

Among Friends

December 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



HCOA BOARD

Susan Sullivan, Chair
Richard Mansfield, Jr., Vice Chair
Faye Ellis
Rebecca Tomblom
Marilyn Burnham
Maureen Locke
Wayne Howard

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
Suzanne Donaldson,
Dining Manager

VAN DRIVERS

James Wells
George Warden
Mary Sloan
Robert Giannotti

FRIENDS OF HCOA OFFICERS

Marcia Sherbourne, President
Cynthia Stark, Vice President
Geri Sawyer, Secretary
Helen Holmes, Treasurer

TELEPHONE NUMBERS

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

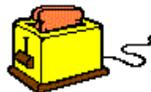
Monday through Friday
8:00 a.m. to 4:00 p.m.

Senior Center Annual Christmas Party



*We cordially invite you to attend our Annual Christmas Party at Val's Restaurant, 75 Reservoir Street on **Wednesday, December 16 at noon.** Cost for the party is \$17.99 per person payable upon reservation. Our menu will be a luncheon buffet of 3 entrees, salad, rolls, vegetable, potato and dessert. There will be a cash bar available as well. Please call 508-210-5570 to make your reservation no later than 10:00 a.m. on December 11.*

YOU'RE INVITED TO THE MORNING GLORY CAFÉ!



Come one ~ come all, to our Morning Glory Café here in the Senior Center. The Café will be open from **8:30 a.m. until 10:30 a.m.** every Friday. There's no need for a reservation, just come by ~ bring some friends and sit and enjoy Coffee; Tea; Juice; Homemade Pastries; Toast; Raisin Toast; and



English Muffins. There will be a small cost for the items you choose. If you have questions, please call 508-210-5570.

CHRISTMAS CONCERT

The Wachusett Community Band will perform on **Monday, December 7 at 1:00 p.m.** Join us for your favorite holiday music followed by refreshments.

Please call 508-210-5570 to reserve your seat. The concert is free and open to all.



Blessings of the Season to you and yours from the Senior Center Staff ~ Louise, Maureen, Naomi, Clare, Paula, Cindy, Mary, George, Jim, Bob, Sue and Adam.

The Senior Center will close at Noon on

Thursday, December 24 and remain closed until Monday, December 28 in observance of the Christmas holiday





UPCOMING TRIPS



Thurs., March 10, 2016 ... The Young Irelanders ... The Young Irelanders comprises eight sensational performers who have Irish traditional music, song & dance running through their veins.

Although still in their 20's and 30's, these performers have achieved more than most people would aspire to in a lifetime. They have performed for many heads of state, Presidents of Ireland, U.S. Presidents, The Queen of England, the President of China and have performed at Radio City Music Hall, The Great Hall of the People in China, The U.S. Capitol Building and more. They have performed with many of the leading names in the Irish music business. The artists have also toured as lead performers with Riverdance and Michael Flatley's Lord of the Dance, been soloists on PBS specials, shared the stage with Bono (U2), and have collaborated with Ronnie Wood (Rolling Stones) and Sting (The Police). Join us for a great day out with great song and dance as only the Irish can do.



Luncheon choices are Corned Beef and Cabbage or Baked Scrod with Venus DeMilo's famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. Cost of the trip is \$90.00/person which includes Transportation, Driver Gratuity, Show & Luncheon. **Reservations and payment due at time of reservation. Final payment is due by Tuesday, February 16, 2016.**

If you are interested in any of these trips or if you have questions, please call Naomi at 508-210-5573.

All trip payments are due at time of reservation. If trip is cancelled due to low interest, your money will be refunded. Remember ~ if we don't lose it, you don't lose it!!

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.

VETERANS MEETING



We invite ALL veterans to join us on **Friday, December 11** at **10:30 a.m.** for a Veterans meeting. Our guest speaker will be Dick White who will talk about his Vietnam experience. Please call 508-210-5570 to let us know if you're coming such that we can have an appropriate space and number of chairs for this event.

NEWS FROM THE FRIENDS...

Many, many thanks to all who helped with the Harvest Fair ... the workers, the helpers, the cooks ... our bake table was absolutely beautiful!!!

Our next meeting is **Monday, December 7** at **1:00 p.m.** Everyone is welcome. Healthy and happy holidays to all of you from the Friends.



TWO (2) IMPORTANT REMINDERS

- Gift Certificates are available for van rides, lunch, exercise classes or trips. So if your family and friends are asking what you'd like for Christmas - tell them to contact the Senior Center at 508-210-5570 to purchase some for YOU!!!
- Files of Life are an important tool used by our HFD EMT's and Paramedics to let them know what medications you are taking, allergies you may have, etc. We have Files of Life here at the Senior Center for no cost to you, so if you need one, please call us at 508-210-5570 and we will be certain you are given one.



SHINE COUNSELOR
Monday, Dec. 14
BY APPOINTMENT ONLY



MOUNTVIEW CHRISTMAS BREAKFAST

The Annual Mountview Christmas Breakfast for **HOLDEN ELDERS ONLY** will be held on **Thursday, December 10** at **9:00 a.m.** at the Mountview School, 270 Shrewsbury Street. Reservations are required and should be made by **Monday, December 7th** by calling 508-210-5570 or by email to mbuffone@holdenma.gov. Please include your name and phone number when emailing.

Breakfast



WACHUSETT AREA ROTARY CHRISTMAS BREAKFAST

The Annual Wachusett Area Rotary Club Breakfast will be held on **Saturday, December 12** at **8:30 a.m.** at The Manor Restaurant, 42 West Boylston Street in West Boylston. The Wachusett Singers will be on hand to entertain. The breakfast is for elders from the towns of Holden, Paxton, Princeton, Rutland, Sterling, Boylston and West Boylston. ALL reservations are to be made by calling the Holden Senior Center at 508-210-5570 or by email to mbuffone@holdenma.gov. Please include your name, address and phone number when emailing.



MUSIC...SWEET MUSIC!

Back by popular demand, Rebecca Swett performs on her harp here at the Senior Center. Join us for a relaxing hour of enjoyable music on **Monday, December 14** at **11:00 a.m.** Please call 508-210-5570 to reserve your seat. If you'd like to stay for lunch, please call Sue by noon on Thursday, December 10, at 508-210-5578.



HAPPY NEW YEAR!!



Join us for our New Year's celebration as we host THE MAIN EVENT with Bill Sbrogna who will entertain us with a lively show on **Tuesday, December 29**. We have had many requests for this show. Concert plus refreshments will start at **1:00 p.m.** and is free and open to all. Reservations are required and can be made by calling 508-210-5570.

WE NEED YOU!!!!

We are in dire need of volunteers to help out in the kitchen. Volunteers help pack meals on wheels to be distributed as well as prepare the dining tables, serve lunch and clean up after the congregate meal. You would be asked to arrive at 9:00 a.m. and would be finished around 1:00 p.m. If you are interested in volunteering or have questions, please call Sue at 508-210-5578 between 8:00 a.m. and 1:00 p.m.



BOOK DISCUSSION GROUP



The book discussion group will meet at **10:00 a.m.** on **Thursday, December 17** to discuss the writings of Erma Bombeck. There are several wonderful and humorous books written by Ms. Bombeck. Some of them are: If Life Is a Bowl of Cherries, What Am I Doing in the Pits; The Grass is Always Greener Over the Septic Tank; A Marriage Made in Heaven ... or Too Tired to Have an Affair; Mother: The Second Oldest Profession; At Wits End; Just Wait Until You Have Children; Family - The Ties that Bind ... And Gag!; Aunt Erma's Cope Book: How to Get from Monday to Friday in 12 Days; When God Created Mothers and Forever Erma.

DECEMBER CHAIR YOGA

REMEMBER... we now have a Strengthening Yoga Class on Tuesdays at 2:30 and a Gentle Beginner Chair Class on Thursdays at 1:00 p.m. Give yourself the "GIFT" of a YOGA class and...Stretch, Breathe and Release tension during this busy month: December 1 & 3 - Flexibility and Stretching; December 8 & 10 - Mindfulness and Breath Awareness; December 15 & 17 - Self-Care and Stress Reduction; December 22 - Gentle Slow Flow - Balance; December 24 NO YOGA - MERRY CHRISTMAS; December 29 NO YOGA - New Year's Celebration; December 31 - Centering Yoga - re-group and re-center.



DECEMBER 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MOUNTVIEW CHRISTMAS BREAKFAST Thursday, December 10 @ 9:00 a.m.</p> <p><i>By Reservation Only</i></p> <p>WACHUSETT AREA ROTARY CHRISTMAS BREAKFAST Saturday, December 12 @ 8:30 a.m.</p>	<p>1</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Turkey a la King</i></p> <p>1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>2</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Meatloaf & Gravy</i></p> <p>1:00 Pitch Party</p>	<p>3</p> <p>8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch <i>Greek Chicken</i></p> <p>1:00 Bridge 1:00 Gentle Chair Yoga</p>	<p>4</p> <p>8-4:00 Billiards 8:30-10:30 Morning  Glory Cafe</p> <p>10:00 Poker 12:00 Senior Lunch Breaded Fish</p> <p>1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p>7</p> <p>8-4:00 Billiards 12:00 Senior Lunch <i>Beef w/Peppers & Onions</i> 1:00 <i>Friends Meeting</i> 1:00 Wachusett Community Band Christmas Concert</p> 	<p>8</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Vegetable Cheese Bake</i></p> <p>1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>9</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Chicken Mornay</i></p> <p>1:00 Pitch Party</p>	<p>10</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch <i>Meatballs w/Onion Gravy</i></p> <p>1:00 Bridge 1:00 Gentle Chair Yoga</p>	<p>11</p> <p>8-4:00 Billiards 8:30-10:30 Morning  Glory Cafe</p> <p>10:00 Poker 10:30 Veterans Meeting 12:00 Senior Lunch <i>Salmon w/Teriyaki Glaze</i></p> <p>1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p>14</p> <p>SHINE by Appt. Only 8-4:00 Billiards 11:00 Harp Concert w/Rebecca Swett 12:00 Senior Lunch <i>Chicken Sausage Jambalaya</i></p> 	<p>15</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Salisbury Steak</i></p> <p>1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>16</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 ANNUAL CHRISTMAS PARTY at Val's  By reservation only</p> <p>1:00 Pitch Party</p>	<p>17</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch <i>Chicken Piccata</i></p> <p>1:00 Bridge 1:00 Gentle Chair Yoga</p>	<p>18</p> <p>8-4:00 Billiards 8:30-10:30 Morning  Glory Cafe</p> <p>10:00 Poker 12:00 Senior Lunch <i>Lemon Pepper Trout</i></p> <p>1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p>21</p> <p>8-4:00 Billiards 12:00 Senior Lunch <i>Hot Dog</i></p>	<p>22</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Baked Ham w/ Maple Glaze</i></p> <p>1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>23</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Chicken Cacciatore</i></p> <p>1:00 Pitch Party</p>	<p>24</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1</p> <p>CHRISTMAS EVE</p> <p>SENIOR CENTER CLOSING @ NOON</p>	<p>25</p> <p>MERRY CHRISTMAS</p>  <p>SENIOR CENTER CLOSED</p>
<p>28</p> <p>8-4:00 Billiards 12:00 Senior Lunch <i>Roast Pork w/Gravy</i></p>	<p>29</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Fajitas</i></p> <p>1:00 Bingo 1:00 Bridge 1:00 THE MAIN EVENT</p> 	<p>30</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Shepherd's Pie</i></p> <p>1:00 Pitch Party</p>	<p>31</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch <i>Bacon Omelet</i></p> <p>1:00 Bridge 1:00 Gentle Chair Yoga</p>	<p>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</p>

COMING IN JANUARY ...

Wed., Jan. 6 ... City of Four Concert



Wed., Jan. 13 ... "Festivals" with Marti Sawyer



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.



WHY?

Why do we ask you to call and make a reservation? There are really many reasons we ask you to do this. We need to plan the correct number of seats. We need to purchase refreshments. We ask for your phone number in the event we have to cancel due to weather or unforeseen circumstance. Thank you for helping us!!

COURSE FOR CAREGIVERS

Please let us know of any interest in a 6 week course for caregivers here at the Senior Center. Topics include: Taking Care of You; Reducing Stress; Communicating in Difficult Situations, etc. The course is available through Elder Services of Worcester. Please call 508-210-5570 if interested.



SCRABBLE, ANYONE?

Are you and/or your friends interested in a weekly Scrabble game? Please call the Senior Center at 508-210-5570 and leave your name and phone number if you would like to be included in a weekly game.



WE WELCOME SUGGESTIONS!!

Suggestions for programs are **ALWAYS** welcome. If you have seen a program that you think others would enjoy, please leave your suggestion in writing at the office or e-mail it to Clare at cnelson@holdenma.gov. Please include name of the program, contact information and cost.



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

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

Presorted Standard
U.S. Postage
PAID
Holden, MA 01520
Permit No. 34