

# 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



March 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.

## HCOA BOARD

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Rebecca Tornblom  
Marilyn Burnham  
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Cindy Smith, Outreach  
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Program Coordinator  
Naomi Sohlman,  
Transportation Coordinator  
Ernest Diesslin, Van Escort  
Marjeanne Adels, Van Escort  
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Lawrence Pierce  
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## FRIENDS OFFICERS

Faye Ellis, President  
Marcia Sherbourne, Vice President  
Geri Sawyer, Secretary  
Helen Holmes, Treasurer

## 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.

## "Leprechaun Tour"

Singer Marti Sawyer will entertain us with a special Saint Patrick's Day program of favorite Irish Songs. The program will be held on **Wednesday, March 13 at 1:00 p.m.** This free concert is open to all, & refreshments will be served. **Please register at 508-210-5570.**



## MIRICK O'CONNELL PRESENTS...



Mirick O'Connell will present the first legal clinic of 2013 entitled **PRESCRIPTION DRUGS: Keeping Control of your Medications and Prescription Costs** on **Monday, March 25 at 2:00 p.m.** Attorney Arthur Bergeron will be joined by a pharmacist from the Mass College of Pharmacy for this presentation. The program is free and open to all. Refreshments will be served. **Please call 508-210-5570 for a reservation.**

## YOUR COOPERATION IS APPRECIATED

If you have materials you'd like to donate to the Senior Center, please call 508-210-5570, and we will let you know if we can put them to good use. If we can't, the Recycling Center would love to have them. They are located at 131 Raymond Huntington Highway, West Boylston and their hours are Wednesday afternoons from 2:30-4:30 and the 3rd Saturday of the month from 8:00-11:00 a.m. Please do not leave bags/boxes here for us to dispose of. We thank you for your cooperation.



Keep up your winter activity. See our calendar for exercise, chair yoga, line dancing, and walking times.



## BEREAVEMENT SUPPORT GROUP



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

*Congratulations!*



Congratulations to Jacquie Kelly who was sworn in on February 1st as Holden's new Town Manager! Best wishes, Jacquie, as you begin this new adventure!





# UPCOMING TRIPS

**Friday, March 15 ... “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.**

**Wednesday, May 22 ... “Spreading It Around”** The Newport Playhouse proudly presents “Spreading It Around.” This light-hearted comedy finds Angela Drayton, a wealthy widow in a retirement community. Tired of handing out money to her unappreciative children, she starts the S.I.N. (Spending It Now) Foundation, to give to those truly in need. This terrifies her greedy son, driving him to devise a plan to have her committed. Mama will have none of that!

Luncheon will be served at the Playhouse’s Cabaret Restaurant. The buffet will include: *Salads* (Fresh Fruit; 3-Bean; Cole Slaw; Beets; Lettuce Bowl); *Entrees* (Rigatoni w/meat sauce; Homemade Meatballs; Roasted Chicken; BBQ Chicken; Oven Roasted Potatoes; Peas & Corn; Glazed Ham; Baked Beans; Italian Sausage and Peppers; Sweet Potatoes; Vegetable Medley; Fresh Baked Scrod; Green Beans; Glazed Carrots; Rice & Peas); Fresh Baked Rolls and Butter; Assorted Desserts; Hot Coffee and Tea. Please note that some of these items are subject to change. **Cost of this trip is \$92.00 per person including driver’s gratuity.**

**Friday, June 21 ... “Newport Flower Show”** Celebrating its 18th year as America’s best summer flower show, held on the grounds of the Rosecliff Mansion. Lunch will be at the Atlantic Beach Club. **Cost of this trip is \$76.00 per person including driver’s gratuity. For more details, see April’s newsletter.**

*Future trips include: Sprit of Boston Cruise; Broadway and the Feast at Fosters Downeast Clambake Restaurant; Boston Whale Watch Adventure and Oktoberfest and Fall Foliage Train Ride. These may be subject to change due to availability. More details will follow in subsequent newsletters.*



## BOOK DISCUSSION GROUP

The discussion group will meet **Thursday, March 14 at 10:00 a.m.** This month’s selection is A shattering new novel about three women on a heart-wrenching collision course, *Heartbroken*, by Lisa Unger.

Long after anyone expected Kate to do anything with her life, she did. Using the journals left behind by her aunt and grandmother, she wrote a novel based on a very real generation-old love story that ended in tragedy. On the other side of town, Emily is about to set fire to her life. She's in a dead-end job and is involved with the wrong man; she can feel herself being drawn into darkness, with horrific consequences. With nowhere to go, she finds herself on the run. Without knowing each other, and with lives that couldn't be more different, Kate and Emily head to the same point on the map: Heart Island, an idyllic place in the middle of a lake in the Adirondacks, owned for generations by Birdie Burke's family. The harsh and unyielding Birdie is at one with this island, which has a terrifying history all its own. She, too, has consequences to face.

*Heartbroken* is a tense, mesmerizing novel about the limits of dysfunctional families, of an island haunted by dark memories and restless ghosts, and of the all-too-real demons we must battle. Wonderfully suspenseful, exquisitely crafted, and written with raw, emotional power, this is Lisa Unger at her very best.

**SHINE COUNSELOR**  
**Monday, March 4 and Monday, March 18**  
**BY APPOINTMENT ONLY**





## DON'T FORGET.....

Remember to "spring" your clocks forward one (1) hour as daylight savings time will begin at 2:00 a.m. on **Sunday, March 10.**

### AARP TAX PREPARATION

Once again this year we are hosting the AARP Tax Preparation program. If you have a SIMPLE tax return to be prepared, we encourage you to make an appointment. Each appointment is an hour in length. Appointments are being made for **every Monday (except holidays)**. To make your appointment, please call 508-210-5570.



### A WORD OR TWO FROM THE FRIENDS.....

The Friends would like to thank all members who helped to make our Valentine Cookie Sale a success. If you baked, donated or worked that day - we thank you for your time and support.

Our **Annual Friends meeting** will be held on **Monday, April 1st at 1:00 p.m.** Come and enjoy a cup of coffee and a goodie and see what your Friends group is doing.

Our next monthly meeting will be on **Monday, March 4th at 1:00 p.m.** We'd be delighted to see you there!

If you don't know what to do with your run down hearing aid batteries, you can drop them off at the Senior Center for recycling!

Please remember to visit our gift cart in the Lounge for gifts, cookbooks or even a Cats Meow of the Senior Center building!



### MARCH IS NATIONAL NUTRITION MONTH!

#### TEST YOUR KNOWLEDGE ABOUT NUTRITION?

- 1) **True or False** ~ A nutrition facts label can list 0 grams of fat even if the food does in fact contain some fat.
- 2) **True or False** ~ Food labels are more important for some people than others, and in some cases, they may be the difference between life and death!
- 3) **True or False** ~ Trans fats have always been listed on all food labels.
- 4) **True or False** ~ One serving of peanut butter is considered to be 1 Tablespoon.
- 5) **True or False** ~ An adult should aim to eat 5-9 servings of fruit each day.
- 6) **True or False** ~ An adult should have 2-3 servings of dairy each day.
- 7) Which of the following 9-inch dinner plates is appropriately proportioned? A) Fill the plate with 1/2 fruits and/or vegetables, 1/4 of the plate with protein rich foods and 1/4 of the plate with grains; B) Fill the plate with equal portions (1/3 each) fruits/vegetables; protein; grains; C) Fill half the plate with whole grains, 1/4 with protein and 1/4 fruits/vegetables; or D) Fill most of the plate with fruits/vegetables, and only a small fraction with grains and/or proteins.

**ANSWERS:** (1) true; (2) true; (3) false; (4) false; (5) false; (6) true; (7) A-Fill the plate with 1/2 fruits and/or vegetables, 1/4 of the plate with protein rich foods and 1/4 of the plate with grains

### VETERANS' MEETING

On **Friday, March 22 at 10:30 a.m.** Please join us in welcoming LCDR Chris Gale, USCG. He is a Law Enforcement Analyst at the U.S. Coast Guard Headquarters in Washington, DC. He will talk about active Coast Guard duties and current world tensions, training, sea duty and security issues and responsibilities. All Holden veterans and their interested friends are welcome.



### JUST A REMINDER...

Paula or Cindy would be happy for you to choose from. The cost will bring a box of cards from from the card sales benefit the



to bring a variety of greeting cards of the cards is \$1.00 each. They which to choose from. Proceeds Friends of the HCOA.





# MARCH 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>LEGAL CLINIC</b></p>  <p><b>Monday, March 25 @ 2:00</b></p>		<p><b>Leprechaun Tour</b></p>  <p><b>Wednesday March 13 @ 1:00</b></p>	<p><b>MENU &amp; MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</b></p>	<p><b>1</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Vegetable Alfredo</i> 1:00 Cribbage</p> 
<p><b>4</b></p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Buttermilk Chicken</i> 1:00 Quilting 1:00 <b>Friends' Meeting</b></p> 	<p><b>5</b></p> <p>8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Burgundy Meatballs</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p><b>6</b></p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Turkey a la King</i> 1:00 Pitch Party</p> 	<p><b>7</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pork Rib-i-que</i> 12:30 Movie "Hachi: A Dog's Tale" 1:00 Bridge 1:00 Line Dancing</p> 	<p><b>8</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Fish w/Crumb Topping</i> 1:00 Cribbage</p> 
<p><b>11</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Italian Braised Beef</i> 1:00 Quilting 4:30 <b>Bereavement Support Group</b></p> 	<p><b>12</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 Fricassee</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p><b>13</b></p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Pork Stir Fry</i> 1:00 Pitch Party 1:00 <b>Marti Sawyer Concert</b></p>  	<p><b>14</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 <b>Book Discussion Grp</b> 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Corned Beef</i> 12:30 Movie "American Experience: A Triangle Fire" 1:00 Bridge 1:00 Line Dancing</p> 	<p><b>15</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Cheese Lasagna</i> 1:00 Cribbage</p> 
<p><b>18</b></p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Penne w/Chicken &amp; Broccoli</i> 1:00 Quilting</p> 	<p><b>19</b></p> <p>8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <i>American Chop Suey</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p><b>20</b></p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Beef Stroganoff</i> 1:00 Pitch Party</p> 	<p><b>21</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Honey Baked Chicken</i> 12:30 Movie "The Switch" 1:00 Bridge 1:00 Line Dancing</p> 	<p><b>22</b></p> <p>8-4:00 Billiards 10:00 Poker 10:30 Veterans' Meeting 12:00 Senior Lunch <i>Salmon Boat w/Dill</i> 1:00 Cribbage</p> 
<p><b>25</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Rosemary Pork</i> 1:00 Quilting 2:00 <b>Legal Clinic</b></p>  	<p><b>26</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 <b>Blood Pressure Clinic</b> 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Breaded Fish</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p><b>27</b></p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Apricot Chicken</i> 1:00 Pitch Party</p> 	<p><b>28</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef w/Jardinere Sauce</i> 12:30 Movie "Butterflies Are Free" 1:00 Bridge 1:00 Line Dancing</p> 	<p><b>29</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Macaroni &amp; Cheese</i> 1:00 Cribbage</p> 



**COMING IN APRIL...**

**Wed., April 3 ... Concert w/Ken Lelen**

**Mon., April 8 ... Life in Yellowstone w/Ed Stark**

**Wed., April 17 ... Your Library in 2013**

**Mon., April 22 ... Pen Pal Letters due**

**Wed., April 24 ... Volunteer  
Recognition**



**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.

**MARCH MOVIES**

**Thurs., Mar. 7 ... "Hachi: A Dog's Tale"** ~ When his master dies, a loyal pooch named Hachiko keeps a regular vigil -- for more than a decade -- at the train station where he once greeted his owner every day in this touching drama based on a true story. Richard Gere and Joan Allen star. **Rated G ~ 93 minutes**

**Thurs., Mar. 14 ... "American Experience: A Triangle Fire"** ~ One of the deadliest fires in U.S. history occurred at New York City's Triangle Shirtwaist Factory in 1911, killing more than 140 workers -- mostly young women who were locked inside -- and leading to profound changes in industry-labor relations. Historical documents and expert analysis detail how the resulting union strikes and government regulation advanced women's suffrage and addressed the plights of laborers in unsafe working conditions. **Not Rated ~ 60 minutes**

**Thurs., Mar. 21... "The Switch"** ~ Still single and worried about her biological clock, Kassie decides to pursue motherhood with the help of an anonymous sperm donor. But it turns out that the donor isn't quite as anonymous as she thinks. Jennifer Aniston and Jason Bateman star. **Rated PG-13 ~ 101 minutes**

**Thurs., Mar. 28 ... "Butterflies Are Free"** ~ Striving to be independent, the blind but determined Don Baker (Edward Albert) moves away from his overprotective mother (Eileen Heckart, who won an Oscar). After settling into his new San Francisco digs, Don meets kooky neighbor Jill Tanner (Goldie Hawn). Don's quick wit and good looks disarm the free-spirited Jill, and before long they're more than just friends. Will Mrs. Baker's incessant meddling destroy Don and Jill's budding relationship? **Rated PG ~ 109 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*

**Return Service Requested**

**Friends of the Holden COA  
Holden Senior Center  
1130 Main Street  
Holden, MA 01520**

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