

# 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



July 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.

## CHECK OUT THIS "COOL" PRESENTATION!!

Enjoy this "cool" presentation by Gregg Sculthorpe, **THE LAST GREAT RACE ON EARTH**, commonly known as the Iditarod. Gregg, along with his brother and father, had a trip to Anchorage, Alaska a few years ago to witness this event. The presentation will feature lots of photos and stories of their adventure. Join us on **Monday, July 15 at 1:00 p.m.** This program is free and open to all, with refreshments. Please call 508-210-5570 to reserve your seat. If you wish to come to lunch prior to the show, please call 508-210-5578 two days in advance.



## Two Old Friends Concert & Summer Social



Back by popular demand, Two Old Friends will present a lively performance on **Wednesday, July 17 at 1:00 p.m.** featuring banjo, guitar, mandolin, concertina, and bodhran. Plaintive ballads, foot-stomping tunes, traditional Irish tunes and story telling make this an event for everyone. The concert will be followed by a summer social. Free, open to all, and air conditioned. Reservations required. Please call 508-210-5570 to reserve your seat. If you wish to come to lunch prior to the show, please call 508-210-5578 two days in advance.

## WACHUSETT COMMUNITY BAND CONCERT

The Wachusett Community Band will perform on **Wednesday, July 24 at 1:00 p.m.** The band is made up of local musicians and performs weekly in several area towns. Come and enjoy traditional band music and refreshments. Please call 508-210-5570 for a reservation in our air conditioned facility. Free and open to all. If you wish to come to lunch prior to the show, please call 508-210-5578 two days in advance.



## NEW BEREAVEMENT SUPPORT GROUP BEGINS

**Beginning on Friday, July 12, at 9:00 a.m.,** we will offer a group for Widows and Widowers which will require registration in order to participate. The group will meet at 9:00 a.m., the 2nd Friday of each month, for 6 months. Having this new format for the group will allow for a deeper level of support and discussion among participants, as well as opportunities to learn more about how to become more resilient as they grieve.

To enroll in the group, please call facilitator Carol Recchion at 774-258-1468 by **Thursday, June 27.** There is limited space available. For those other than widows or widowers who have suffered a loss, please contact Carol, and she will provide referrals to appropriate groups for support.



We will be closed on  
**Thursday, July 4th** in observance of  
**Independence Day**





# UPCOMING TRIPS

**Tuesday, July 23 .. "The Spirit of Boston"** Come aboard and enjoy the most entertaining experience in Boston featuring our luncheon Grande Buffet! This two-hour cruise on Boston's historic harbor is perfect for an afternoon get-away and is exclusive to Best of Times Guests Only! Once price includes everything except drinks and photos. *Bon Voyage!* As the ship pulls away from the dock, grab your streamers and your drinks and join our Spirit entertainers in a festive Bon Voyage toast. *Bon Appétit!* Once you've been invited up to our Grande Buffet, take as little or as much as you like. With choices such as Wild Alaskan Salmon, Classic Baked Chicken, Asian Beef & Chicken Sitr Fry, Grilled Vegetable Lasagna, and Sweet Dessert Trip, there is sure to be something to please even the most discerning palate. You can even go back for seconds and thirds as long as the buffet is open! *Oooo, ahhh* - while you dine, we'll entertain you with a fascinating narrated tour of Boston's breathtaking skyline and the talented Broadway-quality performers will dazzle you with song and dance on the center stage. *Stretch your legs* - head topside for the largest outdoor patio deck in Boston and catch a breath of fresh air and an amazing view. *Rock 'til you dock* - from line dances to Top-40 hits, our DJs know how to get everyone up and dancing, right to the end of your cruise. After our cruise we will depart for Faneuil Hall & Quincy market. This bustling market place is still as busy as it was in the 1700's featuring a burgeoning array of shops, restaurants and outdoor entertainment making it a premiere destination. We will have free time here to explore or shop on our own before our departure home. **Cost of this trip will be \$80.00/person including driver's gratuity.**

**Tuesday, Aug. 13 ... "Broadway and the Feast"** Join us as we bring a bit of Broadway to the beaches of Maine. We transform one of Maine's best known facilities for lobster, Fosters, into our very own theatre! Best of Times own stage, lighting and sound system creates the show experience our customers have come to expect. Experience one of Maine's finest traditions at one of its finest locations. Our show this afternoon features the dynamic duo of The Chimenti's. They are a husband and wife duo that bring Broadway to life in a very special and unique way. Cathy's repertoire includes a tour with American Family Theatre's production of The Little Mermaid as well as roles such as Mama Rose in Gypsy, Fanny Brice in Funny Girl, Reno Sweeney in Anything Goes, Sheila in A Chorus Line and Grace Farrell in Annie. Michael has a powerful voice that has been seen in New York productions of Fiddler on the Roof, The Fantasticks, Sweeney Todd and The Producers. Your meal includes whole boiled 1 1/4 lb. Lobster, Clam Chowder, Fresh Steamed Mussels, Fresh Maine Clams, Corn on the Cob, Potatoes & Onions, Blueberry Cake, Rolls, Butter & Beverage. A 1/2 BBQ Chicken is available as a non-lobster alternative. **Cost for this trip is \$86.00/person including driver's gratuity.**

## LEGAL ASSISTANCE



Attorney Arthur Bergeron from Mirick O'Connell will be available on **Wednesday, July 17** from **10:00 a.m. - 12:00 noon** to answer legal questions for Holden Elders only, by appointment only. We will be scheduling 15 minute appointments. To make your appointment, please call 508-210-5570.

## JUST A REMINDER...



...Now that summer's here we want to remind you that the Senior Center is air conditioned. You are more than welcome to come in and spend the day and enjoy the "coolness!" We have books, games and movies for you to enjoy, or you can participate in whatever may be going on.



**ALSO**, while here at the Center, please be aware that the air conditioning is on and set at 75°. If you tend to "run" chilly we encourage you to bring a sweater along with you, as we try not to turn the system on and off.

## INDOOR FLEA MARKET...

The Friends will be holding an indoor flea market on Holden Days, **Saturday, August, 24** from **9:00-3:00**. Tables/spaces will be \$20.00 each. If you have things you'd like to get rid of, how better than a table in our air conditioned building! Please be aware that whatever you do not sell, you must take home with you, as we have no storage space available. Payment must be received at the time you register. **For further information, please call Paula Grady at 508-829-3462.**

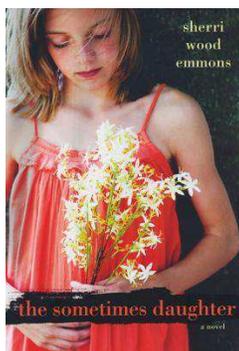


## SHINE COUNSELOR

**Monday, July 1, Monday, July 15 & Monday, July 29**  
**BY APPOINTMENT ONLY**



## BOOK DISCUSSION GROUP



The discussion group will meet **Thursday, July 11 at 10:00 a.m** to discuss the book The Sometimes Daughter by Sherri Wood Emmons. In this poignant and beautifully written novel, Sherri Wood Emmons, acclaimed author of Prayers and Lies, explores the complex bond between a daughter and her errant mother...

Judy Webster is born in a mud-splattered tent at Woodstock, just as Crosby, Stills, and Nash take the stage. Her mother, Cassie, is a beautiful, flawed flower-child who brings her little girl to anti-war protests and parties rather than enroll her in pre-school. But as Cassie's husband, Kirk gradually abandons '60's ideals in favor of a steady home and a law degree, their once idyllic marriage crumbles.

Dragging Judy back from the Kentucky commune where Cassie has taken her, Kirk files for divorce and is awarded custody. When Cassie eventually moves to an ashram in India, Judy is grief-stricken. At school, she constructs lies to explain her unconventional home-life, trying desperately to fit in to the world her mother rejected.

Cassie calls and writes, occasionally entering Judy's life just long enough to disrupt it. But little by little, Judy is growing up. As she grapples with her father's remarriage and her own reckless urges, she encounters all the joy and heartbreak that goes with first love, first loss, sex, drugs, and self-discovery. And when Cassie comes home again, Judy who has tried so long to find a place in her mother's life, must finally decide what place Cassie claims in hers...

**August's Selection:** After the Falls by Catherine Gildiner

### NEWS FROM SHINE

#### New Medicare Program for Durable Medical Equipment And Diabetic Testing Supplies

Effective July 1, Medicare will have a new program for Durable Medical Equipment in our area. There will also be a new National Mail-Order Program for diabetic testing supplies. If you have **Original Medicare** (not a Medicare Advantage HMO or PPO plan), these changes will apply to you.

Some of the items covered under this new Durable Medical Equipment program are:

- Oxygen and oxygen equipment
- Standard (power and manual) wheelchairs and scooters
- Hospital beds
- Walkers

If you are already renting certain medical equipment or receiving oxygen, you may have to switch your supplier. In certain circumstances you may be able to keep your supplier. **Make sure Medicare will continue to pay for your item to avoid any disruption of service!**

To have Medicare pay for **diabetic testing supplies** delivered to your home, you will need to use a Medicare national mail-order supplier. If you don't want to use mail-order, you can go to a local pharmacy or storefront **that accepts Medicare assignment** and you will get the same low mail-order cost.

To find a Durable Medical Equipment or National Mail-Order Program supplier, you can go to [www.medicare.gov/supplier](http://www.medicare.gov/supplier) or call 1-800-MEDICARE (1-800-633-4227).

Trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center at 508-210-5570 and ask for a SHINE appointment.

### DID YOU KNOW....



- There is a house in Rockport, MA built entirely of newspaper?
- The Boston Common became the first public park in 1634?
- The Boston Cream Pie is the official dessert of Massachusetts?
- The first American lighthouse was built in Boston Harbor in 1716?
- The birth control pill was invented at Clark University in Worcester, MA?
- In Massachusetts it is illegal to put tomatoes in clam chowder?





# JULY 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Veal Bourguignon</i> 1:00 Quilting</p> 	<p><b>2</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-11:45 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Shepherd's Pie</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p><b>3</b></p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <i>BBQ Chicken</i> 1:00 Pitch Party</p>  	<p><b>4</b></p> <p><b>INDEPENDENCE DAY</b></p>  <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>5</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Meatloaf &amp; Gravy</i></p> 
<p><b>8</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Beef Stew</i> 1:00 Quilting</p> 	<p><b>9</b></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 Supreme</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p><b>10</b></p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <i>Lemon Pepper Fish</i> 1:00 Pitch Party</p>  	<p><b>11</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:00 <b>Book Discussion Group</b> 12:00 Senior Lunch <i>Hot Dog</i> 12:30 Movie "Pay It Forward" 1:00 Bridge</p> 	<p><b>12</b></p> <p>8-4:00 Billiards 9:00 <b>Bereavement Group</b> 10:00 Poker 12:00 Senior Lunch <i>Pork w/Brown Gravy</i></p> 
<p><b>15</b></p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Chicken Picatta</i> 1:00 Quilting 1:00 <b>Iditarod</b></p> 	<p><b>16</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef &amp; Broccoli</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p><b>17</b></p> <p>8-4:00 Billiards 10:00 Senior Walkers 10-12 <b>Legal Assistance</b> 12:00 Senior Lunch <i>Omelet w/Bacon &amp; Cheese Sauce</i> 1:00 Pitch Party 1:00 <b>Two Old Friends &amp; Summer Social</b></p>  	<p><b>18</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Fish w/Crumb Topping</i> 12:30 Movie "Transcontinental Railroad" 1:00 Bridge</p> 	<p><b>19</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Meatballs w/Onion Gravy</i></p> 
<p><b>22</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Italian Braised Beef</i> 1:00 Quilting</p> 	<p><b>23</b></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 Stew</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p><b>24</b></p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <i>Shaved Beef w/ Onions &amp; Peppers</i> 1:00 Pitch Party 1:00 <b>Wachusett Community Band</b></p>  	<p><b>25</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Spaghetti &amp; Meatballs</i> 12:30 Movie "61**" 1:00 Bridge</p> 	<p><b>26</b></p> <p>8-4:00 Billiards 10:00 Poker 10:30 Veterans' Meeting 12:00 Senior Lunch <i>Vegetable Cheese Bake</i></p> 
<p><b>29</b></p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Salmon Boat w/Dill</i> 1:00 Quilting</p> 	<p><b>30</b></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 Pork w/ Mushroom Gravy</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p><b>31</b></p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <i>Chicken Primavera</i> 1:00 Pitch Party</p>  	<p><i>Wednesday, July 17 at 1:00 p.m.</i></p>  <p><b>Two Old Friends Concert &amp; Summer Social</b></p>	<p><b>MENU &amp; MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</b></p>

## COMING IN AUGUST...



Wed., Aug. 7 ... Nutrition Program ~ 1:00

Wed., Aug. 14 ... Concert "The Main Event" 1:00

Thurs., Aug. 15 ... Annual Cookout 12:00 Noon

Wed., Aug. 21 ... Your Legal Questions Answered  
By appt. 10:00 a.m.-12:00 Noon



## 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!**

## JULY MOVIES

**Thursday, July 11 ... "Pay It Forward"** In this gentle drama from director Mimi Leder, young Trevor McKinney (Haley Joel Osment) responds to a school assignment with a plan to help three people who will, in turn, help three more, and so on, in an ever-widening circle. But Trevor touches more people than he expected, including his abused mother (Helen Hunt), his physically and emotionally scarred teacher (Kevin Spacey) and a journalist (Jay Mohr) who's investigating the plan. **PG-13 ~ 123 minutes**

**Thursday, July 18 ... "The Transcontinental Railroad"** Built in only six years by a team of ruthless entrepreneurs, innovative engineers and throngs of diligent workers, the Transcontinental Railroad shaped American culture, commerce and politics. This documentary explores the endeavor. At the time of its completion in 1869, it was touted as the largest construction project in history, but the sweeping project came at a heavy price for many American Indians. **NR~120 minutes.**

**Thursday, July 25 ... "61\*\*"** Turning a thoughtful lens on New York Yankee baseball legends Roger Maris (Barry Pepper) and Mickey Mantle (Thomas Jane), director Billy Crystal's Emmy-winning HBO drama follows the two opposites as they attempt to break Babe Ruth's 1927 single-season home run record. While the fans align themselves with one player, the players hope the other will be the winner, infusing the season with tension, excitement and anticipation. **NR~128 mins.**

*If you have a request of a movie you'd like to see, please call the Senior Center at 508-210-5570 and make that request. If we can get the movie, we'll be happy to show it!!*

*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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