

# Among Friends

March 2015

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.

SENIOR SERVICES  
COUNCIL ON AGING  
1130 Main Street  
Holden, MA 01520  
Tel.: 508-210-5570  
Trans.: 508-210-5573  
Nutrition: 508-210-5578



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## TELEPHONE NUMBERS

Senior Center 508-210-5570  
Transportation 508-210-5573  
Dining 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.

## LEGAL CLINIC



Attorney Arthur Bergeron from Mirick O'Connell will be here from **10:00 a.m. to 12:00 noon on Monday, March 2.** Legal advice will be provided to individuals in fifteen minute appointments. You **MUST** call 508-210-5570 in advance to make an appointment.

## PRESCRIPTION ADVANTAGE PRESENTATION

Each year thousands of seniors in Massachusetts reach the gap in their Medicare prescription drug coverage (Part D) that is often called the "donut hole." This year, when Medicare beneficiaries (who do **not** get extra help) reach the donut hole, their Part D plan will pay 55% of covered brand name drugs and 35% of covered generic drugs. Although 55% coverage of a brand name drug might sound wonderful, it's really not that great if you take a brand name drug that costs \$300.00. You will still have to pay \$135.00!! This is where **Prescription Advantage** can help. Kathy Devine from the Executive Office of Elder Affairs will be here on **Wednesday, March 4 at 1:00 p.m.** to explain how Prescription Advantage can help to fill the hole in your Medicare prescription drug coverage. **You won't want to miss this important presentation!** Please call 508-210-5570 to reserve your seat!



## PRE-DIABETES SCREENING



Pre-diabetes has become a major health concern. In fact, 79 million people in the United States have pre-diabetes and the number is increasing, particularly among seniors. Pre-diabetes is a condition where your blood sugar levels are higher than normal, but not high enough to be called diabetes. It can cause damage to your body before you are aware that it is occurring.

Recent research shows that people with pre-diabetes can prevent or delay diabetes from actually developing by making some simple lifestyle changes. The VNA Care network, through funding from Central Massachusetts Agency on Aging, is providing a free screening here on **Thursday, March 5 from 1:00 p.m. to 3:00 p.m.** **An appointment for the screening is MANDATORY.** Make your appointment by calling 508-210-5570.

## An Irish Proverb in honor of St. Patrick's Day



Always remember to forget  
The friends that proved untrue.  
But never forget to remember  
Those that have stuck by you.





# UPCOMING TRIPS



**Wed., March 11 ... Tony Kenny's Irish Cabaret ...** Join us for one of Best of Times hallmark programs ... our St. Patrick's Day celebration program. This year we bring it from across the Pond; Tony Kenny's Irish Cabaret with an award-winning cast direct from Dublin, Ireland. Enjoy an amazing Irish celebration with Song, Comedy and of course Irish Dancers. A show not to be missed! Meal choices are: Corned Beef and Cabbage or Baked Schrod. Lunch will also include Venus DeMilo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. Cost of this trip is \$86.00 per person which includes motor coach, show, lunch and driver's gratuity.

**Tues., April 21 ... Live in Concert ~ Neil Sedaka** at Mohegan Sun Casino. Singer. Songwriter. Composer. Pianist. Author. These are just a few of the titles that can be used to describe Neil Sedaka. His impressive fifty year career ranges from being one of the first teen pop sensations of the 50's, a relevant songwriter for himself and other artists in the 60's, a superstar in the 70's, remaining a constant force in writing and performing, presently. This is all thanks to the countless songs he has written, performed and produced that continue to inspire artists and audiences around the world. He is a true icon and musical legend. Come hear Neil sing the songs that have become part of our culture and returns us to those special times in our lives. Cost of this trip is \$99.00 which includes **PREMIUM** seating, \$30.00 Casino Gaming Package (Bet(s) & Meal Voucher), motor coach and driver's gratuity. **NO REFUNDS AFTER 2/28.**



**Wed., May 20 ... Concord & Lexington Historic Site Tour ...** Get a glimpse of New England History with visits to historical homes and sites in Concord and Lexington such as: *Hancock-Clarke House*, the parsonage for Lexington in the 1800's; *Buckman Tavern*, a historic American Revolutionary War site associated with the revolution's very first battle, the 1775 Battle of Lexington and Concord; *The Orchard House*, home to Louisa May Alcott, author of Little Women; *The Emerson House*, home to Ralph Waldo Emerson. Lunch will be included. For further details, see April's Newsletter or call Paula at 508-210-5575.

**Fri., June 19 ... Boston Overview Tour ...** On this trip we will visit the Skywalk Observatory at the Prudential Center; get the grand tour of Boston on the world famous amphibious Duck tour; visit Faneuil Hall for a glimpse of history and enjoy the shopping, street performances and food at Quincy market. Lunch will be on your own. For further details, see April's Newsletter or call Paula at 508-210-5575.

*...And remember, if you cancel and we are able to fill your seat(s) you will be reimbursed.*

**WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE** as we have other events taking place at the Senior Center during the day.

## FROM THE FRIENDS...

Thank you to everyone who either baked cookies or donated to the Annual Valentine's Cookie Sale. Our success totally depends on all of our "Friends." Our next meeting will be **Monday, March 2 at 1:00 p.m.** All Friends members are welcome.



**SHINE COUNSELOR**  
**Monday, March 9 and**  
**Monday, March 23**  
**BY APPOINTMENT ONLY**





## MARCH CHAIR YOGA

Mar. 3 ... Mindful Transition Flow Yoga; Mar. 10 ... Mindful Yoga breath work; Mar. 17 ... Mindful Balance - Spring Equinox Yoga; Mar. 24 ... Mindful Yoga for Health and Wellness, and Mar. 31 ... Mindful Awareness Yoga.

## THE JERRY AND MABEL SHOW

Join us on **Monday, March 9 at 1:00 p.m.** for this light-hearted comedy show, special for seniors. We invite you to stay for refreshments at the conclusion of the program. "Laugh and the World Laughs With You." The program is free and open to all. Please call 508-210-5570 to reserve your seat!



## FALL PREVENTION

The Visiting Nurse Association would like to host a seven week Fall Prevention program at the Holden Senior Center. The series features group education talks and individualized screenings for osteoporosis, balance, and medication review. A grant covers the cost of the program, so there is no charge to the participants. Please give your name and phone number at the office or call 508-210-5570, if you are interested. We need at least 15 participants to schedule the program.

## ADVENTURES IN YELLOWSTONE

Back by popular demand, our former Fire Chief Ed Stark will present a show about his work in Yellowstone National Park. Fabulous sights you have never seen, wonderful pictures of animals, and stories about this national park make for an unforgettable presentation. Join us on **Wednesday, March 25 at 1:00 p.m.** for another "Adventures in Yellowstone." This program is free and open to all. Please call 508-210-5570 to reserve your seat.



## ART IS 4 EVERY 1

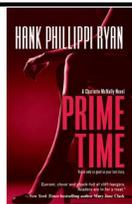


We are pleased to welcome back Art Instructor, Elaine Griffith! Every **Thursday** from **10:30 a.m.-12:00 Noon**, Elaine will be offering an acrylic painting class. Cost for the program is \$10.00 per class per student payable to "Elaine Griffith;" you also may purchase canvas and a set of brushes from Elaine for \$11.00. The Senior Center will provide table easels. If you have questions or are interested in participating in the class, please call the Senior Center at 508-210-5570. This class will appeal to "artists" of all levels from beginners with no art experience, to the more experienced who want to learn a new faster method of painting.

**The class is on-going and you can join at anytime.**

## LET'S TALK MONEY...

When you come to the Senior Center for an exercise or art class, lunch or ride on the van, we encourage you to have small bills with which to pay. We do not have a lot of cash here at the Senior Center, so when you go to the bank, please remember to ask the tellers to give you some small bills to pay for things here at the Center or on the van.



## BOOK DISCUSSION GROUP

The book discussion group will meet at **10:00 a.m.** on **Thursday, March 19** to discuss the book, Prime Time by Hank Phillippi Ryan. *Deadlines. Desire. Deception. And whatever you do: Don't Delete.* The story of the century may be hiding in her junk mail folder.

Think that annoying spam clogging your computer is just so much cyber junk mail? Top notch TV reporter Charlotte McNally suspects it may be much more than that - in fact she thinks some of it may be carrying secret big money messages to the group of insiders with the key to decode it. Problem is, the last outsider who deciphered the truth now resides in the local morgue. Is this the biggest story of Charlie's life? Or the one that will end it?

Charlie is also facing another dilemma: what happens when a top notch TV reporter is married to her job - but begins to worry that the camera doesn't love her anymore.



# MARCH 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="right"><b>2</b></p> <p>8-4:00 Billiards 10-12:00 <b>Legal Clinic</b> (by appt. only) 12:00 Senior Lunch <b>Pork Rib-i-que</b> 1:00 <b>Friends Meeting</b></p> 	<p align="right"><b>3</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Vegetable Cheese Bake</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>  	<p align="right"><b>4</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <b>Chicken Murphy</b> 1:00 Pitch Party 1:00 <b>Prescription Advantage Presentation</b></p> 	<p align="right"><b>5</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 ArtIs4Every1 12:00 Senior Lunch <b>Salisbury Steak</b> 12:30 Movie "Guilt Trip" 1:00 Bridge 1-3:00 <b>Pre-Diabetes Screening</b></p>  	<p align="right"><b>6</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Salmon</b> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>  
<p align="right"><b>9</b></p> <p><b>SHINE by Appt. Only</b> 8-4:00 Billiards 12:00 Senior Lunch <b>Chicken Sausage Jambalaya</b></p>	<p align="right"><b>10</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Meatballs w/Onion Gravy</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>  	<p align="right"><b>11</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <b>Pork Chow Mein</b> 1:00 Pitch Party</p> 	<p align="right"><b>12</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 ArtIs4Every1 12:00 Senior Lunch <b>BBQ Chicken</b> 12:30 Movie "P.S. I Love You" 1:00 Bridge</p> 	<p align="right"><b>13</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Fish w/Crumb Topping</b> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>  
<p align="right"><b>16</b></p> <p>8-4:00 Billiards 12:00 Senior Lunch <b>Roast Pork w/Gravy</b></p>	<p align="right"><b>17</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Corned Beef</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>  	<p align="right"><b>18</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <b>Pasta Primavera w/Chicken</b> 1:00 Pitch Party</p> 	<p align="right"><b>19</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 <b>Book Discussion Grp</b> 10:30 Low Impact Exercise 10:30 ArtIs4Every1 12:00 Senior Lunch <b>Beef Mediterranean</b> 12:30 Movie "The Women" 1:00 Bridge</p> 	<p align="right"><b>20</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Cheese Lasagna</b> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>  
<p align="right"><b>23</b></p> <p><b>SHINE by Appt. Only</b> 8-4:00 Billiards 12:00 Senior Lunch <b>Hot Dog on Bun</b></p>	<p align="right"><b>24</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Shepherd's Pie</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>  	<p align="right"><b>25</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <b>Bacon Omelet</b> 1:00 Pitch Party</p> 	<p align="right"><b>26</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 ArtIs4Every1 12:00 Senior Lunch <b>Chicken Cacciatore</b> 12:30 Movie "The Perfect Game" 1:00 Bridge</p> 	<p align="right"><b>27</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Potato Crunch Fish</b> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>  
<p align="right"><b>30</b></p> <p>8-4:00 Billiards 12:00 Senior Lunch <b>Chicken Mornay</b></p>	<p align="right"><b>31</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Salmon Boat w/Dill</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>  	<p align="center"><b>PRESCRIPTION ADVANTAGE PRESENTATION</b></p>  <p align="center"><b>Wednesday, March 4 at 1:00</b></p>	<p align="center"><b>PRE-DIABETES SCREENING</b> <b>Thursday, March 5 1:00 p. to 3:00 p.m.</b></p> 	<p align="center"><b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b></p>



## COMING IN APRIL ...



**April 8 ... Poetry Reading in recognition of National Poetry Month**

**April 13 ... AAA Safe Driving for Seniors**



**April 22 ... Volunteer Recognition**



**April 29 ... Legal Clinic**

## 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. 5 ... "Guilt Trip" ...** After Andy Brewster invents a fabulous new organic cleaner, he goes on a cross-country road trip to promote it. His mother, Joyce, comes along for the ride but soon discovers that her son has an ulterior motive: fixing her up with a long-lost flame. Starring Seth Rogen and Barbra Streisand. *Rated PG-13 ~ 96 minutes*



**Thurs., Mar. 12 ... "P.S. I Love You" ...** When she loses her beloved husband, Gerry, to a brain tumor, grieving widow Holly Kennedy learns that he left a series of letters behind to help her cope with the pain of living without him. Stars Hilary Swank, Gerard Butler & Lisa Kudrow *Rated PG-13; 127 minutes*

**Thurs., Mar. 19 ... "The Women" ...** Shocked by the discovery that their friend's husband is having an affair with a beautiful young shop girl, a tight-knit circle of New York City socialites comes up with a devious plan to help their chum win back her man. Stars Meg Ryan, Cloris Leachman, Carrie Fisher, Debra Messing and Bette Midler. *Rated PG-13 ~ 114 minutes.*



**Thurs., Mar. 26 ... "The Perfect Game" ...** A seemingly impossible dream of playing baseball for the United States becomes a reality for a group of youngsters from an impoverished Mexican city in this poignant drama based on actual events. *Starring Cheech Marin ~ Rated PG; 117 minutes ~ A great feel good movie!*



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Holden Senior Center  
1130 Main Street  
Holden, MA 01520