



HEALTH EDUCATION PRESENTATION

*Presented by: Stephanie Reyes, MPH,
CHES
Prevention Program
Coordinator
from Chatham Health District*



MONDAY, JUNE 8TH

FROM 12:15 PM - 12:45 PM

**MARLBOROUGH
SENIOR CENTER**

17 SCHOOL DR, MARLBOROUGH

Come learn about how to manage your chronic conditions at home! Learn about monitoring at home in April, The Importance of Sleep in May, and Balance/Fall Risk in June. There will also be diabetic-friendly recipes given out each month!



BLOOD PRESSURE CLINIC

Conducted by:

Vickie Han, RN

*Public Health Nurse from
Chatham Health District*



MONDAY, APR 13TH

MONDAY, MAY 11TH

MONDAY, JUN 8TH

FROM 11:30 AM - 12:30 AM

**MARLBOROUGH
SENIOR CENTER**

17 SCHOOL DR, MARLBOROUGH

Learn how to take a proper blood pressure and how to monitor your blood pressure at home. You can also learn about how to reduce your risk for heart attacks and strokes.



COOKBOOK CLUB

Calling all home chefs!

The Richmond Memorial Library and Marlborough Senior Center are trying out a new programming series this year. If you love to cook or enjoy trying new recipes, consider signing up for our new Cookbook Club! Select a recipe from the next month's pre-selected cookbook, cook the recipe at home, and then bring your creation to share. We'll talk about what went right, what went wrong, and tips and tricks that you learned while tackling your recipe. The library will have a copy of the next month's cookbook available at their circulation desk a few weeks before the program, giving you time to choose your next recipe. Tell the library which recipe you have chosen (only one person per recipe) and make a free copy of the recipe to take with you.

**UPCOMING MEETINGS • APRIL 6, MAY 4 & JUNE 1 • 6 - 8 PM
HELD AT THE MARLBOROUGH SENIOR CENTER • OPEN TO AGES 18 & UP**

Cookbooks: April: Baking Yesteryear by B. Dylan Hollis • May: Sweet Home Cafe Cookbook: A Celebration of African American Cooking by the National Museum of African American History and Culture • June: Italian American Forever by Alex Guarnaschelli

Copies of the book will be kept at the Richmond Memorial Library's circulation desk.
Advance registration is required and must be done through the Senior Center. Please call 860-295-6209 to register.

Marlborough Senior Center

FREE Art CLASSES

Beginner and intermediate students will create 3 landscapes and 1 seascape using painting, collage and assemblage techniques with supplied basic art materials and also recycled materials, some supplied optionally by the students. Sample artworks will inspire imaginative, expressive naturescapes as opposed to exact representations of our natural world. Design elements, design principles, color theory, and even a little art history will be touched upon lightly in passing.

WEDNESDAYS IN JUNE

1:30-3:30

- WEEK 1** Landscape from a ground level view using atmospheric perspective to create depth.
6/3
- WEEK 2** Landscape from a bird's-eye view using linear perspective to create depth
6/10
- WEEK 3** Seascape with a focus on color and reflections in water.
6/17
- WEEK 4** Nighttime landscape or seascape (student's choice) with a focus on silhouetted objects. (OR: Finish an artwork from previous weeks. OR: Create any artwork with personal significance.)
6/24

Call 8602956209 to register

SPECIAL SHOW

5TH GRADE BAND STUDENTS



Come be an audience member
for this quick practice show!

10:00AM-10:30
WEDNESDAY JUNE
10TH





Chair Yoga

Lead by certified Yoga Instructor

Anne Beauregard

In this chair yoga class, we will explore various yoga breath-work techniques, meditation, and yoga postures while seated in a chair as well as standing and balances poses with chair support for those who are able. Modification and variations will be offered so that each student can participate in a way that feels just right for them. Class is open for beginners or those who are looking for a gentle yoga class.

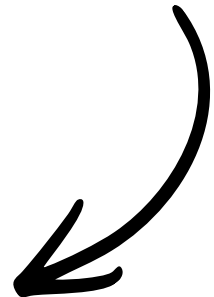
Upcoming Sessions 2026

Session 3 **03/31, 04/07, 04/14, 04/21**

Session 4 **05/12, 05/19, 05/26, 06/02**

Session 5 **06/16, 06/23, 06/30, 07/07**

Session 6 **08/04, 08/11, 08/18, 08/25**



2:00-2:45

Sessions Cost: \$35.00 for Marlborough Resident / \$40 for non-Resident

Payment is due one week before the session starts. Exact cash or Check made out to "Town of Marlborough"

please bring your own mat if you have one

Call to Register 860-295-6209

Marlborough Senior Center

Marlborough Senior Center Presents:

LINE

*Instructed by
Aric, of "Sound
Train Music"*



DANCING

ALL LEVELS WELCOME

55+ 5:00-7:00PM

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JUNE - 4, 11, 18, 25

JULY - 2, 9, 16, 23

\$50

per session
Marlborough
Residents

\$60

per session
Non
Marlborough
Residents

For More Information
or Registration Please Contact
Marlborough Senior Center
860-295-6209

MARLBOROUGH SENIOR
CENTER
860-295-6209



FABBS EXERCISE

**FLEXIBILITY, AGILITY, BETTER BALANCE
AND STRENGTH**

JOIN THIS FULL BODY WORKOUT
EXERCISE CLASS THAT USES CHAIRS
AS NEEDED AND INCORPORATES
INTEGRATED MOVEMENTS AND
EXERCISES DRAWN FROM BODY
BUILDING, YOGA, TAI CHI, BALLET
STRETCH AND STRENGTH
TRAINING.

MONDAYS 10:45-11:45

APRIL - 04/06, 04/13, 04/20, 04/27

MAY- 05/04/, 05/11, 05/18, 05/26 (Tuesday)

JUNE - 06/01, 06/15, 06/22, 06/29

THIS CLASS WILL USE EXERCISE BANDS AND
SMALL WEIGHTS. BANDS ARE PROVIDED. IF
YOU HAVE YOUR OWN WEIGHTS PLEASE
BRING THEM



*With instructor:
Hilary Celentano*

MARLBOROUGH
RESIDENT - **\$40** PER
SESSION
NON - MARLBOROUGH
RESIDENT **\$48** PER
SESSION

Marlborough Senior Center presents:

Lighthouse Cruise - Narragansett Bay

Buffet Brunch: Quonset 'O' Club



Wednesday, August 12, 2026
Cruise Aboard A Beautiful Catamaran

This multi-million dollar vessel is state of the art: plush climate controlled interior, outside sun deck, enjoy 3 viewing levels for great views!

90 minute narrated cruise of Narragansett Bay, Rhode Island sails from North Kingstown, RI & offers breathtaking sightseeing: [10 Famous Lighthouses](#) along the coastline, [10 Incredible Islands](#), sail under the Jamestown and Newport Bridges, view the Newport Naval Base & see the Aircraft Carriers, experience Newport Harbor and fascinating waterfront. This is a cruise you will really enjoy...

Prior to our cruise enjoy a wonderful brunch at the [Quonset 'O' Club](#)

Following our cruise visit Olde Mistick Village, a delightful shopping experience with lots of options including a General Store for Fudge, Ice Cream Shoppe and more.

COST \$ 156 .pp based on 35-50

For Information: 860-295-6209

Depart: 10:15am Marlborough Senior Center, 17 School Dr

Estimated Return: 7:00pm Marlborough



FRIENDSHIP TOURS
THE SHIP SHOP
705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.

JOIN US

Date: Tuesday, June 16th

Time: 11:30 AM

Come for a tour and stay for
lunch.



281 Western Boulevard, Glastonbury 06033



American
Red Cross

JOIN US!
GIVE BLOOD.

Blood Drive
Marlborough Senior Center

Social Hall
17 School Drive, Marlborough

Wednesday, June 17, 2026
1:00 p.m. to 6:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: Marlborough to schedule an appointment.



RENTERS REBATE - FOR ELDERLY AND DISABLED RENTERS

Connecticut State reimbursement program for renters. Renters' Rebate can be up to **\$900 for married couples and \$700 for single persons**. Check amounts are based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the prior calendar year (2025).

Checks are mailed to everyone statewide at the same time regardless of when your application was submitted. No sooner than 11/30/2026

✓ Who Can Apply?

You may qualify if you:

- If you have lived in CT for more than 1 year
- Are 65 years or older, or
- Are totally disabled (receiving SSI or SSDI)
- Meet the income guidelines listed

✓ Income Limits

- Single: Up to \$46,300
- Married: Up to \$56,500

Income includes Social Security, pension, annuities, RMD, work, VA benefits, alimony, etc as reported in 2025

✓ When & Where to Apply

- Application Period: April 1 - September 30th
- No extension permitted
- **Apply through the Assessor's Office**

 **Marlborough Assessor**
Simon Wake, 860-295-6201
assessor@marlboroughct.gov

✓ Required Documents

- Proof of Income (1099, W2, etc)
- Taxes ONLY if you filed
- Proof of rent paid (receipts, statement from landlord)
- Proof of utilities paid - Electric, Gas, Water, Fuel

 **State Renters Rebate Info**
Line: 860-418-6377

Application assistance is available by appointment at the Senior Center with
Shoshana Merced
8602956209



Senior Farmers Market



Nutrition Program

RECEIVE A \$40 ELECTRONIC BENEFIT CARD



Purchase: Fresh fruits and vegetables, fresh cut herbs, honey and eggs

*Marlborough residents must meet **both** eligiblity requirments*

1. Be 60 years of age or older **OR** is a disabled individual residing in Senior Housing with congregate nutrition services

AND

2. Household income must be within the 2026-2027 limits. *These numbers are 185% of the federal poverty guidelines.*



HOUSEHOLD OF 1:

LESS THAN \$2,461/MONTH

HOUSEHOLD OF 2:

LESS THAN \$3,337/MONTH

- **BENEFIT CARDS CAN BE USED STATEWIDE AND AT ANY PARTICIPATING FARMERS MARKET OR STAND**
- **REUSE YOUR CARD FROM LAST YEAR**

- **BENEFITS ARE LOADED ONCE PER SEASON. NO CHANGE OR CASH REFUNDS**
- **BENEFITS ARE USABLE BETWEEN JUNE 1ST - NOVEMBER 30TH**

FARMERS' MARKETS



**Call to make your appointment with Shoshana Merced,
Director of Human and Social Services
860-295-6209**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.



JAY KEHOE

Director of Public Safety

Marlborough, CT



Join us for pizza, soda, and cake as we celebrate Jay and share some of our favorite memories and stories.

Admission is \$20 per person.

★
JOIN US AS WE RECOGNIZE

A LIFETIME OF
LEADERSHIP, DEDICATION,
AND UNWAVERING
COMMITMENT
TO THE SAFETY OF
OUR COMMUNITY.



DATE:

JUNE 14, 2026



TIME:

12 PM – 3 PM



LOCATION:

VILLAGE GREEN



HOSTED BY:

MARY QUIRK &
JOE ASKLAR



RSVP:

MARY
860-368-1751