Among Friends

August 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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TELEPHONE NUMBERS

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

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

THE MAIN EVENT CONCERT

Please join us as we welcome back Bill Sbrogna. His concert will feature classic nightclub entertainment with nostalgic music from Sinatra, Elvis, Bobby Darin and others. His show is described as "Real Cool Swing - Vegas Style." This concert will be held on ***Wednesday, August 6*** *at* ***1:00 p.m.*** *in our air conditioned Senior Center. Refreshments will be served. The program is free and open to all. Please call 508-210-5570 to reserve your seat!*

YOUNG BESS

Twelve year old Mia Bisceglia portrays Queen Elizabeth I (1533-1603) from childhood to her reign as Queen of England. Join us on Thursday, August 7 at 1:00 p.m. for this delightful show and a cup of tea! The show is free and open to all. Please call 508-210-5570 to make your reservation.

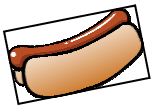
CITY OF FOUR JAZZ BAND

Back by popular demand, this popular jazz band under the direction of Lucas Apostoleris will present a summer concert of original and traditional jazz tunes on ***Monday, August 11*** at ***1:00 p.m.*** Open to everyone. Please call 508-210-5570 for a reservation in our air-conditioned Senior Center.

MEET THE CHIEF...

That is, Holden's new Police Chief, Dave Armstrong! Chief Armstrong will be here on ***Wednesday, August 13*** at ***12:00 Noon*** for lunch and a talk. Call Stephanie for a reservation at 508-210-5578 by Monday, August 11. Reservations are REQUIRED.

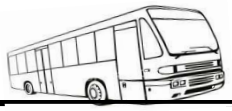
SENIOR CENTER ANNUAL PICNIC



The Annual Senior Center Picnic will be held on ***Wednesday, August 27*** at ***Noon*** at the Senior Center. Hotdogs, hamburgers, chips, corn and dessert will be offered. We hope you will join us for this wonderful event! Please note: ***RESERVATIONS ARE REQUIRED*** and are open until Monday, August 25 or until we reach capacity.

BRIDGE ANYONE??

If you are interested in learning how to play bridge, we have an instructor who is generously offering his time to teach a class. If you are interested, please call the Senior Center at 508-210-5570, and we will schedule a class to start in the fall.



UPCOMING TRIPS

Thurs., Aug. 14 … The Great American Songbook at Foster's Clambake Restaurant (York, ME) … Lydia Harrell is one of Boston's finest musical treasures. Her sultry, soulful voice and evocative phrasings have garnered Lydia the attention and respect of the area's finest musicians and venues. She has had the coveted award of headlining a show with the Boston Pops and serenaded Boston Celtics faithful fans with America's National Anthem live at the TD Garden. Lydia also has been named one of five finalists in the 2013 Sarah Vaughan International Jazz Vocal Competition. Lydia and the Lovely Singer Band grace our Best of Times stage to perform "The Great American Song Book." Enjoy some timeless classics that span the music spectrum from the 50's through today. Enjoy great songs from the likes of Etta James, Ella Fitzgerald, Frank Sinatra and the Rat Pack, the Supremes, Motown, Elvis, Patsy Cline and so much more. This is a show not to be missed. Your meal includes: Whole boiled 1 1/4 lb. Lobster; Clam Chowder; Fresh Steamed Mussels; Fresh Maine Clams; Corn on the Cob; Potatoes & Onions; Blueberry Cake; Rolls; Butter & Beverage. A ½ BBQ Chicken is available as a non-lobster alternative. Cost for this trip is $85.00/person including transportation, lunch, show & gratuity.

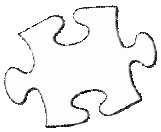
Wed., Sept. 17 … New England Goes Country … Danversport Yacht Club, Danvers, MA … Join Best of Times for an amazing day of country music. We have rounded up two of new England's hottest young stars to perform on our Best of Times stage. This is an opportunity to see two budding stars, Jimmy Lehoux and Nicole Frechette, on their way up the country music charts and into the country mainstream. Jimmy hails from New Hampshire and has opened for Kenny Chesney, Keith Urban, Charlie Daniels, to name a few. Nicole hails from Connecticut and has shared bills with Tim McGraw, Rascal Flatts, Taylor Swift and more. Meal choices for this trip are Boneless Breast of Chicken or Fresh Baked Scrod, also included: Soft Cheese & Crackers, Tossed Garden Salad, Rolls, Bread, Vegetables, Mashed Potato, Dessert, Coffee/Tea. Price for this trip is $79.00/person, which includes lunch, show and driver gratuity.

Wed., Oct. 22 … Comedy Singer Joey Vincent … Lantana's, Randolph, MA … No matter what your taste in entertainment, the Joey Vincent show has something for everyone. Joey Vincent has been entertaining audiences throughout the United States and Canada for over 30 years, including Carnegie Hall, The Philadelphia Acaemy of Music and Toronto Symphony Hall, as well as an appearance on America's Got Talent. A fast-paced blend of musical impressions, stand-up comedy, singing, dancing and trumpet virtuosity, this unique show is one you shouldn't miss! From James Brown to the Jersey Boys, Stevie Wonder to Willie Nelson, Louis Prima to Luciano Pavarotti, Joey Vincent gives you an exciting and CLEAN show that's sure to please. Luncheon menu: Minestrone Soup, Rolls/Butter, Roast Turkey Dinner with all the fixings (Gravy, Cranberry Sauce, Potato, Stuffing Vegetable), Dessert, Coffee/Tea. Price for this trip is $79.00, including transportation, lunch, show and driver gratuity.

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.

SUMMER REMINDERS…

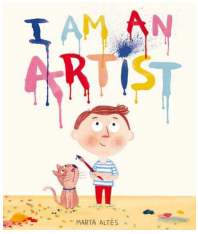
Please remember that the Senior Center is air conditioned for your comfort. During the dog days of summer come and enjoy our programs, most of which are free or just come and spend time in our Lounge - read a book; do a puzzle or watch a movie. We are here Monday-Friday from 8:00 a.m. until 4:00 p.m.



SHINE COUNSELOR
Monday, August 11 and Monday, August 25
BY APPOINTMENT ONLY

THE SHINE PROGRAM
Serving the Health Information Needs of Elders

ART IS 4 EVERY 1



We are pleased to welcome back Art Instructor, Elaine Griffith! Beginning ***Thursday, September 8*** *from* ***10:30-12:00,*** *Elaine will be offering an acrylic painting program. 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 and paints. If you have questions or are interested in participating in the class, please call the Senior Center at 508-210-5570. We require ten students in order to cover the cost of the instructor. 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.*

INDOOR FLEA MARKET

The Friends of the Holden Council on Aging will be holding an indoor flea market on Holden Days, **Saturday, August, 23** from **9:00-3:00**. Tables/spaces will be $20.00 each. If you have things you'd like to get rid of, how better than a table in our air conditioned building! Please be aware that whatever you do not sell, you must take home with you, as we have no storage space available. Payment must be received at the time you register. ***For further information, please call Paula Grady at 508-829-3462***.

WHY A RESERVATION??

Why do we ask you to make a reservation? We need to request our custodian to set up the room for the correct number of people. We need to order the proper amount of food. Often we need to recruit cooks and servers. Or, we may need to call you with a cancellation due to inclement weather or other unforeseen circumstance. These are just a few of the reasons we ask you to take a minute and make a reservation. Thank you for helping us in making these events run smoothly.

AUGUST CHAIR YOGA THEMES

Splash into the relaxation and fullness of Summer: Explore, Refresh and Play in the lush and colorful warmth with these unique YOGA classes designed to take you on a weekly rainbow adventure. Each week of the summer will feature a different color and experience. Color your summer Bright and Fun!

August 5 - Open your heart, shoulders/arms/hands-**GREEN**; ***August 12*** - Explore your throat, neck, voice-**BLUE**; ***August 19*** - Yoga for face, eyes, headaches-**PURPLE**; ***August 26*** - Balance mind/body/energy-**WHITE**.

BOOK DISCUSSION GROUP

The book discussion group will meet at ***10:00 a.m.*** on ***Thursday, August 21*** to discuss the book Cutting for Stone by Abraham Vergasse. Marion and Shiva Stone are twin brothers born of a secret union between a beautiful Indian nun and a brash British surgeon. Orphaned by their mother's death and their father's disappearance, bound together by a preternatural connection and a shared fascination with medicine, the twins come of age as Ethiopia hovers on the brink of revolution.

Moving from Addis Ababa to New York City and back again, Cutting for Stone is an unforgettable story of love and betrayal, medicine and ordinary miracles--and two brothers whose fates are forever intertwined.

SOME FUN FACTS ABOUT AUGUST

⇒ August 2, 1909, the Lincoln penny was issued.
⇒ August 3, 1492, Christopher Columbus set sail on his first voyage across the Atlantic.
⇒ Aug. 9, 1974, Richard M. Nixon resigned from office, making him the first U.S. president to ever resign from office.
⇒ August 12, 1877, the phonograph was invented by Thomas Edison.
⇒ 5 presidents: Bill Clinton, Benjamin Harrison, Herbert Hoover, Lyndon Johnson, Barack Obama were born in August.

AUGUST 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ANY ACTIVITY CAN CHANGE WITHOUT NOTICE	MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE	**SENIOR CENTER ANNUAL PICNIC** ***Wednesday, August 27 at Noon***	**MEET THE CHIEF...** ***Wednesday, August 13 at 12:00***	**1** 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch ***Spaghetti & Meatballs*** 1:15 Spring Chicken Fitness
4 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch ***Kielbasa*** 1:00 Quilting	**5** 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch ***Chicken Salad Sandwich*** 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	**6** 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch ***Pasta Primavera w/Chicken*** 1:00 Pitch Party 1:00 **The Main Event Concert**	**7** 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch ***Baked Ham*** 1:00 Bridge 1:00 **Young Bess**	**8** 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch ***Beef Mediterranean*** 1:15 Spring Chicken Fitness
11 SHINE by Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch ***Shepherd's Pie*** 1:00 Quilting 1:00 **City of Four Jazz Band**	**12** 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch ***Chicken Cacciatore*** 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	**13** 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 **Senior Lunch & Meet the Chief** ***Salmon w/Dill Sauce*** 1:00 Pitch Party	**14** 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch ***Sloppy Joe*** 12:30 Movie "**Evening**" 1:00 Bridge	**15** 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch ***Turkey a La King*** 1:15 Spring Chicken Fitness
18 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch ***Chicken Mornay*** 1:00 Quilting	**19** 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch ***Potato Crunch Fish*** 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	**20** 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch ***Meatloaf & Gravy*** 1:00 Pitch Party	**21** 8-4:00 Billiards 10:00 Mah Jongg 10:00 **Book Discussion Grp** 10:30 Low Impact Exercise 12:00 Senior Lunch ***Eggplant Parmesan*** 12:30 Movie "**Just Go With It**" 1:00 Bridge	**22** 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch ***Pot Roast Stew*** 1:15 Spring Chicken Fitness
25 SHINE by Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch ***Burgundy Meatballs*** 1:00 Quilting	**26** 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch ***Rib-B-Que*** 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	**27** 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 **SENIOR CENTER ANNUAL PICNIC**	**28** 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch ***Buttermilk Chicken*** 12:30 Movie "**Skyfall**" 1:00 Bridge	**29** 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch ***Beef & Bean Chili*** 1:15 Spring Chicken Fitness

COMING IN SEPTEMBER…

Tues., Sept. 9 … Voting - No Senior Center Programs or Lunch - Office open and Vans will operate.

Wed., Sept. 17 … Legal Clinic w/Atty. Bergeron 10:00-Noon

Sept. 23-25 … Amateur Photo Contest and Exhibit

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: _____

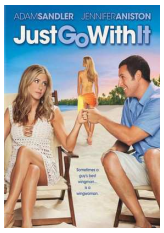
Telephone Number:

_____

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

AUGUST MOVIES

Thurs., Aug. 14 … "Evening" … With her daughters by her bedside, a terminally ill matriarch recounts a passionate and all-consuming romance that took place 50 years in the past yet steered the course and defined the rest of her life. Cast includes: Claire Danes, Toni Collette and Vanessa Redgrave. *PG-13 ~ 117 minutes*



Thurs., Aug. 21 … "Just Go With It" … When plastic surgeon Danny Maccabee lies to his girlfriend that he is a divorced family man, he recruits his office manager and her children to role-play as his ex-wife and kids -- generating a flood of farcical results and unintended consequences. Cast includes: Adam Sandler, Jennifer Anniston and Nicole Kidman. *PG-13 ~ 116 minutes*

Thurs., Aug. 28 … "Skyfall" … When a serious menace threatens MI6, James Bond is on the case -- putting aside his own life and personal issues to hunt and obliterate the perpetrators. Meanwhile, secrets arise from M's past that strain Bond's loyalty to his longtime boss. Cast includes: Daniel Craig, Judi Dench and Albert Finney *PG-13 ~ 143 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

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

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