



NHA newsletter



IN THIS ISSUE



**NHA OFFICE NEWS**

Hi everyone,  
I am writing this with a bit of a heavy heart to let you know that I will be moving on from The Natick Housing Authority on May 22, 2026.

Being your Executive Director over the past 8 years has been so much more than just a business arrangement to me. I absolutely loved meeting you and your family, and I am so grateful for the kindness, the friendly chats we shared, and the way you have made me feel welcome. Thank you all for being such wonderful people to work with and work for. You have made my time here truly special, and I am going to miss the beautiful smiles on your faces, the tasty treats, and the wonderful life lessons and stories you shared.

I have made sure to leave things well cared for with my staff, who I know will treat you with the same respect you have shown me.

Wishing you all nothing but the absolute best.

Thank you dearly for this unforgettable experience.

-Randy

Dear Resident Readers:  
This is my last NHA newsletter. I hope you've enjoyed reading them. Please call the main office with any questions after May 1<sup>st</sup>. A special thank you to everyone who stopped in to say goodbye! Enjoy the extra word searches!

-Jane

**Mark your calendar!**

**ANNUAL BARBEQUE**



Wednesday,  
June 24<sup>th</sup>  
5:00pm  
Cedar Garden  
Community Hall

**All residents are welcome!**

The Natick Rotary will be here to grill and serve a delicious Barbeque dinner. Enjoy an ice-cream treat from Refreshin Concessions Ice Cream Truck. Please sign up on the bulletin board or call the NHA office 508-653-2971 X 204.

**COMMUNITY NEWS**



**REPAIR CAFÉ**  
Sunday, May 3<sup>rd</sup>,

2 - 5:00 pm Natick Senior Center  
Sponsored by Natick Rotary, and as part of Earth Day All Around Natick. The Repair Cafe helps folks by fixing appliances, lamps, bicycles, etc that folks can bring in for free to be

checked and hopefully repaired to keep them from being thrown away.



**WooSox-Natick  
Town Takeover  
Join us Friday  
June 5<sup>th</sup>, 6:06pm**

— for a spectacular night of Triple-A baseball where the spotlight is entirely on Natick! From pre-game ceremonies to mid-inning highlights, the evening is dedicated to celebrating our community at Polar Park (Worcester, MA).

Natick takes the lead! For three straight years (🏆🏆🏆), The Town of Natick has claimed the highest number of attendees of any MA town/city! Tickets:

<https://www.gofevo.com/event/NatickTT26>



**Natick's Holi Festival**

Hosted by the Natick Center

Cultural District **Sat. May 16** from 2:00-4:00pm rain date of May 17 from 2-4:00pm.

Middlesex Savings Bank Parking Lot along Rt. 135 & Washington St. Come celebrate the vibrant multicultural spirit of our town during the Holi Festival! **FREE.**



**Natick Service Council**

**Neighbors Helping Neighbors**

To become a new client: Call (508-655-1791)

**MOBILE FARMERS' MARKET**

Natick Service Council (NSC) will distribute fresh fruits and vegetables, eggs, milk, butter and lean proteins.

**Mon. May 4, June 1:** Households 1-2 at NSC

**Mon. May 11, June 8:** Households 3+ at NSC

**Mon. May 18, June 15: 12:00-2:00pm**

**This pickup is outside Cedar Gardens** (appointment required).

Natick Service Council schedules appointments one month in advance.

**(508-655-1791)** Call ASAP to book your next month's 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-2pm, Wed. 1-4pm, Thurs. 3-6pm. (new hours)

Regional Transit Authority (MWRTA), for an informative presentation on public transportation in the MetroWest region. Jennifer will provide helpful information about available services, explain how to navigate the system, and answer questions about getting around the area using public transit. Whether you're new to public transportation or looking to learn more about the options available to you, this session is designed to be engaging and interactive. There will be time for questions, discussion and personalized guidance to help you feel confident using public transportation. Following Jennifer's presentation, Katie (Carew) Stanganelli, Outreach Coordinator with the Natick Council on Aging/Human Services, will review some additional transportation options including taxi transportation for medical appointments, rides for Disabled American Veterans, and the Natick Connector.



**Please note the heat will be turned off on May 15<sup>th</sup> at**

**Cedar Gardens and Coolidge Gardens.**

**CEDAR GARDENS**

**SPRING CLEAN-UP During the month of MAY**

To meet MA State requirements, we will be conducting a cleanup of all outside items at Cedar Gardens. The Natick Housing Authority maintenance team will remove and dispose of all items that do not meet the requirements in the common areas.

- All personal items on Balconies/Fire escape must be removed. Only **chairs when in use** and brought back into the apartment are allowed. The balconies are emergency fire escapes and need to have clear access

in case of an emergency. The balcony decks must remain clear at all times.

- All Personal items in the common hallways must be removed including shoe racks, plants, furniture, etc. All first-floor residents can have a small bistro table and 2 folding chairs outside of the unit. The chairs and tables must be furniture for outside use such as patios (loose glass tables are not allowed).
  - All grills must be at least 10 feet away from buildings and neatly stored. Only gas grills are permitted.
  - All personal items outside of the units must be removed except bikes, flower beds, and pots. All walkers and carts should be stored inside units.
  - All pots need to be neatly stacked. No more than 4 pots (max size 5-gallon containers) per unit can be used. All working bikes need to be stored in the apartment or behind the building in a neat manor near the trash cans. Birdfeeders are not permitted as they attract rodents.
  - All outside storage bins and tools must be maintained neat and clean, or they will be removed and discarded. No other containers permitted.
- Thank you for your cooperation.



**OPEN DOOR COMMUNITY MEAL FREE**

Every Monday Doors open at **4:45pm**, dinner

is served at **5:30pm**. Come enjoy a community meal and social event at The Elks Lodge, 95 Speen Street, Natick (near Roche Bros.) Open Door is closed over the summer.

**LET'S TALK**

**TRANSPORTATION Thursday, May 7, 10:00am** Natick Senior Center. Call to register: 508-647-6540 Join Jennifer Franco, Manager of Travel Training and Communication Outreach with the MetroWest



**Enjoy the spring bulbs** coming up in the raised beds behind Coolidge and near the flagpole at Cedar Gardens. Natick

volunteers planted them last year for the residents to enjoy this spring!

**Health & Wellness and Blood Pressure Clinic**

**Monday, April 13<sup>th</sup>, 1:30-2:30pm**, Cedar Gardens Community Hall in the RSC Office. This is a reoccurring event, the 2<sup>nd</sup> Monday of the month

unless there is a holiday. Come by and visit with Heidi Harper, Natick's Public Health Nurse. Stop by to swap out used for new sharps boxes.

## NHA BOARD MEETING

May meeting -TBD. Please 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.**

## QUICK - Resource List

**Natick Housing Authority:**

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

**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/HOURS

508-653-2971

8am-4pm Mon.-Fri.

Rob Johnson X 201

Mike Kelleher X 202

Karen Cebrowski X 203

Sue Hur X 204

The NHA office will be closed on May 25<sup>th</sup> for Memorial Day.

## RECIPE OF THE MONTH



### SALMON BOWLS

The BEST Salmon Bowl recipe is quick to make, healthy, and incredibly fresh! A teriyaki salmon fillet is cooked in the air fryer (or grill/oven), set on top of a bed of rice, and topped with avocado, cucumber, mango, edamame, carrots, green onions, and cilantro.

Prep: 25 minutes mins

Cook: 8 minutes mins

Total: 33 minutes mins

Servings: 5

Ingredients

- 5 salmon fillets, 4-6oz each
- 2 cups dry jasmine rice, (or use white rice, sushi rice, brown rice, or coconut rice)
- 1 1/2 cups edamame, shelled
- 1 cup shredded carrot
- 1 English cucumber, sliced
- 6 green onions, chopped
- 2 mangos, peeled and cubed
- 2 avocados, peeled, seeded and cubed
- 1/2 cup chopped fresh cilantro
- Sriracha mayo\*, for topping (optional)
- ½ cup Teriyaki Sauce

### INSTRUCTIONS

**1. Marinate Salmon:** Pour ¼ cup of the teriyaki sauce over the raw salmon and set aside to marinate for at least 20 minutes or up to overnight.

**Cook rice** according to package instructions.

**2. Cook Salmon:** (I prefer the air

fryer, but see baking and grilling instructions in notes.) Preheat air fryer to 400°F. Spray basket with non-stick spray and place salmon filets inside. Air fry for about 5-7 minutes, or until cooked through (flakes easily with a fork, or about 125-135 degrees if testing with a thermometer).

**Sriracha Mayo:** Mix ¼ cup mayonnaise with 1.5 Tablespoons Sriracha.

**3. Baked Salmon:** Preheat oven to 400 degrees F. Remove salmon from the marinade, allowing any excess marinade to drip off and place on a lined baking sheet. Bake for 7-9 minutes, just until cooked through.

**OR Grilled Salmon:** Leave the salmon filets whole. Remove the salmon from the marinade and place skin side down on grill over medium heat. Close lid and cook for about 6 minutes. Flip the salmon flesh side down onto the well-oiled grill and cook for another 3-4 more minutes or until the salmon reaches 145 degrees F. Remove to a plate.

**4. Assemble Salmon Bowls:** Divide rice among the bowls and top with a piece of teriyaki salmon, some avocado, edamame, carrots, mango and cucumber.

**5. Garnish:** Drizzle teriyaki and Sriracha mayo over the top and garnish with chopped green onion and cilantro.



Sunday, May 10<sup>th</sup>

 **SPRING BREAK WORD SEARCH**

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

**WORD BANK**

- |          |           |            |           |
|----------|-----------|------------|-----------|
| SUNSHINE | KAYAK     | BREEZE     | ADVENTURE |
| JETSKI   | EXPLORE   | HIKING     | ICECREAM  |
| CRUISE   | FLIPFLOPS | SWIMSUIT   | BONFIRE   |
| ROADTRIP | WAVES     | RESORT     | PARADISE  |
| SHELLS   | TRAVEL    | HAMMOCK    | BEACH     |
| POOL     | OCEAN     | SUNGLASSES | RELAX     |

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 **SNACKS**

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



- |         |          |         |          |
|---------|----------|---------|----------|
| APPLE   | COOKIE   | MILK    | PRETZELS |
| BANANA  | CRACKER  | MUFFIN  | RAISINS  |
| BREAD   | DOUGHNUT | NACHOS  | SALAD    |
| CANDY   | EGG      | OATMEAL | SOUP     |
| CARROTS | FRUIT    | ORANGE  | TACO     |
| CASHEWS | GRANOLA  | PEACH   | YOGURT   |
| CEREAL  | GRAPES   | PEAR    |          |
| CHEESE  | HUMMUS   | PICKLE  |          |
| CHIPS   | JERKY    | POPCORN |          |

**Summer Time**

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

**Word list:**

- |          |           |           |            |
|----------|-----------|-----------|------------|
| BARBECUE | LAKESIDE  | RELAX     | SUNSET     |
| BASEBALL | LEMONADE  | SAND      | SUNGLASSES |
| BEACH    | LIFEGUARD | SANDALS   | SUNSCREEN  |
| BIKINI   | PARK      | SEAGULLS  | SUNSHINE   |
| CAMP     | PICNIC    | SEASHELLS | SWIMSUIT   |
| HAMMOCK  | POOL      | SHADE     | VACATION   |
| ICECREAM | POPSICLE  | SUN       | WATERMELON |



 **SPRING WORD SEARCH**

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

**WORD BANK**

- |          |           |          |        |
|----------|-----------|----------|--------|
| UMBRELLA | GARDEN    | LADYBUG  | BUDS   |
| PICNIC   | WARMTH    | BREEZE   | GRASS  |
| NEST     | BUTTERFLY | DAFFODIL | RAIN   |
| FLOWERS  | BLOOM     | SUNSHINE | CHICKS |
| BIRDS    | EGGS      | BEEES    | PUDDLE |
| GROW     | SHOWERS   | SPROUT   | PLANT  |

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