

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



January 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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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.



USING HUMOR TO HEAL

The Holden Senior Center is proud to present "Using Humor to Heal" by Marie Ambrosino. This talk will be held at **1:00 p.m. on Monday, January 14**. Marie is the Community Educator from Affinity Hospice of Life. The program is free and open to all. Please call 508-210-5570 for a reservation.

BACK BY POPULAR DEMAND

"The City of Four," a local jazz band under the direction of Lucas Apostoleris, will perform on **Wednesday, January 16 at 1:00 p.m.** If you enjoy live music of any kind, come and bring your friends. This group is back by popular demand. Refreshments will be served. Call 508-210-5570 for a reservation. The concert is free and open to everyone.



HOME COOKED LUNCH

Join us for a home-cooked meal at **noon on Wednesday, January 23**. Hot soup and a sandwich followed by a delicious dessert. Come and this lunch will be \$2.00 for Holden elders and Senior Center volunteers and \$4.00 for out of town elders. Call 508-210-5570 for reservations which **must** be made by **Friday, January 18**.



BEREAVEMENT SUPPORT GROUP



Our monthly bereavement support group, facilitated by Carol Recchion, MDiv. will be held on **Monday, January 14 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 Board and Staff of the Holden Council on Aging wish you and yours a very Happy and Healthy New Year. The Senior Center will be closed on **Tuesday, January 1, 2013**





UPCOMING TRIPS

Thursday, February 21, 2013 ... "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, 2013 ... "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**

HAVE YOU MADE YOUR RESOLUTIONS???



Let us help you keep your resolutions! Participate in any or all of these programs:



- **Low impact aerobic exercise** ~ Tuesdays & Thursdays at 10:30 a.m. ~ \$4.00 per class
- **Chair Yoga** ~ Tuesdays at 2:30 p.m. ~ \$2.00 per class
- **Line Dancing** ~ Wednesdays at 1:00 p.m. ~ \$4.00 per class
- **Walkers** ~ Wednesdays at 10:00 a.m. ~ free



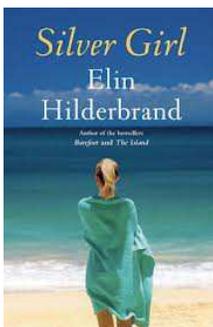
COME JOIN THE FUN!!!

A TREASURE RE-DISCOVERED!!

The Generations Cookbook first published in 2001 has been re-discovered. This makes a wonderful or get one for yourself! Copies can be found on the gift kiosk for \$10.00 each.



BOOK DISCUSSION GROUP



The discussion group will meet **Thursday, January 10 at 10:00 a.m.** This month's selection is Silver Girl by Elin Hilderbrand. Meredith Martin Delinn just lost everything: her friends, her homes, her social standing - because her husband Freddy cheated rich investors out of billions of dollars. Desperate and facing homelessness, Meredith receives a call from her old best friend, Constance Flute. Connie's had recent worries of her own, and the two depart for a summer on Nantucket in an attempt to heal. But the island can't offer complete escape, and they're plagued by new and old troubles alike. When Connie's brother Toby - Meredith's high school boyfriend - arrives, Meredith must reconcile the differences between the life she is leading and the life she could have had. Set against the backdrop of a Nantucket summer, Elin Hilderbrand delivers a suspenseful story of the power of friendship, the pull of love, and the beauty of forgiveness.

SHINE COUNSELOR

**Monday, January 7 and Monday, January 28
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.

CAN I STILL CHANGE MY MEDICARE PLAN??

The 2012 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans.

For those with a **Medicare Advantage Plan**:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement at this time.

For those with a **Medicare Advantage Plan that ended in 2012**:

If you did not select a different Medicare Advantage or a Prescription Drug Plan for 2013, then you are currently in Original Medicare without drug coverage. You have until the end of February to enroll in a new Medicare Advantage or drug plan for 2013, which will begin the first of the month after your enrollment. If you choose a drug plan, you may also add a supplement.

For those with **Prescription Advantage** or getting **“Extra Help”** paying for prescription drugs: You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

Prescription Advantage Changes PBM ~ New ID Cards Issued to Members

As of January 1, 2013, Prescription Advantage will no longer use the Catamaran Pharmacy Benefits Manager (PBM) to process members’ claims. All Prescription Advantage members will have their claims processed through Xerox Corporation.

While this change in PBM has no affect on Prescription Advantage benefits, as of January 1, 2013 member’s current Prescription Advantage identification card will no longer be valid. Replacement cards are being issued.

Member identification numbers will remain the same, but codes required for pharmacy billing will change. These new codes will be on the member’s ID card.

Attached is the letter members will receive with their new ID card. Also attached is a notice that will be faxed to Prescription Advantage’s pharmacy network to alert them to this change.

OUR SHINING STAR...



Visit our Gift Corner located in the Lounge at the Senior Center and you’ll discover a delightful selection of useful and hand crafted items perfect for your own use and/or for gift giving!!!



VETERANS’ MEETING



On **Friday, January 25 at 10:30 a.m.** the Meet and Greet Veterans’ meeting will discuss boot camp/basic training aspects and how they are alike/different among the diverse military services. All veterans and their interested friends are cordially invited to attend.



JUST A REMINDER...



Paula or Cindy would be cards for you to choose from. They will bring a book of sam- and deliver your order to your benefit the Friends of the



happy to bring a variety of greeting The cost of the cards is \$1.50 each. ples from which to choose then fill home. Proceeds from the card sales HCOA.





JANUARY 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  SENIOR CENTER CLOSED	2 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Beef w/Jardiniere Sauce</i> 1:00 Pitch Party 	3 8:00 HCOA Board Meeting 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Fish w/Crumb Topping</i> 12:30 Movie " <i>Eat Pray Love</i> " 1:00 Bridge 1:00 Line Dancing 4-6:00 HPFF Blood Pressure Clinic 	4 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Rosemary Pork</i> 1:00 Cribbage 
7 SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Beef Stew</i> 1:00 Quilting 1:00 Friends' Meeting 	8 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 	9 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Hot Dog on Bun</i> 1:00 Pitch Party 	10 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:00 Book Discussion Group 12:00 Senior Lunch <i>Swedish Meatballs</i> 12:30 Movie " <i>The Panama Canal</i> " 1:00 Bridge 1:00 Line Dancing 	11 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Sweet & Sour Chicken</i> 1:00 Cribbage 
14 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Yankee Chicken Pie</i> 1:00 Quilting 1:00 Using Humor to Heal Bereavement Support Group  	15 8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Veal Bourguignon</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	16 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Chicken Murphy</i> 1:00 Pitch Party 1:00 The City of Four  	17 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatloaf & Gravy</i> 12:30 Movie " <i>The Best Exotic Marigold Hotel</i> " 1:00 Bridge 1:00 Line Dancing 	18 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Salmon Boat w/Dill Sauce</i> 1:00 Cribbage 
21 SENIOR CENTER  <p><small>Martin Luther King Jr. Jan. 15, 1929 – April 4, 1968</small></p> CLOSED	22 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Chow Mein</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	23 8-4:00 Billiards 10:00 Angel Walkers 12:00 Home Cooked Lunch 1:00 Pitch Party  	24 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Apricot Chicken</i> 12:30 Movie " <i>The Seven Year Itch</i> " 1:00 Bridge 1:00 Line Dancing 	25 8-4:00 Billiards 10:00 Poker 10:30 Veterans' Meeting 12:00 Senior Lunch <i>Salisbury Steak & Gravy</i> 1:00 Cribbage  
28 SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Spinach/Cheese Omelet</i> 1:00 Quilting 	29 8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatballs & Onion Gravy</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	30 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Lemon Pepper Fish</i> 1:00 Pitch Party 	31 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef & Broccoli</i> 12:30 Movie " <i>The Next Three Days</i> " 1:00 Bridge 1:00 Line Dancing 	MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE

COMING IN FEBRUARY...



Thursday, Feb. 7 ... Safe Driving Program sponsored by AARP

Monday, Feb. 11 ... Program on Valentines by William Wallace, Worcester Historical Museum



Details will appear in February's newsletter.

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.

JANUARY MOVIES

Thurs., Jan. 3 ... "Eat Pray Love" ~ Recent divorcée Liz decides to reshape her life, traveling the world in search of direction. She heads to Italy, India and Bali, indulging in delicious cuisine while seeking the true meaning of self-love, family, friendship and forgiveness. Julia Roberts stars. *PG-13 ~ 140 minutes*

Thurs., Jan. 10 ... "American Experience: The Panama Canal" ~ Finished in 1914, the 48-mile Panama Canal revolutionized the shipping industry by creating a shortcut for vessels headed from one coast of North America to the other. This documentary chronicles the struggle in creating this engineering marvel. Using archival footage and first-hand accounts, this "American Experience" program shows how the canal was built over 10 years -- and how more than 5,000 people lost their lives in the process. *NR ~ 90 minutes*

Thurs., Jan. 17... "The Best Exotic Marigold Hotel" ~ To make the most of their meager retirement savings, a group of British seniors moves to India to live out their golden years at the Marigold Hotel. But upon arrival, they discover the once-lavish resort has wilted considerably. Judi Dench and Maggie Smith star. *PG-13 ~ 124 mins.*

Thurs., Jan. 24 ... "The Seven Year Itch" ~ After packing off his wife and son for the summer, doughy middle-aged publisher Richard Sherman lets his imagination run wild, fantasizing about erstwhile ladyloves and his blonde, curvaceous new neighbor inviting her over for a drink. Richard plans to sweep her off her feet and into the bedroom, until he imagines that his flights of fancy are airing nationwide -- with his wife in the audience. Starring Tom Ewell and Marilyn Monroe. Directed by Billy Wilder *NR ~ 105 min.*

Thurs., Jan. 31 ... "The Next Three Days" ~ When his wife is sent to jail on murder charges she fervently denies, college professor John Brennan comes up with a meticulous plan for the ultimate prison escape -- even though he's never committed a crime in his life. Russell Crowe, Elizabeth Banks, Liam Neeson & Brian Dennehy star. *PG-13 ~ 133 minutes*

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