

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 2013

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
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.

Valentine Celebration



The Worcester Historical Museum has a wonderful collection of valentines, including the first ones ever made. Join us on **Monday, February 11 at 1:00 p.m.** for a talk by William Wallace, Director, who will show us vintage valentines and tell us the stories behind them. Refreshments will follow the talk. Please call 508-210-5570 for a reservation.

AARP DRIVER SAFETY PROGRAM

The Holden Senior Center will host the AARP Driver Safety Program on **Thursday, February 7.** Don't miss this opportunity. Topics include distracted driving, accident prevention, using ABS brakes, the effects of aging on driving, and judging your own driving fitness. The class will run from 10:00 a.m. to 2:30 p.m. with a break for lunch. The cost for the course is \$12.00 for AARP members and \$14.00 for non-members. Checks are accepted and should be made payable to AARP. No written exam is given. **Register** by February 4th by calling 508-210-5570.

HOME COOKED LUNCH



Join us on **Wednesday, February 20 at Noon** for our last home cooked lunch until May!! This month we will be serving a pot roast dinner, rolls, dessert, milk and coffee. Call 508-210-5570 to make your reservation. **Reservations will be accepted until 1:00 p.m. Friday, February 15.** Cost for this meal will be \$5.00 for Holden Elders and Senior Center Volunteers and \$8.00 for out of town Elders.

BEREAVEMENT SUPPORT GROUP



Our monthly bereavement support group, facilitated by Carol Recchion, MDiv. will be held on **Monday, February 11 at 4:30 p.m.** Our Bereavement Support Group will provide community members the opportunity to: **Manage their loss; Understand grief and recovery; Cope with change; Express feelings; Share experiences; Receive Support and Develop new insights.** If you or someone you know has suffered a loss, please invite them to our group. **Everyone is welcome.**

*The Senior Center will be closed
Monday, February 18
in observance of Presidents' Day*





UPCOMING TRIPS

Thursday, February 21 ... "Rhode Island Spring & Garden Show" ... Enjoy lunch with a demonstration of Geppetto's on Federal Hill before heading to the flower show, located at the RI Convention Center, Providence. The menu for lunch: A variety of appetizers and entrée items, Giafranco's homemade tiramisu for dessert, and a nonalcoholic beverage. **Cost for this trip is \$80.00 per person, including driver's gratuity.**

Friday, March 15 ... "Women of Ireland" ... Women of Ireland comprising the best performers within the Irish musical tradition will transport us to their homeland of Ireland. This world renowned performance showcases a wonderful blend of song, music and dancing that is the hallmark of the greatest Irish shows of our time. Our show features both male and female dancers and singers from the magnificent show Riverdance and embodies the spirit of the hit show Celtic Woman. Women of Ireland is a spectacle to be seen live! Meal choices for today's trip: Corned Beef and Cabbage or Baked Haddock. Also included: Venus DeMilo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. **Cost of this trip is \$80.00 per person, including driver's gratuity.**

Wednesday, May 22 ... "Spreading It Around" ... The Newport Playhouse proudly presents "Spreading It Around." This light-hearted comedy finds Angela Drayton, a wealthy widow in a retirement community. Tired of handing out money to her unappreciative children, she starts the S.I.N. (Spending It Now) Foundation, to give to those truly in need. This terrifies her greedy son, driving him to devise a plan to have her committed. Mama will have none of that! Luncheon will be served at the Playhouse's Cabaret Restaurant. The buffet will include: *Salads* (Fresh Fruit; 3-Bean; Cole Slaw; Beets; Lettuce Bowl); *Entrees* (Rigatoni w/meat sauce; Homemade Meatballs; Roasted Chicken; BBQ Chicken; Oven Roasted Potatoes; Peas & Corn; Glazed Ham; Baked Beans; Italian Sausage and Peppers; Sweet Potatoes; Vegetable Medley; Fresh Baked Scrod; Green Beans; Glazed Carrots; Rice & Peas); Fresh Baked Rolls and Butter; Assorted Desserts; Hot Coffee and Tea. Please note that some of these items are subject to change. **Cost of this trip is \$92.00 per person, including driver's gratuity.**

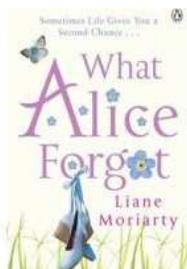
AARP TAX PREPARATION

Once again this year, we are hosting the AARP Tax Preparation program. If you have a SIMPLE tax return to be prepared, we encourage you to make an appointment. Each appointment is an hour in length. Appointments are being made for **every Monday (except holidays)** beginning **Monday, February 4**. To make your appointment, please call 508-210-5570.



Prices Reduced...

The price of our greeting cards has been reduced to \$1.00 each or 6 cards for \$5.00. Come in to view our beautiful selection of cards and take advantage of this new price reduction!



BOOK DISCUSSION GROUP

The discussion group will meet **Thursday, February 14 at 10:00 a.m.** This month's selection is **What Alice Forgot** by Liane Moriarty. Alice Love is twenty-nine, crazy about her husband, and pregnant with her first child.

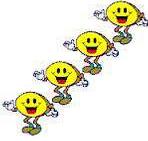
So imagine Alice's surprise when she comes to on the floor of a gym (a gym! She HATES the gym) and is whisked off to the hospital where she discovers the honeymoon is truly over - she's getting divorced, she has **three** kids and she's actually 39 years old. Alice must reconstruct the events of a lost decade, and find out whether it's possible to reconstruct her life at the same time. She has to figure out why her sister hardly talks to her, and how is it that she's become one of those super skinny Moms with really expensive clothes.

Ultimately, Alice must discover whether forgetting is a blessing or a curse and whether it's possible to start over...

SHINE COUNSELOR

**Monday, February 4 and Monday, February 25
BY APPOINTMENT ONLY**





LINE DANCING IS HERE!...

Line dancing classes will be held on **Thursdays @ 1:00 p.m.** Classes are taught by dance instructor Cheryl Volpe and are open and appropriate for all levels. Cost is \$4.00 per class. Everyone is welcome. Please call 508-210-5570 with any questions.

ATTENTION HOLDEN PROPERTY OWNERS 65 YEARS OR OLDER!!

Did you know that you may qualify for up to \$1,000 off of your real estate tax bill? The Assessors Office has applications for Real Estate Exemptions available to elderly taxpayers who meet certain income qualifications.

- Applicants must be 65 years old prior to July 1, 2012, have owned property in Massachusetts for 5 years, and have lived in Massachusetts for 10 years.
- Income from all sources in 2011 must be less than \$20,000 for a single person, or \$30,000 for a married couple.
- "Whole Estate" which is balances of bank accounts, value of stocks, bonds and other securities, excluding the value of your home, must be less than \$40,000 for a single person, or \$55,000 for a married couple.



If you think you may qualify, please call the **Assessors Office** at **508-210-5515** between the hours of 8:00 a.m. - 4:00 p.m. Monday, Wednesday, Thursday, 8:00 a.m. - 7:00 p.m. Tuesday and 8:00 a.m. - 12:00 noon on Friday. They would be happy to set up an appointment to help you fill out the application. *** Applications must be filed by April 1, 2013.**

BE A CLOWN...BE A CLOWN!

Is anyone interested in learning "Clowning?" It's a fun way to explore your silly side! Experience the joy of making people laugh! The "Silly Seniors," Holden Senior Center's clowning group, is looking for new members. Please call Naomi at 508-210-5573, if you are interested in attending a clowning class on Friday, March 22 at 1:00 p.m.



VALENTINE'S COOKIE SALE AND OTHER FRIENDS' NEWS



Happy New Year! Our **Valentine's Cookie Sale** will be held on **Tuesday, February 12 at 9:00 a.m.** We will be packaging cookies on Monday, February 11 at 1:00 p.m. We would be grateful to receive home made cookies from all of our members. If you'd like to help, please call Faye Ellis at 508-829-6854.

Has your membership expired?? Look at your Friends membership card!! We missed you at our last Friends meeting! We hope to see you at our next one on Monday, February 4 at 1:00 p.m.

ANYONE FOR TAI CHI ???

We are continuing to take names of anyone interested in attending a Tai Chi class. Please call 508-210-5570 to express your interest.



VETERANS' MEETING

On **Friday, February 22 at 10:30 a.m.** join Jim Beardsley as he leads a discussion about the war ending in the Pacific; incendiaries, Okinawa, the A-Bomb. All veterans are welcome. Discussion leaders are needed for March 22, April 26, May 24 and June 28. Select your date and let us know your subject. Contact Jim Beardsley at 508-829-3630 or Al Sculthorpe at 508-829-6385.

JUST A REMINDER...



Paula or Cindy would be happy for you to choose from. The cost will bring a box of cards from from the card sales benefit the



to bring a variety of greeting cards of the cards is \$1.00 each. They which to choose from. Proceeds Friends of the HCOA.





FEBRUARY 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Valentine Celebration</p>  <p><i>Monday, February 11 at 1:00 p.m.</i></p>	<p>Valentine's Cookie Sale</p>  <p><i>Tuesday, February 12 at 9:00 a.m.</i></p>	<p>HOME COOKED LUNCH <i>Wednesday, February 20 at Noon</i></p> 	<p>AARP DRIVER SAFETY PROGRAM <i>Thursday, February 7 10:00 a.m. to 2:30 p.m.</i></p>	<p>1</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Honey BBQ Chicken</i> 1:00 Cribbage</p> 
<p>4</p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Sweet & Sour Pork</i> 1:00 Quilting 1:00 Friends' Meeting</p> 	<p>5</p> <p>8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Italian Braised Beef</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p>6</p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Penne w/Chicken & Broccoli</i> 1:00 Pitch Party</p> 	<p>7</p> <p>8:00 HCOA Board Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:00 Safe Driver Program 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Spaghetti & Meatballs</i> 12:30 Movie "The Help" 1:00 Bridge 1:00 Line Dancing</p>	<p>8</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Turkey a la King</i> 1:00 Cribbage</p> 
<p>11</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Beef Stroganoff</i> 1:00 Quilting 1:00 Valentine Program 4:30 Bereavement Support Group</p>  	<p>12</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Jambalaya</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p>13</p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Salmon Boat w/Dill Sauce</i> 1:00 Pitch Party</p> 	<p>14</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Roast Turkey & Gravy</i> 12:30 Movie "Valentine's Day" 1:00 Bridge 1:00 Line Dancing</p>	<p>15</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Cheese Lasagna</i> 1:00 Cribbage</p> 
<p>18</p> <p>SENIOR CENTER CLOSED</p>  <p>Presidents' Day</p>	<p>19</p> <p>8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Hot Dog</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p>20</p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Home Cooked Lunch 1:00 Pitch Party</p>  	<p>21</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Cantonese</i> 12:30 Movie "Assassination of Abraham Lincoln" 1:00 Bridge 1:00 Line Dancing</p>	<p>22</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Cribbage</p> 
<p>25</p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Chicken Mornay</i> 1:00 Quilting</p> 	<p>26</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pot Roast Stew</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p>27</p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Meatloaf & Gravy</i> 1:00 Pitch Party</p> 	<p>28</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef & Bean Chili</i> 12:30 Movie "Pat and Mike" 1:00 Bridge 1:00 Line Dancing</p>	<p>MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</p>



COMING IN MARCH...

Wed., Mar. 13... Concert with Marti Sawyer

Mon., Mar. 25... Legal Clinic



Details will appear in March's newsletter.

MARK YOUR CALENDAR...

Wed., April 3 ... Concert with Ken Lelan

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. 7 ... "The Help" ~ In 1960s Jackson, Miss., aspiring writer Eugenia Phelan crosses taboo racial lines by conversing with Aibileen Clark about her life as a housekeeper, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots. When other long-silent black servants begin opening up to Eugenia, the disapproving conservative Southern town soon gets swept up in the turbulence of changing times. *PG-13 ~ 146 minutes*

Thurs., Feb. 14 ... "Valentine's Day" ~ In this Los Angeles-set comedy from director Garry Marshall, the tripwires of modern love are exposed in a carousel involving relationships and the single life on the most romantic day of the year: February 14. Also starring: Kathy Bates, Bradley Cooper, Patrick Dempsey & Julia Roberts. *PG-13 ~ 90 minutes.*

Thurs., Feb. 21... "The Assassination of Abraham Lincoln" ~ "It was with the assassination that the myth of Abraham Lincoln was born," says James L. Swanson, author of the book on which this documentary is largely based. Thus, it is the events surrounding that day that come to life in this film. With Will Patton providing the voice of John Wilkes Booth and Chris Cooper the narration -- and a bevy of Lincoln scholars adding commentary -- the film tracks the converging paths of Lincoln and his killer. *NR ~ 90 minutes.*

Thurs., Feb. 28 ... "Pat and Mike" ~ Katharine Hepburn and Spencer Tracy's seventh pairing solidifies the on-screen charisma of the two legendary actors. Pat Pemberton (Hepburn), an athletic prodigy who's a natural in any sport except dating, meets her match in Mike Conovan (Tracy), a feisty promoter who takes her under his wing. Together, they set the sports world on its ear and find that opposites attract in director George Cukor's Oscar-nominated romantic comedy. *NR ~ 95 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

Return Service Requested

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

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