

Among Friends



May 2014



**SENIOR SERVICES
COUNCIL ON AGING**
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

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Senior Center 508-210-5570
Transportation 508-210-5573
Nutrition Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

VETERANS MEETING

Our Veterans meeting will focus on "Lasers: The Technology and Military Applications." The first laser demonstration was in 1960. Since then, there has been an explosion of applications both commercial and military. The unique optical characteristics of the light "beam" made it suitable for many weapon systems to be studied and developed. As more laser sources were discovered, and with increased power output, the technology became of interest as an energy weapon. This meeting will provide basic understanding of the laser performance and its capabilities as a viable military option. Our speaker will be Jim Beardsley. We invite all Veterans to join us for this interesting meeting on **Friday, May 23 at 10:30 a.m.**



MOTHER'S DAY CONCERT AND SOCIAL

A spring concert will be offered by Leslie Safer on **Monday, May 19 at 1:00 p.m.** in honor of Mother's Day. Leslie is a member of the Wachusett Community Band, and provides musical entertainment with piano and voice. Her performance includes standards, old favorites, show tunes and some sing-a-longs. Please stay for tea and a lovely dessert as we celebrate Mother's Day. The event is free and open to all. Please call 508-210-5570 to reserve a seat.



LEGAL PRESENTATION



Attorney Arthur Bergeron from the firm Mirick O'Connell will present the next topic in his series of legal clinics on **Wednesday, May 21 at 1:00 p.m.** His topic is "What will happen to your body after you die?" Mr. Bergeron and his invited guests will cover funeral arrangements, pre-need contracts, cremation, organ donation and burial plots. There will be ample time for questions following the talk. The event is free and open to all. Refreshments will be served. Please call 508-210-5570 to reserve a seat.

WORCESTER'S NEWEST GEM

A representative from the Massachusetts College of Pharmacy University will be here at **10:00 a.m. on Wednesday, May 28** to give us background information and facts on what is available at this new and growing university in downtown Worcester. Of particular interest to seniors is the fact that the Forsyth Dental Hygiene Clinic provides comprehensive dental care at a low cost to patients in Worcester and surrounding communities. Please come to hear all the details. Call 508-210-5570 to reserve a place.



**THE SENIOR CENTER WILL BE CLOSED
ON MONDAY, MAY 26 IN OBSERVANCE
OF MEMORIAL DAY**





UPCOMING TRIPS



Wed., May 28 ... Boston Whale Watch Adventure ... This morning your group will experience an unforgettable excursion with **Boston Harbor Cruises** aboard a specially designed high-speed catamaran whale watching vessel to Stellwagen Bank, feeding ground of the world's largest mammals. High speed allows you to spend more time viewing the whales and less time traveling to them. Discover the great whales of the North Atlantic such as the Humpback, Finback, and Minke Whales. From the research scientists on board, you'll learn about these different types of whales, as well as their interesting behavior and what to look for during your sighting. Enjoy the cruise on deck or in the heated main cabin where your comfort is assured, and complete galley service offering your favorite food is available. As it's usually cooler on the water, a jacket or sweater is a good idea, as well as rubber-soled shoes. After your whale watch, stroll the sidewalks of fashionable Newbury Street. Explore the historical landmarks on the Freedom Trail. Enjoy lunch on your own at **Faneuil Hall Marketplace**, the lovely core of Boston's historic waterfront and the nation's premier urban marketplace. Housed in three beautifully restored 19th century buildings, its 125 shops and 21 restaurants offer tantalizing delicacies and unique gifts in a festive atmosphere that spills onto cobblestone streets filled with an amazing variety of street performers. Depart the Senior Center at 8:00 a.m. and return at approximately 5:30 p.m. Cost for this trip is \$69.00/person, including all taxes and gratuities.

Wed., June 11 ... The Temptations Live in Concert at the Venus DeMilo in Swansea, MA ... Over the course of their career, the Temptations have released four Billboard Hot 100 number-one singles and fourteen R & B number-one singles. Their material earned them 3 Grammy Awards. The Temptations were the first Motown recording act to win a Grammy Award, and in 2013, the group received the Grammy Lifetime Achievement Award and were inducted into the Rock and Roll Hall of Fame in 1989. Three classic Temptations songs, "My Girl," "Just My Imagination," and "Papa Was a Rollin' Stone," are among the Rock and Roll Hall of Fame's 600 Songs that Shaped Rock and Roll. The Temptations are also ranked at #68 on the Rolling Stone magazine's list of the 100 Greatest Artists of all time. Known for their choreography, distinct harmonies, and flashy wardrobe, the group has been said to be as influential to R & B and soul as the Beatles are to pop and rock. Meal choices are Chicken Parmesan or Baked Haddock. Also included: Venus DeMilo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. Price for this trip is \$79.00/person.

Wed., June 25 ... Connecticut Rail and Sail ... We start the day with a stop in Middlefield, CT at **Lyman Orchard's Apple Barrel**. The enticing aroma of fresh baked products fills the air throughout the market all day long. Fresh pies, apple cider, donuts, muffins, cookies, pastries and more desserts are made in the Farm Kitchen Bakery. From here we head to lunch at **Oliver's Tavern** in Essex, CT. Your **entrée choices**: Grilled 9 oz. Flat Iron Steak with Sauteed Mushrooms; Vermont Cheddar & Pear Stuffed Chicken with Classic Chicken Gravy; Baked Filet of Salmon with Seasoned Breadcrumbs & Herbed Beurre Blanc **or** Eggplant Parmesan served with a Side of Pasta. All entrees are served with Salad, Oven Roasted Potatoes, Chef Vegetable, Hot Rolls, Dessert, Coffee or Tea. It is a short ride up the street to the Essex Steam Train. There are two coal-fired locomotives that pull the collection of restored railroad cars. Be swept away with the hiss of steam, the blast of the whistle, and the clickity-clack of the tracks. The engineer shouts 'all aboard' before the run, then you sit back and experience an authentic journey back to the days of steam. Travel north from Essex Station through the scenic towns of Deep River and Chester. The train will stop at the Deep River Landing where you will disembark and board the **Becky Thatcher**. Here you will continue the journey north, but on the Connecticut River instead. See such sights as the famed Gillett Castle and the Goodspeed Opera House. Throughout the journey learn about the history, natural wonders, and legends. Cost of this trip is \$93.00/person, all taxes and gratuities included. Depart from the Senior Center at 8:00 a.m. and return at approximately 6:30 p.m.

Coming in August...Foster's Clambake Restaurant in York, ME

Coming in September ... New England Goes Country at the Danversport Yacht Club

Coming in October ... Comedian and Singer Joey Vincent at Lantana's in Randolph

More details for these trips will appear in future newsletters.

SHINE COUNSELOR
Monday, May 12
BY APPOINTMENT ONLY



FROM THE FRIENDS...



In an effort to update and correct our membership list, members of the Friends Board will be calling all members during the month of May. They will ask a few quick questions in regard to correct address and contact number. This should only take a few minutes. This will help in contacting members in the future. At this time, if you'd like to share any thoughts/ideas relative to programming and services at the Senior Center, we will be happy to convey the message to the office staff. We thank you for your cooperation.

WE NEED YOUR HELP!!!!



We are looking for donations of craft items for our Gift Cart. Also, if you have a talent that you'd like to share with a group or crafts you'd like to donate, we invite you to call Paula Grady at 508-829-3962 and offer to teach a class or bring your donation by the Senior Center! We appreciate your help and look forward to hearing from you!



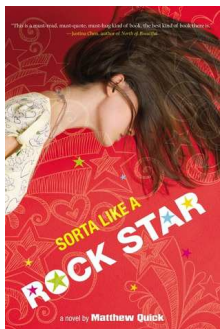
MAY CHAIR YOGA THEMES

Welcome the marvelous month of May... with these magnificent yoga classes and themes:

May 6 - Improve mood and energy with Core Yoga; **May 13** - Gratitude - Heart Centered Yoga; **May 20** - Happiness - Laughter Yoga; and **May 27** - Freedom Yoga. Join us for a wonderful treat for yourself **every Tuesday at 2:30 p.m.**



BOOK DISCUSSION GROUP



The book discussion group will meet at **10:30 a.m.** on **Thursday, May 15** to discuss the book Sorta Like a Rock Star by Matthew Quick. Amber Appleton lives in a bus. Ever since her mom's boyfriend kicked them out, Amber, her mom, and her totally loyal dog, Bobby Big Boy (aka Thrice B), have been camped out in the back of Hello Yellow (the school bus her mom drives). Still, Amber, the self-proclaimed princess of hope and girl of unyielding optimism, refuses to sweat the bad stuff. But when a fatal tragedy threatens Amber's optimism—and her way of life, can Amber continue to be the rock star of hope?

With an oddball cast of characters, and a heartwarming, inspiring story, this novel unveils a beautifully beaten-up world of laughs, loyalty, and hard-earned hope. The world is Amber's stage, and Amber is, well...she's sorta like a rock star. True? True.

OUTREACH NEWS...

If you or if you know of any senior who would enjoy a visit, please let us know.

Reminder: There are programs such as food stamps & fuel assistance for which you may qualify or be entitled. Other programs that may be of interest include: Book Express, Calling Care (RUOK) & Food Pantry delivery (the Food Pantry delivery and Book Express are for home bound elders only).

Also, we would like to make sure that the information in our system is up-to-date. Please complete the form below and return it to the Senior Center at 1130 Main Street or call us with any new information regarding any changes in address, phone or emergency contact.

EMERGENCY CONTACT INFORMATION

NAME: _____ PHONE: _____

ADDRESS: _____








































EMERGENCY CONTACT: _____

PHONE: _____ RELATIONSHIP: _____



MAY 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE	MOTHER'S DAY CONCERT AND SOCIAL Monday, May 19 @ 1:00 p.m. 	VETERANS MEETING  Friday, May 23 at 10:30 a.m.	1 8:00 HCOA Meeting 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Greek Chicken 12:30 Movie "The Pride of the Yankees" 1:00 Bridge 1:00 Line Dancing 	2 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Kielbasa w/Onions 1:00 Cribbage 1:15 Spring Chicken Fitness  
5 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Potato Crunch Fish 1:00 Quilting 1:00 Friends Meeting 	6 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Beef & Onion Gravy 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga  	7 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch Hot Dog on a Bun 1:00 Pitch Party  	8 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Pork w/Rosemary Gravy 12:30 Movie "How Do You Know" 1:00 Bridge 1:00 Line Dancing 	9 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Chicken Fricassee 1:00 Cribbage 1:15 Spring Chicken Fitness  
12 SHINE by Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Mother's Day Roast Turkey & Gravy 1:00 Quilting 	13 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Fish Filet on a Bun 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga  	14 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch Cheese/Spinach Omelet 1:00 Pitch Party  	15 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Grp 10:30 Low Impact Exercise 12:00 Senior Lunch Meatloaf & Gravy 12:30 Movie "The Magic of Belle Isle" 1:00 Bridge 1:00 Line Dancing 	16 8-4:00 Billiards 9:00 Bereavement Group 10:00 Poker 12:00 Senior Lunch Chicken Pot Pie 1:00 Cribbage 1:15 Spring Chicken Fitness  
19 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Chicken Chow Mein 1:00 Quilting 1:00 Mother's Day Concert and Social  	20 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Macaroni & Cheese 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga  	21 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch Beef Stew 1:00 Pitch Party 1:00 Legal Presentation   	22 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Pork/Stuffing/Gravy 12:30 Movie "Casino Royale" 1:00 Bridge 1:00 Line Dancing 	23 8-4:00 Billiards 10:00 Poker 10:30 Veterans Meeting 12:00 Senior Lunch Lemon Pepper Fish 1:00 Cribbage 1:15 Spring Chicken Fitness  
26 MEMORIAL DAY  SENIOR CENTER CLOSED	27 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Pork Ragu 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga  	28 8-4:00 Billiards 10:00 Senior Walkers 10:00 Mass. College of Pharmacy University 12:00 Senior Lunch Pasta Primavera 1:00 Pitch Party   	29 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Salmon Boat w/Dill 12:30 Movie "Splendor in the Grass" 1:00 Bridge 1:00 Line Dancing 	30 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Beef Mediterranean 1:00 Cribbage 1:15 Spring Chicken Fitness  

COMING IN JUNE...

June 4 ... Two Old Friends Concert



June 9 ... Great Moments from
American Theater

June 12 ... Pen Pal Party
(at Sr. Center)



June 16 ... Understanding Healthcare



FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

Telephone Number: _____

You can stop by the Senior Center to join or mail your
membership to: Holden Senior Center, 1130 Main Street
Holden, MA 01520.

BLOOD PRESSURE CLINICS NOW EVERY TUESDAY!!! SEE CALENDAR FOR TIMES!

MAY MOVIES

Thurs., May 1 ... "The Pride of the Yankees" ... This is one of the greatest American stories about one of the greatest American heroes: baseball phenomenon Lou Gehrig. The film follows the Iron Horse from childhood to his later glory on the diamond. Stars Gary Cooper & Walter Brennan **Not Rated ~ 128 minutes**

Thurs., May 8 ... "How Do You Know" ... Feeling spurned after being cut from the national team due to her age, newly single softball player Lisa finds herself in the middle of a heated love triangle, as a professional baseball player and a business executive compete for her affections. Stars Reese Witherspoon; Paul Rudd; Owen Wilson and Jack Nicholson **Rated PG-13 ~ 121 minutes.**

Thurs., May 15 ... "The Magic of Belle Isle" ... After alcoholism depletes his enthusiasm for writing, celebrated author Monte Wildhorn finds his creative passion renewed when he moves to quaint Belle Isle and gets to know his next door neighbors -- a single mother and her three daughters. Stars Morgan Freeman & Virginia Madsen.

Rated PG ~ 109 minutes

Thurs., May 22 ... "Casino Royale" ... The 007 franchise revisits its roots with Daniel Craig making his debut as newly minted secret agent James Bond, who's pitted against an infamous financier of international terrorism in a shootout -- at the poker table. Also Stars Judi Dench. **Rated PG-13 ~ 141 minutes**

Thurs., May 29 ... "Splendor in the Grass" ... Young lovers Deanie Loomis (Natalie Wood) and Bud Stamper (Warren Beatty, in his big-screen debut) find their awakening sexuality at odds with their own moral standards -- and those of their 1920s rural Kansas community. But trying to resist their carnal urges leads to mutual heartbreak ... and to madness for the fragile Deanie. Director Elia Kazan's profile of the repercussions of pent-up pubescent lust netted an Oscar for Best Screenplay. **Not Rated ~ 124 minutes**

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