

Among Friends

March 2016



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
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.

HOME COOKED LUNCH

Join us on **Wednesday, March 9 at noon** for our winter home cooked lunch of tomato soup and grilled cheese sandwich! Lunch will be followed by a slice of cherry pie and vanilla ice cream. Cost of the lunch and dessert is \$4.00 for Holden elders and Holden Senior Center volunteers; \$6.00 for out of town elders. Reservations are **REQUIRED** and will be accepted up to Thursday, March 3 or until we reach capacity by calling 508-210-5570.



Great Day for the Irish!



Professional singer, Ruth Harcovitz will present a concert of Irish music on **Wednesday, March 16 at 1:00 p.m.** The concert is free and open to all. A lovely dessert will follow. Please reserve your seat by calling 508-210-5570. A big thank you to the Holden Cultural Council for supporting this program.

WHAT'S NEW IN THE PLANT WORLD??

Back by popular demand, our friend Tina Bemis from Bemis Farms Nursery will join us on **Monday, March 28 at 1:00 p.m.** Come hear all about what's new for spring, and tips on successful growing. Refreshments will be served following the program. The program is free and open to all with a chance to win a prize. Please call 508-210-5570 to reserve your seat.



AARP TAX PREPARATION

Once again this year we have AARP volunteers preparing income tax returns. Please keep in mind that these should be **SIMPLE** tax returns. **We will NOT do returns that have:**

- ⇒ Income (AGI) over \$60,000 (single or \$75,000 (joint) - unless one-time "windfall"
- ⇒ Rental Income
- ⇒ Forgiveness/Cancellation of mortgage debt (foreclosure or short sale)
- ⇒ Any depreciation
- ⇒ 2013 or 2014 Amended returns will be done after April 15. Will do 2012 by special arrangement before April 15, 2016.



Appointments are REQUIRED and can be made by calling 508-210-5570.

YOU'RE INVITED TO THE MORNING GLORY CAFÉ!

Come one ~ come all, to our Morning Glory Café here in the Senior Center. The Café will be open from **8:30 a.m. until 10:30 a.m.** every Friday. There's no need for a reservation, just come by ~ bring some friends and sit and enjoy Coffee; Tea; Juice; Homemade Pastries; Toast; Raisin Toast; and English Muffins. There will be a small cost for the items you choose. If you have questions, please call 508-210-5570.





UPCOMING TRIPS



Thurs., March 10, 2016 ... The Young Irelanders ... The Young Irelanders comprises eight sensational performers who have Irish traditional music, song & dance running through their veins. Although still in their 20's and 30's, these performers have achieved more than most people would aspire to in a lifetime. They have performed for many heads of state, Presidents of Ireland, U.S. Presidents, The Queen of England, the President of China and have performed at Radio City Music Hall, The Great Hall of the People in China, The U.S. Capitol Building and more.



Luncheon choices are Corned Beef and Cabbage or Baked Scrod with Venus DeMilo's famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. Cost of the trip is \$90.00/person which includes Transportation, Driver Gratuity, Show & Luncheon at the **Venus DeMilo in Swansea, MA.**

Payment due at time of reservation.

Mon., April 18... Foxwoods Casino ... Package includes Buffet or a \$10.00 lunch coupon plus a \$10.00 gambling voucher. Bus will leave at 8:30 a.m. and return approximately 5:00 p.m. Cost of the trip is \$25.00 per person which includes package, transportation and driver's gratuity. We require 40 participants in order to have the trip go. **Payment due at time of reservation.**



Wed., May 18 ... Billy Joel & Elton John Tribute Show ... Beginning in 1994, Billy Joel and Elton John toured on a series of "Face to Face" tours, making them the longest running and most successful concert tandem in pop music history. During these shows, the two played their own songs, each other's songs and performed duets. Elton John and Billy Joel tribute artists Greg Ransom and Mike O'Brien have joined forces to create the Ultimate Tribute Show "Face to Face." Just like the original tour, each artist performs a solo set with a six piece Rock N Roll band and then culminates the show with a Face to Face set which features both of them playing together on two pianos trading of lyrics on each song they perform. Our show is a day of hit songs, energetic performances, outrageous costumes, and true Rock N Roll at its finest! Nominated as the best tribute show in the country this is a show not to be missed! Luciano's on Lake Pearl in Wrentham will offer the meal choices of: Boneless Breast of Chicken or Fresh Baked Scrod. Also included in lunch:



Tossed Garden

Salad, Rolls, Bread, Vegetables, Potato, Dessert, Coffee/Tea. Cost of this trip is \$89.00/person which includes luncheon; show; transportation and driver's gratuity. **Payment due at time of reservation.**

If you are interested in any of our trips or if you have questions, please call 508-210-5570.

All trip payments are due at time of reservation. If trip is cancelled due to low interest, your money will be refunded. Remember ~ if we don't lose it, you don't lose it!!

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...

Another month has gone by and the Morning Glory Café on Friday mornings from 8:30-10:30 is going strong. We could, however, use more help to serve our guests. If you have a couple of hours, we could use your assistance. It's easy AND it's fun!!

Our next meeting will be on March 7 at 1:00 at the Senior Center.



VETERANS MEETING



We invite ALL veterans to join us on **Friday, March 11 at 10:30 a.m.** for our Veterans meeting. At the time this newsletter went to print, the scheduled speaker was still unknown. If you'd like to attend the meeting, please call 508-210-5570 to register.

SHINE COUNSELOR

**Monday, March 7 and Monday, March 21
BY APPOINTMENT ONLY**



STAY ACTIVE BY DOING CHAIR YOGA!



Mindful March - Allow Yoga to assist in transitioning you physically and emotionally this windy month, as we mindfully flow and breathe into the long awaited spring with Health and Wellness. This month's topics will be:

March 1 & 3 – Mindful Transition Flow Yoga; **March 8 & 10** - Mindful Yoga Breath Work;

March 15 & 17 – Mindful Balance - Spring Equinox Yoga; **March 22 & 24** – Mindful Yoga for Strength and Balance; and **March 29 & 31** - Mindful Awareness Yoga. We welcome you to join one or both

classes. Tuesday's class is at 2:30 and Thursday's class is at 1:15. Cost for yoga classes is \$2.00/class and is partially subsidized through a grant from the Executive Office of Elder Affairs.

POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers, a six week educational program for Family Caregivers is designed to provide you-the family caregiver-with the skills you need to take care of yourself. You'll learn to Reduce stress; Improve self-confidence; Balance your life; Better communicate your feelings; Increase ability to make tough decisions and Locate helpful resources. This program will be facilitated by Debbie Dowd-Foley from Elder Services of Worcester Area, Inc. If you would to have this program come to our Center, please call 508-210-5570 to express your interest.



COLORING IS FOR EVERYONE!

Coloring
Books
For
Grown Ups



Join us for an Adult Coloring session on **Wednesday, March 30 at 1:00 p.m.** We have coloring books, crayons and colored pencils to choose from or bring your own. Come participate in a fun, relaxing, stress relieving afternoon enjoying this latest "craze!" Please call 508-210-5570 to make your reservation. Cost for the afternoon is \$2.00.

DO YOU HAVE...?



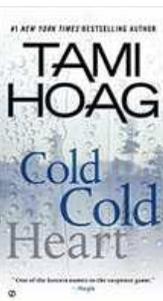
Our knitters are looking for 3/4"-1" buttons. If you have some that you no longer have a use for, they would be very appreciative of receiving them.

ALSO: Do you have patterns – either for knitted or sewn items - for American Girl Doll clothing or accessories? If you would be willing to share them, we would take copies of them for our knitters and seamstresses. Or if you've made some that you would like to donate, that would be wonderful as well. We are going to have a table at our annual fair this November of these articles. Thank you everyone for sharing!



BOOK DISCUSSION GROUP

The book discussion group will meet at **10:00 a.m.** on **Thursday, March 17** to discuss the book Cold Cold Heart by Tami Hoag. Dana Nolan was a promising, young TV reporter until a notorious serial killer tried to add her to his list of victims. Nearly a year has passed since she survived her ordeal, but the physical, emotional and psychological scars run deep. Struggling with the torment of post-traumatic stress syndrome, plagued by flashbacks and nightmares, Dana returns to her hometown in an attempt to begin to put her life back together. But home doesn't provide the comfort she expects.



Dana's harrowing story and her return to small-town life have rekindled police and media interest in the unsolved case of her childhood best friend, Casey Grant, who disappeared without a trace the summer after their graduation from high school. Terrified of truths long buried, Dana reluctantly begins to look back at her past. Viewed through the dark filter of PTSD, old friends and loved ones become suspects and enemies. Questioning everything she knows, refusing to be defined by the traumas of her past, Dana seeks out a truth that may prove to be too terrible to be believed ...



MARCH 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HOME COOKED LUNCH Wednesday, March 9</p> 	<p>1</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Beef Mediterranean 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>2</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Hot Dog on Bun 1:00 Pitch Party</p>	<p>3</p> <p>8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Pasta Primavera w/Chicken 1:00 Bridge 1:15 Gentle Chair Yoga</p>	<p>4</p> <p>8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Salmon Boat/Dill 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p>7</p> <p>SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Roast Pork w/Gravy 1:00 Friends Meeting</p>	<p>8</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Shepherd's Pie 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>9</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 HOME COOKED LUNCH Grilled Cheese & Tomato Soup 1:00 Pitch Party</p>	<p>10</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Chicken Cacciatore 1:00 Bridge 1:15 Gentle Chair Yoga</p>	<p>11</p> <p>8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 10:30 Veterans Meeting 12:00 Senior Lunch Potato Crunch Fish 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p>14</p> <p>8-4:00 Billiards 12:00 Senior Lunch Chicken Mornay</p>	<p>15</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Pot Roast Stew 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>16</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Turkey a La King 1:00 Pitch Party 1:00 Ruth Harcovitz Concert</p> 	<p>17</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Corned Beef & Cabbage 1:00 Bridge 1:15 Gentle Chair Yoga</p>	<p>18</p> <p>8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Macaroni & Cheese 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p>21</p> <p>SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Pork Rib-i-que</p>	<p>22</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Buttermilk Chicken 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>23</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Easter Meal Baked Ham 1:00 Pitch Party</p>	<p>24</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Swedish Meatballs 1:00 Bridge 1:15 Gentle Chair Yoga</p>	<p>25</p> <p>8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Cracker Crumb Fish 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p>28</p> <p>8-4:00 Billiards 12:00 Senior Lunch Roast Turkey 1:00 Tina Bemis from Bemis Farms Nursery</p> 	<p>29</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Meatloaf & Gravy 1:00 Bingo 1:00 Bridge</p>	<p>30</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Garlic Herbed Chicken 1:00 Pitch Party 1:00 Adult Coloring Session</p>	<p>31</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Beef and Broccoli 1:00 Bridge 1:15 Gentle Chair Yoga</p>	<p>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</p>

COMING IN APRIL ...



Audubon

Mon., April 6 ... Audubon Program



Mon., April 25 ... Belly Dancing Program

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.

HOLDEN COMMUNITY GARDEN

Have you heard the buzz about the Holden Community Garden? Early in 2015, a group of residents joined together to form the Holden Community Garden Committee and we've been hard at work planning this incredible project for our community to enjoy. But we would LOVE to have your input and/or involvement!

The site we are developing is located at 175 Highland Street, formerly known as the Creamer property. We are determined to revitalize this space and create a natural oasis to be maintained and shared as green space by our community for generations to come. Guided by survey responses we've collected throughout the town, we are creating the space to include butterfly gardens, vegetable gardens, a gazebo for sheltered classes/workshops, nature trails and seating scattered throughout the property.

We were fortunate to discover another location to begin work with our first garden. On New Year's Eve, our DPW cleared this site, located within the property of Davis Hill School, and we are collaborating with the staff at the school to build this space into a community garden that can be incorporated into the curriculum for the students during the school year.

The Mission of the Holden Community Garden is "To educate and empower people of all ages and diverse backgrounds by creating a central place of wellness where anyone or everyone has an opportunity to develop or enhance their awareness of the nutritional value of local organic food, the importance of environmental stewardship, and reconnecting with nature all while recapturing a sense of community.

We feel very strongly about engaging everyone within our community and your population can offer exceptional experience, knowledge and value to this project. We would love to hear from you, and look forward to the benefits that we all will receive from intergenerational collaboration in a community setting. If you would like to learn more about opportunities or become involved, the Committee meets every 2nd & 4th Tuesday @ 7:15 in the Selectman's Room of the Starbard Building or contact Jessica Pion Bader at jpion22@yahoo.com. You can also check us out on Facebook at: <https://www.facebook.com/holdencommunitygarden>.

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

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Holden, MA 01520**

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