

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



May 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
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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.

ISLAND HOPPING ~ THE ORKNEY'S AND SHETLANDS

Dr. Virginia Heslinga, professor at Anna Maria College, traveled through the islands north of Scotland studying folklore, history and island life. Join us on **Thursday, May 3 at 1:00 p.m.** for a talk about Norsemen, Cromwell's most distant rage, and stone circles older than Stonehenge. The program is free and open to all. Please call 508-210-5570 for a reservation.



"ATTICUS"

The Holden Senior Center is happy to host popular actor, Richard Clark, performing as Atticus Finch, from the Pulitzer Prize winning novel To Kill a Mockingbird. The performance will be held on **Monday, May 7 at 1:00 p.m.** and is free and open to everyone. Reservations can be made by calling 508-210-5570.



WILLS 201

The next in our series of legal clinics will be held on Wed., May 9 at 10:00 a.m. The topic "Wills 201" will cover the new Mass. Probate Code and the new rules. The program is free. Please register at 508-210-5570.



Worcester Art Museum Trip

A trip to the Worcester Art Museum will be held on **Thursday, May 10**. The van will leave the Senior Center at **10:30 a.m.** and return at **2:30 p.m.** Options include a docent-led guided tour on a specific theme, or a visit to the Ron Rosenstock photography exhibit. Lunch will be in the museum Café. There will be time to visit the gift shop. Please register at 508-210-5570 and indicate if you would like to ride on the van or if you wish to meet the group at the museum. (Costs are \$2.00 van trip, \$12.00 admission, \$6.00 to \$14.00 for lunch)

BEREAVEMENT SUPPORT GROUP

Our monthly bereavement support group, facilitated by Carol Recchion, MDiv. will be held on Monday, May 14 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.



Reminder...

The Senior Center will be closed on Monday, May 28 in observance of Memorial Day.





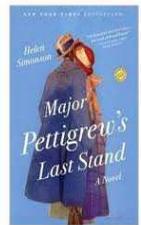
UPCOMING TRIPS

Tues., 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.

Watch the June newsletter for information on late summer, autumn and Christmas trips.
If you have suggestions for a trip...Please call 508-210-5570 or come by to see Paula.

BOOK DISCUSSION GROUP ~ THURS., MAY 10 ~ 10:00 A.M.

This month the book discussion group will be talking about **Major Pettigrew's Last Stand** by Helen Simonson. Major Ernest Pettigrew (retired) leads a quiet life valuing the proper things that Englishmen have lived by for generations: honor, duty, decorum, and a properly brewed cup of tea. But then his brother's death sparks an unexpected friendship with Mrs. Jasmina Ali, the Pakistani shopkeeper from the village. Drawn together by their shared love of literature and the loss of their respective spouses, the Major and Mrs. Ali soon find their friendship blossoming into something more. But village society insists on embracing him as the quintessential local and her as the permanent foreigner. Can their relationship survive the risks one takes when pursuing happiness in the face of culture and tradition?



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.

Next month: June 14 at 10 am *The Peach Keeper* by Sarah Addison Allen

C'MON BY THE SENIOR CENTER AND HAVE A LAUGH



Cheryl will be hosting a Laughter Yoga Class on Thursday, May 17 at 11:00 a.m. Laughter is an instant vacation and is good for your health as well. If you'd like to come and have a great time and feel so much better when you leave than when you came - this is the class for you! If you'd like to participate, please call the Senior Center at 508-210-5570.

DID YOU KNOW...

A GREAT DEAL!

Did you know that the actual cost to provide the meals served in the dining room Monday-Friday is more than \$5.50? That's quite a good value for a suggested donation of only \$2.00. For added freshness, vegetables are now being prepared on-site.



VETERANS MEETING

Jim Beardsley, former USN ETM 1/c and local Leyte Gulf in the Pacific during WWII. This was and signaled the Japanese navy's failure to be the rest of the war. All veterans and their friends 10:30 a.m. for this interesting program.



naval historian, will talk about the Battle of the last battle between surface dreadnaughts able to support an active combat capability for are invited to join us on Friday, May 25 at

SHINE COUNSELOR

**Wednesday, May 2 and Wednesday, May 16
BY APPOINTMENT ONLY**



MYSTERY HOME-COOKED MEAL

Once again we are going to offer a home cooked letter, the staff had yet to decide what to have so you to come and find out what our mysterious May 30 at 12:00 noon. The cost will be \$3.00 per your reservation by 4:00 p.m. on Wednesday, May



meal. At the time of the writing of the news- we decided to make it a mystery. We invite lunch will be. It will be held on Wednesday, person. Please call 508-210-5570 to make 23.

A QUICK WORD FROM THE FRIENDS...



The Friends of HCOA will hold their Annual Meeting on Wednesday, May 16 at 9:00 a.m. Coffee and... will be served so please make your reservations by Noon on Monday, May 14 by calling the Senior Center at 508-210-5570. Please bring your current membership card. All members are welcome.

Did you know that you can read this newsletter on-line?? If you'd rather read it on-line than receive it in the mail, (which would be very helpful in saving the Friends the cost of postage) please call the Senior Center and give us your name and address, then we'll remove you from the mailing list. If you need directions on how to find it on-line, please call the Senior Center and we'll be happy to walk you through it!



2nd Annual Mother's Day Breakfast

*In honor of Mother's Day we cordially invite you to attend a Mother's Day breakfast prepared for you by our staff. The breakfast will be held on **Tues., May 15 at 9:00 a.m.** here at the Senior Center. Everyone is welcome Mom's will be offered breakfast free of charge. For all others, breakfast will be \$2.00. Kathy Fleming will be here to display and talk about her beautiful pin collection. Please make your reservation by calling the Senior Center at 508-210-5570. **No reservations will be accepted Thursday, May 10.***



"HEAR THAT WHISTLE BLOW"



Local storyteller Katie Green will present a program of stories and songs of railroads on Mon., May 21 at 1:00 pm. "America's Fabled Railroad Years in Story and Song" is perfect entertainment for railroad enthusiasts, any interested in trains, and anyone who enjoys great storytelling. The program is free and open to all. Please call 508-210-5570 to register.

Need help with prescription drug costs? ~ Prescription Advantage may be your answer!

Prescription Advantage is the state prescription drug assistance program for seniors and people with disabilities in Massachusetts.

Who can join? ~ Prescription Advantage is available to Massachusetts residents who are:

- ◆ 65 years of age or older and eligible for Medicare or;
- ◆ 65 years of age or older and not eligible for Medicare or; Under age 65 and meet disability guidelines.

Note: Income limits may apply. Call Prescription Advantage or SHINE for more details.

How can Prescription Advantage help you?

If you have Medicare, Prescription Advantage helps pay for your prescriptions when you reach the Medicare Part D coverage gap (donut hole).

If you are unhappy with your current Part D or Medicare Advantage plan, Prescription Advantage allows you to switch your plan **now**, instead of waiting for Open Enrollment in October.

If you are NOT currently enrolled but you need a Part D or Medicare Advantage plan **now**, joining Prescription Advantage allows you to enroll right away.

Call Prescription Advantage today for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

Also, help is available from the SHINE program. Call your senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor by telephone. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

MAY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">WORCESTER ART MUSEUM TRIP</p> <p style="text-align: center;">THURSDAY, MAY 10, 2012</p> <p style="text-align: center;">REGISTRATION REQUIRED</p>	<p style="text-align: right;">1</p> <p>8-4:00 Billiards 1 9:30 Needlework 10-12 B/P Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Liver & Onions 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p style="text-align: right;">2</p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch Potato Crunch Fish 1:00 Pitch Party 2:00 Chess Group</p>	<p style="text-align: right;">3</p> <p>8:00 HCOA Board Mtg. 8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch Hot Dog on Bun 12:30 Movie "Water for Elephants" 1:00 Line Dancing 1:00 Bridge 1:00 Dr. Virginia Heslinga</p>	<p style="text-align: right;">4</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Swedish Meatballs 1:00 Cribbage</p>
<p style="text-align: right;">7</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Veal Bourguignon 1:00 Quilting 1:00 "Atticus"</p>	<p style="text-align: right;">8</p> <p>8-4:00 Billiards 8 9:30 Needlework 10-12 B/P Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Yankee Chicken Pie 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p style="text-align: right;">9</p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Angel Walkers 10:00 Wills 201 12:00 Senior Lunch Meatloaf & Gravy 1:00 Pitch Party 2:00 Chess Group</p> <p style="text-align: center;"></p>	<p style="text-align: right;">10</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Murphy 12:30 Movie "The Madness of Henry VIII" 1:00 Line Dancing 1:00 Bridge</p>	<p style="text-align: right;">11</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Salmon Boat w/Dill 1:00 Cribbage</p>
<p style="text-align: right;">14</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Pork w/Plum Sauce 1:00 Quilting</p>	<p style="text-align: right;">15</p> <p>8-4:00 Billiards 9:00 Mother's Day Brkfst. 9:30 Needlework 10-12 B/P Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Macaroni & Cheese 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p style="text-align: right;">16</p> <p>SHINE By Appt. Only 8-4:00 Billiards 9:00 Friends Annual Mtg 10:00 Angel Walkers 12:00 Senior Lunch Chicken Chow Mein 1:00 Pitch Party 2:00 Chess Group</p>	<p style="text-align: right;">17</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Fish w/Crumb Topping 12:30 Movie "Life as We Know It" 1:00 Line Dancing 1:00 Bridge</p>	<p style="text-align: right;">18</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Beef Stew 1:00 Cribbage</p> <p style="text-align: center;"></p>
<p style="text-align: right;">21</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Breaded Fish Sticks 1:00 Quilting 1:00 Stories about Railroads</p>	<p style="text-align: right;">22</p> <p>8-4:00 Billiards 22 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Meatballs w/Onion Gravy 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p style="text-align: right;">23</p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch Rosemary Pork 1:00 Pitch Party 2:00 Chess Group</p>	<p style="text-align: right;">24</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Beef & Broccoli 12:30 Movie "The Incredible Mrs. Ritchie" 1:00 Line Dancing 1:00 Bridge</p>	<p style="text-align: right;">25</p> <p>8-4:00 Billiards 10:00 Poker 10:30 Veterans' Meeting 12:00 Senior Lunch BBQ Chicken 1:00 Cribbage</p>
<p style="text-align: right;">28</p> <p style="text-align: center;"> SENIOR CENTER CLOSED</p>	<p style="text-align: right;">29</p> <p>8-4:00 Billiards 29 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Cheese Omelet 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p style="text-align: right;">30</p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch Apricot Chicken 1:00 Pitch Party 2:00 Chess Group</p>	<p style="text-align: right;">31</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Italian Braised Beef 12:30 Movie "Chasing 3000" 1:00 Line Dancing 1:00 Bridge</p>	<p style="text-align: center;">MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</p>

COMING IN JUNE...

Thursday June 7 - 1:30 pm
End of the Year Pen Pal Party

Tuesday, June 12 - 2:00 pm
Strawberry Festival

Thursday, June 14 - 9:00am
Father's Day Breakfast

Monday, June 18 - 1:00pm
Legal Clinic ~ Protecting Your Children from Yourselves

Wednesday, June 20 - 11:00 am
Laughter Yoga

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

MAY MOVIES

Thurs., May 3 ... "Water for Elephants" In this captivating Depression-era melodrama, impetuous veterinary student Jacob Jankowski joins a celebrated circus as an animal caretaker but faces a wrenching dilemma when he's transfixed by angelic married performer Marlena. Starring Reese Witherspoon & Robert Pattinson *PG-13 121 mins.*

Thurs., May 10... "The Madness of Henry VIII" Experience the intriguing story of one of the world's most scandalous monarchs in this historical documentary from National Geographic. Expert commentary and historical records bring the Tudor king to life. Best known for his six marriages and "divorce" by execution, as well as for establishing the Church of England and separation of church and state, Henry VIII remains a fascinating figure with a reign mired in sexual and political intrigue. *NR 88 minutes*

Thurs., May 17... "Life as We Know It" Caterer Holly Berenson (Katherine Heigl) and network sports director Eric Messer (Josh Duhamel) discover a reciprocal hatred during an ill-fated first date -- but are forced to put their feelings aside when their mutual friends die and they become the guardians for orphaned Sophie. Now, Holly and Eric must learn to live with each other and juggle their promising careers while taking care of the little girl in this romantic comedy. *PG-13 115 minutes*

Thurs., May 24... "The Incredible Mrs. Ritchie" Charlie (Kevin Zegers) can't seem to stay out of trouble, and his principal, Mr. Dewitt (James Caan), is at his wits' end. Fed up with Charlie's behavior, he gives the boy his choice of penalty: suspension or doing odd jobs for the town's most eccentric resident, Mrs. Ritchie (Gena Rowlands). Charlie chooses to help out Mrs. Ritchie, and the two begin a special friendship as Mrs. Ritchie teaches him about trust, life and love. *PG-13 102 minutes*

Thurs., May 31... "Chasing 3000" Determined to see Pittsburgh Pirates right fielder Roberto Clemente get his 3,000th hit, recently uprooted Pennsylvania brothers Mickey (Trevor Morgan) and Roger (Rory Culkin) make an unauthorized cross-country trek from Los Angeles to Three Rivers Stadium. The fact that Roger has muscular dystrophy is daunting ... but it's hardly a deterrent. Ray Liotta and Lauren Holly co-star in this Tribeca Film Festival selection based on a true story. *PG 115 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

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