

Among Friends



April 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.

HCOA BOARD

Rev. Dr. Jerry Heslinga, Chair
Richard Mansfield, Jr.
Susan Sullivan
Faye Ellis
Rebecca Tomblom
Marilyn Burnham
Maureen Locke

SENIOR CENTER STAFF

Louise Charbonneau,
Director of Senior Services
Maureen Buffone, Secretary
Paula Earley, Outreach
Cindy Smith, Outreach
Clare Nelson,
Program Coordinator
Naomi Sohlman,
Transportation Coordinator
Ernest Diesslin, Van Escort
Marjeanne Adels, Van Escort
Stephanie Gabrielli, Dining Manager

VAN DRIVERS

James Wells
George Warden
Lawrence Pierce
Mary Sloan

FRIENDS OFFICERS

Faye Ellis, President
Marcia Sherbourne, Vice President
Geri Sawyer, Secretary
Helen Holmes, Treasurer

TELEPHONE NUMBERS

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.

YOUNG AT HEART CONCERT

Join us on **Wednesday, April 2** as we bring back the Young at Heart singers from Calliope Productions to present a Spring Concert. The event is at **1:00 o'clock** and is free and open to all. Please call 508-210-5570 to reserve a place.



MAINTAINING INDEPENDENCE



Most of us wish to live independently in our own home for as long as possible. Kelly Maguire, Occupational Therapist from Oriol Healthcare will speak on "Maintaining Independence" with tips on staying safe in your own home. The program is at **10:00 a.m.** on **Thursday, April 3** and is open to all. Please call 508-210-5570 to reserve a seat.

QUALIFYING FOR MASSHEALTH

Join us on Wednesday, April 30 at 2:00 p.m. when Attorney Arthur Bergeron from the firm of Mirick O'Connell will present the first legal clinic of 2014. The subject for this presentation will be "Qualifying for MassHealth: The Changing Rules of the Road." Recent MassHealth rules may affect irrevocable trusts and spend down rules, so learn how to navigate these in this seminar. Free and open to all. Coffee and refreshments will be served. Please call 508-210-5570 to reserve your seat.



HFD LUNCH AND IMPORTANT PRESENTATION

The Holden Professional Firefighters are proud to sponsor a lunch of home cooked Meatballs & Sauce w/Pasta; salad; bread; beverage and dessert for **HOLDEN ELDERS ONLY on Thursday, April 24 at Noon**. Following lunch will be a presentation entitled "Slips, Trips and Falls" which will describe the dangers in your home that can result in slips, trips and falls and how to prevent them. Reservations are **required prior to Tuesday, April 22** and can be made by calling the Senior Center at 508-210-5570. (Please **do not** call the fire station to make your reservations!) Funding for the presentation provided through a grant from the MA Dept. of Fire Services.



Pen Pal letters are due to the Senior Center
BEFORE Tuesday, April 15. Thank you!!!!



**THE SENIOR CENTER WILL BE CLOSED ON
MONDAY, APRIL 21 IN OBSERVANCE
OF PATRIOTS' 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.

ANNUAL SENIOR CITIZEN DINNER DANCE

There may be no such thing as a free lunch, but on **Thursday, May 1st 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 APRIL 18.**



ALL ABOARD...



...The Book Express! The Gale Free Library is still on the road. For many years the Gale Free Library and the Holden Senior Center have delivered library materials to Holden citizens who are housebound. This program is perfect for those who are temporarily or permanently homebound and would like to receive library books, audio books, or DVD's. The service is free for Holden elders. The library staff will personally select books that are of interest to the reader and a volunteer from the Senior Center will deliver them. To register for this program or if you have questions, please call the Gale Free Library at 508-210-5560 and ask for Beth or the Senior Center at 508-210-5570 and ask for Paula or Cindy.

ATTENTION ALL VAN CLIENTS

In an effort to help us help you, we ask that when you call to schedule a ride, you have the **COMPLETE** address of your destination. (i.e., 666 Main Street - not just Main Street) We realize that the driver may be familiar with your destination, but from time to time, if the driver is ill - we have to replace him/her with someone from another town department who will not be familiar with where you are going which will result in unwelcome delays. Your cooperation is appreciated.



"CELEBRATING NEW ENGLAND"



Davis Bates, a famous New England Storyteller will offer a program at **1:00 p.m.** on **Wednesday, April 23**. Entitled "Celebrating New England", the program includes farming stories, stories from past and present, sea songs and chanteys, as well as Native American stories and ghost stories. The event is free and open to all. Please make your reservation by calling 508-210-5570. A grant from the Holden Cultural Council provides for this event.

APRIL CHAIR YOGA THEMES

Renew your spirit with a class in chair yoga. This month's themes are: **April 1** - Yoga and Affirmations; **April 8** - Yoga for Mindful Movements; **April 15** - Yoga to Cleanse and Release (April showers/spring cleaning); and **April 22** - Earth Day Yoga - Yoga and Nature; **April 29** - May Day Yoga - Celebration and Gratitude. Join us for a wonderful treat for yourself **every Tuesday at 2:30 p.m.**



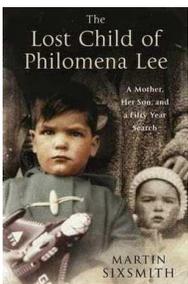
ATTENTION FRIENDS OF HCOA MEMBERS!



A big thank you to all who baked, donated or worked on the cookie sale. All things considered, it was a great success! Also, a reminder that there are many proposed changes to our by-laws. If you would like to read the changes, they are posted on the bulletin board at the Senior Center along with a copy of the original by-laws. If you have comments on the changes, please let our President, Faye Ellis know by calling her at 508-829-6854. Also posted at the Senior Center, is the proposed slate of officers for next year. Both of these documents will be voted on at our Annual Meeting on **Monday, April 7 at 1:00 p.m.** We invite all Friends members to attend this meeting to participate in this important vote and to join the Board of Directors for coffee and dessert.

BOOK DISCUSSION GROUP

The book discussion group will meet at **10:30 a.m.** on **Thursday, April 17** to discuss the book The Lost Child of Philomena Lee by Martin Sixsmith. When she fell pregnant as a teenager in Ireland in 1952, Philomena was sent to the convent of Roscrea, Co. Kimerick, to be looked after as a 'fallen woman' and at the age of three her baby was whisked away and 'sold' to America for adoption. Coerced into signing a document promising 'Never to Seek to Know' what the Church did with him, she never saw him again. She would spend the next fifty years searching for her son, unaware that he spent his life searching for her. Philomena's son, renamed Michael Hess, grew up to be a top lawyer and then a Republican politician in the first Bush administration. But he was also gay and in 1980's Washington being out and proud was not an option. He had to conceal not only his sexuality, but, eventually, the fact that he had AIDS. With little time left, he returned to Ireland and the convent in which he was born to plead with the nuns to tell him who his mother was, so that he might see her before he died. They refused. The Lost Child of Philomena Lee is the story of a mother and a son, whose lives were blighted by the forces of hypocrisy on both sides of the Atlantic and of the secrets they were forced to keep. A compelling narrative of human love and loss, Martin Sixsmith's moving account is both heartbreaking, yet ultimately redemptive.





APRIL 2014



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| <p>MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</p> | <p>1</p> <p>8-4:00 Billiards</p> <p>9:30 Needlework </p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Meatloaf & Gravy</p> <p>1:00 Bingo </p> <p>1:00 Bridge </p> <p>2:30 Chair Yoga </p> | <p>2</p> <p>8-4:00 Billiards</p> <p>10:00 Senior Walkers</p> <p>12:00 Senior Lunch Cracker Crusted Fish</p> <p>1:00 Pitch Party</p> <p>1:00 Young at Heart Concert</p> <p> </p> | <p>3</p> <p>8:00 HCOA Meeting</p> <p>10:00 Mah Jongg </p> <p>10:00 Maintaining Independence</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Pot Roast Stew</p> <p>12:30 Movie "Enough Said" </p> <p>1:00 Bridge </p> <p>1:00 Line Dancing </p> | <p>4</p> <p>8-4:00 Billiards</p> <p>10:00 Poker</p> <p>12:00 Senior Lunch Eggplant Parmesan</p> <p>1:00 Cribbage</p> <p>1:15 Spring Chicken Fitness </p> <p></p> |
| | <p>7</p> <p>8-4:00 Billiards</p> <p>10:00 Crafts</p> <p>12:00 Senior Lunch Beef & Bean Chili</p> <p>1:00 Quilting </p> <p>1:00 Friends' Meeting</p> | <p>8</p> <p>8-4:00 Billiards</p> <p>9:30 Needlework </p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Spaghetti & Meatballs</p> <p>1:00 Bingo </p> <p>1:00 Bridge </p> <p>2:30 Chair Yoga </p> | <p>9</p> <p>8-4:00 Billiards</p> <p>10:00 Senior Walkers</p> <p>12:00 Volunteer Recognition Lunch BY RESERVATION ONLY</p> <p> </p> | <p>10</p> <p>8-4:00 Billiards </p> <p>10:00 Mah Jongg </p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Buttermilk Chicken</p> <p>12:30 Movie "The Help" </p> <p>1:00 Bridge </p> <p>1:00 Line Dancing </p> |
| <p>14</p> <p>SHINE by Appt. Only</p> <p>8-4:00 Billiards</p> <p>10:00 Crafts</p> <p>12:00 Senior Lunch Pork Dijon</p> <p>1:00 Quilting </p> | <p>15</p> <p>8-4:00 Billiards</p> <p>9:30 Needlework </p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Beef & Broccoli</p> <p>1:00 Bingo </p> <p>1:00 Bridge </p> <p>2:30 Chair Yoga </p> | <p>16</p> <p>8-4:00 Billiards</p> <p>10:00 Senior Walkers</p> <p>12:00 Senior Lunch Garlic Herbed Chicken</p> <p>1:00 Pitch Party</p> <p> </p> | <p>17</p> <p>8-4:00 Billiards </p> <p>10:00 Mah Jongg </p> <p>10:00 Book Discussion Grp</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Baked Ham</p> <p>12:30 Movie "The Last Lions" </p> <p>1:00 Bridge </p> <p>1:00 Line Dancing </p> | <p>18</p> <p>8-4:00 Billiards</p> <p>10:00 Poker</p> <p>12:00 Senior Lunch Lemon Pepper Fish</p> <p>1:00 Cribbage</p> <p>1:15 Spring Chicken Fitness </p> <p></p> |
| <p>21</p> <p>PATRIOTS' DAY HOLIDAY</p> <p></p> <p>SENIOR CENTER CLOSED</p> | <p>22</p> <p>8-4:00 Billiards</p> <p>9:30 Needlework </p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Baked Chicken</p> <p>1:00 Bingo </p> <p>1:00 Bridge </p> <p>2:30 Chair Yoga </p> | <p>23</p> <p>8-4:00 Billiards</p> <p>10:00 Senior Walkers</p> <p>12:00 Senior Lunch American Chop Suey</p> <p>1:00 Pitch Party</p> <p>1:00 Celebrating New England</p> <p> </p> | <p>24</p> <p>8-4:00 Billiards </p> <p>10:00 Mah Jongg </p> <p>10:30 Low Impact Exercise</p> <p>12:00 HFD Lunch and Presentation</p> <p>12:30 Movie "The Pride of the Yankees" </p> <p>1:00 Bridge </p> <p>1:00 Line Dancing </p> | <p>25</p> <p>8-4:00 Billiards</p> <p>10:00 Poker</p> <p>12:00 Senior Lunch Beef Stronganoff</p> <p>1:00 Cribbage</p> <p>1:15 Spring Chicken Fitness </p> <p></p> |
| <p>28</p> <p>SHINE by Appt. Only</p> <p>8-4:00 Billiards</p> <p>10:00 Crafts</p> <p>12:00 Senior Lunch Chicken Sausage Jambalya</p> <p>1:00 Quilting </p> | <p>29</p> <p>8-4:00 Billiards</p> <p>9:30 Needlework </p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Beef Patty w/Jardinere Sauce</p> <p>1:00 Bingo </p> <p>1:00 Bridge </p> | <p>30</p> <p>8-4:00 Billiards</p> <p>10:00 Senior Walkers</p> <p>12:00 Senior Lunch Swedish Meatballs</p> <p>1:00 Pitch Party</p> <p>2:00 Qualifying for MassHealth</p> <p> </p> | <p>VOLUNTEER RECOGNITION LUNCHEON BY RESERVATION ONLY</p> <p></p> <p>Wednesday, April 9 @ 12:00</p> | <p>ANNUAL SENIOR CITIZEN DINNER DANCE</p> <p>Thursday, May 1, 2014 @ 5:00 p.m.</p> <p>WACHUSETT REGIONAL HIGH SCHOOL</p> <p></p> |

COMING IN MAY...

Monday, May 19 - Concert with Leslie Safer. A Spring Concert and a special dessert to celebrate Mother's Day.



Wednesday, May 21 -



Legal Clinic with Attorney Arthur Bergeron. "What will happen to Your Body After You Die."

Attorney Bergeron and his invited guests will speak on funeral arrangements, pre-need contracts, cremation, organ donation and burials.

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 10:00 to 12:00!!!



SHINE COUNSELOR ~ BY APPOINTMENT ONLY

Monday, April 14 & Monday, April 28



APRIL MOVIES

Thurs., April 3 ... "Enough Said" ... Julia Louis-Dreyfus and James Gandolfini star in this charming comedy about a divorced woman venturing into a relationship with a sweet man. But things get tricky when she discovers the man she's dating is the hated ex-husband of her new best friend. *Rated PG-13 ~ 93 min.*



Thurs., April 10 ... "The Help" ... In 1960s Jackson, Miss., aspiring writer Eugenia Phelan (Emma Stone) crosses taboo racial lines by conversing with Aibileen Clark (Viola Davis) about her life as a housekeeper, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots.

Rated PG-13 ~ 146 minutes

Thurs., April 17 ... "The Last Lions" ... Narrated by actor Jeremy Irons, this thrilling documentary follows an African lioness named Ma di Tau as she and her cubs flee a devastating fire, then struggle to live in new territory amidst dangerous predators and a lethal pride of rival lions. Besides being a harrowing tale of survival, this film from directors Dereck and Beverly Joubert illuminates the urgent plight of all Africa's lions, whose population has reached dangerously low levels. *Rated PG ~ 89 minutes*



Thurs., April 24 ... "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*

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

Return Service Requested

Presorted Standard
U.S. Postage
PAID
Holden, MA
Permit No. 34

Friends of the Holden COA
Holden Senior Center
1130 Main Street
Holden, MA 01520