

Among Friends

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



April 2013

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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TELEPHONE NUMBERS

Senior Center 508-210-5570
Director 508-210-5571
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.

LIFE IN YELLOWSTONE



Join us for a talk by Ed Stark, former Holden Fire Chief, now working as a seasonal ranger out west. His presentation, Life in Yellowstone, will be fun for all. The event will be held on **Monday, April 8 at 2:00 p.m.** The program is free and open to all with refreshments served. Please call 508-210-5570 to reserve a place.

YOUR LIBRARY IN 2013

Join us for an informational coffee with Library Director, Susan Scott, Trustee Richard Maurer and celebration committee member Susan Marsh. The Gale Free Library is 125 years old this year and many events are planned to mark the occasion. The library continues to change to meet our 2013 needs with services never imagined 125 years ago! Please come on **Wednesday, April 17 at 10:00 a.m.** for coffee and pastry. Free and open to all, reservations can be made by calling 508-210-5570.



ATTENTION ALL VOLUNTEERS



You are cordially invited to our annual Volunteer Recognition luncheon on **Wednesday, April 24 at noon** where you will be treated to a delicious lunch catered by Toupins Catering. All of our volunteers who offered their services in 2012 are included. Volunteer categories are (**but not limited to**): Meal Site Volunteers; Meals on Wheels Drivers; Intergenerational Volunteers; Pen Pals; Program Volunteers; Outreach Volunteers (food pantry, book express, friendly visitor); Arts & Crafts and Fair volunteers; Game Leaders; COA and Friends Board members, etc. Please call Maureen today to make your reservation for this important event at 508-210-5570.

BEREAVEMENT SUPPORT GROUP



Our monthly bereavement support group, facilitated by Carol Recchion, MDiv. will be held on **Monday, April 8 at 4:30 p.m.** Our Bereavement Support Group will provide community members the opportunity to: **Manage their loss; Understand grief and recovery; Cope with change; Express feelings; Share experiences; Receive Support and Develop new insights.** If you or someone you know has suffered a loss, please invite them to our group. **Everyone is welcome.**



The Senior Center will be *closed* on **Monday, April 15** in observance of Patriot's Day.





UPCOMING TRIPS

Wednesday, May 22 ... "Spreading It Around" The Newport Playhouse proudly presents "Spreading It Around." This light-hearted comedy finds Angela Drayton, a wealthy widow in a retirement community. Tired of handing out money to her unappreciative children, she starts the S.I.N. (Spending It Now) Foundation, to give to those truly in need. This terrifies her greedy son, driving him to devise a plan to have her committed. Mama will have none of that! Luncheon will be served at the Playhouse's Cabaret Restaurant. The buffet will include: *Salads* (Fresh Fruit; 3-Bean; Cole Slaw; Beets; Lettuce Bowl); *Entrees* (Rigatoni w/meat sauce; Homemade Meatballs; Roasted Chicken; BBQ Chicken; Oven Roasted Potatoes; Peas & Corn; Glazed Ham; Baked Beans; Italian Sausage and Peppers; Sweet Potatoes; Vegetable Medley; Fresh Baked Scrod; Green Beans; Glazed Carrots; Rice & Peas); Fresh Baked Rolls and Butter; Assorted Desserts; Hot Coffee and Tea. Please note that some of these items are subject to change. **Cost of this trip is \$92.00 per person including driver's gratuity.**

Friday, June 21 ... "Newport Flower Show" Discover the mysteries of the East. Gardens, treasures, traditions, and native plants all blend to create the simple yet stunning beauty of this exotic part of the world. This morning enjoy free time along the waterfront in Newport. Visit the quaint shoppes on the docks or in the Brickyard marketplace. Lunch is being served at the Atlantic Beach Club in Middletown, RI. Menu Choices are Baked Stuffed Scrod with Newburg Sauce or Atlantic Chicken, both served with salad, potato, vegetable, rolls, dessert, coffee and tea. After lunch visit the 2013 Newport Flower Show, Jade: Eastern Obsessions. Celebrating its 18th year as America's premier summer flower show on the grounds of the historic Rosecliff Mansion. This year you will be taken on an exotic tour of Far Eastern traditions and beauty. Jade, the imperial gemstone, is the perfect symbol for this year's show. The expansive front lawn of Rosecliff will lure you through an iconic Moon Gate into gardens filled with "Zen-full" inspirations. Depart the Senior Center at 7:00 a.m. and return at approximately 6:00 p.m. **Cost of this trip is \$76.00 per person including driver's gratuity.**

Tuesday, July 23 .. "The Spirit of Boston" Enjoy a two hour cruise on Boston's historic harbor and the ship's Grande Buffet! Help yourself and take as little or as much as you like! With choices such as Wild Alaskan Salmon, Classic Baked Chicken, Asian Beef & Chicken Stir Fry, Grilled Vegetable Lasagna and Sweet Dessert Trio (Moist Lemon Mousse Shortbread, Oreo Dream Bar, Brulée Raspberry Cheesecake, all served with a variety of sauces and whipped cream) there is sure to be something to please even the most discerning palate. More details will appear in May's newsletter. **Cost of this trip will be \$80.00 including driver's gratuity.**

A WORD OR TWO FROM THE FRIENDS...

Visit our cart in the lobby of the Senior Center for gifts, cookbooks, etc. If you don't know what to do with your run down hearing aid batteries, you can drop them off at the Senior Center for recycling. Our **Annual Friends meeting** will be held on **Monday, April 1 at 1:00 p.m.** at the Senior Center. All members are welcome!



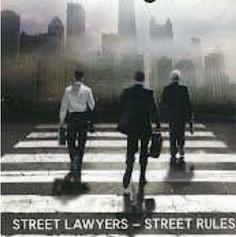
Center for gifts, cookbooks, etc. If you don't know what to do with your run down hearing aid batteries, you can drop them off at the Senior Center for recycling. Our **Annual Friends meeting** will be held on **Monday, April 1 at 1:00 p.m.** at the Senior Center. All members are welcome!

BOOK DISCUSSION GROUP

FROM THE MASTER OF THE LEGAL THRILLER

JOHN GRISHAM

The Litigators



The discussion group will meet **Thursday, April 11 at 10:00 a.m.** This month's selection is The Litigators by John Grisham. After leaving a fast-track legal career and going on a serious bender, David Zinc is sober, unemployed, and desperate enough to take a job at Finley & Figg, a self-described "boutique law firm" that is anything but. Oscar Finley and Wally Figg are in fact just two ambulance chasers who bicker like an old married couple. But now the firm is ready to tackle a case that could make the partners rich - without requiring them to actually practice much law. A class action suit has been brought against Varrick Labs, a pharmaceutical giant with annual sales of \$25 billion, alleging that Krayox, its most popular drug, causes heart attacks. Wally smells money. All Finley & Figg has to do is find a handful of Krayox users to join the suit. It almost seems too good to be true . . . and it is.

SHINE COUNSELOR

**Monday, April 1 and Monday, April 22
BY APPOINTMENT ONLY**





HEALTHY STEPS COMES TO HOLDEN!!

Healthy Steps is a fun gentle exercise and movement program to great music designed to help you thrive. The Lebed Method is a therapeutic program, suitable for all ages and fitness levels. It can be done standing or sitting in a chair. Healthy Steps benefits those with arthritis, CFS, Parkinson Disease, Fibromyalgia, Lymphedema and other chronic conditions. Invigorating but gentle, Healthy Steps: *Increases Range of Motion; *Enhances Self Image; *Reduces Risk of Lymphedema; *Assists with balance; *Increases energy and *Builds strength. Join us on Tuesdays beginning May 7 from 9:00 to 10:00 a.m. for 8 weeks. There is no cost to this class thanks to a Holden Cultural Council Grant. Call 508-210-5570 to register for this exciting new class.

TIME TO VOTE!

Please remember to exercise your right to vote. April has a special town meeting and two elections. The **special town meeting is Monday, April 8 at 7:00 p.m.** at Wachusett Regional High School with a **special town election on Thursday, April 11** dealing with the Mountview School project. The polls will be open from 7:00 a.m. to 8:00 p.m. The second election is the **State Primary and Town Election** will be held on **Tuesday, April 30.** The polls will be open from 7:00 a.m. to 8:00 p.m. **Let your voice be heard!!!**



ATTENTION PEN PALS!!!!

Pen Pal letters are due into the Senior Center office by Monday, April 22. The suggested topic for your letter is "My Favorite Possession" but you are free to write about any appropriate topic. This will be the last letter before our final meeting with our Pen Pals in June. Watch this newsletter for details of the June meeting!

SPRING INTO SUMMER.....

Holden Firefighters

with the Holden Professional Firefighters as they sponsor a lunch for **HOLDEN ELDERS ONLY** on **Friday, May 17** at the Senior Center at **noon.** They are offering the season's first "picnic" with hotdogs; hamburgers; potato salad; garden salad; dessert and beverage. Please make your reservation by calling 508-210-5570. **Seating is limited** so make your reservations early. **Reservations will be taken through Tuesday, May 14 or until capacity is reached** at which time we will take names on a "wait list." Therefore, we ask that, if you've made a reservation and find you cannot attend, please call to let us know, so we can give your seat to someone else.



ANNUAL SENIOR CITIZEN DINNER DANCE



There may be no such thing as a free lunch, but on **Thursday, May 2nd at 5:00 p.m.** there is a free dinner dance at Wachusett Regional High School for all senior citizens. All are welcome to come and have fun. This dance is sponsored by the Wachusett Mountaineer Volunteer Students and the Friends of the Holden Council on Aging. To attend, you only have to sign up at the Holden Senior Center by calling 508-210-5570, then show up at the high school cafeteria for 5:00 p.m. Our students will not only serve you a lovely dinner, but they will be enjoying the dancing to the DJ as well. The dance is over at 8:00 p.m. Hope to see you there! **DON'T DELAY!!! SIGN UP IS LIMITED!!! DEADLINE FOR THE SIGN UP IS 4/19.**

VOLUNTEER MEDICAL PROFESSIONAL NEEDED

We would like to offer a blood pressure clinic once each week. Many people are advised by their physician to have their blood pressure checked every week, and we'd like to help by offering this service. We presently have a wonderful volunteer covering the 2nd & 4th Tuesdays from 10:00 a.m. - Noon. So, if you're a nurse; EMT; paramedic either still working or retired and can volunteer the 1st and 3rd Tuesday each month, please call the Senior Center at 508-210-5570 to express your availability and interest.



VETERANS' MEETING



Please join us at the Veteran's Meeting on **Friday, April 26 at 10:30 a.m.** when we welcome John McAuliffe, founder and president of the Central Mass Chapter 22, Veterans of the Battle of the Bulge Organization. He will speak about the heroes Hitler did not account for, some thoughts on the Battle of the Bulge, the Rhine River crossing and associated stories of interest. All Holden veterans and their interested friends are cordially invited to attend.



APRIL 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Chicken Murphy</i> 1:00 Quilting 1:00 Friends' Annual Meeting	<p style="text-align: right;">2</p> 8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Baked Ham</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	<p style="text-align: right;">3</p> 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Fish Stew</i> 1:00 Pitch Party 	<p style="text-align: right;">4</p> 8:00 HCOA Board Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Swedish Meatballs</i> 12:30 Movie "The Artist" 1:00 Bridge 1:00 Line Dancing	<p style="text-align: right;">5</p> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Liver & Onions</i> 1:00 Cribbage
<p style="text-align: right;">8</p> 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Veal Bourguignon</i> 1:00 Quilting 2:00 Life in Yellowstone 4:30 Bereavement Support Group 	<p style="text-align: right;">9</p> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Yankee Chicken Pie</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	<p style="text-align: right;">10</p> 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Meatloaf & Gravy</i> 1:00 Pitch Party 	<p style="text-align: right;">11</p> <p style="text-align: center;">SPECIAL TOWN ELECTION</p> <p style="text-align: center;"></p> <p style="text-align: center;">NO PROGRAMS</p>	<p style="text-align: right;">12</p> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Sloppy Joe</i> 1:00 Cribbage
<p style="text-align: center;">15</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p> <p style="text-align: center;"></p>	<p style="text-align: right;">16</p> 8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Salmon Boat w/Dill</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	<p style="text-align: right;">17</p> 8-4:00 Billiards 10:00 Angel Walkers 10:00 Your Library in 2013 12:00 Senior Lunch <i>Chicken Chow Mein</i> 1:00 Pitch Party 	<p style="text-align: right;">18</p> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Hot Dog on Bun</i> 12:30 Movie "Dreamer" 1:00 Bridge 1:00 Line Dancing	<p style="text-align: right;">19</p> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Beef Stew</i> 1:00 Cribbage
<p style="text-align: right;">22</p> SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Beef & Broccoli</i> 1:00 Quilting 	<p style="text-align: right;">23</p> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Bacon/Cheese Omelet</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	<p style="text-align: right;">24</p> 8-4:00 Billiards 10:00 Angel Walkers 12:00 Volunteer Recognition Luncheon 1:00 Pitch Party 	<p style="text-align: right;">25</p> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Fish w/Crumb Topping</i> 12:30 Movie "The Last Song" 1:00 Bridge 1:00 Line Dancing	<p style="text-align: right;">26</p> 8-4:00 Billiards 10:00 Poker 10:30 Veterans' Meeting 12:00 Senior Lunch <i>Honey BBQ Chicken</i> 1:00 Cribbage
<p style="text-align: right;">29</p> 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Roast Pork & Gravy</i> 1:00 Quilting 	<p style="text-align: right;">30</p> <p style="text-align: center;">STATE PRIMARY and TOWN ELECTION</p> <p style="text-align: center;"></p> <p style="text-align: center;">NO PROGRAMS</p>	<p style="text-align: center;">YOUR LIBRARY IN 2013</p> <p style="text-align: center;"></p> <p style="text-align: center;">Wednesday April 17 @ 10:00 a.m.</p>	<p style="text-align: center;">ANNUAL SENIOR CITIZEN DINNER DANCE</p> <p style="text-align: center;"><i>Thursday, May 2nd at 5:00 p.m.</i></p> <p style="text-align: center;"></p>	<p style="text-align: center;">MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</p>



COMING IN MAY...

Wed., May 8 ... Mother's Day Social with a concert by Ruth Harcovitz

Fri., May 17 ... Luncheon sponsored by Holden Professional Firefighters Assn. (HOLDEN RESIDENTS ONLY)

Wed., May 22 ... Concert w/Ken Lelen

Wed., May 29 ... Legal Presentation on Wills and Trusts

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.



APRIL MOVIES

Thurs., Apr. 4 ... "The Artist" ~ Winner of five Oscars, this artful black-and-white silent film follows the romance between a silent-era superstar on a downward spiral and a rising young starlet who embraces the future of cinema at the dawn of the "talkies." Starring Jean Dujardin, Bérénice Bejo and John Goodman **Rated PG-13 ~ 100 minutes**



Thurs., Apr. 18 ... "Dreamer" ~ Down-and-out horse trainer Ben Crane rescues a once-great racehorse that's been severely injured. Buoyed by the unwavering faith of his daughter, he sets out to win the Breeders' Cup Classic. Starring Kurt Russell and Dakota Fanning. Inspired by a true story. **Rated PG ~ 106 minutes**



Thurs., Apr. 25 ... "The Last Song" ~ Miley Cyrus has top billing as 17-year-old Ronnie Miller, a rebellious former piano prodigy who doesn't hide her hostility after being sent off to spend the summer in Georgia with her estranged father (Greg Kinnear). Rebuffing her dad's attempts to reconnect, the aloof Ronnie begins to thaw when she meets beach volleyballer Will Blakelee (Liam Hemsworth). Kelly Preston also stars in this contemporary tearjerker based on the Nicholas Sparks novel. **Rated PG ~ 107 minutes**



If there is a specific movie - comedy, drama, thriller, documentary, etc., you would like to see, please don't hesitate to call the Senior Center at 508-210-5570 to make your request. If we are able to obtain the movie you've requested, we'd be happy to show it. Or if there's a movie (DVD) that you own that you think others might like to see and you're willing to share it, please let us know and we will schedule it to be shown.

Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of HCOA

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