

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



June 2012

The purpose 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.

ATTENTION ALL PEN PALS

Our very important "end of the year" gathering will be held on Thursday, June 7, ***AT THE MAYO SCHOOL***, 1:30 p.m. **Please call 508-210-5570 to confirm that you are attending.**



FATHERS DAY BREAKFAST AND THE STRANGE HISTORY OF MONEY IN THE U.S.



Mert Kenniston, a life member of the American Numismatic Association, will speak at the Father's Day Breakfast on Thursday, June 14. He has collected coins since his high school years, and later became a part-time coin dealer to finance his college years. He will speak on the oddities related to early Colonial and U.S. coinage, and the colonial shipwreck that allowed the U.S. to purchase the Louisiana Territory. There will be time for questions and answers following his talk. You are welcome to bring your favorite coins. **Reservations are needed for the breakfast at 9:00 A.M.** Breakfast will be free for the gentlemen. The ladies will be asked to pay \$2.00. The talk will begin at 9:30. Please call 508-210-5570 by Tuesday, June 12 to let us know you are coming.

Annual Strawberry Festival

Our annual strawberry festival will be held Thursday, June 21 at 2:00 p.m. Join us for a fresh strawberry dessert and coffee. Music by Elliot Lockwood. **Reservations are a must.** Make your reservation by calling 508-210-5570 on or before Monday, June 18.



NEW PROGRAM....

The Holden Professional Firefighters will hold a blood pressure clinic the 1st Thursday of each month, beginning Thursday, June 7 from 4:00-6:00 p.m. here at the Senior Center. The screening is free ~ just stop by and they will take your blood pressure and give you a record card to track your results.



BEREAVEMENT SUPPORT GROUP

Our monthly bereavement support, facilitated by Carol Recchion, MDiv. will be held on Monday, June 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.





UPCOMING TRIPS

Tuesday July 3 ... "Boston Harborfest 2012" This 2012, for the first time ever, OpSail (Tall Ships) and the U.S. Navy have formed an official partnership. Join us to see: Tall Ships and US Naval vessels from across the world are coming to Boston to mark the *bicentennial of the War of 1812* and "The Star Spangled Banner." We will board a sightseeing boat for a wonderful narrated up-close look at the **Majestic Tall Ships** from across the globe, as we cruise around the Boston Harbor, we will sail by the pride of the **U.S. Navy's Gray Hull War ships and Old Ironsides** in port for Boston's Celebration. A family style all-you-can eat luncheon is included at a popular Boston area restaurant. Cost for this trip is \$96.00 per person including driver's gratuity.

Friday, August 10 ... "Boston Duck Tour" We're off to Boston for one of the most unique 80 minute tours you'll ever encounter. You'll board a "Duck," an authentic, renovated World War II amphibious landing vehicle and tour Boston like it's never been toured before. You'll be greeted by one of the legendary tour conDUCKtors, who'll be narrating your tour. You'll cruise by all the places that make Boston the birthplace of freedom and a city of firsts. And just when you think you've seen it all, there's more. It's time for "Splashdown" as your conDUCKtor splashes your duck right into the Charles River for a breathtaking water side view of Boston, the kind of view you just won't get anywhere else. Then it's off to Faneuil Hall Market place! It's always a festival offering free entertainment, incredible shopping in the Historic Quincy Market Building and Lunch on your own at the many fine restaurants. Departs from the Holden Senior Center at 9:00 a.m. Depart for home at 3:00 p.m. Cost for this trip including driver's gratuity will be \$57.00.

Look in the July newsletter for Information on Fall and Christmas trips.

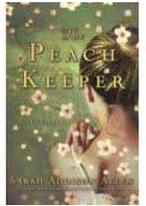
BOOK DISCUSSION GROUP ~ THURSDAY, JUNE 14 ~ 10:00 A.M.

The *New York Times* bestselling author of *The Girl Who Chased the Moon* welcomes you to her newest locale: Walls of Water, North Carolina, where the secrets are thicker than the fog from the town's famous waterfalls, and the stuff of superstition is just as real as you want it to be.

It's the dubious distinction of thirty-year-old Willa Jackson to hail from a fine old Southern family of means that met with financial ruin generations ago. The Blue Ridge Madam—built by Willa's great-great-grandfather during Walls of Water's heyday, and once the town's grandest home—has stood for years as a lonely monument to misfortune and scandal. And Willa herself has long strived to build a life beyond the brooding Jackson family shadow. No easy task in a town shaped by years of tradition and the well-marked boundaries of the haves and have-nots. But Willa has lately learned that an old classmate - socialite do-gooder Paxton Osgood - of the very prominent Osgood family, has restored the Blue Ridge Madam to her former glory, with plans to open a top-flight inn. Maybe, at last, the troubled past can be laid to rest while something new and wonderful rises from its ashes. But what rises instead is a skeleton, found buried beneath the property's lone peach tree, and certain to drag up dire consequences along with it.

For the bones - those of charismatic traveling salesman Tucker Devlin, who worked his dark charms on Walls of Water seventy-five years ago - are not all that lay hidden out of sight and mind. Long-kept secrets surrounding the troubling remains have also come to light, seemingly heralded by a spate of sudden strange occurrences throughout the town. Now, thrust together in an unlikely friendship, united by a full-blooded mystery, Willa and Paxton must confront the dangerous passions and tragic betrayals that once bound their families and uncover truths of the long-dead that have transcended time and defied the grave to touch the hearts and souls of the living.

Resonant with insight into the deep and lasting power of friendship, love, and tradition, *The Peach Keeper* is a portrait of the unshakable bonds that—in good times and bad, from one generation to the next—endure forever. Everyone is welcome. Please let us know if you would like to participate by signing up at the Senior Center front desk or by calling 508-210-5570.



Saying Farewell To A Friend...



A fond farewell to Outreach Worker, Cheryl Owoc as she leaves us and continues her work for the ARC in Fitchburg. She will continue here as a volunteer doing the book discussion and laughter yoga groups. We thank her for her service as an Outreach Worker but happily welcome her into the ranks of an excellent volunteer.

LAUGHTER YOGA

Join Cheryl on Thursday, June 21st at 11:00 a.m. for a laughter yoga class. There's nothing that'll make you feel better than a nice long, therapeutic belly laugh. Call 508-210-5570 to reserve your place. The class is free.

VETERANS MEETING

Please join our Veterans Group on Friday, June 22 at 10:30 a.m. when Wes Holm will be here to discuss Atlantic Convoy Duty; anti-submarine warfare; 20 crossings in Destroyer Escort and Coast Guard duties. We urge you to suggest events/topics to be discussed at any meeting. All veterans are welcome.

SHINE COUNSELOR
Wednesday, June 6
BY APPOINTMENT ONLY



Medicare: More Free Preventive Services in 2012

As part of the Affordable Care Act (health care reform), Medicare continues to expand the number of free preventive services available. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Last year, an estimated 32.5 million Medicare beneficiaries used one or more of these free benefits, saving these beneficiaries hundreds of dollars in co-pays.

The goal is to help people stay healthy by encouraging prevention. These services include: Colorectal cancer screening (including colonoscopies); Mammograms; Pap tests and pelvic exams; Bone mass measurements; Flu and pneumonia shots

Some of the newly available annual services at no cost are: Alcohol misuse screening and counseling; Cardiovascular screening; Depression screening; Obesity screening and counseling



For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

Your local Veterans Service Office may help if you are no longer eligible for assistance with payment of Part B premium

If you are a Veteran, or the widow of a veteran, and receive a notice from Social Security that the State is no longer paying for your Part B premium, you should contact your Town Veterans Office to see if you are eligible for benefits from their office that would assist you with Medical Payments and reimburse you for your Part B Premium.

"PROTECTING YOUR CHILDREN FROM THEMSELVES"



The next legal clinic will be held at 1:00 p.m. Monday, June 18, 2012 with a segment on planning and wills, presented by Mirick O'Connell. The speaker will be Attorney Arthur Bergeron. Reservations are **required** by calling 508-210-5570.

FUN WITH MUSIC



Come Monday, June 25 at 1:00 p.m. for a music program with sing along, bell ringers, classical music and fun songs. If you would like to participate in the program or if you have a craft to display, please leave a message for Marilyn Hyson at the Holden Senior Center at 508-210-5570.

Different musical programs will be held through the summer and early fall. Check each month's newsletter for details.

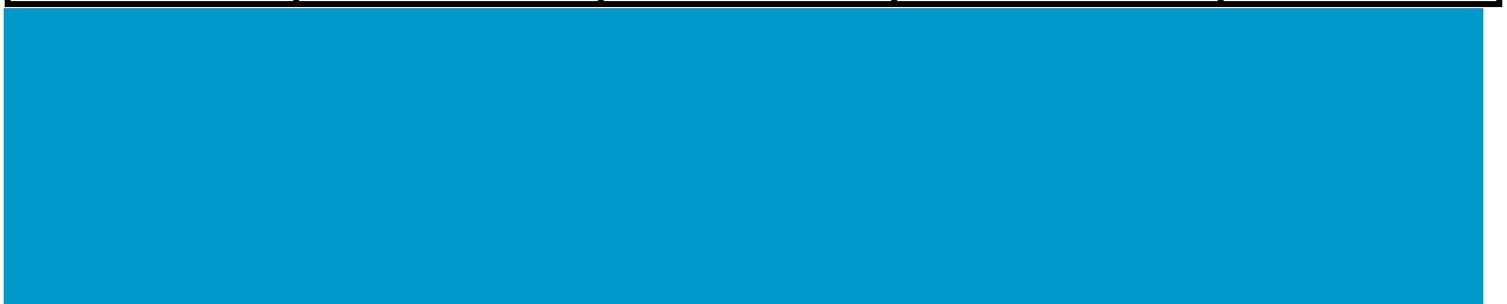
NEWS FROM THE FRIENDS...

Monday, June 4 at 1:00 p.m. will be our last scheduled meeting until the fall (Sept. 10). Thanks to all who attended our annual meeting where our new slate of officers was voted in. They are as follows:
President: Faye Ellis; **Vice President:** Marcia Sherbourne; **Secretary:** Geri Sawyer;
Treasurer: Helen Holmes; **Directors 2012-2013:** Sue Enman; Arlene Fraser; Helen Wisner;
Directors 2013-2014: Carole Laino; Paula Grady; Dorothy Holton; **Directors 2014-1015:** James McCorkle; Cynthia Stark; Jane Howell; **Membership:** Helen Holmes;
Nominating Committee: Appointed by the Board; **Associate Members:** Therese Black and Barbara Anger. On behalf of the Council on Aging Board and the Staff, congratulations to these officers. We look forward to working with you.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE	PEN PALS "end of the year" gathering Thursday, June 7 at 1:30 P.M.	FATHERS DAY BREAKFAST AND THE STRANGE HISTORY OF MONEY IN THE U.S. Thursday, June 14 at 9:00 a.m.	Annual Strawberry Festival Thursday, June 21 at 2:00 p.m.	1 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Spaghetti & Meatsauce</i> 1:00 Cribbage
4 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Buttermilk Chicken</i> 1:00 Quilting 1:00 Friends Meeting 	5 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Orange Beef</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	6 SHINE By Appt. Only 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Hot Dog on Bun</i> 1:00 Pitch Party 	7 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Salmon Boat w/Dill</i> 12:30 Movie " <i>Touching Wild Horses</i> " 1:00 Bridge 1:30 Pen Pal Party at Mayo 4-6:00 HPFF Blood Pressure Clinic	8 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Honey Glazed Pork</i> 1:00 Cribbage
11 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Quilting 4:30 Bereavement Support Group 	12 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Turkey a La King</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	13 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Veal Marsala</i> 1:00 Pitch Party 	14 9:00 Father's Day Brkfst 10:00 Mah Jongg 10:00 Book Discussion Grp 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Shepherd's Pie</i> 12:30 Movie " <i>Through Deaf Ears</i> " 1:00 Bridge	15 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Chicken Cantonese</i> 1:00 Cribbage
18 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Salisbury Steak</i> 1:00 Quilting 1:00 Legal Presentation 	19 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Lemon Pepper Fish</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	20 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Meatloaf & Gravy</i> 1:00 Pitch Party 	21 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 11:00 Laughter Yoga 12:00 Senior Lunch <i>Chicken Mornay</i> 12:30 Movie " <i>Morning Glory</i> " 1:00 Bridge 2:00 Strawberry Festival	22 8-4:00 Billiards 10:00 Poker 10:30 <i>Veterans' Meeting</i> 12:00 Senior Lunch <i>Vegetable Alfredo</i> 1:00 Cribbage
25 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Pork w/Apples</i> 1:00 Quilting 1:00 Fun with Music 	26 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Rib-B-Que</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	27 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Roast Turkey & Gravy</i> 1:00 Pitch Party 	28 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 " <i>Everybody's Fine</i> " 1:00 Bridge	29 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Swedish Meatballs</i> 1:00 Cribbage



COMING IN JULY...

Monday, July 16

Nutrition Program

Wednesday, July 18

Summertime Social

Monday, July 23

Fun with Music

Wednesday, July 25

Musical Duet



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

JUNE MOVIES

Thurs., June 7 ... "Touching Wild Horses" When a family tragedy turns his world upside down, young Mark is sent to remote Sable Island, where his Aunt Fiona cares for wild horses. Can the creatures help Mark heal his emotional wounds? Starring Jane Seymour PG ~ 91 minutes

Thurs., June 14... "Through Deaf Eyes" Emmy-winning actress Stockard Channing narrates this documentary that chronicles the history of deaf culture in America from the 19th century to the present day. Interviews with actress Marlee Matlin, community leaders and other deaf Americans provide an up-front and diverse perspective of this segment of society. Short films created by deaf artists are interspersed throughout the in-depth program. NR~120 min

Thurs., June 21... "Morning Glory" Whiz-kid producer Becky Fuller (Rachel McAdams) finds her abilities put to the test when she's charged with bringing a network morning show back from ratings purgatory. Her first job: getting the show's feuding, acid-tongued co-hosts (Harrison Ford and Diane Keaton) under control. Jeff Goldblum co-stars as Fuller's network-exec boss and Patrick Wilson is Becky's put-upon boyfriend in this comedy from the writer of The Devil Wears Prada. PG-13 ~ 107 minutes

Thurs., June 28... "Everybody's Fine" Frank just lost his wife, and without their mother by his side, Frank's grown children aren't compelled to visit for the holidays. So he hits the road to visit them -- collecting various revelations and learning about himself along the way. Robert DeNiro; Kate Beckinsale and Drew Barrymore star. PG-13 ~ 99 minutes

A Note of Gratitude...

Thank you all for your expressions of sympathy and caring after the death of my father, Wally. The kindness, compassion and strength you've shown me are appreciated more than words can express. I am truly blessed to have so many wonderful friends.

*Sincerely,
Louise*



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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