for a third. Lisa has a big heart and an amazing sense of humor that keeps us all laughing."

ONGOING SERVICES

OFFICE HOURS WITH STATE REPRESENTATIVE

DAVID P. LINSKY

1st Monday of each month | 10:00 AM

Please join Representative David P. Linsky. All residents of Natick are welcome to stop by and share their thoughts and/or concerns. Feel free to drop by - no appointment is necessary.

METROWEST LEGAL SERVICES

3rd Monday every other month | 3:00 PM

MetroWest Legal Services is scheduling 20 minute appointments for consultations for free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations, consumer and bankruptcy.

WELLNESS VISIT AND BLOOD PRESSURE CLINIC

2nd and 4th Thursday of each month | 8:45 AM

Heidi Harper, the Town of Natick's Public Health Nurse, will be available for blood pressure checks. Registration is not required, but please check in at the reception desk upon your arrival.

PODIATRY CLINIC

3rd Tuesday of each month | 9:00 AM | \$45

Call to schedule your 15 minute podiatry appointment with Dr. Clayman. Beginning this month, your payment of \$45 will be required at the time of registration, and is non-refundable in the event you are unable to make the appointment.

ELLENBOGEN VIBRANT CENTER

Tuesdays & Fridays | 10:00 AM

The Ellenbogen Center is available 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 Feliz, AT Coordinator, at (857)443-6636.

LOW VISION SUPPORT GROUP - HYBRID

The Low Vision Support group is for individuals who are losing their vision, who would like to gain information from speakers and share common experiences. The group meets in person on a monthly basis at the Natick Community Senior Center and also includes the option to join remotely by Zoom. Please contact Laurie Werle, at the MA Association for the Blind and Visually Impaired, 617-926-4268 for information and to join. Sponsored by the MA Association for the Blind and Visually Impaired.

BEREAVEMENT SUPPORT GROUP

1st and 3rd Tuesday of each month | 11:00 AM

This support group is facilitated by Malka Young, LICSW, of Jewish Family Services of MetroWest. The November 18th and December 16th groups will be hybrid - available in person, as well as on Zoom. Please contact Katie Carew at 508-647-6540, ext. 1908 if you would like the Zoom link.

CAREGIVER SUPPORT GROUP

2nd Thursday of each month | 2:00 PM

Are you caring for a family member or friend with a chronic illness or disability and interested in joining a caregiver support group? Our caregiver support group will offer mutual support, shared experiences and resources. Please call Debbie Budd at 508-647-6540, ext. 6543 with questions.

ASK AN ATTORNEY

Check online or call for available appointments

Attorney Samantha Gentel of Generations Law Group and Attorney Julie Ladimer of Ladimer Law, both Elder Law Attorneys, are available once a month for 15 minute telephone consultations to answer your legal questions. Call the CSC to schedule your free, private telephone appointment.

SELECT BOARD OFFICE HOURS AT THE NATICK

COMMUNITY SENIOR CENTER

4th Thursday of each month | 9:00 AM

Meet with one our Select Board members to discuss issues of importance to you. Feel free to stop by - no appointment necessary.

SHINE (SERVING THE HEALTH INSURANCE NEEDS OF EVERYONE)

Mondays & Wednesdays

Trained SHINE (Serving Health Information Needs of Everyone) counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. They are available in person, by appointment, at the Community Senior Center on Mondays and Wednesdays. Telephone appointments are also available. Please call to schedule your appointment or register online.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7TH

Don't miss your chance to change plans. Medicare plans including premiums, doctor networks, and covered drugs can change yearly, so it is very important to check your options for 2026. Our trained SHINE volunteers are here to help. Appointments fill up fast during open enrollment so don't delay in scheduling yours. If appointments are booked, 1-800-Medicare is available 24 hours a day to also assist with plan searches.

NATICK INFORMATION AND REFERRAL LINE (508) 647-6519

Our Information & Referral specialist will take the time to understand your questions and will refer you to the services, benefits and programs that will meet your needs, such as access to health care, disability services, food assistance programs, hoarding support, legal assistance, mental health services, transportation and more. Please call us at (508) 647-6519 for an assessment of your needs.

TRANSPORTATION

The following transportation services are available for Natick residents.

TAXI RIDES TO MEDICAL APPOINTMENTS

Natick Human Services will schedule a taxi for residents needing a ride to medical appointments located outside of MetroWest, which is not serviced by the Natick Connector. Residents may schedule up to two round trips per month, based on the availability of the taxi company, between the hours of 8:00 a.m. and 4:30 p.m., Monday thru Friday. There is currently no charge for this service. Scheduling a taxi ride begins the third Monday of the month for the following month, and at least five business days in advance of the appointment. Please call Katie at 508-647-6543, ext. 1908 to schedule your ride.

NATICK CONNECTOR

The Natick Connector offers door-to-door transportation for Natick seniors and residents with disabilities who need local transportation to medical appointments, grocery shopping and other personal needs. The Connector, which operates Monday through Friday from 9:00 a.m. – 4:00 p.m., travels within Natick, Framingham, Wellesley, Wayland, Sherborn, the Market Basket in Ashland and to Newton Wellesley Hospital.

Call the MWRTA at 508-820-4650 to set up an account and schedule a ride.

MWRTA RIDE

Paratransit door to door, shared transportation for those with temporary or permanent disability who cannot drive or use bus service.

Call the MWRTA (508) 935-2222 or the Natick Information & Referral Line at (508) 647-6519, for an application or assistance.

MWRTA CATCH CONNECT

On-demand, door-to-door transportation is available within Natick and Framingham on Saturdays & Sundays from 8:00 a.m. to 6:00 p.m.; and in the evening Monday through Friday, 7:30 p.m. – 10:00 p.m. As well as from the Natick Community Senior Center to any location within Wellesley and to Newton Wellesley Hospital, Monday – Friday from 6:45 a.m. to 8:45 p.m.

Rides may be scheduled by using the MWRTA Catch App on your device or by calling the MWRTA at (508) 283-5083.

MASSHEALTH

MassHealth members may be eligible for non-emergency transportation to and from covered medical appointments. Call (800) 841-2900 to schedule your ride.

MWRTA BOSTON HOSPITAL SHUTTLE

Door-to-door service, from 8:30 a.m. to 6:00 p.m., Tuesdays, Wednesdays and Thursdays to several Boston hospitals. Call the MWRTA, (508) 935-2225, to register and set up a fare account.

SPRINGWELL

Clients may be eligible for transportation to medical appointments. Call your case manager at 617-926-4100 to discuss options.

FOR MORE INFORMATION PLEASE CALL THE INFORMATION & REFERRAL LINE AT 508-647-6519.



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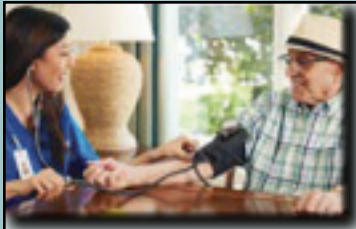
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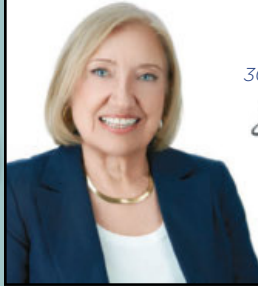
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Natick Council on Aging, Natick, MA 06-5271

Experiencing balance, brain, and/or bladder problems?



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Brain: Trouble with thinking or memory loss



Bladder: Difficulty with control and urgency

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Scan the QR code or visit STRIDEclinicalTrial.com to learn more about STRIDE and see if you prequalify

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Stride
CLINICAL TRIAL



WINGATE RESIDENCES
AT NEEDHAM

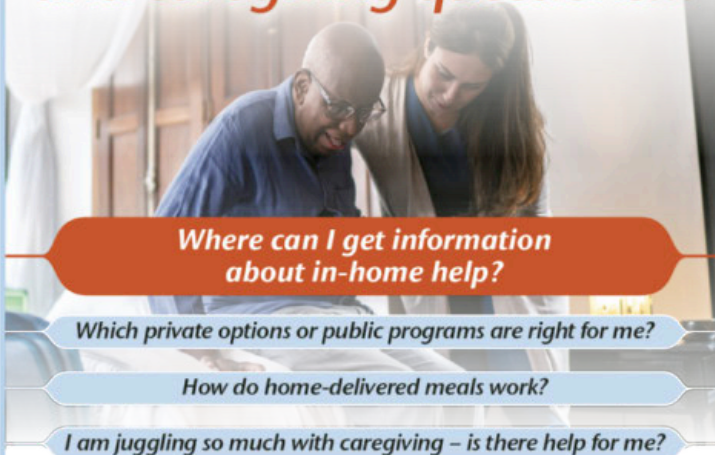
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Where can I get information about in-home help?

Which private options or public programs are right for me?

How do home-delivered meals work?

I am juggling so much with caregiving – is there help for me?

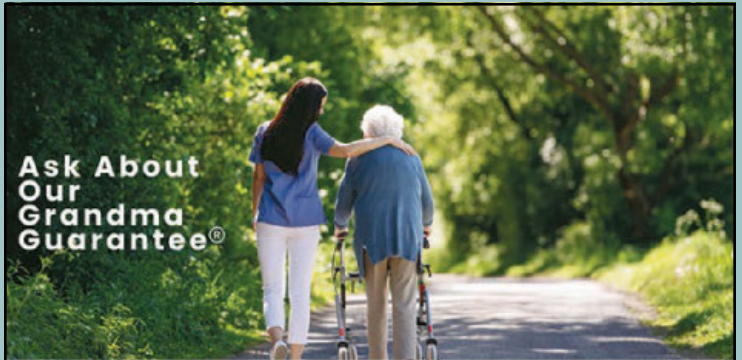
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