

Among Friends



January 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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TELEPHONE NUMBERS

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.

FEEL GOOD BINGO

Did you know that November 13 was World Kindness Day? It's a special day for reaching out, bridging gaps, and helping to make the world a kinder place for all. Do you know someone who is consistently down or anxious? Or perhaps they seem to drink too much? Then perhaps your act of kindness could be to steer them to coming to a game of *Feel Good Bingo*® which offers a fresh spin on the classic game. Instead of using letters and numbers, each player's game card contains various icons depicting common symptoms of depression. And remember, you can also be kind to yourself, if you feel you may have a problem with depression.

So why not show true kindness not just on World Kindness Day, but every day and encourage a friend, family member, work colleague, or, yes, even yourself, to come to *Feel Good Bingo*®. Mental Health is a huge part of our overall health so take good care of it.

Join us for our game on **Monday, January 13 at 12:45 p.m.** No cover charge!! Prizes will be awarded. To reserve your seat at the table, please call 508-210-5570.



BACK BY POPULAR DEMAND...



The City of Four jazz band will perform for us at **1:00 p.m. on Wednesday, January 15.** Members are local high school and college students, playing a variety of compositions. Our local Girl Scout troop will be serving refreshments in order to complete aspects of their community service badge requirement. A happy and fun event to start the New Year. Free and open to all. Call 508-210-5570 to make a reservation. (If you plan on lunch before the concert, call 508-210-5578 two days in advance to make your reservation.)

WE CAN HELP!!!!

We can help you with those pesky New Year's Resolutions! Programs at the Senior Center include: Low Impact Exercise; Chair Yoga; Line Dancing; Walking; Tai Chi and Spring Chicken Fitness. See our calendar for days and times and see what works for you!



THE SENIOR CENTER WILL BE CLOSED ON
WEDNESDAY, JANUARY 1st ~ HAPPY NEW YEAR!!
THE SENIOR CENTER WILL BE CLOSED ON
**MONDAY, JANUARY 20 IN OBSERVANCE OF
MARTIN LUTHER KING, JR. 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 & 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.

Coming in May ... Walk the Hudson ... Trip includes a 1.28 mile narrated walk over the Hudson River on the newly opened pedestrian walking park. (There are benches along the way and a driver in a golf cart follows the group in the event someone tires.) Lunch at Shadow's on the Hudson and a visit to the FDR Historic Site which contains the lifelong home of America's only 4-term President and then time at its museum.

Coming in June ... Boston Whale Watch Adventure ... 3 hour whale watch and time for lunch and shopping at Quincy Market.

HOME COOKED LUNCH

Our next home cooked lunch will be on *Wednesday, February 5 at noon*. We will serve a delicious "stick to your ribs" homemade 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, January 31st**.



FROM THE FRIENDS...



Happy New Year Everyone! Our next meeting will be on **Monday, January 6 at 1:00 p.m.** We hope you will be able to join us as we begin planning for our next big event ~ the Valentine's Cookie Sale!



ATTENTION HOLDEN PROPERTY OWNERS 65 YEARS OR OLDER

Did you know that you may qualify for up to \$1,000 off 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, 2013, have owned property in Massachusetts for 5 years, and have lived in Massachusetts for 10 years. Income from all sources in 2012 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 p.m. on Friday. We would be happy to set up an appointment to help you fill out the application. **Please note: Applications must be filed by March 31, 2014.**

SHINE COUNSELOR
Monday, January 13 & Monday, January 27
BY APPOINTMENT ONLY



A NEW YEAR ~ A NEW YOU
CHAIR YOGA FOR ALL LEVELS - TUESDAYS 2:30-3:30 P.M.

Themes for January's classes are: January 7 - Yoga 101 - Back to basics (Breathing/Centering, Alignment/Posture); January 14 - Yoga to balance mind/body (improve focus, concentration & balance); January 21 - Yoga to Manage Moods (handling winter dull drums); and January 28 - Energy/Core Yoga (increase internal fire/energy).



IT'S THAT TIME OF YEAR AGAIN...

AARP Volunteers will be here on Mondays beginning February 3rd to prepare **SIMPLE** income tax returns. At the time this newsletter went to press, no further details were available, so please watch for more details in February's newsletter.



WINTER WONDERLAND CONCERT

Join us on **Wednesday, January 22 at 1:00 p.m.**, for a Winter Wonderland Concert featuring singer and guitarist, Marti Sawyer. Hot Chocolate and Cookies will be served. Call 508-210-5570 for a reservation. The performance is free and open to all. (If you want lunch before the concert, call 508-210-5578 two days in advance for your reservation.)



YOU CAN BE SUPERMARKET SAVVY!!

Tips on how to shop and make healthy food choices will be featured in a talk with Sue Bartolini, Registered Dietitian, on how to become Supermarket Savvy. Whether you are cooking for one or many, come and learn how you can make the most of your dollar. This program is sponsored by Oriol Health Care. The talk will take place on **Monday, January 27 at 1:00 p.m.** and is free and open to all. (If you want lunch before the program, call 508-210-5578 two days in advance to reserve a seat.)



JUST IN TIME FOR THE NEW YEAR!!!!

SPRING CHICKEN ALPHABET SOUP FITNESS PROGRAM

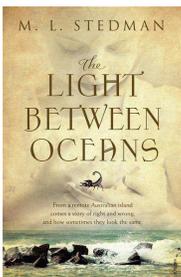


Join Instructor Marty French for this new and exciting exercise class on **Friday, January 10 at 1:15 p.m.** Spring Chicken Fitness uses the mind, body and spirit in every class. If you don't "use ityou loose it!" The Alphabet Soup program uses the brain and body together to strengthen every cell that we need for a strong healthy life from 50 to 100. Safety, balance, laughter, strength and stretch is a part of Spring Chickens Fitness. Join us just for the joy of it! Fitness Class is Free and is presented by Oriol Health Care.



BOOK DISCUSSION GROUP

Our Book Discussion Group will meet again at **10:30 a.m.** on **Thursday, January 16** at which time they will discuss the book The Light Between Oceans: A Novel by M. L. Stedman. After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. To this isolated island, where the supply boat comes once a season, Tom brings a young, bold, and loving wife, Isabel. Years later, after two miscarriages and one stillbirth, the grieving Isabel hears a baby's cries on the wind. A boat was washed up on shore carrying a dead man and a living baby.





JANUARY 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>WINTER WONDERLAND CONCERT Wednesday, January 22~1:00 p.m.</p> 	<p>1 HAPPY NEW YEAR</p>  <p>SENIOR CENTER CLOSED</p>	<p>2</p> <p>8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pork w/Stuffing & Gravy</i> 12:30 Movie "Bedtime Stories" 1:00 Bridge</p> 	<p>3</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Cracker Crusted Fish</i> 1:00 Cribbage</p> 
<p>6</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Wild Pacific Salmon Alfredo</i> 1:00 Quilting 1:00 Friends Meeting</p> 	<p>7</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pork Ragu</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p>8</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <i>Lemon Thyme Chicken</i> 1:00 Pitch Party</p>  	<p>9</p> <p>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 Movie "Miracle" 1:00 Bridge 1:00 Line Dancing</p>  	<p>10</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Beef Mediterranean</i> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>  
<p>13</p> <p>SHINE by Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Shepherd's Pie</i> 12:45 Feel Good Bingo 1:00 Quilting</p>  	<p>14</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Cacciatore</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p>15</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Pitch Party 1:00 City of Four</p>   	<p>16</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>Pot Roast Stew</i> 12:30 Movie "Argo" 1:00 Bridge 1:00 Line Dancing</p>  	<p>17</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Chicken Mornay</i> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>  
<p>20</p> <p>Martin Luther King, Jr. Holiday</p>  <p>SENIOR CENTER CLOSED</p>	<p>21</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatloaf & Gravy</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p>22</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <i>Spaghetti & Meatballs</i> 1:00 Pitch Party 1:00 Winter Wonderland Concert</p>   	<p>23</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Breaded Fish Nuggets</i> 12:30 Movie "Mrs. Miniver" 1:00 Bridge 1:00 Line Dancing</p>  	<p>24</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Turkey a la King</i> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>  
<p>27</p> <p>SHINE by Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Beef & Bean Chili</i> 1:00 Quilting 1:00 Supermarket Savvy</p>  	<p>28</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Roast Turkey & Gravy</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p>29</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <i>BBQ Rib-i-que</i> 1:00 Pitch Party</p>  	<p>30</p> <p>8-4:00 Billiards 9:00 Bereavement Group 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Buttermilk Chicken</i> 12:30 Movie "Buck" 1:00 Bridge 1:00 Line Dancing</p>  	<p>31</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Burgundy Meatballs</i> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>  

COMING IN FEBRUARY...



Wed., Feb. 5 ... Home Cooked Meal

Fri., Feb. 14 ... Valentine's Day
Cookie Sale



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!

JANUARY MOVIES

Thurs., Jan. 2 ... "Bedtime Stories" ... Skeeter is a down-on-his-luck guy who's always telling bedtime stories to his niece and nephew. But his life is turned upside down when the fantastical stories he makes up inexplicably turn into reality and he must find a way to manage them. Starring Adam Sandler & Keri Russell *Rated PG ~ 99 minutes*

Thurs., Jan. 9 ... "Miracle" ... Focused on achieving the impossible -- defeating the Soviet Union's unbeaten hockey team at the 1980 Winter Olympics -- brash U.S. hockey coach Herb Brooks unites a motley group of college athletes and turns them into a force to be reckoned with. Starring Kurt Russell & Patricia Clarkson *Rated PG ~ 136 minutes*

Thurs., Jan. 16 ... "Argo" ... When Iranian militants seize the American embassy in 1979, six Americans slip into the Canadian embassy for protection, prompting the CIA to concoct an elaborate plot to rescue them by pretending that they're filmmakers rather than diplomats. Directed by Ben Affleck. Starring Ben Affleck, Bryan Cranston, Alan Arkin, and John Goodman. **Rated R for Language and some Violent Images. ~ 120 minutes Winner of 3 Academy Awards and 2 Golden Globe Awards**

Thurs., Jan. 23 ... "Mrs. Miniver" ... Greer Garson, Walter Pidgeon, Teresa Wright and Reginald Owen star in this Academy Award-winning drama directed by the acclaimed William Wyler about an English family's efforts to rise above the hardships of war. The patriarch (Pidgeon) faces battle in Dunkirk; an air raid kills a daughter; and a son joins the Royal Air Force. Through it all, Mrs. Miniver (Garson) stands tall, strong, proud and still filled with hope. **Not Rated ~ 134 minutes**

Thurs., Jan. 30 ... "Buck" ... Buck Brannaman, inspiration for "The Horse Whisperer," is revealed as a complex figure in this Sundance Audience Award winner for Best Documentary by Cindy Meehl. The master horseman reveals details of his troubled childhood and his dawning awareness of new ways that humans and horses might work with one another. As Buck learns more about horses, he finds that the ways we communicate with our animal companions offer lessons on how we relate to fellow human beings. *Rated PG ~ 89 minutes*

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