

Among Friends

December 2014

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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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.



HOLIDAY CONCERT



Join us on **Wednesday, December 3 at 1:00 p.m.** for a concert of Holiday Music with Dick and Dawn Kelly of "Music Is Love." Dawn sings and plays the piano keyboard while Dick plays the Les Paul guitar, and includes his magic tricks. The concert is free and open to all. Call 508-210-5570 for a reservation. If you would like to come for lunch before the concert, call 508-210-5578 between 9:00 a.m. and 12:30 p.m. two (2) days prior.

Senior Center Annual Christmas Party

Our Annual Christmas Party will be held on **Monday, December 8 at 12:00 p.m.** Our event will be catered by Toupin's Catering and will consist of *Homemade Bread; Salad; Roast Pork; Whipped Potatoes; Green Beans Almondine; Brownie Sundae; Coffee and Tea.* The cost for this event is \$19.95 payable at the time of reservation. We even expect a visit from the gentleman from the North Pole! Tickets can be purchased at the office or by mailing in your payment. Deadline for purchasing tickets will be **Wednesday, December 3 or until we reach capacity.**



EVERYONE LOVES LUCY!

Escape the hustle bustle of the holidays ~ come, relax and enjoy your favorite *I Love Lucy* episodes for the afternoon on **Monday, December 15** from **1:00 p.m. - 3:00 p.m.** Please call 508-210-5570 if you are coming, so we have enough chairs.



The Board & Staff of the Holden Council on Aging, wish you all the Blessings of the Season. The Senior Center will be CLOSED from 12:00 p.m. on Wednesday, December 24 through Friday, December 26 in observance of the Christmas holiday.





UPCOMING TRIPS



Wed., Jan. 14 ... A Day at Foxwoods Casino ... Depart the Senior Center at 8:15 a.m. and return at approximately 4:00 p.m. Cost of this trip is \$26.00 per person which includes motor coach, \$10.00 food voucher, \$10.00 bet voucher and driver's gratuity.

Wed., March 11 ... Tony Kenny's Irish Cabaret ... Join us for one of Best of Times hallmark programs ... our St. Patrick's Day celebration program. This year we bring in from across the Pond Tony Kenny's Irish Cabaret with an award-winning cast Direct from Dublin, Ireland. Enjoy an amazing Irish celebration with Song, Comedy and of course Irish Dancers. A show not to be missed! The cast includes: **Tony Kenny**, one of Ireland's most beloved artists, having sung in countless musical productions. He starred in the world famous Jurys Irish Cabaret for more than 20 years with the legendary comedian, **Hal Roach** - Ireland's King of Blarney. **Richie Hayes** has been in the entertainment world from the age of four and has appeared in all aspects of the entertainment industry including theatre and television, and finished as a runner-up on The Voice. **Bernadette Ruddy**, the girl with the golden voice and golden red hair, hails from the West of Ireland. Her unique female voice is turning heads throughout Ireland. Added to this stellar mix of Irish artists are **The Dublin City Dancers**. These dancing athletes have performed in such troupes as Riverdance and Lord of the Dance and traveled the world performing the native dances of Ireland. Their spinning feet and precision movements will take your breath away! **Dublin Trinity Band** is one of Ireland's best folk bands. From basking on O'Connell Street to playing at the National Concert Hall, this group has wowed audiences of all sizes for years. Meal choices are: Corned Beef and Cabbage or Baked Schrod. Lunch will also include Venus DeMilo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. Cost of this trip is \$86.00 per person which includes motor coach, show, lunch and driver's 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.

HAPPY NEW YEAR!!!!



*A New Year's Eve show...just a bit early! Join us on Tuesday, December 30 at 1:00 p.m. for an afternoon of marvelous entertainment with Bill Sbrogna of the Main Event in a nightclub setting, with all your favorite songs. Refreshments will be provided. **Reservations are a MUST** so please call 508-210-5570 to make yours. Program sponsored by Friends of HCOA.*



Wachusett Rotary Annual Christmas Breakfast for Seniors

*The Wachusett Area Rotary Club will host its Annual Christmas Breakfast for Elders from the towns of **Holden, Paxton, Princeton, Rutland, Sterling, West Boylston and Boylston** on **Saturday, December 13** at **8:30 a.m.** at The Manor Restaurant in West Boylston. Elders from these towns **must** call the Holden Senior Center at 508-210-5570 to make a reservation. Reservations should be made before **Wednesday, December 10.***



SHINE COUNSELOR
Wednesday, December 3 and
Monday, December 15
BY APPOINTMENT ONLY





A VERY BIG THANK YOU...

Thanks a million to all who helped with the Best of Friends Fair. We had many people who helped and it was greatly appreciated. All of your efforts made our Fair a big success! Our next meeting is **Monday, December 1st at 1:00 p.m.**

FALL PREVENTION

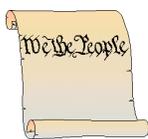
The Visiting Nurse Association would like to host a seven week Fall Prevention program at the Holden Senior Center. The series features group education talks and individualized screenings for osteoporosis, balance, and medication review. A grant covers the cost of the program, so there is no charge to the participants. Please give your name and phone at the office or call 508-210-5570 if you are interested. We need at least 15 participants to schedule the program.

Prevent a Fall



DID YOU KNOW...?

On December 14, 1791, the Bill of Rights was passed ... On December 17, 1903 the Wright Brothers made their first flight ... On December 3, 1967 the first heart transplant was performed ... AND December 27 is National Chocolate Day!!!



DECEMBER CHAIR YOGA THEMES

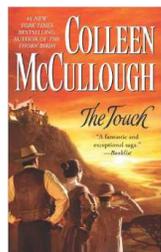
Give yourself the "GIFT" of a YOGA class and ... **Stretch, Breathe and Release tension** during this busy month: *Dec. 2 - Flexibility and Stretching; Dec. 9 - Mindfulness and Breath Awareness; Dec. 16 - Self-Care and Stress Reduction; Dec. 23 - Gentle Slow Flow - BALANCE. Dec. 30 - No Yoga*



BOOK DISCUSSION GROUP

The book discussion group will meet at **10:00 a.m. on Thursday, December 18** to discuss the book, The Touch by Colleen McCullough. Not since *The Thorn Birds* has Colleen McCullough written a novel of such broad appeal about a family and the Australian experience as *The Touch*.

At its center is Alexander Kinross, remembered as a young man in his native Scotland only as a shiftless boilermaker's apprentice and a godless rebel. But when, years later, he writes from Australia to summon his bride, his Scottish relatives quickly realize that he has made a fortune in the gold fields and is now a man to be reckoned with.



Arriving in Sydney after a difficult voyage, the sixteen-year-old Elizabeth Drummond meets her husband-to-be and discovers to her dismay that he frightens and repels her. Offered no choice, she marries him and is whisked at once across a wild, uninhabited countryside to Alexander's own town, named Kinross after himself. In the crags above it lies the world's richest gold mine.

Isolated in Alexander's great house, with no company save Chinese servants, Elizabeth finds that the intimacies of marriage do not prompt her husband to enlighten her about his past life -- or even his present one. She has no idea that he still has a mistress, the sensual, tough, outspoken Ruby Costevan, whom Alexander has established in his town, nor that he has also made Ruby a partner in his company, rapidly expanding its interests far beyond gold. Ruby has a son, Lee, whose father is the head of the beleaguered Chinese community; the boy becomes dear to Alexander, who fosters his education as a gentleman.

Captured by the very different natures of Elizabeth and Ruby, Alexander resolves to have both of them. Why should he not? He has the fabled "Midas Touch" -- a combination of curiosity, boldness and intelligence that he applies to every situation, and which fails him only when it comes to these two women. Although Ruby loves Alexander desperately, Elizabeth does not. Elizabeth bears him two daughters: the brilliant Nell, so much like her father; and the beautiful, haunting Anna, who is to present her father with a torment out of which for once he cannot buy his way. Thwarted in his desire for a son, Alexander turns to Ruby's boy as a possible heir to his empire, unaware that by keeping Lee with him, he is courting disaster.

The stories of the lives of Alexander, Elizabeth and Ruby are intermingled with those of a rich cast of characters, and, after many twists and turns, come to a stunning and shocking climax. Like *The Thorn Birds*, Colleen McCullough's new novel is at once a love story and a family saga, replete with tragedy, pathos, history and passion. As few other novelists can, she conveys a sense of place: the desperate need of her characters, men and women, rootless in a strange land, to create new beginnings.



DECEMBER 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Spaghetti & Meatballs 1:00 Friend's Meeting 1:00 Quilting 	<p style="text-align: right;">2</p> 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 	<p style="text-align: right;">3</p> SHINE by Appt. Only 8-4:00 Billiards  9:00 Tai Chi  10:00 Senior Walkers 12:00 Senior Lunch Garlic Herb Roast Pork 1:00 Pitch Party  1:00 Music Is Love 	<p style="text-align: right;">4</p> 8:00 HCOA Meeting 8-4:00 Billiards  10:00 Mah Jongg  10:30 Low Impact Exercise 12:00 Senior Lunch Greek Chicken 12:30 Movie "One Christmas" 1:00 Bridge	<p style="text-align: right;">5</p> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Salisbury Steak 1:00 Cribbage 1:15 Spring Chicken Fitness 
<p style="text-align: right;">8</p> 8-4:00 Billiards 10:00 Crafts 12:00 SENIOR CENTER CHRISTMAS PARTY by Reservation Only 1:00 Quilting 	<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 Chicken Murphy 1:00 Bingo  1:00 Bridge  2:30 Chair Yoga 	<p style="text-align: right;">10</p> 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Cheese/Spinach Omelet 1:00 Pitch Party 	<p style="text-align: right;">11</p> 8-4:00 Billiards  10:00 Mah Jongg  10:30 Low Impact Exercise 12:00 Senior Lunch Meatloaf & Gravy 12:30 Movie "The Christmas Ornament" 1:00 Bridge	<p style="text-align: right;">12</p> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Chicken Stew 1:00 Cribbage 1:15 Spring Chicken Fitness 
<p style="text-align: right;">15</p> SHINE by Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch BBQ Chicken 1:00 Quilting  1-3:00 Everyone Loves Lucy 	<p style="text-align: right;">16</p> 8-4:00 Billiards  9:30 Needlework  10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Swedish Meatballs 1:00 Bingo  1:00 Bridge  2:30 Chair Yoga 	<p style="text-align: right;">17</p> 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Beef Stew 1:00 Pitch Party 	<p style="text-align: right;">18</p> 8-4:00 Billiards  10:00 Mah Jongg  10:00 Book Discussion Grp 10:30 Low Impact Exercise 12:00 Senior Lunch Salmon Boat/Dill Sauce 12:30 Movie "Trading Christmas" 1:00 Bridge	<p style="text-align: right;">19</p> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Turkey a La King 1:00 Cribbage 1:15 Spring Chicken Fitness 
<p style="text-align: right;">22</p> SHINE by Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Chicken Primavera 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 Roast Pork w/Gravy 1:00 Bingo  1:00 Bridge  2:30 Chair Yoga 	<p style="text-align: right;">24</p> 8-4:00 Billiards  9:00 Tai Chi 10:00 Senior Walkers CHRISTMAS EVE SENIOR CENTER CLOSING @ NOON	<p style="text-align: center;">25</p> <p style="text-align: center;">CHRISTMAS DAY</p>  <p style="text-align: center;">SENIOR CENTER CLOSED</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p> 
<p style="text-align: right;">29</p> 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Shepherd's Pie 1:00 Quilting 	<p style="text-align: right;">30</p> 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  1:00 New Year's Eve Show 	<p style="text-align: right;">31</p> 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Potato Crunch Fish 1:00 Pitch Party 	<p style="text-align: center;">ANY ACTIVITY CAN CHANGE WITHOUT NOTICE</p>	<p style="text-align: center;">MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</p>

COMING IN JANUARY...



**Thurs., Jan. 1 ... New Year's Day...
Sr. Ctr. Closed**

Mon., Jan. 12 ... Jazz Concert



**Mon., Jan. 19 ... MLK, Jr. Day ...
Sr. Ctr. Closed**



Wed., Jan. 21 ... Home Cooked Meal

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.

DECEMBER MOVIES



Thurs., Dec. 4 ... "One Christmas" ... Eight year old Buddy has been living an idyllic existence in rural Alabama with his young-hearted cousin Sook. But all that is about to change when he's sent to New Orleans to spend Christmas with the father he barely knows. Though realizing his dad has some terrible problems to overcome, Buddy and his father take the first steps towards becoming a real family during this one Christmas they will never forget. Katharine Hepburn, Henry Winkler and Swoosie Kurtz star. *Not Rated ~90 min.*

Thurs., Dec. 11 ... "The Christmas Ornament" ... Newly widowed Kathy (Kellie Martin) plans to skip out on decking the halls and trimming the tree this Christmas trying to avoid anything that will bring back memories of her late husband. When Kathy meets handsome Christmas Tree Shop owner, Tim (Cameron Mathison), their undeniable chemistry - along with an ornament Tim gives her that symbolizes hope - helps Kathy open up to the joys of the season again. Although Kathy wants to take a chance on Tim, she struggles to find the balance between the memory of her husband and moving on with her own future. Is the Christmas ornament a sign that she can have a hopeful future? *Not Rated ~ 83 minutes.*



Thurs., Dec. 18 ... "Trading Christmas" ... Emily misses her daughter Heather, who is attending college in Boston. Since her father died, Heather is sensitive to her Mom's long-standing holiday traditions. This season, Heather has planned a trip to Phoenix with her boyfriend but tells her mother she is staying on campus to study. After Emily arranges a house-swap with Tom, an English professor from Boston who wants Washington State's solitude to finish his novel, Emily hops on a flight to Boston to surprise Heather for Christmas. Unaware of the house swap, Emily's best friend, Faith, walks in on Charles at Emily's house and in Boston, Ray, Charles' brother responds to a 911 call only to find Emily at Charles' condo. Will Christmas travel calamities lead to cross-country romances? Or have there been too many surprises already? Stars Faith Ford, Tom Cavanaugh and Gil Bellows *Rated TV-G ~ 87 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

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