

Among Friends

May 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.

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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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.



Mother's Day Social and Concert by Ruth Harcovitz
Join us for a Broadway Cavalcade, a revue of American Musical Theatre when popular Soprano, Ruth Harcovitz performs for us on **Wednesday, May 8th**. The **1:00 p.m.** concert will be followed by a Mother's Day Social with tea, coffee and refreshments. Reservations are a must. Please call 508-210-5570 to save your place at the concert and for the social. This concert is sponsored in part by a grant from the Holden Cultural Council.

"THE SUNNY SIDE OF THE STREET"

Ken Lelen, "the man with all the guitars" will present a concert entitled "The Sunny Side of the Street" on **Wednesday, May 22**, at **1:00 p.m.** Upbeat and cheery songs, memorable melodies, and old favorites will be offered, matched to the perfect guitar for that particular melody. Ken has entertained thousands of folks along the east coast at senior centers, libraries, and many fundraisers. The concert is free and open to all, with refreshments following. The program is sponsored in part by a gift from the Holden Women's Club. Please reserve your place by calling 508-210-5570.



IN THE ABSENCE OF OUR INSTRUCTOR...



In the absence of our Low Impact Exercise instructor, we invite you to try one or more of our other exercise offerings. You can try Chair Yoga which is held on Tuesdays at 2:30 - the cost of this class is \$2.00/class. Line Dancing is held on Thursday afternoons at 1:00 and is geared to all levels. The cost of line dancing is \$4.00/class. We also have a Walking group that gathers every Wednesday morning at 10:00 a.m. So while Joyce recuperates, try something new and different! Everyone is welcome to participate in any of these programs!

BEREAVEMENT SUPPORT GROUP

Our monthly bereavement support group, facilitated by Carol Recchion, MDiv. will be held on **Monday, May 13 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.**



The Senior Center will be *closed* on **Monday, May 27** in observance of Memorial Day.





UPCOMING TRIPS

Friday, June 21 ... "Newport Flower Show" Discover the mysteries of the East. Gardens, treasures, traditions, and native plants all blend to create the simple yet stunning beauty of this exotic part of the world. This morning, enjoy free time along the waterfront in Newport. Visit the quaint shoppes on the docks or in the Brickyard marketplace. Lunch is being served at the Atlantic Beach Club in Middletown, RI. Menu Choices are Baked Stuffed Scrod with Newburg Sauce or Atlantic chicken, both served with salad, potato, vegetable, rolls, dessert, coffee and tea. After lunch, visit the 2013 Newport Flower Show, Jade: Eastern Obsessions. Celebrating its 18th year as America's premier summer flower show on the grounds of the historic Rosecliff Mansion. This year you will be taken on an exotic tour of Far Eastern traditions and beauty. Jade, the imperial gemstone, is the perfect symbol for this year's show. The expansive front lawn of Rosecliff will lure you through an iconic Moon Gate into gardens filled with "Zen-full" inspirations. Depart the Senior Center at 7:00 a.m. and return at approximately 6:00 p.m. **Cost of this trip is \$76.00 per person including driver's gratuity.**

Tuesday, July 23 .. "The Spirit of Boston" Enjoy a two hour cruise on Boston's historic harbor and the ship's Grande Buffet! Help yourself and take as little or as much as you like! With choices such as Wild Alaskan Salmon, Classic Baked chicken, Asian Beef & Chicken Stir Fry, Grilled Vegetable Lasagna and Sweet Dessert Trio (Moist Lemon Mousse Shortbread, Oreo Dream Bar, Brulée Raspberry Cheesecake, all served with a variety of sauces and whipped cream) there is sure to be something to please even the most discerning palate. More details will appear in May's newsletter. **Cost of this trip will be \$80.00 including driver's gratuity.**

A WORD OR TWO FROM THE FRIENDS...

We had our Annual Meeting in April. It was a full house - so nice to see a full house! The slate of officers stayed the same for the most part. Our year was successful, and we did well with our Fair and Cookie Sale. We are looking forward to another good year. Remember, if you paid your \$5.00 membership, you are entitled to attend our meetings. The more the merrier! Our next meeting is Monday, May 6 at 1:00 pm at the Senior Center. See you there!



BOOK DISCUSSION GROUP

The discussion group will meet **Thursday, May 9 at 10:00 a.m.** to discuss the book Too Close to the Falls by Catherine Gildiner. Welcome to the childhood of Catherine McClure Gildiner. It is the mid-1950s in Lewiston, New York, a sleepy town near Niagara Falls. Divorce is unheard of, mothers wear high heels to the beauty salon, and television has only just arrived. At the tender age of four, Cathy accompanies Roy, the deliveryman at her father's pharmacy, on his routes. She shares some of their memorable deliveries-sleeping pills to Marilyn Monroe (in town filming Niagara), sedatives to Mad Bear, a violent Tuscarora chief, and fungus cream to Warty, the gentle operator of the town dump. As she reaches her teenage years, Cathy's irrepressible spirit spurs her from dangerous sled rides that take her "too close to the Falls" to tippy dances with the town priest.

June's selection: The Black Bullet by Tom Lowe; **July's selection:** Maine by J. Courtney Sullivan.

INDOOR FLEA MARKET...

We will be holding an indoor flea market on Holden Days, Saturday, August, 24 from 9:00-3:00. Tables/spaces will be \$20.00 each. If you have things you'd like to get rid of, how better than a table in our air conditioned building! Please be aware that whatever you do not sell, you must take home with you, as we have no storage space available. Payment must be received at the time you register. More detailed information will be published in the June newsletter.



You are cordially invited...

The Wachusett Regional High School Music Education Department cordially invites you to their 2013 Spring Concerts on Tuesday, May 21 and Wednesday, May 22. Both begin at 7:00 p.m. in the high school auditorium. Each concert will be different featuring the musical talents of the WRHS music students. These concerts promise to be wonderful evenings of beautiful music highlighting the success and musicianship of Wachusett staff and students. For more information call the high school at 508-829-6771.

SHINE COUNSELOR
Monday, May 6 and Monday, May 13
BY APPOINTMENT ONLY



**BACK TO BASICS: WILLS, REVOCABLE TRUSTS, POWERS OF ATTORNEY,
HEALTH CARE PROXIES: DOCUMENTS EVERYONE SHOULD HAVE
AND SOME YOU MAY WANT TO HAVE**



Back by popular demand! Join us on Wednesday, May 29 from 2:00-3:00 p.m. for this important seminar. Attorney Arthur Bergeron will explain these basic estate planning documents that everyone should have. With these documents in place, you can minimize legal issues and expenses for you and your children down the road. Please register for this program by calling 508-210-5570. Refreshments will be served following the talk.



SPRING INTO SUMMER....



with the Holden Professional Firefighters as they sponsor a lunch for **HOLDEN ELDERS ONLY** on ***Friday, May 17*** at the Senior Center at ***noon***. They are offering the season's first "picnic" with hotdogs; hamburgers; potato salad; garden salad; dessert and beverage. Please make your reservation by calling 508-210-5570. ***Seating is limited***, so make your reservations early. ***Reservations will be taken through Tuesday, May 14 -***

Holden Firefighters



Local 4557

OR until capacity is reached at which time we will take names on a "wait list." Therefore, we ask that if you've made a reservation and find you cannot attend, please call to let us know, so we can give your seat to someone else.

SAVE THE DATE...



The annual End-of-the-Year Pen Pal Party will be held at the Mayo School on Thursday, June 6 at 2:00 p.m. Please plan to attend...consider car pooling or using our van and get dropped off and picked up at the door to help assure enough parking for everyone, as parking at the school is limited. As in the past, please remember that gifts are not permitted. Please call 508-210-5570 if you CANNOT attend, so we can make an arrangement for someone to sit with your pen pal.

Save The Date!

VETERANS' MEETING

Please join us at the Veteran's Meeting on ***Friday, May 24*** at ***10:30 a.m.*** when we welcome Colonel Janet M. Leofsted (US Army Retired). She has had troop and staff assignments at Fort Bragg, NC, Honduras, Republic of Korea in the Pentagon. As a US Army Reserve officer, she was assigned to Fort Monroe, VA, subsequently moving to NH where she served as a Signal Officer with the 197th Artillery Brigade of the NH Army National Guard. In 2001, Colonel Leofstedt transferred to the USAR and joined the 321st Civil Affairs Brigade, Ft. Sam Houston, San Antonio, Texas deploying with that unit to Kabul, Afghanistan from Jan. 2003 to Jan. 2004, serving as a Civil Affairs Liaison Office in the Civil-Military Coordination Center, Kabul. She returned to Afghanistan in 2004 where she served as Commander of Provincial Reconstruction Team Sharana-Paktika Province Afghanistan serving the 173rd Airborne Brigade and 10th Mountain Division. Retiring in 2010, Janet currently is a History teacher at Wachusett Regional High School, teaching World and United States History. All veterans are welcome.



MAY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>Thursday, May 2 5:00-8:00 p.m. Senior Prom at Wachusett Regional High School Enjoy an evening of dancing and fine dining</p>	<p style="text-align: right;">1</p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch Italian Braised Beef 1:00 Pitch Party</p> 	<p style="text-align: right;">2</p> <p>8:00 HCOA Board Meeting 8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch Beef & Bean Chili 12:30 Movie "Strictly Ballroom" 1:00 Bridge 1:00 Line Dancing</p>  	<p style="text-align: right;">3</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Spaghetti & Meatballs 1:00 Cribbage</p> 
<p style="text-align: right;">6</p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Pasta Primavera w/Chicken 1:00 Quilting 1:00 Friends Meeting</p> 	<p style="text-align: right;">7</p> <p>8-4:00 Billiards 9:30 Needlework 12:00 Senior Lunch Hot Dog on Bun 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>  	<p style="text-align: right;">8</p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch Beef & Broccoli 1:00 Pitch Party 1:00 Mother's Day Social & Ruth Harcovitz Concert</p> 	<p style="text-align: right;">9</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 12:00 Senior Lunch Salmon Boat w/Dill 12:30 Movie "Real Pirates of the Carribean" 1:00 Bridge 1:00 Line Dancing</p>  	<p style="text-align: right;">10</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Honey Glazed Pork 1:00 Cribbage</p> 
<p style="text-align: right;">13</p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Veal Marsala 1:00 Quilting 4:30 Bereavement Support Group</p> 	<p style="text-align: right;">14</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 12:00 Senior Lunch Chicken Cantonese 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p style="text-align: right;">15</p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch Roast Turkey & Gravy 1:00 Pitch Party</p> 	<p style="text-align: right;">16</p> <p>8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch Shepherd's Pie 12:30 Movie "Albert Nobbs" 1:00 Bridge 1:00 Line Dancing</p>  	<p style="text-align: right;">17</p> <p>8-4:00 Billiards 10:00 Poker 12:00 HPFF Luncheon 1:00 Cribbage</p>  
<p style="text-align: right;">20</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Pot Roast Stew 1:00 Quilting</p> 	<p style="text-align: right;">21</p> <p>8-4:00 Billiards 9:30 Needlework 12:00 Senior Lunch Crumb Topped Fish 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>  	<p style="text-align: right;">22</p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch Meatloaf & Gravy 1:00 Pitch Party 1:00 Ken Lelen Concert</p>  	<p style="text-align: right;">23</p> <p>8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch Chicken Mornay 12:30 Movie "Dolphin Tale" 1:00 Bridge 1:00 Line Dancing</p>  	<p style="text-align: right;">24</p> <p>8-4:00 Billiards 10:00 Poker 10:30 Veterans' Meeting 12:00 Senior Lunch Vegetable Alfredo 1:00 Cribbage</p> 
<p style="text-align: right;">27</p> <div style="text-align: center;">  <p>Memorial Day <i>Never Forget Ever Honor</i></p> </div> <p>SENIOR CENTER CLOSED</p>	<p style="text-align: right;">28</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 12:00 Senior Lunch Buttermilk Chicken 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p style="text-align: right;">29</p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch Burgundy Meatballs 1:00 Pitch Party 2:00 Legal Clinic</p>  	<p style="text-align: right;">30</p> <p>8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch Pork Rib-i-que 12:30 Movie "Cinderella Man" 1:00 Bridge 1:00 Line Dancing</p>  	<p style="text-align: right;">31</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Turkey a la King 1:00 Cribbage</p> 

COMING IN JUNE...

Thurs., June 6...Pen Pal Party-Mayo School



Mon., June 10 ...The First Ladies
Part II

Tues., June 11...Lunch/w Police Chief Sherrill

Mon., June 17...Father's Day Coffee &
Donuts



Tues., June 25...Election - No Programs

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 2 ... "Strictly Ballroom" ~ Dumped by his partner just before a major dance competition, gifted hooper Scott Hastings is forced to take a graceless neophyte as his new partner. But much to everyone's surprise, Scott soon turns his unpromising protégé into a top-notch dancer. **PG ~ 94 min.**

Thurs., May 9 ... "The Real Pirates of the Caribbean" ~ Pirates aren't simply the stuff of action-packed films -- they have a fascinating history all their own that's explored in this documentary, which digs up the truth behind buccaneers such as Blackbeard, Black Bart, Captain Kidd and more. In addition to touching on events of the late 1600s, the film takes a look at modern-day pirates from the perspectives of the law enforcement officials who try their best to track them down. **NR ~ 60 min.**

Thurs., May 16 ... "Albert Nobbs" ~ Having for decades disguised herself as a man while working as a butler in a posh 19th-century Dublin hotel, a woman (Glenn Close) calling herself Albert Nobbs reconsiders her charade when a handsome painter arrives on the scene. **Rated R for some sexuality, brief nudity and language 113 min.**

Thurs., May 23 ... "Dolphin Tale" ~ A badly maimed juvenile dolphin is given a new tail, and a new life, through the efforts of the humans who save it in this true-life adventure saga. After losing its tail to a crab trap, the dolphin is doomed until a young boy spots its plight. Stars Harry Connick, Jr. & Ashley Judd **Rated PG ~ 113 min.**

Thurs., May 30 ... "Cinderella Man" ~ Directed by Ron Howard. Russell Crowe stars in this riveting biopic about legendary boxer Jim Braddock, who arrived on the scene during the Great Depression at a time when Americans were woefully in need of a hero. Also stars Renee Zellweger and Paul Giamatti **Rated PG-13 ~ 145 min.**

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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