

# Among Friends

December 2016

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  
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

You are cordially invited to attend our Annual Christmas Party on **Monday, December 5 at 12:00 p.m.** This year the party will be held at the Senior Center and catered by Toupin's Catering. Our menu will consist of Field Green Salad; Freshly Baked Rolls & Butter; Whipped Potatoes; Maple Glazed Carrots; Baked Fish w/Seasoned Bread Crumbs; Slow Roasted Pot Roast w/Gravy; Cream Puff Sundae; Freshly Brewed Decaf Coffee & Tea. A visit from the Jolly Old Elf Himself is scheduled as well. Cost for the party is \$21.00/person. The ticket price has been partially funded through the generosity of the Friends of the Holden Council on Aging. Your payment is due at the time of your reservation which must be made prior to Monday, November 28. If you have questions, please call 508-210-5570.



## Mountview School Annual Christmas Breakfast

The Staff and Students of Mountview School will hold their Annual Christmas Breakfast on **Thursday, December 8 at 9:00 a.m.** at Mountview Middle School, 270 Shrewsbury Street. The Breakfast is for **Holden Elders Only.**

Please make your reservation by calling 508-210-5570.

## WACHUSETT AREA ROTARY CLUB ANNUAL CHRISTMAS BREAKFAST

You are cordially invited to the Wachusett Area Rotary Club's Annual Christmas Breakfast for Seniors. The Wachusett Singers from WRHS will be on hand to entertain you. The breakfast will be held on **Saturday, December 10 at 8:30 a.m.** at the Manor Restaurant, 42 West Boylston Street, West Boylston. Elders from the towns of Holden, Paxton, Princeton, Rutland, Sterling, West Boylston and Boylston are eligible to attend. Res-



The Board and Staff of the Holden Council on Aging wish you the warmth, joy and blessings of the Christmas Season. The Senior Center will be closed on Monday, December 26 in observance of the Christmas holiday.



# UPCOMING TRIPS



**Tues., Dec. 13 ... Holiday Lights 2016 at the HuKeLau in Chicopee ...** Begin your holiday excursion with a Delicious and Bountiful early afternoon luncheon at the HuKeLau. Meal choices are Prime Rib Au Jus or Baked Stuffed Breast of Chicken. Luncheon also includes a salad, potato, vegetable, dessert, coffee/tea. Following your meal, you'll be entertained by HuKeLau's Polynesian Singers and Dancers performing their Holiday Show. Then it's on to the Greatest Holiday Light Display - Bright Nights! Enjoy a RIDING tour of Bright Nights at Forest Park in Springfield, MA. This spectacular light display is the #1 holiday attraction not only in New England, but is attracting visitors from all across the country. How fortuitous for us that it's located right in our own backyard! This is a Spectacular Holiday Spirited Day Trip! Price for this trip is \$91.00/person including transportation, luncheon, show, riding tour of Bright Nights & Driver Gratuity. **Payment is due at time of booking. Please make checks payable to "Friends of HCOA."**

**Questions? Call Kathy Hannigan at 508-210-5579. Please leave a message - she will get back to you. If you are interested in any of our trips or if you have questions, please call 508-210-5579.**

**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.**

Please note that most tour operators **REQUIRE** full payment be made 3 to 4 weeks in advance of a trip or we lose our deposit. For this reason, we are asking for your cooperation in reserving seats as early as possible.

**ALSO**, please note that the number to call for questions about trips has changed to **508-210-5579**.

Please remember that our Trip Coordinator, Kathy Hannigan, is a volunteer and is not in the building every day. She will check her messages every few days, so if you call with a question please be patient in awaiting a response.

## **CHRISTMAS SHOW WITH RUSTY GUERTIN**

*Soloist and acoustic guitarist Rusty Guertin will perform all of your Christmas favorites on Wednesday, December 14 at 1:00 p.m. Rusty is back by popular demand! The show is free and open to all. Join us for the concert and refreshments. Reserve your seat by calling 508-210-5570.*



**AMERICAN GIRL DOLL CLOTHES** will be for sale at the Senior Center on Tuesdays from 9:30 a.m. to Noon, and at the Morning Glory Café on Fridays from 8:30 a.m. to Noon through December.

## **FROM THE FRIENDS...**

Our meeting this month will be held on **Monday, December 5 at 2:00 p.m.**, following the Christmas party. Thank you for all of your support at the Friends' Harvest Fair. The fair helps to support activities, charitable contributions and facility improvements for the Holden Senior Center. Enjoy the wonders of the holiday season!

**Please note that the MORNING GLORY CAFÉ will be closed on Friday, December 23rd and Friday, December 30th. Happy Holidays to all!**

**Happy Holidays**

## **SHINE COUNSELOR**

**Monday, December 5 and Monday, December 19  
BY APPOINTMENT ONLY**





## DECEMBER YOGA THEMES!

Give yourself the gift of a yoga class and ... **Stretch, Breathe and Release tension** during this busy month. **December 1 - Flexibility and Stretching; December 6 & 8 - Mindfulness and Breath Awareness; December 13 & 15 - Self Care and Stress Reduction; December 20 & 22 - Gentle Slow Flow - Balance; December 27 & 29 - Centering Yoga - re-group and re-center.** Tuesday's class **AND** Thursday's class is at **2:30**. Cost for yoga classes is \$2.00/class and is partially subsidized through a grant from the Executive Office of Elder Affairs.

## Holiday Harp Concert

Join us on **Monday, December 12 at 11:00 a.m.** for a holiday harp concert featuring Rebecca Swett. In answer to many requests, we invited Rebecca back to offer show of holiday music. Please call 508-210-5570 to reserve your seat. The concert is free and open to all and is made possible through the generosity of the Friends of HCOA. If you'd like to stay for lunch, please call 508-210-5578 between 9:00 a.m. and 1:00 p.m. before Thursday, December 8 to make your lunch reservation. The cost of lunch is a donation of \$2.50.



## FESTIVE BAND CONCERT

The always popular Wachusett Community Band returns for a **1:00 p.m.** holiday show on **Monday, December 19.** The show is free and open to all with refreshments to follow. Please call 508-210-5570 to reserve your seat.

## HAPPY NEW YEAR!!!

We ring in 2017 a little early on **Wednesday, December 28 at 1:00 p.m.** when Bill Sbrogna and the Main Event will be here with a great New Year's show! Join us for refreshments and delightful music. Bring a friend! This celebration is free and open to all! Please call 508-210-5570 to reserve your seat! A big thank you to the Friends of HCOA for sponsoring this wonderful event.



## CHRISTMAS ... A TIME FILLED WITH WONDER

We hope you will join us on **Wednesday, December 7 at noon** when we will have some toddlers coming to visit, have lunch, trim our Christmas tree, then decorate Christmas cookies with you. The children have visited before much to the delight of everyone. To make a lunch reservation, please call Sue at 508-210-5578 two days prior to this event.



## A LITTLE CHRISTMAS TRIVIA ...

- 1) Who said, "God Bless Us Everyone?"
- 2) Who is rumored to have stolen Christmas?
- 3) How many reindeer hooves are there (include Rudolph)?
- 4) Alvin the Chipmunk wants what for Christmas?
- 5) The movie "It's a Wonderful Life" takes place where?
- 6) In *A Charlie Brown Christmas*, what does Lucy want for Christmas?
- 7) *Scrooge* feared this ghost the most.
- 8) What city name do the states Kentucky, Indiana, New Hampshire, Pennsylvania, Maryland, Connecticut and Georgia have in common?
- 9) In the poem, "The Night Before Christmas," "Santa Claus" is used how many times?
- 10) Santa Claus gets back up the chimney by doing what?
- 11) What was the little boy's name who stayed home in the movie, *Home Alone*?
- 12) Which reindeer shares his name with a kitchen cleanser?

**Answers:** 1) Tiny Tim; 2) The Grinch; 3) Thirty-Six (36); 4) a Hula-Hoop; 5) Bedford Falls; 6) Real Estate; 7) The Ghost of Christmas Yet to Come; 8) Bethlehem; 9) Zero; 10) "And laying a finger aside of his nose, and giving a nod up the chimney he rose"; 11) Kevin; 12) Comet



# DECEMBER 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b></p>	<p><b>Mountview School Annual Christmas Breakfast</b></p> <p> Thursday, December 8 9:00 a.m.</p>	<p><b>WACHUSETT AREA RO- TARY CLUB ANNUAL CHRISTMAS BREAKFAST</b></p> <p>Saturday, December 10 <b>8:30 a.m.</b> </p>	<p><b>1</b></p> <p>8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>BBQ Chicken</b> 1:00 Bridge 2:30 Gentle Chair Yoga</p>	<p><b>2</b></p> <p>8-4:00 Billiards  8:30-10:30 <b>Morning Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <b>Catch of the Day</b> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p><b>5</b></p> <p><b>SHINE by Appt. Only</b> 8-4:00 Billiards 10:30 Tai Chi 12:00 <b>Senior Center Christmas Party</b> <u>BY RESERVATION ONLY</u> 2:00 <b>Friends Meeting</b></p>	<p><b>6</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Salmon Boat w/Dill</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>7</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <b>Chicken Primavera</b> 12:00 <b>Toddler Tree Trimming</b>  1:00 Pitch Party</p>	<p><b>8</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Stuffed Pepper Casserole</b> 1:00 Bridge 2:30 Gentle Chair Yoga</p>	<p><b>9</b></p> <p>8-4:00 Billiards  8:30-10:30 <b>Morning Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <b>Lasagna</b> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p><b>12</b></p> <p>8-4:00 Billiards 11:00 <b>Holiday Harp Concert</b> 12:00 Senior Lunch <b>Roast Pork w/Gravy</b></p> <p></p>	<p><b>13</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Shepherd's Pie</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>14</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <b>Bacon Omelet</b> 1:00 Pitch Party 1:00 <b>Christmas Show w/Rusty Guertin</b></p> <p></p>	<p><b>15</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Chicken Cacciatore</b> 1:00 Bridge 2:30 Gentle Chair Yoga</p>	<p><b>16</b></p> <p>8-4:00 Billiards  8:30-10:30 <b>Morning Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <b>Potato Crunch Fish</b> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p><b>19</b></p> <p><b>SHINE by Appt. Only</b> 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <b>Egg Salad Sandwich w/Soup</b> 1:00 <b>Wachusett Community Band</b></p>	<p><b>20</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Meatloaf &amp; Gravy</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>21</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <b>Turkey a La King</b> 1:00 Pitch Party</p>	<p><b>22</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Chicken w/Sage Stuffing</b> 1:00 Bridge 2:30 Gentle Chair Yoga</p>	<p><b>23</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Macaroni &amp; Cheese</b> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p><b>26</b></p> <p><b>MERRY CHRISTMAS</b></p> <p> <b>SENIOR CENTER CLOSED</b></p>	<p><b>27</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Cracker Crumb Fish</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>28</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <b>Swedish Meatballs</b> 1:00 Pitch Party 1:00 <b>New Year's Show w/Bill Sbrogna</b></p> <p></p>	<p><b>29</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Pork Rib-i-que</b> 1:00 Bridge 2:30 Gentle Chair Yoga</p>	<p><b>30</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Sliced Turkey Sandwich w/Soup</b> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>

## COMING IN JANUARY ...

Mon., 1/2 ... Closed in observance of New Year's Day

Wed., 1/11 ... Music of the 50's & 60's w/Marti Sawyer

Mon., 1/16 ... Closed in observance of  
Martin Luther King, Jr. Day

### 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.

## BUILD AN EMERGENCY KIT

The Massachusetts Emergency Management Agency (MEMA) encourages individuals and families to ensure that every home has an emergency kit. "Having an emergency kit in your home is an essential component of personal and family preparedness," said MEMA Director Kurt Schwartz. "Emergency kits should include essentials items that will help sustain you and your family for up to three days in the event you are isolated in your home without power during a disaster." It is important to customize your kit to meet the unique needs of you and your family.

### KEY ITEMS TO INCLUDE IN YOUR EMERGENCY KIT:

- **Water:** At least a three-day supply of bottled water (one gallon per person/per day) and water purification tablets
- **Food:** At least a three-day supply of non-perishable foods that do not need to be cooked or heated, such as ready to eat canned meats, juice, protein or granola bars, cereal, peanut butter, dried fruit, nuts, crackers baby food, comfort foods
- **Tools and Supplies:** Manual can opener, radio (battery-powered or hand crank), flashlight or lantern, extra batteries, cell phone with charger, wrench, pliers, and other basic tools
- **Personal Items:** Prescription and over-the-counter medications (two-week supply), personal hygiene items, eyeglasses, contact lenses, dentures, extra batteries and supplies for medical equipment, extra clothes, sturdy shoes
- **Pets:** Collar, leash, harness, crate, food, bowls, medication, current photo, license and medical information
- **Documents:** Insurance policies, bank account records, identification cards (IDs), medical information, contact information for family members and close friends, and copies of other important documents.
- **Money:** Extra cash and traveler's checks (banks may not be open and ATMs may not work during a power outage)
- **Other Items:** First Aid Kit, emergency whistle, waterproof matches/lighter, local area maps.
- **Also Consider Adding:** Watch or clock; household chlorine bleach to serve as a disinfectant, camp stove or grill with fuel or canned heat, neither of which should be used indoors, disposable plates, cups, and utensils, duct tape, plastic sheeting or tarp, seasonal items to protect against the elements; books, games, puzzles and other comfort items, sleeping bags or blankets.

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Return Service Requested

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

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