

Among Friends



February 2014



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



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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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.

WORCESTER'S HIDDEN GEM



William Wallace, Director of the Worcester Historical Museum, will give a presentation on Wednesday, February 5 at 1:00 p.m. He will tell us about this hidden gem located in downtown Worcester and will give special emphasis on the unique collection of vintage Valentine cards. All are welcome. Call 508-210-5570 to reserve your place. If you wish to come for lunch before the program, please call 508-210-5578 two days in advance.

FRIENDS ANNUAL VALENTINE'S COOKIE SALE...

Will be held on Friday, February 14 at the Senior Center from 9:00 a.m. until they are gone! Home made cookies and candy pops available. All of the proceeds from the sale benefit the Friends of the Holden Council on Aging.



HOME COOKED LUNCH



Our next home cooked lunch will be on **Wednesday, February 12 (changed from the 5th) at noon**. We will serve a delicious "stick to your ribs" home-made beef stew, bread, pie and ice cream. Cost for this lunch is \$4.00 for Holden Elders and Senior Center Volunteers and \$8.00 for out of town Elders. To make your reservations, please call 508-210-5570 by **Friday, February 7**.

FREE LEGAL CLINIC

FREE LEGAL
CONSULTATION

Attorney Arthur Bergeron from the firm Mirick O'Connell will be available for free legal consultation on Wednesday, February 19 from 10:00 a.m. to 12:00 p.m. Appointments are REQUIRED and are offered in 15 minutes time slots to Holden Elders. Make your appointment by calling 508-210-5570.

DON'T LET THOSE RESOLUTIONS FALL BY THE WAYSIDE...



Let us help with those pesky "improve your health through exercise" resolutions from the New Year! Take advantage of any or all of these opportunities: Low Impact Exercise; Chair Yoga; Tai Chi; Line Dancing; Walking Club; Spring Chicken Fitness Training. Call the Senior Center at 508-210-5570 for more information about these classes. YOU CAN DO IT!!



THE SENIOR CENTER WILL BE CLOSED ON
Monday, February 17
In observance of President's Day



UPCOMING TRIPS

Wed., March 12 ... "An Irish Celebration" featuring Ronan Tynan of the Irish Tenors at the Venus DeMilo in Swansea, MA. Ronan Tynan from Kilkenny, Ireland won the hearts of audiences as a member of the original Irish Tenors (Ronan Tynan, Anthony Kearns and John McDermott) sharing the vocal and storytelling talents that have brought him world-wide fame. His singing offered gentle consolation at the funeral of President Ronald Reagan, when he sang "Amazing Grace" and "Ava Maria." Ronan has a special relationship with American audiences and considers the United States his home away from home. In the wake of 9/11, he has performed at benefits and memorial services for New York's Finest and Bravest, and his singing has softened the sorrow at many a funeral in the wake of the tragedy. Ronan's versatility in singing material has tremendous depth & weight and brings an irresistible appeal. As one of the most sought after performances for the St. Patrick's holiday season, this is a show not to be missed! Meal Choices for this event are 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 \$79.00 per person which includes transportation, luncheon, show and driver's gratuity.

Wed., May 28 ... Boston Whale Watch Adventure ... This morning your group will experience an unforgettable excursion with **Boston Harbor Cruises**, aboard a specially designed high-speed catamaran, whale watching vessel to Stellwagen Bank, feeding ground of the world's largest mammals. High speed allows you to spend more time viewing the whales and less time traveling to them. Discover the great whales of the North Atlantic such as the Humpback, Finback, and Minke Whales. Don't forget your camera! From the research scientists on board, you'll learn about these different types of whales, as well as their interesting behavior and what to look for during your sighting. Enjoy the cruise on deck or in the heated main cabin where your comfort is assured, and complete galley service offering your favorite food is available. As it's usually cooler on the water, a jacket or sweater is a good idea, as well as rubber-soled shoes. Come along and have a true "whale" of a day! After your whale watch, you'll have time to take advantage of some of the things that Boston has to offer. Stroll the sidewalks of fashionable Newbury Street. Explore the historical landmarks on the Freedom Trail. Enjoy lunch on your own at **Faneuil Hall Marketplace**, the lovely core of Boston's historic waterfront and the nation's premier urban marketplace. Housed in three beautifully restored 19th century buildings, its 125 shops and 21 restaurants offer tantalizing delicacies and unique gifts in a festive atmosphere that spills onto cobblestone streets filled with an amazing variety of street performers. Depart the Senior Center at 8:00 a.m. and return at approximately 5:30 p.m. Cost for this trip is \$69.00/person, including all taxes and gratuities.

Wed., June 25 ... Connecticut Rail and Sail ... We start the day with a stop in Middlefield, CT at **Lyman Orchard's Apple Barrel**. The enticing aroma of fresh baked products fills the air throughout the market all day long. Fresh pies, apple cider, donuts, muffins, cookies, pastries and more desserts are made in the Farm Kitchen Bakery. From here we head to lunch at **Oliver's Tavern** in Essex, CT. Your **entrée choices**: Grilled 9 oz. Flat Iron Steak with Sauteed Mushrooms; Vermont Cheddar & Pear Stuffed Chicken with Classic Chicken Gravy; Baked Filet of Salmon with Seasoned Breadcrumbs & Herbed Beurre Blanc **or** Eggplant Parmesan served with a Side of Pasta. All entrees are served with Salad, Oven Roasted Potatoes, Chef Vegetable, Hot Rolls, Dessert, Coffee or Tea. It is a short ride up the street to the Essex Steam Train. There are two coal-fired locomotives that pull the collection of restored railroad cars. Be swept away with the hiss of steam, the blast of the whistle, and the clickity-clack of the tracks. The engineer shouts 'all aboard' before the run, then you sit back and experience an authentic journey back to the days of steam. Travel north from Essex Station through the scenic towns of Deep River and Chester. The train will stop at the Deep River Landing where you will disembark and board the **Becky Thatcher**. Here you will continue the journey north, but on the Connecticut River instead. See such sights as the famed Gillett Castle and the Goodspeed Opera House. Throughout the journey learn about the history, natural wonders, and legends. Cost of this trip is \$93.00/person, all taxes and gratuities included. Depart from the Senior Center at 8:00 a.m. and return at approximately 6:30 p.m.

LATEST SCAM UPDATE

 Detective Chris Cary from the HPD will join us on Thursday, February 6 for a talk on scams and other crimes that especially target the senior population. Join us for lunch. The presentation will start @ 12:20 p.m. in the dining room. If you wish to come for lunch that day, call 508-210-5578 two (2) days in advance. If you wish to come just for the talk, call 508-210-5570 to reserve a seat. This program is free and open to all.

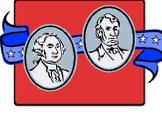
SHINE COUNSELOR
Monday, February 10 & Monday, February 24
BY APPOINTMENT ONLY





FEBRUARY 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>VINTAGE VALENTINES</p>  <p>Wednesday, February 5 @ 1:00</p>	<p>HOME-COOKED LUNCH</p>  <p>Wednesday, February 12</p>	<p>SCAM UPDATE Thursday, February 6 @12:20</p> 	<p>FRIENDS ANNUAL VALENTINE'S COOKIE SALE Friday, February 14</p> 
<p>3</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Vegetable Cheese Bake 1:00 Quilting</p> 	<p>4</p> <p>8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch Salmon Boat w/Dill 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p>5</p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch Garlic Herbed Chicken 1:00 Pitch Party 1:00 Vintage Valentines</p>   	<p>6</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Beef and Broccoli 12:20 Scam Update 12:30 Movie "The Cutting Edge" 1:00 Bridge 1:00 Line Dancing</p>    	<p>7</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Pork Dijon 1:00 Cribbage 1:15 Spring Chicken Fitness</p>  
<p>10</p> <p>SHINE by Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Beef with Onion Gravy 1:00 Quilting</p> 	<p>11</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Baked Chicken 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p>12</p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Home Cooked Lunch Beef Stew 1:00 Pitch Party</p>   	<p>13</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken & Asparagus 12:30 Movie "Love Story" 1:00 Bridge 1:00 Line Dancing</p>  	<p>14</p> <p>8-4:00 Billiards 9:00 Friends Cookie Sale 10:00 Poker 12:00 Senior Lunch Roast Beef Au Jus 1:00 Cribbage 1:15 Spring Chicken Fitness</p>   
<p>17</p> <p>Presidents' Day Holiday</p>  <p>SENIOR CENTER CLOSED</p>	<p>18</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Beef w/ Jardiniere Sauce 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p>19</p> <p>8-4:00 Billiards 10:00 Senior Walkers 10-12:00 Legal Clinic 12:00 Senior Lunch Cracker Crumb Fish 1:00 Pitch Party</p>  	<p>20</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Grp 10:30 Low Impact Exercise 12:00 Senior Lunch Pork w/Rosemary Gravy 12:30 Movie "Lincoln" 1:00 Bridge 1:00 Line Dancing</p>  	<p>21</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Chicken Fricassee 1:00 Cribbage 1:15 Spring Chicken Fitness</p>  
<p>24</p> <p>SHINE by Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Potato Crunch Fish 1:00 Quilting</p> 	<p>25</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Hot Dog on Bun 1:00 Bingo 1:00 Bridge</p>   	<p>26</p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch Swedish Meatballs 1:00 Pitch Party</p>  	<p>27</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Greek Chicken 12:30 Movie "Lovely, Still" 1:00 Bridge 1:00 Line Dancing</p>  	<p>28</p> <p>8-4:00 Billiards 9:00 Bereavement Group 10:00 Poker 12:00 Senior Lunch Beef Stroganoff 1:00 Cribbage 1:15 Spring Chicken Fitness</p>  

COMING IN MARCH...

March 5 ... Talk on Pre-Diabetes by VNA



March 10 ...
"Mystery of Crop Circles"

March 12 ... Legal Consultation by Appointment

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.

BLOOD PRESSURE CLINICS NOW EVERY TUESDAY!!! SEE CALENDAR FOR TIMES!

FEBRUARY MOVIES

Thurs., Feb. 6 ... "The Cutting Edge" ... Spoiled but accomplished figure skater Kate Moseley (Moira Kelly) is on her way to the Olympics, and so is egotistical hockey player Doug Dorsey (D.B. Sweeney). When an eye injury puts Doug out for the rest of the season, he reluctantly agrees to try working as Kate's partner, which allows him to stay in competition. The duo gets off to a rough start but learns to perform as a team, and they soon become a force to be reckoned with. *PG ~ 102 min.*

Thurs., Feb. 13 ... "Love Story" ... Privileged Harvard jock Oliver Barrett IV (Ryan O'Neal) sparks the anger of his steely, demanding father (Ray Milland) by falling in love with and marrying plebeian Radcliffe student Jennifer Cavalleri (Ali MacGraw), prompting his disapproving family to cut off his inheritance. After graduation, Oliver lands a job with a prominent law firm, and the blissful couple has the world by the tail -- until tragedy intervenes.

PG ~ 95 minutes

Thurs., Feb. 20 ... "Lincoln" ... Director Steven Spielberg takes on the towering legacy of Abraham Lincoln, focusing on his stewardship of the Union during the Civil War years. The biographical saga also reveals the conflicts within Lincoln's cabinet regarding the war and abolition. Starring Daniel Day-Lewis and Sally Field.

PG-13 ~ 150 minutes

Thurs., Feb. 27 ... "Lovely, Still" ... When his beautiful new neighbor Mary (Ellen Burstyn) asks him out on a date, elderly bachelor Robert (Martin Landau) suddenly finds himself swept up in the excitement and panic of new love. But as romance blossoms between the couple, an unexpected challenge arises that threatens to undermine the fledgling relationship. Nicholas Fackler directs this touching drama that also stars Adam Scott and Elizabeth Banks.

PG ~ 92 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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