

March - April 2026

NATICK

COMMUNITY SERVICES

Council On Aging & Human Services

WELCOME

508-647-6540

www.natickma.gov/626/council-on-aging

PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS, EXCEPT FOR DROP-INS

You may register in-person at the center, online through our **ONLINE CATALOG** (register.communitypass.net/natick) or by phone at **508-647-6540**. We accept cash, credit cards (Visa, MasterCard, Discover), and check payment.

OFFICE HOURS:

Monday - Thursday 8:00am-5:00pm
Friday 8:00am-2:30pm

BUILDING HOURS:

Monday - Thursday 8:00am-8:30pm
Friday 8:00am-2:30pm
Saturday 8:30am-12:30pm

REGISTRATION BEGINS

For Natick residents - February 17 at 9:00am
For non-residents - February 18 at 9:00am

HOLIDAYS/BUILDING CLOSURES

April 20 - Patriots' Day



At our Center, we're proud to foster a caring and inclusive community. We value diversity, kindness, and respect while offering programs and services that support people of all abilities, gender identities, races, religions, and ethnicities.

Message from the Director

"Spring is far more than just a changing of the seasons: it's a rebirth of the spirit." - Toni Sorenson

Dear Friends,

As winter begins to fade and spring approaches, our staff has been working diligently to develop many new activities and programs. Upcoming programs include the St. Patrick's Day Celebration, the Music of Paul McCartney, a concert with Memo, and a variety of events celebrating the 250th Birthday of America. We are deeply grateful to the Friends of the Natick Community Senior Center for their unwavering support of the programs and services that we provide to the community. Spring is a great time for a rebirth of the spirit and the soul. Sign up for a class in art, music, or exercise. It is a great time to explore new vistas and make new friends.

Warm regards,
Donna Tarutz, LCSW

Information & Policies

Our programs are open to all, with no age or residency restrictions unless noted. While we strive for accuracy, details may change after publication and programs may be added or canceled. Please call the front desk at 508-647-6540 to confirm information.

Participant Photography Policy

The Natick COA occasionally photographs or records participants for promotional use. Unless you let us know otherwise, these images may be used in our materials.

Cancellation Policy

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

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.

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.

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.

Inclement Weather

When Natick Public Schools are closed or delayed due to weather, all COA activities will be canceled until **1:00 PM**. A decision about afternoon and evening programs and rentals will be made by **11:00 AM**. For updates, call our weather hotline at **508-647-6540, ext. 1930**. 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.

Staff Directory

Angela Snell, CPRP
Director
Community Services

Rebecca Antinori
Receptionist

Debbie Budd, LSW
Assistant Director
Services & Outreach

Katie Carew
Outreach Coordinator

Dave Caulfield
Transportation
Coordinator

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

Katie Farrar
Administrative
Assistant

Tia Hoff
Business and Operations
Manager

Richard Ivas
Transportation Coordinator

Mara Kalter
Receptionist

Joan O'Dell
Case Manager

Grace O'Donnell
Volunteer Services
Manager

Lynn Reed
Administrative
Assistant

Pat Russell
Receptionist

Ana Vladimirov
Program Manager

COA Officers & Board Members

Saul Beaumont
Chair

Jim Fitzgerald
Secretary

Board Members

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

Associate Member
Connie Pitt

Sal Pandolfo
Vice Chair

This newsletter is published bimonthly. We also send a biweekly e-blast every other Friday with the most up-to-date information.

Sign up here for our bi-weekly e-blasts:
www.natickma.gov/1049/Newsletter-Print-and-E-blast

The Board typically meets the 2nd Monday of each month.

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
8:00-8:45am Walking in Gym	8:00-8:45am Walking in Gym Cancelled on March 31	8:00-8:45am Walking in Gym	8:00-8:45am Walking in Gym	8:00-8:45am 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
12:15-1:00pm Walking in Gym	12:00-12:45pm Walking in Gym Cancelled on March 31	10:30-11:30am Chair Volleyball	10:00am-12:00pm Portrait Painters**	12:15-2:15pm Open Gym Basketball***
1:00-4:00pm Pickleball*	1:00-4:00pm Mahjong	1:00-3:00pm Knitting & Crocheting	12:15-1:00pm Walking in Gym	SATURDAY
1:00-4:00pm Bridge	3:00-5:00pm Open Gym Basketball*** Cancelled on March 31	1:00-4:00pm Pickleball*	1:00-3:00pm Quilting	8:30am-12:30pm Billiards
1:00-4:00pm Scrabble		1:00-4:00pm Poker	1:00-4:00pm Ping Pong	
1:00-4:00pm Ping Pong	 Beginning Apr 27	4:00-4:45pm Walking in Gym	1:00-4:00pm Mahjong	
4:00-4:45pm Walking in Gym Cancelled on March 31				

Pickleball* Must be a Natick resident

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

Portrait Painters**

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

If you'd like to volunteer as a model, please email Grace Thorne at gmarythorne@gmail.com.

Open Gym Basketball***

Must bring your own basketball.

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 MARCH 10 and APRIL 14 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: 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. **Classes are typically 45 minutes long.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am Zumba	9:00am Energy Healing Yoga			
10:00am Gentle Flow Yoga No class on March 2 and April 6	10:00am Muscle Building No class on March 31	10:00am Energy Healing Yoga	10:00am Muscle Building	10:00am Chair Yoga
10:00am Stretch & Roll	11:00am Muscle Building No class on March 31	10:15am Mat Pilates	11:00am Muscle Building	11:00am Sit & Get Fit
11:00am Sit & Get Fit	1:00pm Qigong No class on March 31	11:30am Chair Yoga	1:30pm Tai Chi	

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.

Please bring your own yoga mat or block.

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 your 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 us 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.

TAI 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.

EXERCISE CLASSES: Registration Required

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. **Classes are typically 45 minutes long.**

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

DANCE CARDIO WITH SHAWN

Fridays | March 6 - April 17 | 9:00 AM | \$35

Drop-in class is \$7

Boost your physical and mental well-being through dance! Join Shawn for a fun, structured class where you'll learn choreography to music from around the world. Come move, smile, and feel great!

POWER OVER PARKINSON'S

Fridays | March 6 - April 24 | 12:00 PM | \$50

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.

STRENGTH & CORE FITNESS

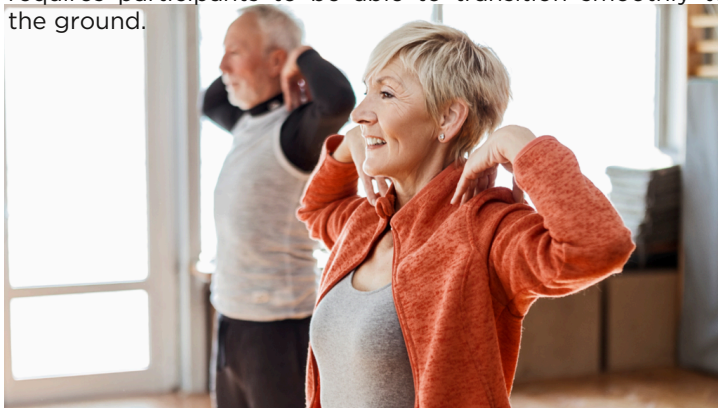
Mondays/Wednesdays | March 2 - April 29 | 9:00 AM | \$72

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!

SCULPT & STRETCH

Mondays | March 2 - April 27 | 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.



EXERCISE BASICS - HIP, KNEE, SPINE

Tuesdays and Thursdays

March 3 - March 26

10:00 AM | \$40

NO CLASSES IN APRIL

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

BALANCE AND BRAIN

March 3 - March 26

Tuesdays/Thursdays | \$40

Class #1: 9:00 AM

Class #2: 11:00 AM

NO CLASSES IN APRIL

Movements will be done seated or standing with a chair for support. We will use a VARIETY of simple exercises that can be made challenging for every fitness level, including optional exercises across the floor and some done mentally. Benefits may include improved memory, cognition, coordination, reflexes, balance, and spatial awareness.

DANCE FUSION

Thursdays | March 5 - April 30 | 10:00 AM | \$45

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!

BOLLY X - BOLLYWOOD DANCE INSPIRED WORKOUT

Thursdays | March 5 - April 30 | 9:00 AM | \$54

Drop-in class is \$7

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.

LINE DANCING - Monthly Special Event

Tuesday | March 10 | 2:15 PM | \$10

Tuesday | April 14 | 2:15 PM | \$10

Join us once a month for fun, beginner-friendly dances led by **Lisa Abbascia**, with great music and an upbeat social atmosphere. Come dance, laugh, and enjoy time with friends —no partner needed! Same fun, great energy, and wonderful group...just once a month, so mark your calendars and don't miss out!

YIN YOGA

Tuesdays | March 3 - April 28 | 2:00 PM | \$60

Feel good in your body! Yin Yoga is a gentle, mat-based practice using slow, supported postures to release tight tissues, improve flexibility and joint health, and ease tension. Calm your nervous system, move with comfort, and leave feeling relaxed, resilient, and well. Perfect for beginners and longtime yogis. Mats, blankets and blocks available or bring your own. Class limited to 12 people.



MARCH 2026 PROGRAMS

HYBRID Programs are available in-person and online. **REGISTRATION is REQUIRED, unless otherwise stated**

Please note that we reserve the right to cancel classes that do not meet minimum participation requirement

COMMUNITY REIKI EXPERIENCE

Monday | March 2, 9, 16, 23, 30 | 11:00 AM | \$10

Relax into Reiki energy as you sit comfortably in a chair where you'll experience increased mindfulness, a strengthened immune system, and a gentle detoxification process. This class offers a calming, supportive environment.



WORLD TRAVELS WITH SOPHIA - England

Monday | March 2 | 1:00 PM | \$3

Join Sophia on a photographic journey on her trip to London and Penzance. Complete with Shakespeare's Globe Theater, Big Ben, the London Eye, the English countryside, fish and chips, a Tidal Island, and more!

TECH WORKSHOP with NHS's Robotic Club

Monday | March 2 | 3:00 PM

Struggling with your computer or device? Join our in-person technology workshop led by students from the Natick High School Robotics Club. This one-hour session offers simple, helpful guidance for older adults using their own technology. Please bring your device. Space is limited, so pre-registration is required!

WONDRIUM - HYBRID

Tuesday | March 3 - April 28 | 11:00 AM

The Wisdom of History

Mar 3 - Islam; Ottoman Empire and Turkey.

Mar 10 - The Spanish Empire and Latin America; Napoleon's Liberal Empire.

Mar 17 - The British Empire in India; Russia and Empire.

Mar 24 - China and Empire; The Empire of Genghis Khan.

Mar 31 - Britain's Legacy of Freedom; George Washington as Statesman.

Apr 7 - Thomas Jefferson as Statesman; America's Empire of Liberty - Lewis and Clark.

Apr 14 - America and slavery; Abraham Lincoln as Statesman.

Apr 21 - The United States and Empire; Franklin Roosevelt as Statesman.

Apr 28 - A Superpower at the Crossroads; The Wisdom of History and the Citizen.

METROWEST HOUSING COLLABORATIVE

Tuesday | March 3 | 2:00 PM

The Housing Search Clinic, offered by MetroWest Collaborative Development, is for you if you're interested in income-restricted housing, looking for more affordable options, or need help with online applications. The clinic will cover types of affordable housing, income eligibility, search strategies, and provide 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

PAINTING WITH WATERCOLOR INSPIRED BY NATURE

Tuesday | March 3 - April 28 | 3:30 PM | \$40

This watercolor class welcomes students and artists of all experience levels. Join a supportive community where participants share their challenges and successes, and receive honest, constructive feedback from an experienced instructor to help you grow your skills. [LINK](#) to supply list. CSC has brushes available.

No classes on March 24, March 31, April 7, April 14, April 21

open STUDIOART

Wednesday | March 4 - April 29 | 9:00 AM

Join fellow art enthusiasts for a relaxed, social open studio designed for those with some prior experience. Participants are encouraged to explore their own choice of subject matter, style, and media (no oil paints). Individual feedback and optional group critiques will be offered. Please bring your own art supplies.

LUNCH with FRIENDS

Wednesday | March 4 | 12:00 PM | \$7

Enjoy great food and friendly conversation! For lunch we will have a grilled chicken Greek salad - grilled chicken, romaine lettuce, tomatoes, cucumbers, red peppers, onions, black olives and feta cheese served with dessert. These are dine-in meals only. Lunch provided by Fresscafe.

LOCAL HIKES: Jericho Town Forest, Weston

Thursday | March 5 | 10:00 AM

Gun Club Lane Weston

Hike will be about 5 miles Highlights include a well-maintained, beautiful forest trail with a clear, flat path. Mostly open trails, trees and fauna with an occasional small creek.

MINDFUL LIVING & MEDITATION

Thursdays | March 5 - April 30 | 11:00 AM

This is a drop-in class | \$5 per session

Instructor Lisa Campbell, a professional meditation and mindfulness coach, offers weekly sessions that combine mindful awareness practices, breathing techniques and meditations. Transform your life to be healthier, happier and more peaceful as you actively work through tension and anxiety and nurture a positive mindset.

FRAUD PREVENTION: Keeping Yourself and Your Money Safe

Thursday | March 5 | 2:00 PM

Have you heard of phishing or spoofing? These may sound made up, but they're very real scams. Join Cassie Kelleher, Needham Bank's VP of Fraud & Loss Prevention, for a helpful talk on today's most common scams, spotting red flags, preventing elder financial abuse, and keeping your money safe. Cassie is a Certified Fraud Examiner with over 15 years of experience in fraud prevention.

STILL LIFE DRAWING

Friday | March 6 - April 24 | 10:00 AM | \$55

In this beginning 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. The class will include instructor demonstrations of all lessons. Lessons will be carefully prepared to allow for progression towards more complex compositions. List of supplies given during registration.

UKULELE LESSONS

Friday | March 6 - April 24 | 10:00 AM | \$57

This class is 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 | March 6 - April 24 | 10:30 AM | \$65

Join award-winning artist Ron Williams as he guides us through symphonies, jazz, and world music. A familiar face to opera and concert audiences across New England, Ron made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe.



GUITAR LESSONS

Friday | March 6 - April 24 | 11:00 AM | \$65

Take your guitar skills to the next level in this intermediate class for players who know the basics. Join Memo Rubio — musician, singer, composer, and producer — for fun, hands-on instruction. Students must bring their own instrument. Class is limited to 10 participants.

ACRYLIC PAINTING

Friday | March 6 - April 24 | 12:15 PM | \$65

You will learn about composition, light and shadow, and other key visual concepts while also learning how to mix colors, apply paint to different surfaces, and create texture and depth that will help in creating dynamic and engaging works of art. No experience is necessary. List of supplies given during registration.

BINGO

Monday | March 9, 23 | 1:00 PM

Have a blast at Bingo, a drop-in activity open to all! Join us for a fun time! 6 cards and 10 games for \$4. Sponsored by the Friends of the Natick Senior Center.

A TOUR OF FRANCE

Monday | March 9 | 1:15 PM | \$5

Tour part of the French countryside from Toulouse to Normandy and Paris. The visit to the site of the greatest invasion in the history of the World is very moving. See some of the castles and churches of the Old World and the home and garden that inspired Monet. The restoration of Notre Dame Cathedral will also be discussed.

Presented by Dana Zaiser.



SOUND HEALING

Tuesday | March 10 | 10:15 AM | \$15

Discover the power of sound in a soothing 75-minute session of gentle movement and immersive vibrations. Join Leo Ryan for a relaxing practice where you simply settle in and let sound wash over you. Bring a yoga mat, and a pillow or blanket for extra comfort.

JOYS OF NATURE: Northern Baja Sur, Mexico - Gentle Giants, Diving Birds and more! - HYBRID

Tuesday | March 10 | 1:00 PM | \$3

Baja Sur may not be widely known for its wildlife, but it should be. During winter and spring, whale mothers and calves gather in sheltered bays, while gray whales on the Pacific side often approach boats. The region also hosts rich birdlife, from tiny hummingbirds and vivid vermilion flycatchers to egrets, herons, and ducks. Near Loreto, fin whales surface dramatically and blue-footed boobies dive for fish. From butterflies to endangered marine life, Northern Baja Sur offers remarkable wildlife just south of the border.

FALLS PREVENTION:

A Guide To Stay Safe And Independent

Tuesday | March 10 | 2:20 PM

Angela Powers, MSPT from Rebound Physical Therapy will discuss the statistics of falls, educate the audience to understanding falls, explain risk factors, speak to falls prevention, as well as provide insight into the use of assistive devices and fall emergency prep.

BURIED IN TREASURES WORKSHOP: For Those Having Difficulty Addressing Excessive Clutter

Wednesdays | March 11 - June 17 | 10:30 AM

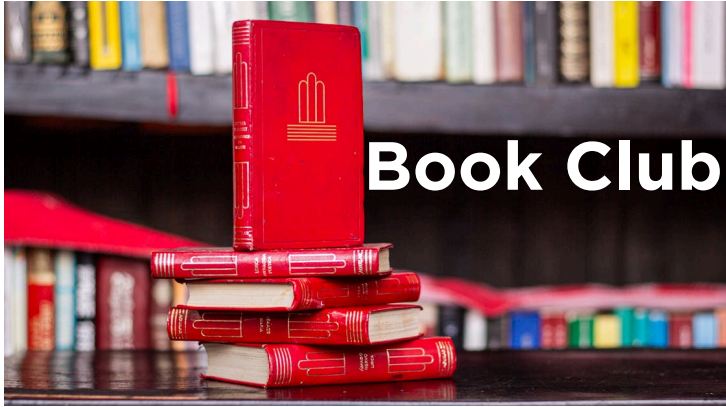
Do you avoid having friends and family over because your home is cluttered; have trouble getting rid of stuff; and/or buy more than you need? Research shows that working through the book Buried in Treasures in a structured group is one of the most effective ways to address excessive clutter and hoarding disorder. Each participant is required to have the book, Buried in Treasures. This workshop is being held at the Wayland Senior Center, but is open to both Natick and Wayland residents. **Please call Debbie Budd at 508-647-6543 to register.**

BOOK CLUB

Wednesday | March 11 | 2:00 PM

Join fellow book lovers for thoughtful discussion, shared perspectives, and a love of great stories. Our Book Club is a welcoming space to connect, discover new authors, and enjoy meaningful conversation at your own pace. No pressure—just good books and great company. New members are always welcome!

Facilitated by Morse Institute Library staff



LEARN TO WEAVE ON A FLOOR LOOM

Wednesday | March 11 - April 8 | 3:00 PM | \$100

Learn the basics of handweaving as you create a colorful sample of 8 weave structures on a 4-shaft floor loom. You'll learn the parts of the loom, principles of color and design, and how to read a weaving draft. No weaving experience necessary!

SPANISH IS IN THE AIR!

Thursday | March 12 - April 30 | 11:30 AM | \$40

Join our beginner Spanish class where no experience is needed and learning is fun and relaxed. By the end, you'll feel confident making small talk in Spanish, all in a friendly, supportive environment. For the final class, you'll even get to practice your new skills at a local restaurant!

POT O'GOLD PARTY

Celebrating St. Patrick's Day

Thursday | March 12 | 12:30 PM | \$10

Put on your green and get ready for a shamrockin' St. Patrick's Day celebration! Enjoy great vibes, big smiles, delicious food, and live music from our favorite band, Slainte. It's going to be lucky, lively, and full of fun—don't miss out!



MORSE INSTITUTE MOBILE DIGITAL HELP

Monday | March 16 | 11:00 AM

Sign up for a 20-minute one-on-one session with a Morse Institute Librarian for help with your smartphone, tablet, or other devices. Bring your questions—and your devices—and we'll work through them together. While you're here, browse a small selection of books from the Morse Institute Library's Bookmobile. You can even borrow a book on the spot with your library card, saving you a trip to the library!

Registration is required for each 20-minute appointment.

NATICK COA | PAGE 8

PAINT PARTY

Monday | March 16 | 12:00 PM

Join Amy Adams, feminist edu-activist artist and former Natick Artist in Residence, for a welcoming and creative art session. Participants will create a beautiful piece of art in an accessible, inclusive environment filled with paint, music, laughter, and community. All supplies are provided.

GET TO KNOW YOUR ASAP!

Tuesday | March 17 | 11:00 AM

Join Larry Poirier, Springwell's Outreach Manager, who will present a detailed overview of the services that Springwell, our local Aging Service Access Point, provides. Springwell's goal is to provide information, services, and support in order to assist older adults in securing and maintaining independent living in a home environment.

ONLINE SHOPPING TIPS & SAFE BUYING

Tuesday | March 17 | 2:00 PM

Shop online with confidence! Learn how to spot fake reviews, manage returns with ease, and protect yourself from delivery and payment scams. This session will help you make safer, smarter choices when shopping online.



LUNCH with FRIENDS

Wednesday | March 18 | 12:00 PM | \$7

Enjoy delicious food and great company! Today's lunch features meat lasagna with garden salad, plus dessert. Dine-in only. Lunch is provided by Lola's Italian Kitchen & Market.

CULTURALLY CURIOUS - HYBRID

Fierce Females: Women in Art

Wednesday | March 18 | 1:30 PM

The revolutionary spirit of women artists continues to reshape our understanding of art and who gets to create it. From the neoclassical elegance of Angelica Kauffman's mythological scenes to Yayoi Kusama's mesmerizing infinity rooms, this program celebrates the fearless creativity of women who challenged expectations. By exploring their diverse voices and groundbreaking techniques, we see how their influence continues to ensure a more complete and inspiring vision of artistic greatness for future generations.

LOCAL HIKES: Hamlin Woods in Wayland

Thursday | March 19 | 10:00 AM

Outcrops and stone walls offer a view of the underlying geology. You may see ducks and herons, and walk through forests where you can keep an eye and ear open for signs of pileated woodpeckers.



LIVE VIRTUAL TOUR
Monday | March 23 | 11:00 AM

Take a real-time virtual walking tour of Prague with your personal tour guide Michal! Bring any questions you have with you! Be ready for a quiz! We will start at Prague Castle, presidential palace and cathedral of St. Vitus, then go to an amazing viewpoint in front of the main entrance to the castle, then down by Nerudova street to another cathedral, then cross Charles bridge to Old Town and Old Town square with an astronomical clock.

MASS EDP
Tuesday | March 24 | 1:00 PM

A representative from the Massachusetts Equipment Distribution program (MassEDP) will provide an overview of and display equipment that may be available to those who have difficulty using a landline or wireless telephone due to issues such as hearing or vision loss. The program provides telephones that can assist with providing clear, independent telephone communication and the ability to contact 9-1-1 in the event of an emergency. This specialized telephone equipment is offered to people with a permanent disability for little to no cost, depending on income level

MEMO AND FRIENDS CONCERT
Tuesday | March 24 | 1:30 PM

Join guitarist Memo Rubio and his talented students for an unforgettable afternoon of fingerstyle guitar. From early Tejano tours to mastering Berklee-inspired techniques, Memo brings decades of experience and passion to the stage. Experience his unique interpretations of classic Mexican songs and original pieces—an adventure in music you won't want to miss!

JOINT REPLACEMENT CLASS: A How To Guide
Tuesday | March 24 | 2:20 PM

Considering or scheduled for a hip, knee, or shoulder replacement? Join our Pre-Operative Total Joint Seminar to learn how to prepare, what to expect before and after surgery, length of stay, equipment needs, discharge planning, post-surgical precautions, exercises, and hear firsthand from patients who've been through the process.

FEATURE FILM
Wednesday | March 25 | 1:00 PM

A community-service-assigned therapist and a troubled law-enforcement agent form an unlikely partnership that leads them into a dangerous conspiracy, testing their limits and uncovering redemption, humor, and unexpected camaraderie.*Due to licensing agreements, the title and character names may only be used in internal advertisements within our building. Please call for the title.



SHAKESPEARE IN HIS TIMES, part 1

Presented by dramaturg Stuart Hecht
Thursday | March 26 | 2:00 PM | \$5

Shakespeare in His Times drops you into the fast-moving, messy, and fascinating world of Elizabethan England. From politics and plague to theater and ambition, discover how Shakespeare's world shaped the stories we still can't stop quoting.

PEBBLE ART workshop
Monday | March 30 | 9:00 AM

Ever wanted to turn beach treasures into a piece of art? In this relaxed, two-hour class, you'll create your own pebble art picture using sea glass, stones, driftwood, shells, and pottery hand-collected from local New England beaches. You're welcome to bring along any special items you'd like to include. This is a lovely opportunity to make something meaningful for yourself or a heartfelt gift for someone special.

THE MUSIC OF MCCARTNEY
Tuesday | March 31 | 12:30 PM

Join Dan for a fun and engaging journey through Paul McCartney's music—from the Beatles to Wings and his solo career. With 35 years of performing experience and many years in Beatles tribute bands, Dan brings these beloved songs to life with warmth and enthusiasm. Come enjoy the music!



EVENING PROGRAMS

REGISTRATION is REQUIRED, unless otherwise stated

PAINTING WITH WATERCOLOR INSPIRED BY NATURE

Tuesdays | March 3 - April 28 | 5:00 PM | \$40

This watercolor class welcomes students and artists of all experience levels. Join a supportive community where participants share their challenges and successes, and receive honest, constructive feedback from an experienced instructor to help you grow your skills. [LINK](#) to supply list. CSC has brushes available.

No classes on March 24, March 31, April 7, April 14, April 21



TAP DANCE CLASSES

Tuesdays | March 3 - April 28 | \$60

Advanced level - 4:00 PM

Intermediate level - 5:00 PM

Our Tap Class hones musicality, precision, and performance while keeping the energy high. Lace up your shoes, bring your passion, and let's dance! **Students must purchase tap shoes in advance.**

No classes On March 17, March 24 and March 31



ESSETRICS

Tuesdays | March 3 - April 28 | 6:30 PM | \$90

The Essentrics Workout aims to create a balanced body where strength supports, rather than restricts, your movement. This dynamic method blends strengthening and stretching to build a strong, toned body with full mobility in every joint and muscle. Join Julie Ferrari, Certified ESSETRICS® Instructor, for this one-of-a-kind class—she's one of only a limited number of certified instructors in Massachusetts!

PLAY UKULELE

Wednesdays | March 4 - April 29 | 4:00 PM | \$45

Join us to play the ukulele and sing. Ukulele is a fun, affordable, and easy-to-learn instrument! Beginner ukulele players can quickly get the hang of it. Music will be provided in advance. **Please bring your own ukulele.**

THE JOY OF ART WITH LISA

Wednesdays | March 4 - April 29 | 4:30 PM | \$20

Come relax and escape with Lisa 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 classes on March 11, March 18, March 25, April 1, April 8

DANCE CARDIO WITH SHAWN

Wednesdays | March 4 - April 29 | 5:30 PM | \$80

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 on April 22.**



APRIL 2026 PROGRAMS

HYBRID Programs are available in-person and online **REGISTRATION is REQUIRED, unless otherwise stated**
Please note that we reserve the right to cancel classes that do not meet minimum participation requirement

LUNCH with FRIENDS

Wednesday | April 1 | 12:00 PM | \$7

Enjoy great food and friendly conversation! For lunch we will have pesto chicken wrap - romaine lettuce, tomatoes, onions, grilled chicken, bacon, Swiss cheese and pesto sauce served with dessert. These are dine-in meals only. Lunch provided by Fresscafe.

AMERICA'S 250th ANNIVERSARY:

Short Stories of the Civil War

Wednesday | April 1 | 1:15 PM | \$5

This is not your boring High School history class! If you do not like the subject being discussed, it will change in just a few minutes. Learn about the General whose biography is "An American Scoundrel", and some of the unknown stories of ordinary but heroic soldiers just doing their duty. We call one soldier the Rodney Dangerfield of the Civil War because he never gets credit for his heroic actions that earned him a Congressional Gold Medal. Be amazed at the fun facts you did not learn in school about the Civil War. Presented by Dana Zaiser.



COMMUNITY REIKI EXPERIENCE

April 6, 13, 27 | 11:00 AM | \$10 per class

Relax into Reiki energy as you sit comfortably in a chair where you'll experience increased mindfulness, a strengthened immune system, and a gentle detoxification process. This class offers a calming, supportive environment to rejuvenate your body and mind. Registration required for each class.

ENGLISH CONVERSATION Volunteer Session

Monday | April 6 | 11:00 AM

Adults from other countries studying English need to practice speaking. Are you interested in sitting and chatting with one adult once a week for 9 weeks? No teaching experience is necessary. Support people will be present to help you. Please register if interested.

WORLD TRAVELS WITH SOPHIA - Azores

Monday | April 6 | 1:00 PM | \$3

An archipelago in the middle of the Atlantic known for its dramatic landscape including coastal towns, luscious green hills, hot springs and more. Join Sophia on a photographic journey on not one but two trips to the Azores. Hot springs, cows, an abandoned hotel, a pineapple plantation, waterfalls, black sand beaches, and so much more. You don't want to miss out!

MAKING CONCERTINA CARDS

Mondays | April 6 - May 4 | 2:00 PM | \$15



Get creative in this hands-on workshop designing concertina-style (accordion fold) cards! Explore fun ways to decorate and personalize your cards, creating unique keepsakes and gifts. Whether you're new to this style or looking to try something creative, this workshop will guide you step-by-step and spark your imagination. All materials are provided.

TECH WORKSHOP with NHS's Robotic Club

Monday | April 6 | 3:00 PM

Struggling with your computer or device? Join our in-person technology workshop led by students from the Natick High School Robotics Club. This one-hour session offers simple, helpful guidance for older adults using their own technology. Please bring your device. Space is limited, so pre-registration is required!

SOUND HEALING

Tuesday | April 7 | 10:15 AM | \$15

Discover the power of sound in a soothing 75-minute session of gentle movement and immersive vibrations. Join Leo Ryan for a relaxing practice where you simply settle in and let sound wash over you. Bring a yoga mat, and a pillow or blanket for extra comfort.

JOYS OF NATURE: Dubai to the Maldives Travels from Desert to Paradise - HYBRID

Tuesday | April 7 | 1:00 PM | \$3

Dubai delivers unforgettable adventures—from desert safaris and camel rides to historic spice markets—while nearby wildlife and ancient landscapes add depth to this dynamic stopover en route to the Maldives. There, crystal-clear waters and vibrant coral atolls are home to whale sharks, manta rays, sea turtles, and colorful reef fish in one of the world's most spectacular marine ecosystems.

BOOK CLUB

Wednesday | April 8 | 2:00 PM

Join fellow book lovers for thoughtful discussion, shared perspectives, and a love of great stories. Our Book Club is a welcoming space to connect, discover new authors, and enjoy meaningful conversation at your own pace. No pressure—just good books and great company. New members are always welcome!

Facilitated by Morse Institute Library staff.



LOCAL HIKES: Noon Hill Hike

Thursday | April 9 | 10:00 AM

Rising 370 feet above the surrounding landscape, the midday sun passes over the ridge and gives this Trustee's reservation its name. Its slopes and ridges are forested with pine, beech, birch, and hemlock and in spring the forest floor is scattered with wildflowers.

SING, DANCE & CELEBRATE AMERICA'S 250th ANNIVERSARY

Thursday | April 9 | 2:00 PM

Join us for a lively and joyful celebration honoring 250 years of America's history and culture. Enjoy an afternoon filled with music, singing, and dancing as we come together to celebrate this special milestone. Come ready to enjoy good company and great entertainment.

Refreshments will be served



FROM AUTOPILOT TO INTENTIONAL

The 4 Stages of Change

Friday | April 10 | 1:00 PM | \$5

Tired of knowing what you want to change but struggling to actually do it? This interactive workshop reveals why you might be stuck in the "knowing-doing gap" and teaches you stage-specific tools that work WITH your brain instead of against it. You'll leave with a personalized action plan based on where you actually are in the change process for a habit you'd like to change.

[NATICK COA | PAGE 12](#)

BINGO

Monday | April 13, 27 | 1:00 PM

Have a blast at Bingo, a drop-in activity open to all! Join us for a fun time! 6 cards and 10 games for \$4. Sponsored by the Friends of the Natick Senior Center.

ENGLISH CONVERSATION

Monday | April 13 - May 25 | 11:00 AM

Are you looking to improve your spoken English? Join us for relaxed, friendly conversations with a volunteer once a week for 9 weeks. There's no pressure and no tests—just a chance to practice speaking, build confidence, and meet new people. We'd love to have you! No registration required

PAINT PARTY

Monday | April 13 | 12:00 PM

Join Amy Adams, feminist edu-activist artist and former Natick Artist in Residence, for a welcoming and creative art session. Participants will create a beautiful piece of art in an accessible, inclusive environment filled with paint, music, laughter, and community. All supplies are provided.

MORSE INSTITUTE MOBILE DIGITAL HELP

Tuesday | April 14 | 11:00 AM

Sign up for a 20-minute one-on-one session with a Morse Institute Librarian for help with your smartphone, tablet, or other devices. Bring your questions—and your devices—and we'll work through them together. While you're here, browse a small selection of books from the Morse Institute Library's Bookmobile. You can even borrow a book on the spot with your library card, saving you a trip to the library!

Registration is required for each 20-minute appointment.

WHAT'S NEW WITH SOCIAL SECURITY

Tuesday | April 14 | 11:00 AM

This past year has brought many changes to Social Security programs. Login procedures for accessing Social Security online services have been updated; the Fairness Act and other legislative changes have been passed; business procedures have changed across the board, and now appointments are needed; direct deposit processing has new requirements. This presentation offers the opportunity to stay informed, and have your questions answered. The presentation is being held at the Community Senior Center, but the presenter will be virtual on Zoom.

LIFE STORIES: Immigrant Experience

Tuesday | April 14 | 1:30 PM

In 1938, as World War II began, young Jewish girl Hanni Myers fled Vienna with her family and rebuilt her life in the United States. Now 95, Hanni—a vibrant teacher, pianist, yoga practitioner, hiker, and ping pong player—will share her inspiring immigration story. Together with author and attorney Robin Stein, she will discuss their book *My Two Cities: A Story of Immigration and Inspiration*. They will speak about the contributions immigrants have made to our country and the value of learning and sharing your own family history with children and grandchildren.



LUNCH with FRIENDS

Wednesday | April 15 | 12:00 PM | \$7

Enjoy great food and friendly conversation! Today's lunch will be fried rice with mango chicken and mixed vegetables, finished off with a sweet treat for dessert. These are dine-in meals only. Lunch provided by Ruby Thai Kitchen

CULTURALLY CURIOUS - HYBRID

From Tiffany to Chihuly: Masters of Glass Art

Wednesday | April 15 | 1:30 PM

Discover the luminous world of glass art, where molten sand becomes breathtaking works that capture and bend light in extraordinary ways. From Louis Comfort Tiffany's jewel-toned stained glass to Dale Chihuly's bold blown-glass sculptures and Dan Dailey's whimsical, story-driven pieces, this program explores how fire, breath, and imagination come together to create some of the most striking and ethereal art forms.

FEATURE FILM

Wednesday | April 22 | 1:00 PM

Set during America's early 20th-century transformation, this period drama follows a hardworking laborer whose decades of toil, love, solitude, and loss mirror a changing nation. Against forests and expanding railroads, the story explores resilience, memory, and the quiet beauty of an ordinary life that leaves a lasting mark on both land and spirit.

*Due to licensing agreements, the title and character names may only be used in internal advertisements within our building. Please call for the title.

LOCAL HIKES: Wellesley College Botanical Gardens and Lake Waban

Thursday | April 23 | 10:00 AM

Explore the meandering trails in the Wellesley college botanic gardens and wooded trails that encircle Lake Waban.

SHAKESPEARE IN HIS TIMES, part 2



Presented by dramaturg Stuart Hecht

Thursday | April 23 | 2:00 PM | \$5

Part 2 goes deeper into the intrigue of Elizabethan England –power struggles, shifting beliefs, and a booming theater scene. See how a changing world sharpened Shakespeare's voice and fueled the plays that still feel surprisingly modern.

LIVE VIRTUAL TOUR

Monday | April 27 | 11:00 AM

Budapest

Discover the local culture of Budapest and sample the historic delights of this amazing city. Explore the Castle District, ask all your questions, and let your tour guide lead you to the jewels of the city, including the beautiful Buda Castle, Matthias Church, and more. Learn about Budapest's long and often turbulent history.

HOUSING CONSUMER EDUCATION CENTER WORKSHOP

Date and Time TBD

Join a representative from SMOC's Housing Consumer Education Center to learn about the resources available through their department This workshop will go over information such as financial literacy, searching for affordable housing, tenant rights and more! **Call Katie Carew at 508-647-6540 x1908 for schedule update.**

Memory Café

The Meaningful Connections Memory Cafe is a welcoming social gathering designed specifically for people living with dementia and their care partners. The focus is on connecting with others who understand your experiences, enjoyment and reducing isolation. This program is offered at no cost to participants. A light lunch is provided.

Thursday | March 19
11:30 AM

This month, we're excited to welcome a new performer, Jeff Snow! A talented multi-instrumentalist, he brings the music and stories of Scotland, Ireland, and England to life. **Call Katie by Monday, March 16th, at 508-647-6540, ext. 1908,** to learn more and register.

Thursday | April 16
11:30 AM

For April the entertainment will be Howie Newman who combines comedy and music to create a fun experience for all. **Please call Katie by Monday, April 13th at 508-647-6540, ext. 1908** to learn more and to register.



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.

MEET WITH A REPRESENTATIVE FROM CONGRESSWOMAN CLARK'S OFFICE

Fourth Tuesday of each month | 4:00 - 5:00 PM

A representative from Congresswoman Katherine Clark's office will be holding office hours at the Community Senior Center. This will take place every fourth Tuesday of each month from 4:00 - 5:00pm at the Natick CSC. Residents, especially **our valued veterans** and their families are encouraged to attend these office hours to discuss veteran benefits and services.

METROWEST LEGAL SERVICES

Monday | March 16 | 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.

PODIATRY CLINIC

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

Call to schedule your 15 minute podiatry appointment with Dr. Clayman. 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.

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 **508-647-6543** with questions.

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.

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 of 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.

COFFEE WITH A COP

Second Wednesday of each month | 8:30 - 9:30 AM

Enjoy coffee and conversation while getting to know an officer from the Natick Police Department. It's your opportunity to ask questions and chat about concerns in a relaxed setting.



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 Carew** at **508-647-6540, ext. 1908** to schedule your ride.

MASSHEALTH

MassHealth members may be eligible for non-emergency transportation to and from covered medical appointments. Call **800-841-2900** 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 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**.

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.

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

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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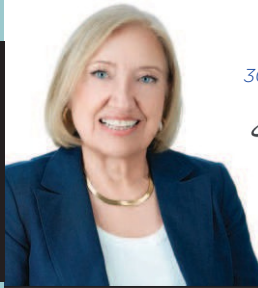
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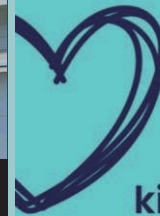
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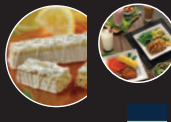


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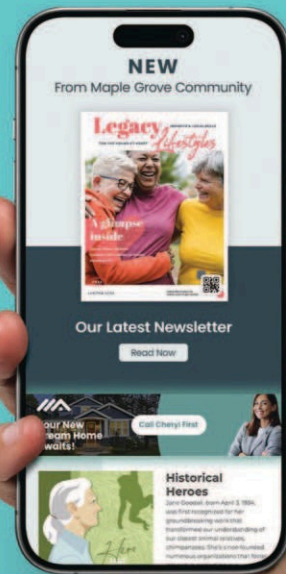
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Hello,
2026 certainly has started out as a very cold one, bringing snowfalls as predicted. What we can look forward to is birds singing and flowers starting to show themselves. Can't wait!! The Friends continue to accept Membership renewals as well as new Members. Aside from supporting the Friends, being a member entitles you to a lesser cost when registering for some of our outside lunches, and events as well as having priority over a non-member. So, really, it's worth the \$12 a year per member. The funds we raise through our Membership as well as donations we receive help us to sponsor or subsidize some of the Council on Aging requests. Revenue received from the Friends Little Gift Shop is a huge contributor towards this goal. It's a win-win for sure.

The Friends recently subsidized another delicious lunch at Keefe Tech. Our seniors really enjoy going there and having a great lunch, as well as purchasing "goodies" from their bakery. We hope to continue to offer this event in the future.

The Friends have been collaborating with the COA on sponsoring recent and upcoming programs as well as subsidizing some as well. Our plan is to continue to assist with their requests.

As we continue into 2026, let us all be thankful for our many blessings and let's remember to be kind to each other.

Until next time...stay well.

The Friends Board of Directors

2026 MEMBERSHIP - FRIENDS OF NATICK COMMUNITY-SENIOR CENTER, INC.

Your membership to the Friends of Natick Senior Center, Inc. helps support programs, events and services of the Natick Council on Aging and assists with one-time purchases and scholarships. Mail the completed form and your tax-deductible donation to: **Friends of Natick Community- Senior Center, Inc., 117 East Central Street, Natick, MA 01760 508-647-6540 EXT. 1915.** Please make checks payable to: **Friends of Natick Community-Senior Center, Inc.**

_____ \$12 Individual _____ Other Amount

_____ \$25 Family _____ New Membership or _____ Renewal

Name: _____ Birthdate: _____

Address: _____
Street City Zip

Telephone: (h) _____ (cell) _____

Spouse: _____ Birthdate: _____

CLEARLY PRINT EMAIL: _____