

Among Friends

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



February 2012

The purpose 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
Director 508-210-5571
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.

FOR YOUR CONVENIENCE...

For your convenience, I have listed below the new phone numbers for the town offices. Feel free to clip this out and place it near your phone.

Town Manager	508-210-5501
Accounting	508-210-5525
Assessors	508-210-5515
HCTV	508-829-6185
Fire Department	508-210-5650
Gale Free Library	508-210-5560
Growth Management	508-210-5540
Light Department	508-210-5400
Police Department	508-210-5600
Public Works	508-210-5550
Recreation	508-829-0263
Senior Center	508-210-5570
Town Clerk	508-210-5530
Treasurer/Collector	508-210-5510
Veterans' Agent	508-210-5529

ATTENTION ALL PEN PALS

Your pen pal letters are due to the Senior Center on **Mon., Feb. 13**. We would like to take the letters to the school on **Wed., Feb. 15** before the children leave for February vacation. If for some reason you cannot get your letter here, please call the Senior Center 508-210-5570.



SCAMS THAT TARGET SENIORS



The Holden Police Department will be holding an informational class on the various scams and cons that target senior citizens. The class will be held on **Thursday, February 16** at **10:00 a.m.** in the **Public Safety Building, 1370 Main Street**. This class is open to everyone and there is no preregistration needed.



The Senior Center will be closed on **Monday, February 20** in celebration of **President's Day**.

UPCOMING TRIP...

Tuesday, February 14...White's of Westport Valentine's Interlude... Some love lasts a lifetime, true love lasts forever. Come celebrate the most romantic holiday of all with your friends at White's of Westport Valentine's Interlude! Enjoy good food, friends, music and laughs. Enjoy a family style lunch and social time before the entertainment begins. Roast Turkey and Roast Beef served family style; have both if you like! All meals include soup, potato, vegetable, rolls, coffee or tea. **Cost of this trip is \$59.00 per person including driver's gratuity.**



KNOW YOUR RIGHTS AS A PATIENT

Michelle Pepe, R.N. from Autumn Village will do a presentation on Thursday, February 2 at 10:00 a.m. on the important topic of "Patient Rights." It is free and open to all. There will be time for a question and answer period after the presentation. Refreshments will be served. Please call 508-210-5570 to reserve a seat for this important program.



AROUND THE WORLD THROUGH PICTURES



Local photographer Ron Rosenstock will offer a presentation on Monday, February 6 at 1:00 p.m. Join us for coffee as Ron shows his favorite photographs from around the world. The program is free and open to all. Please make a reservation at 508-210-5570.

JOIN US FOR LUNCH...

The staff will again be cooking lunch on Wednesday, February 29. Lunch will be served at noon. At this writing, the menu has yet to be determined, but it will be something hot that will "stick to your ribs." We are grateful to the Scouters' Lodge for their donation underwriting \$1.00 for each ticket making the cost for the lunch \$3.00 per person. To make your reservation, please call 508-201-5570. Reservations are required.



FRIENDS COOKIE SALE AND MEETING



The Valentine Cookie Sale will be held at the Senior Center on Friday, February 10 at 9:00 a.m. Members will be contacted about making cookie donations for the sale. We request that your cookies be dropped off at the Center by noon on Thursday, February 9 such that we can package them for the sale. See you at the cookie Sale!

The next Friends meeting will be Monday, February 6 at 1:00 pm at the Senior Center. All members are welcome.

REQUESTS FROM THE STAFF...

When you call the Senior Center, please remember that any staff member can answer any call or in some cases the voice mail replies to the call. Please be certain to state your full name when you call so that we can help you more expediently. If you get the voice mail as a response, please be sure to tell us your phone number as well.

Also, please try to remember to register for the programs you wish to attend. It is very helpful to know how many people will attend, so we can schedule the event in the appropriate room with sufficient seating. We appreciate your assistance in helping us help you.



DID YOU KNOW...?

February, having only 28 days in common years, is the only month of the year that can pass **without a single full moon?**



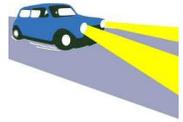
SHINE COUNSELOR

**Wednesday, February 1 and Wednesday, February 15
BY APPOINTMENT ONLY**



HELPFUL HINTS FOR WINTER

Keep your headlights clear with car wax! Just wipe ordinary car wax on your headlights. It contains special water repellents that will prevent that messy mixture from accumulating on your lights—lasts 6 weeks.



Squeak-proof your wipers with rubbing alcohol! Wipe the wipers with a cloth saturated with rubbing alcohol or ammonia. This one trick can make badly streaking and squeaking wipers change to near perfect silence and clarity.

Ice-proof your windows with vinegar! Frost on its way? Just fill a spray bottle with three parts vinegar to one part water and spritz it on all your windows at night. In the morning, they'll be clear of icy mess. Vinegar contains acetic acid, which raises the melting point of water-- preventing water from freezing!



Prevent car doors from freezing shut with cooking spray! Spritz cooking oil on the rubber seals around car doors and rub it in with a paper towel. The cooking spray prevents water from melting into the rubber.



Fog-proof your windshield—with shaving cream! Spray some shaving cream on the inside of your windshield and wipe it off with paper towels. Shaving cream has many of the same ingredients found in commercial defoggers.



De-ice your lock in seconds with hand sanitizer! Just put some hand sanitizer gel on the key and the lock and the problem is solved!

You're Invited to...

Coffee with our Librarian!! Come and meet (or get re-acquainted with) Holden's Librarian, Susan Scott. Ms. Scott will be here on Thursday, February 16 at 10:00 a.m. to talk about our library now and in the future. Please call 508-210-5570 to register.



BRING YOUR SWEET FOR A VALENTINES TREAT!

Join us on Tuesday, February 14 at 12:30 for a Valentine's Day Ice Cream Social. Enjoy a delicious treat and socializing with friends. Please call 508-210-5570 to reserve your place!



AARP INCOME TAX PROGRAM

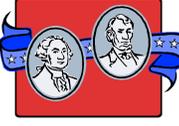
The AARP tax program continues through February and March. We will accept appointments on a first come first served basis or until the appointments are full. The tax consultants will be here on Mondays with the exception of February 20 (President's Day). Call 508-210-5570 to make your appointment. Please remember that this is a volunteer program at no cost to you and is meant to prepare simple tax returns. If you have a tax return that is more complicated in nature, we encourage you to contact a CPA or other tax consultant.





FEBRUARY 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE	BLOOD PRESSURE CLINIC TUESDAY MORNINGS 10:00 A.M. TO NOON	1 SHINE by Appt. Only 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Beef w/Jardinere Sauce</i> 1:00 Pitch Party 2:00 Chess Group	2 8:00 <i>HCOA Board Mtg.</i> 10:00 <i>Patient Rights</i> 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Fish Sticks</i> 12:30 <i>Movie see below</i> 1:00 Bridge 1:00 Line Dancing	3 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Rosemary Pork</i> 1:00 Cribbage
6 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Chicken Cacciatore</i> 1:00 Quilting 1:00 <i>Friends' Meeting</i> 1:00 <i>Ron Rosenstock</i>	7 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	8 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Swedish Meatballs</i> 1:00 Pitch Party 2:00 Chess Group	9 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Hot Dog on Bun</i> 12:30 <i>Movie see below</i> 1:00 Bridge 1:00 Line Dancing	10 9-3:00 <i>Best of Friends' Cookie Sale</i> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Sweet & Sour Chicken</i> 1:00 Cribbage
13 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Yankee Chicken Pie</i> 1:00 Quilting	14 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Veal Bourginion</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	15 SHINE by Appt. Only 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Chicken Murphy</i> 1:00 Pitch Party 2:00 Chess Group	16 8-4:00 Billiards 10:00 <i>Coffee with the Librarian</i> 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Salmon Boat w/Dill</i> 12:30 <i>Movie see below</i> 1:00 Bridge 1:00 Line Dancing	17 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Meatloaf & Gravy</i> 1:00 Cribbage
20 SENIOR CENTER  CLOSED	21 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>New Orleans Jambalaya</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	22 8-4:00 Billiards 10:00 Angel Walkers 11:45 Senior Lunch <i>Macaroni & Cheese</i> 1:00 Pitch Party 2:00 Chess Group	23 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef Stew</i> 12:30 <i>Movie see below</i> 1:00 Bridge 1:00 Line Dancing	24 8-4:00 Billiards 10:00 Poker 10:30 <i>Veterans' Meeting</i> 12:00 Senior Lunch <i>Cheese & Spinach Omelet</i> 1:00 Cribbage
27 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Roast Pork</i> 1:00 Quilting	28 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatballs w/Onion Gravy</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	29 8-4:00 Billiards 10:00 Angel Walkers 12:00 <i>Home Cooked Meal</i> 1:00 Pitch Party 2:00 Chess Group	MOVIES <u>Feb. 2</u> "Gifted Hands: The Ben Carson Story" <u>Feb. 9</u> "Abraham Lincoln: Preserving the Union" <u>Feb. 16</u> "First Daughter" <u>Feb. 23</u> "Rear Window"	BEST OF FRIENDS COOKIE SALE  Friday, Feb. 10th 9:00 a.m. to 3:00 p.m.



COMING IN MARCH...

March 5... Clutter Control Program



March 26... Legal Clinic w/ Mirick O'Connell

COMING IN APRIL...

April 2... "The First Ladies"



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

FEBRUARY MOVIES

Thurs., Feb. 2... "Gifted Hands: The Ben Carson Story" Oscar winner Cuba Gooding Jr. stars as pediatric neurosurgeon Ben Carson (portrayed as a child by Jaishon Fisher and as a teen by Gus Hoffman), who overcomes enormous obstacles to study medicine and save lives at Johns Hopkins Hospital. Kimberly Elise plays Carson's hardworking single mother, Sonya, who faces her own hurdles on the road to helping her son succeed in this made-for-cable drama based on Carson's memoirs. *Not Rated~ 90 minutes*

Thurs., Feb. 9... "Abraham Lincoln: Preserving the Union" During his term as President of the United States, Lincoln faced some of the toughest challenges of any U.S. president. This biography examines his fascinating life, from his childhood in rural Kentucky to his rise as a politician and his presidential campaign. The film chronicles Lincoln's actions during the Civil War, as well as his depression and marital problems. Special attention is given to the conspiracy behind Lincoln's assassination. *Not Rated ~ 90 minutes*

Thurs., Feb. 16... "First Daughter" Samantha Mackenzie (Katie Holmes), the 18-year-old daughter of the president of the United States (Michael Keaton), insists that she be allowed to attend college like a normal kid. But when your dad's the leader of the free world, "normal" is relative. It starts well when Samantha befriends her roommate (Amerie Rogers) and falls for her handsome residence hall assistant, James. But James has a secret that could change everything. *PG ~ 105 minutes*

Thurs., Feb. 23... "Rear Window" As his broken leg heals, wheelchair-bound L.B. Jefferies (James Stewart) becomes absorbed with the parade of life outside his window and soon fixates on a mysterious man whose behavior has Jefferies convinced a murder has taken place. Meanwhile, other windows reveal the daily lives of a dancer, a lonely woman, a composer, a dog and more. Grace Kelly, Thelma Ritter and Wendell Corey co-star in this Alfred Hitchcock-helmed classic. *PG ~ 115 mins.*

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Friends of the Holden COA
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Holden, MA 01520