

Among Friends

April 2015

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.

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



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Senior Center 508-210-5570
Transportation 508-210-5573
Dining 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.

Volunteers ~ A Special Event in Your Honor

*The Holden Council on Aging will be honoring our Volunteers on **Thursday, April 23** at **12:00 p.m.** If you have volunteered at the Senior Center from July 1, 2013 until June 30, 2014 in any capacity, such as but not limited to: Meals on Wheels Drivers; Meal Site Volunteers; Outreach Volunteers (friendly visitors, book express, food pantry); Pen Pals; Office Workers; COA or Friends Board Members; if you volunteer at big events for either the Senior Center or the Friends; if you run games or if you fill any other volunteer position, you are cordially invited to attend. A delicious pot roast luncheon will be served by Toupin's Catering. Please call Maureen at 508-210-5570 by Thursday, April 16 to make your reservation.*



**PLEASE NOTE CHANGE OF DATE
FROM THAT PREVIOUSLY
PUBLISHED.**

National Poetry Month



Join us on Wednesday, April 8 at 1:00 p.m. for an animated poetry reading with James Balko Nicola and friends. James is a published poet, theatrical producer, and native of Holden. The program is free and open to all. Please call 508-210-5570 to reserve your seat.



**THE SENIOR CENTER WILL BE CLOSED ON
MONDAY, APRIL 20
IN OBSERVANCE OF PATRIOT'S DAY**



UPCOMING TRIPS



Tues., April 21 ... Live in Concert ~ Neil Sedaka at Mohegan Sun Casino. Singer. Songwriter. Composer. Pianist. Author. These are just a few of the titles that can be used to describe Neil Sedaka. His impressive fifty year career ranges from being one of the first teen pop sensations of the 50's, a relevant songwriter for himself and other artists in the 60's, a superstar in the 70's, remaining a constant force in writing and performing presently. This is all thanks to the countless songs he has written, performed and produced that continue to inspire artists and audiences around the world. He is a true icon and musical legend. Come hear Neil sing the songs that have become part of our culture and returns us to those special times in our lives. Cost of this trip is \$99.00 which includes **PREMIUM** seating, \$30.00 Casino Gaming Package (Bet(s) & Meal Voucher), motor coach and driver's gratuity. **NO REFUNDS.**



Wed., May 20 ... Concord & Lexington Historic Site Tour ... We will spend the day touring historic homes and sites in Lexington and Concord, the location of famous battles from the Revolutionary War and home to great names in literature. We will start off the day with tours of the homes of Ralph Waldo Emerson and Louisa May Alcott. We will be stopping at Pub 99 for a choice of Broiled Sirloin Tips, Baked Scrod or Chicken Parmigiana. Lunch includes a Bistro Salad appetizer and dessert. After lunch, we will visit Buckman Tavern and the Hancock-Clark House. Cost of this trip is \$84.00 per person including driver's gratuity. Depart at 9:00 a.m. and return approximately 5:00 p.m. Final payment due by May 6th.

Fri., June 19 ... Boston Overview Tour ... Join us for a great day in Boston. On this trip we will visit the Skywalk Observatory at the Prudential Center for a beautiful look at Boston from above, get the grand tour of Boston on the world famous amphibious Duck tour, visit Faneuil Hall for a glimpse of history and enjoy the shopping, street performances and food at Quincy Market. Lunch will be on your own with meal vouchers provided. Depart at 8:00 a.m. and return approximately 6:00 p.m. Cost of this trip is \$70.00 per person, including driver's gratuity. Final payment is due by June 5th.

...And remember, if you cancel and we are able to fill your seat(s), you will be reimbursed.

WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE as we have other events taking place at the Senior Center during the day.

IT'S NOT JUST TAX DAY ... APRIL 15 IS ALSO THE DAY ...

Abraham Lincoln died at 7:22 a.m., 1865 in Washington, D.C.

The Titanic struck an iceberg and sank in 1912.

President Roosevelt was buried in Hyde Park, NY in 1945.

Leonardo da Vinci was born in 1452.



FROM THE FRIENDS...

Because of successful endeavors such as the Valentine's Cookie Sale and the Fair, the Friends voted to contribute \$1,000.00 to both Help at H.O.M.E. and the Wachusett Food Pantry this year. Your yearly dues to the Friends also support our programs. Please check your membership card to see if you are due to renew your membership. Thank you.

SHINE COUNSELOR
Monday, April 13 and Monday, April 27
BY APPOINTMENT ONLY



APRIL CHAIR YOGA



April 7 ... Yoga and Affirmations; April 14 ... Yoga to Cleanse and Release; April 21 ... Earth Day Yoga - Yoga and Nature - Grounding; April 28 ... Earth Elements in Yoga (earth, air, water, fire).

LET'S TALK MONEY...

When you come to the Senior Center for an exercise or art class, lunch or ride on the van, we encourage you to have small bills with which to pay. We do not have a lot of cash here at the Senior Center so when you go to the bank, please remember to ask the tellers to give you some small bills to pay for things here at the Center or on the van.



ART IS 4 EVERY 1



We are pleased to welcome back Art Instructor, Elaine Griffith! Every **Thursday** from **10:30 a.m.-12:00 Noon**, Elaine will be offering an acrylic painting class. Cost for the program is \$10.00 per class per student payable to "Elaine Griffith;" you also may purchase canvas and a set of brushes from Elaine for \$11.00. The Senior Center will provide table easels. If you have questions or are interested in participating in the class, please call the

Senior Center at 508-210-5570. This class will appeal to "artists" of all levels from beginners with no art experience, to the more experienced who want to learn a new faster method of painting.

The class is on-going and you can join at anytime.

SAFE DRIVING FOR SENIORS

You are welcome to join us on Monday, April 13 at 1:00 p.m. when we will welcome John Paul from AAA for a talk on safe driving for elders. There will be time following the presentation for questions and answers. This program is free and open to all. Please call 508-210-5570 to reserve your seat.



LEGAL PRESENTATION

It is our pleasure to welcome back Attorney Arthur Bergeron from the firm Mirick O'Connell. Attorney Bergeron's presentation is entitled "Benefits 101." This program will be held on Wednesday, April 29 at 1:00 p.m. The presentation is free and open to all. Refreshments will be served.

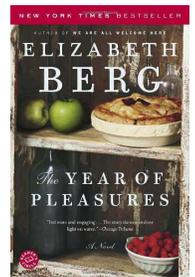


BOOK DISCUSSION GROUP

The book discussion group will meet at **10:00 a.m.** on **Thursday, April 16** to discuss the book, The Year of Pleasures: A Novel by Elizabeth Berg. In this rich and deeply satisfying novel by the beloved author of The Art of Mending and Open House, a resilient young woman embarks upon an unforgettable journey of adventure, self-discovery and renewal.

Betta Nolan moves to a small town after the death of her husband to try to begin anew. Pursuing a dream of a different kind of life, she is determined to find pleasure in her simple daily routines. Among those who help her in both expected and unexpected ways are the ten year old boy next door, three wild women friends from her college days, a twenty year old who is struggling to find his place in the world, and a handsome man who is ready for love.

Elizabeth Berg's The Year of Pleasures is about acknowledging the solace found in ordinary things: a warm bath, good food, the beauty of nature, music, friends, and art.



The Board and Staff of the Senior Center wish you all a happy and blessed Easter season.





APRIL 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SAFE DRIVING FOR SENIORS Monday, April 13 1:00 p.m. 	Volunteer Recognition Luncheon  By reservation only Thursday, April 23	1 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Baked Ham 1:00 Pitch Party 	2 8:00 HCOA Meeting 8-4:00 Billiards  10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Artls4Every1 12:00 Senior Lunch Meatloaf & Gravy 1:00 Bridge	3 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Macaroni & Cheese 1:00 Cribbage 1:15 Spring Chicken Fitness  
6 8-4:00 Billiards 12:00 Senior Lunch Swedish Meatballs 1:00 Friends Meeting	7 8-4:00 Billiards  9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Buttermilk Chicken 1:00 Bingo  1:00 Bridge 2:30 Chair Yoga 	8 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Beef & Bean Chili 1:00 Pitch Party 1:00 Poetry Reading 	9 8-4:00 Billiards  10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Artls4Every1 12:00 Senior Lunch Cracker Crumb Fish 1:00 Bridge	10 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Pork Rib-i-que 1:00 Cribbage 1:15 Spring Chicken Fitness  
13 SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Roast Turkey/Gravy 1:00 AAA Safe Driving 	14 8-4:00 Billiards  9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Pork Stroganoff 1:00 Bingo  1:00 Bridge 2:30 Chair Yoga 	15 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Garlic Herbed Chicken 1:00 Pitch Party 	16 8-4:00 Billiards  10:00 Mah Jongg 10:00 Book Discussion Grp 10:30 Low Impact Exercise 10:30 Artls4Every1 12:00 Senior Lunch Eggplant Parmesan 1:00 Bridge	17 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Potato Crunch Fish 1:00 Cribbage 1:15 Spring Chicken Fitness  
20 Patriot's Day  SENIOR CENTER CLOSED	21 8-4:00 Billiards  9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Hot Dog on Bun 1:00 Bingo  1:00 Bridge 2:30 Chair Yoga 	22 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch American Chop Suey 1:00 Pitch Party 	23 8-4:00 Billiards  10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Artls4Every1 12:00 Volunteer Recognition Luncheon 1:00 Bridge	24 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Wild Alaskan Salmon 1:00 Cribbage 1:15 Spring Chicken Fitness  
27 SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Lemon Thyme Chicken	28 8-4:00 Billiards  9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Beef w/Jardinière Sauce 1:00 Bingo  1:00 Bridge 2:30 Chair Yoga 	29 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Herb Roasted Pork 1:00 Pitch Party 1:00 Legal Clinic 	30 8-4:00 Billiards  10:00 Mah Jongg 10:00 Book Discussion Grp 10:30 Low Impact Exercise 10:30 Artls4Every1 12:00 Senior Lunch Spaghetti & Meatballs 1:00 Bridge	ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE



COMING IN MAY ...

Thurs., May 7 ... "Two Old Friends"
Concert



Wed., May 13 ... Mother's Day Harp
Concert and Social

Wed., May 27 ... Home Cook Lunch



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.

BRIDGE PLAYERS!!



Intermediate Bridge Lessons will begin on **Wednesday, April 22nd** for eight consecutive weeks. Who is this course for? **YOU**, if none of these terms are complete mysteries to you: five-card majors, week two-bids, and 15 to 17 (or even 16 to 18) no-trump opening bids. The rest we'll take care of during this course. Emphasis will be on useful conventional bids. Lessons will run from **9:00 a.m.** until Noon at the Senior Center. Cost is \$80.00 for eight lessons including text book. For more information or to register for the class, please contact Al Berg at civil68@charter.net or at (774) 364-2274.

WHAT IS OUTREACH?

It's many things - way too many to list here completely, but here's an idea of what our Outreach Workers, Paula and Cindy, can help you with...

⇒ Need a walker or other piece of medical equipment? Check to see if we have one to loan.

⇒ Need help with in-home services, housing, food stamps, etc.?

Paula and Cindy are a wealth of information on these topics and many more.

They are a wonderful resource for all your questions, big and small. Their phone numbers are on the front page of this newsletter. They look forward to helping you!



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Return Service Requested

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Holden, MA 01520