



## NHA newsletter



## IN THIS ISSUE

## BOSTON MARATHON Monday April 21<sup>st</sup>

### NATICK

7.52 Mi ----- 11.72 Mi

#### ROAD CLOSURES

Approximately 7:30 a.m. to 2:45 p.m.

#### TIMELINE THROUGH TOWN CENTER (10MI)

Wheelchair Men	9:32 a.m.
Wheelchair Women	9:40 a.m.
Pro Men	10:24 a.m.
Pro Women	10:42 a.m.



**MBTA WEST NATICK, W. CENTRAL ST.**  
**MBTA NATICK, WALNUT STREET**

#### BEST PLACE TO WATCH

With Fisk Pond as a backdrop, crowds gather on both sides of the road to cheer on participants before they hit Natick Center. Spectators pack Natick Common on Center Street, or take in beautiful views along Fisk Pond and Lake Cochituate.

MOBILE APP TRACKING: 15K

## LAUNDRY ROOMS

**Natick Housing is not responsible for cleaning the laundry machines.**

All residents are responsible for cleaning up and around the laundry room. Please wipe out washing machines and remove lint from dryers when they are finished. Please do not overload the machines. Please share this information with AIDES if you are receiving help with your laundry. Call **automatic laundry** if a machine is not working properly. The number is on the wall in the laundry room.

## FAMILY



## FREE BOOK MOBILE

## Coming to NHA Family Neighborhoods.

**Wednesday, April 9 and 23, 2:30-3:30pm** corner of Bennett and Forest Street Intersection.

**Thursday, April 10 and 24, 2:30-3:30pm** West Hill Park.

Bring your library card to check out books, audiobooks, bestseller speed reads, and DVDs for all ages. Don't have a library card? No problem! Sign up for your very own and unlock a world of reading - just bring your ID/proof of address.



**FREE, Sat. April 19<sup>th</sup> 12:00 – 2:00pm**  
Corner of Bennett Street and Forest Ave Ext.

Come enjoy games, Chick-Fil-A lunch, Cotton Candy, Crafts, Face Painting and More! Sponsored by Milestone Church.

## CEDAR GARDENS LEASE RECERTIFICATION

Please be sure to hand in all your paperwork. Cedar Gardens is past due if you haven't sent it in already.

**GARBAGE** is picked up at all Cedar Garden units on Wednesdays between 8:00am-1:00pm. Please be sure your trash is outside in the trash barrels by **8:00am** for pick-up.

## DO NOT PARK CARS ALONG THE ROAD ON CEDAR TERRACE

This is an emergency parking only zone and not for resident parking. MWRTA buses, emergency vehicles and residents have trouble getting around parked cars. Parking for longer than 30 minutes to unload groceries, etc is a violation and subject to being towed.

## Come cheer the runners on and join Natick's spirit!



## EARTH DAY 2025

Let's all help on  
**Saturday, May 3<sup>rd</sup>**  
and clean up any

**trash around our neighborhoods.**

Trash bags, gloves and hand sanitizer will be available at the NHA office and Cedar Gardens Community Hall. Please contact Jane if you would like to help coordinate a cleanup crew in your neighborhood. Volunteer hours are available for NHS students.

# LAUNDRY ROOM ETIQUETTE

Do:	Don't:
<ul style="list-style-type: none"><li>Be timely in removing clothes from washers and dryers.</li><li>Give others 15-20 minutes of leeway after their cycle has finished before removing their clothes from the machine.</li><li>Place other people's finished clothes either in a laundry basket or on top of the machine after giving appropriate leeway.</li><li>Keep the laundry room neat and tidy.</li><li>Clean up all spills and messes.</li><li>Empty the lint tray when done using the dryer.</li><li>Return all clothing left behind to its owner.</li><li>Be respectful of others people's clothing.</li></ul>	<ul style="list-style-type: none"><li>Leave clothes in the washer or dryer after the cycle has finished.</li><li>Throw other people's clothing onto the floor when removing it from machine.</li><li>Be greedy with machines. Always share machines and leave at least one machine free for others to use.</li><li>Overload machines with clothing or use too much detergent.</li><li>Leave clothing or laundry baskets in the middle of the floor in the way of others.</li><li>Make someone else clean up after you.</li><li>Leave behind any clothing in the machines.</li></ul>

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**Health & Wellness and Blood Pressure Clinic**  
**Monday April 14. 10, 1:30-2:30pm,**  
Cedar Gardens Community Hall in the RSC Office. Come by and visit with Heidi Harper, Natick’s Public Health Nurse.  
Sharps boxes are available for safely disposing of used needles and dropping off full Sharps Box containers.

**NATICK SENIOR CENTER SERVICES & PROGRAMMING**  
**Monday April 14<sup>th</sup>, 1:00pm,** Cedar Gardens Community Hall Join Rose McDermott, Assistant Director and Donna Tarutz, Director from the Natick Council on Aging to discuss upcoming programming and opportunities where you can make meaningful connections with other people.

## COOLIDGE GARDENS



### SOUP SUPPER

**Tuesday April 8<sup>th</sup>, 5:30pm** ALL residents are welcome. **Coolidge Gardens Board Room**

The Fisk Church hosts **Soup Suppers** during Lent. Come enjoy a bowl (or 2) of delicious homemade soup and fresh bread. Stay afterwards if you would like to talk about Lent. Please sign up on the bulletin board or call Jane 508-653-2971 X206

**COMMUNITY NEWS**  
**LUNCH TOGETHER \$7.** Natick Community Senior Center. Call the Community Center 508-647-6540 to reserve your spot or Jane Purser 508-653-2971 X 206. You must pay \$7 in advance. Make new friends and catch up with old ones while enjoying a delicious lunch.  
**April 16** Chicken cordon bleu - stuffed chicken breast with ham & Swiss cheese and topped with supreme sauce. These are dine-in meals only. Sponsored by the Friends of the

Natick Senior Center and Morse Tavern.




### NATICK COMMUNITY GARDENS

The Town of Natick operates the community gardens. All Natick residents are welcome to participate in the community gardens program. **Applications for new and returning gardeners reopen on April 15 at 11:00am.** The cost is \$50 per plot. Please call 508-647-6400 ext. 2013, [communitygardens@natickma.org](mailto:communitygardens@natickma.org), or go to the town website <https://www.natickma.gov/1273/Community-Gardens>



### FREE COMMUNITY MEAL

**Every Monday at 5:00 pm** Come enjoy a community meal and social event at The Elks Lodge, 95 Speen Street, Natick (near Roche Bros.) This is on the MWRTA Route. Donations welcome.



### Natick Service Council

Neighbors helping Neighbors

- HEART HEALTHY FOOD PANTRY
- BRACK CAREER CENTER
- CASE MANAGEMENT

**How to become a new client:**  
STEP 1 - Intake and assessment  
STEP 2 - Make a plan together  
STEP 3 - Refer to any of the many NSC Programs  
STEP 4 - Community Referrals  
STEP 5 - Government Assistance Referrals  
STEP 6 - Check in on progress and assess other ways NSC can help  
**(508-655-1791)**

## SCAM ALERT

Watch out! Scammers target everyone.



### Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

### How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit [ssa.gov/scam](https://ssa.gov/scam) for more information. Please also share with your friends and family.

Social Security Administration  
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### DISPOSE OF UNUSED OR EXPIRED PRESCRIPTION DRUGS

**Saturday April 26<sup>th</sup>.  
10am-2:00pm,  
Natick Police Dept.**

If you can't make it on the 26<sup>th</sup> a dropbox is available 24/7 in the front lobby of the Natick Police Station

### 4 SOURCES OF LOW-COST INTERNET

#### 1. Xfinity Internet Essentials

Eligible individuals can get home internet

service for \$9.95/month, in-home WIFI, the option to buy a discounted computer and access to free internet training classes.

[www.xfinity.com/learn/internet-service/internet-essentials](http://www.xfinity.com/learn/internet-service/internet-essentials)

#### 2. Access from AT&T

Access from AT&T provides free or low-cost home internet service to qualifying households. Low-cost access is \$30/month or less based on the maximum speed available at the address. [www.att.com/internet/access](http://www.att.com/internet/access)

#### 3. EveryoneOn

EveryoneOn is an organization that works with various internet service providers to offer low-cost plans. [www.everyoneon.org/lowcost-offers](http://www.everyoneon.org/lowcost-offers)

#### 4. Astound Internet First

The Astound Internet First program offers high speed internet service from \$9.95/month to qualifying low-income households in serviceable areas. [www.internetfirst.com](http://www.internetfirst.com)

## COMMUNITY HALL RENTAL

Do you need a little extra space to celebrate a special occasion? The Community Hall at Cedar Gardens and Coolidge Gardens is available to rent for **ALL** residents. A small deposit is required and returned after the event. Please call Rob 508-653-2971 X 201 [RJohnson@Natickha.org](mailto:RJohnson@Natickha.org) to request an application and confirm a date.

## NHA Board Meeting

**Thursday, April 10<sup>th</sup>, 6:30pm.**  
Cedar Gardens Community Hall. All residents are welcome to attend in person. Check the bulletin board to confirm the date.

**RENT Please be advised rent is due on the 1<sup>st</sup> of the month and late after the 7<sup>th</sup>. Please pay your rent on time.**

**CUT this list out and put on refrigerator** 

## QUICK - Resource List

### Natick Housing Authority:

(508) 653-2971. [www.natickna.org](http://www.natickna.org)

X200 for all Maintenance Issues

### Natick Service Council/Food

**Pantry: (508) 655-1791**

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

### Natick Community Senior

**Center: (508)-647-6540**

### Natick Police Department:

**(508) 647-9500**

**Natick Fire Dept (508) 647-9550**

### NHA Emergency Number

For maintenance emergencies (i.e. flood, no hot water, no heat, toilet issue) Call **(508)-653-2971**, listen to the prompts and you will be directed to the correct message box. You may also call the after-business number: **(508)-270-7443**.

## MOBILE FARMERS' MARKET

NSC will distribute fresh fruits and vegetables, eggs, milk, butter and lean proteins.

Mon., April 7: Household 1-2 at NSC

Mon., April 14: Households 3+ at NSC

Mon. April. 28: 12:00-2:00 **This pickup is outside Cedar Gardens Community Hall.** (appointment required)

Natick Service Council schedules appointments one month in advance. **(508-655-1791)** Call ASAP to book the May Farmers' Market and Pantry appointments! You must be a client of NSC to access the mobile market.

\*if you need to cancel any pantry appointments please call NSC with a 24 hour notice (if possible) so they can try to fill the appointment with someone on the waitlist.

**Regular Pantry hours** Tues. 10am-3pm, Wed. 12-5pm, Thurs. 1-6pm.




**Please leave all general questions, work orders and emergencies during work hours on 508-653-2971, Ext. 200. For after-hours Emergencies (i.e., flood, no hot water, no heat, toilet issue) follow prompts to service.**

OFFICE STAFF

Rob Johnson X 201  
Mike Kelleher X 202  
Karen Cebrowski X 203  
THE NHA OFFICE will be closed April 21<sup>st</sup> for Patriots Day.

RSC OFFICE HOURS

Jane Purser  
8:00am-3pm, Mon. Tues. Thurs.  
All residents are welcome to call/visit at any time. 508-653-2971 X206  
Coolidge Gardens Office  
Mon. 9am-3pm  
Tues. 12-3pm  
Thurs. 9am -1pm  
Cedar Gardens Office  
Tues. 10am-12pm  
Thurs. 1-3pm



Good As New Shop

Wednesdays 10 - 4  
First Wednesday of the month 10 - 6  
11 Washington Street, Sherborn, MA 01770  
508-653-3409  
@goodasnewshopsherborn goodasnewshop.org

**The Good As New Shop, 11 Washington Street, Sherborn,** sells a variety of “good as new” quality items on consignment. These include but are not limited to:

- women’s, men’s, and children’s clothing and accessories
- jewelry
- antiques and collectibles
- kitchen items and small appliances
- household goods
- crafts
- linens
- seasonal items

- games, puzzles, books and CDs/DVDs

RECIPE OF THE MONTH  
Birds Nest Cookies



Chocolatey, crunchy, and easy to make, these birds nest cookies are undeniably adorable.  
**How To Make Birds Nest Cookies**  
Just melt, mix, and decorate. These cookies truly are that easy to throw together, and a perfect addition to an Easter dessert table. Full instructions are below, but here's a brief recap before you get started:

- **Step 1. Melt chocolate and peanut butter chips:** Melt chocolate and peanut butter chips together in the microwave.
- **Step 2. Add noodles:** Transfer mixture to a large bowl and gently stir in noodles.
- **Step 3. Scoop nests:** Spoon heaping portions onto baking sheet lined with parchment paper. Make a well in the center of each.
- **Step 4. Add chocolate eggs:** Top with chocolate eggs. Let the chocolate set before serving.

April Showers

S N Y V Y W E T A L O C O H C Z Q  
E J A T H D E F G N I N N I G E B  
K C D T H N N O T E K S A B M Q B  
O U S W A R M E R W E A T H E R Y  
J O L N T C X W C M W S I X I J E  
U Z O F E J A O H H R U Q T E H L  
Q S O Y Y E L R I N N N J L O G J  
X R F M D A R G C N G J L T Q P S  
B E L M Y I D G K J X Y Q C N L P  
U W I C F A K H S O B S D P X A R  
N O R C R U F V T E R W S X W N I  
N H P O X W U L A R O V E G S T N  
Y S A O H X N N O L A N I S K I G  
E A S T E R S L P W L E R K Z N K  
S E L D D U P N K H E B A L N G T  
U U M O O L B X R S U R U A T F X  
C A O B A S E B A L L O S M N E V

April Fool's Day	Warmer Weather	Jellybeans	Beginning
Chocolate	Earth Day	Baseball	Planting
Flowers	Puddles	Showers	Basket
Chicks	Easter	Spring	Taurus
Aries	Bloom	Bunny	Green
Jokes	Grow	Plow	Sun