

Among Friends



November 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.

HCOA BOARD

Susan Sullivan, Chair
Richard Mansfield, Jr., Vice Chair
Faye Ellis
Rebecca Tornblom
Maureen Locke
Wayne Howard
Eric Johansen

SENIOR CENTER STAFF

Louise Charbonneau,
Director of Senior Services
Maureen Buffone, Secretary
Paula Earley, Outreach
Cindy Smith, Outreach
Clare Nelson,
Program Coordinator
Mary Sloan,
Transportation Coordinator
Suzanne Donaldson,
Dining Manager

VAN DRIVERS

George Warden
Robert Giannotti
John Bianco
Gregg Tivnan

FRIENDS OF HCOA OFFICERS

Cynthia Stark, President
Marcia Sherbourne, Vice President
Geri Sawyer, Secretary
Helen Holmes, Treasurer

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.

BEST OF FRIENDS FAIR

Please join the Friends of the HCOA for their Annual Best of Friends Fair on **Saturday, November 5** from **9:00 a.m.-2:00 p.m.** There will be homemade baked goods; handmade items; drawings; coffee and donuts; lunch of homemade soups and sandwiches; interesting vendors, and so much more. If you'd like to donate baked goods to the bake table, it would be much appreciated. Please bring them to the Senior Center after 1:00 p.m. on Friday, November 4. Thank you for your support. **NEW THIS YEAR, we will have an American Girl Doll table with all hand-made clothes.**



THANK YOU VETERANS

WE LOVE OUR VETERANS! We invite all veterans to join us on **Thursday, November 10** from **8:30-10:30 a.m.** in the dining room for coffee and donuts. Enjoy a delicious cup of coffee, a donut and the company of old friends (and maybe a few new ones!). Please call 508-210-5570 to let us know if you're coming such that we'll be certain to have plenty.

GET YOUR LEGAL QUESTIONS ANSWERED

Attorney Arthur Bergeron from the firm Mirick O'Connell will be here on **Monday, November 14** from **10:30 a.m.-12:30 p.m.** to offer free 15 minute appointments. If you have a legal question, please call 508-210-5570 to make your appointment. Scheduled appointments are required.



Artist Mary Cassatt



Linda Miller, a docent at the Worcester Art Museum, will give a talk on favorite artist, Mary Cassatt, on **Monday, November 14 at 1:00 p.m.** Mary Cassatt had a very interesting life and became a much-loved artist. This program is free and open to all. Please call 508-210-5570 to reserve your seat.



POCAHONTAS

Join us on **Monday, November 21** at **1:00 p.m.** as we welcome Margaret Watson from the Worcester Women's History Project. Margaret will offer an interesting talk on the facts and fiction of the life of Pocahontas. Free and open to all. Please call 508-210-5570 to reserve your seat.



The Morning Glory Café will be closed on **Friday, November 11** in observance of Veterans Day and **Friday, November 25** in observance of Thanksgiving. Thank you all for your support!





UPCOMING TRIPS



Wed., Nov. 30 ... Nana's Naughty Knickers at the Newport Playhouse & Cabaret Restaurant Depart Holden Senior at 8:30 a.m. After experiencing Newport's beautiful Ocean Drive, you're off to the Newport Playhouse and Cabaret Restaurant. Here you'll enjoy a great buffet, a wonderful play and a fun filled cabaret performance. Their extensive hearty buffet does not skimp on quality or size. After lunch, you'll be whisked off to their intimate theatre where you can sit back, relax and take in Newport Playhouse's show "Nana's Naughty Knickers." *Bridget and her Grandmother are about to become roommates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she'll never forget. It seems her sweet Grandma is running an illegal boutique from her apartment, selling hand-made naughty*



knickers to every senior citizen in the five borough area! After the show it's back to your original table where the dining room is transformed into a captivating Cabaret. You'll arrive home at approximately 6:00 p.m. after a wonderful day in Newport, Rhode Island. Cost for this trip is \$91.00 per person. **Payment due at time of booking.**

Tues., Dec. 13 ... Holiday Lights 2016 at the HuKeLau in Chicopee ... Begin your holiday excursion with a Delicious and Bountiful early afternoon luncheon at the HuKeLau. Meal choices are Prime Rib Au Jus or Baked Stuffed Breast of Chicken. Luncheon also includes a salad, potato, vegetable, dessert, coffee/tea. Following your meal, you'll be entertained by HuKeLau's Polynesian Singers and Dancers performing their Holiday Show. Then it's on to the Greatest Holiday Light Display - Bright Nights! Enjoy a RIDING tour of Bright Nights at Forest Park in Springfield, MA. This spectacular light display is the #1 holiday attraction not only in New England, but is attracting visitors from all across the country. How fortuitous for us that it's located right in our own backyard! This is a Spectacular Holiday Spirited Day Trip! Price for this trip is \$91.00/person including transportation, luncheon, show, riding tour of Bright Nights & Driver Gratuity. **Payment is due at time of booking. Please make checks payable to "Friends of HCOA."**

Questions? Call Kathy Hannigan at 508-210-5579. Please leave a message - she will get back to you. If you are interested in any of our trips or if you have questions, please call 508-210-5579.

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.

NOTES ABOUT TRIPS

Please note that most tour operators REQUIRE full payment be made 3 to 4 weeks in advance of a trip, or we lose our deposit. For this reason, we are asking for your cooperation in reserving seats as early as possible. **ALSO**, please note that the number to call for questions about trips has changed to **508-210-5579**.



FROM THE FRIENDS...



Our meeting this month will be held on **Monday, November 14 at 2:30 p.m.**, the December meeting will be held on **Monday, December 5 at 2:00 p.m.** following the Christmas Party. Please support the Friends' Fall Harvest Fair on **Saturday, November 5 from 9:00 a.m.-2:00 p.m.** Please remember the Morning Glory Café every Friday from 8:30-10:30. Volunteers are needed for the Fair and Café, so please volunteer when you see the sign-up sheets. These events help support activities, charitable contributions and facility improvements for the Holden Senior Center. Baked goods for the Fair should be brought to the Senior Center on the afternoon of Friday, November 4.

SHINE COUNSELOR

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



NOVEMBER YOGA THEMES!



November is a month of **Giving Thanks**. Try our YOGA classes as a way to **take care of yourself**, as we enter this busy time of year! We will find BALANCE and Relieve STRESS THROUGH Yoga Breath and Movement. **November 1 & 3** - Yoga for Mind/Body **BALANCE** (focused and strong; **November 10** - Yoga to **Relieve STRESS** (calm and centered; **November 15 & 17** - Yoga for **SELF CARE** (being thankful and grateful; **November 22** - **FLOW** Yoga (breath and movement);

November 29 & December 1 - Flexibility and Stretching. Tuesday's class **AND** Thursday's class is at **2:30**. Cost for yoga classes is \$2.00/class and is partially subsidized through a grant from the Executive Office of Elder Affairs.

CONCERT AND HOME COOKED MEAL

Local musician Marty Ayotte will offer a concert on **Wednesday, November 16 at 11:00 a.m.** Though a performer for many years, this will be the first time Marty has performed here at our Center. His concert will be followed at noon by a home cooked



Ham and Baked Bean lunch. Please call 508-210-5570 to make your



reservation. Lunch reservations will be accepted through Thursday, November 10 or until we reach capacity. Cost for this lunch will be \$3.00 for Holden Elders and Holden Senior Center Volunteers and \$6.00 for out of town Elders. Cost toward each ticket has been subsidized through a grant from the Holden Senior Center Fund through the Worcester Foundation established by the Sjostedt Family.



ASSET PROTECTION

On **Monday, November 28 at 1:00 p.m.** Attorney Arthur Bergeron from the firm Mirick O'Connell will present a legal program on Asset Protection. The program is free and open to all. Please reserve your seat by calling 508-210-5570.

SENIOR CENTER ANNUAL CHRISTMAS PARTY

You are cordially invited to attend our Annual Christmas Party on **Monday, December 5 at 12:00 p.m.** This year the party will be held at the Senior Center and catered by Toupin's Catering. Our menu will consist of Field Green Salad; Freshly Baked Rolls & Butter; Whipped Potatoes; Maple Glazed Carrots; Baked Fish w/a Seasoned Bread Crumbs; Slow Roasted Pot Roast w/Gravy; Cream Puff Sundaes; Freshly Brewed Decaf Coffee & Tea. You will also enjoy the delightful music of Elliott Lockwood and a visit from the Jolly Old Elf Himself! Cost for the party is \$21.00/person. The ticket price has been partially funded through the generosity of the Friends of the Holden Council on Aging. Your payment is due at the time of your reservation which must be made prior to Monday, November 28 and by calling 508-210-5570.

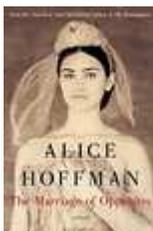


CALLING ALL BINGO PLAYERS



We cordially invite everyone who would enjoy an afternoon of fun & socialization to join our Bingo players every Tuesday at **12:45** p.m. Bingo will help exercise your mind and is just plain fun! Everyone is welcome - Just drop in!

BOOK DISCUSSION GROUP



The book discussion group will meet at **10:00 a.m.** on **Thursday, November 17** to discuss the book The Marriage of Opposites by Alice Hoffman. Growing up on idyllic St. Thomas in the early 1800's, Rachel dreams of life in faraway Paris. Rachel's mother, a pillar of their small refugee community of Jews who escaped the Inquisition, has never forgiven her daughter for being a difficult girl who refuses to live by the rules. Growing up, Rachel's salvation is their maid Adelle's belief in her strengths, and her deep lifelong friendship with Jestine, Adelle's daughter. But Rachel's life is not her own. She is married off to a widower with three children to save her father's business. When her older husband dies suddenly, and his handsome, much younger nephew, Frederick, arrives from France to settle the estate, Rachel seizes her own life story, beginning a defiant, passionate love affair that sparks a scandal that affects all of her family, including her favorite son, who will become one of the greatest artists of France.

NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SPECIAL ALTERNATE MEAL OF <u>PASTRAMI SANDWICH AND SOUP</u> OFFERED THIS MONTH. PLEASE CALL SUE @ 508-210-5578 FOR INFORMATION AND TO MAKE A RESERVATION.</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 <i>Chicken w/Asparagus</i> 12:45 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 <i>American Chop Suey</i> 1:00 Pitch Party</p>	<p>3</p> <p>8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Hot Dog on Bun</i> 1:00 Bridge 2:30 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 <i>Catch of the Day</i> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>7</p> <p>SHINE by Appt. Only 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Lemon Thyme Chicken</i></p>	<p>8</p> <div style="text-align: center;">  <p>NO PROGRAMS VANS RUNNING</p> </div>	<p>9</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Herb Roasted Pork</i> 1:00 Pitch Party</p>	<p>10</p> <p>8-4:00 Billiards  8:30-10:30 Veterans Coffee & Donuts 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Spaghetti & Meatballs</i> 1:00 Bridge 2:30 Gentle Chair Yoga</p>	<p>11</p> <div style="text-align: center;">  <p>SENIOR CENTER CLOSED</p> </div>
<p>14</p> <p>8-4:00 Billiards  10:30 Tai Chi 10:30-12:30 Legal Clinic 12:00 Senior Lunch <i>Turkey Pot Pie</i> 1:00 Mary Cassatt program  2:30 Friends Meeting</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 <i>Greek Chicken</i> 12:45 Bingo 1:00 Bridge 2:30 Chair Yoga </p>	<p>16</p> <p>8-4:00 Billiards 9:00 Tai Chi 11:00 Marty Ayotte 12:00 Home Cooked Lunch 1:00 Pitch Party</p> <div style="display: flex; justify-content: center; gap: 10px;">   </div>	<p>17</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Macaroni & Cheese</i> 1:00 Bridge 2:30 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 <i>Breaded Fish</i> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>21</p> <p>SHINE by Appt. Only 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Vegetable Cheese Bake</i> 1:00 The Life of Pocahontas</p> <div style="text-align: center;">  </div>	<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 <i>Holiday Meal</i> <i>Roast Turkey w/Gravy</i> 12:45 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 <i>Chicken Murphy</i> 1:00 Pitch Party</p>	<p>24</p> <div style="text-align: center;">  <p>SENIOR CENTER CLOSED</p> </div>	<p>25</p> <div style="text-align: center;">  <p>SENIOR CENTER CLOSED</p> </div>
<p>28</p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Chicken Sausage Jambalaya</i> 1:00 Legal Presentation</p> <div style="text-align: center;">  </div>	<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 <i>Meatballs w/Onion Gravy</i> 12:45 Bingo 1:00 Bridge 2:30 Chair Yoga </p>	<p>30</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Salisbury Steak</i> 1:00 Pitch Party</p>	<p>BEST OF FRIENDS FAIR</p> <div style="text-align: center;">  <p><i>Saturday, November 5</i> 9:00 a.m.-2:00 p.m.</p> </div>	<p>ANY ACTIVITY or MENU CAN CHANGE WITHOUT NOTICE</p>

COMING IN DECEMBER ...

Dec. 5 Senior Center Christmas Party



Dec. 8 Mountview Christmas Breakfast



Dec. 12 ... Harp Concert

Dec. 19 ... Wachusett Community Band Concert

Dec. 28 ... Bill Sbrogna and the Main Event



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.



The Senior Center Office will be closed on Election Day, Tuesday, November 8. The Staff will be in the office to answer phones, etc., however no business will be conducted at the window. There will be NO programs, however the vans will be running. If you need a ride to your precinct, call Mary at 508-210-5573.



THE SENIOR CENTER WILL BE CLOSED ON FRIDAY, NOVEMBER 11 IN OBSERVANCE OF VETERANS DAY.

The Senior Center will also be closed on Thursday, November 24 and Friday, November 25 in observance of Thanksgiving.



Mountview School Annual Christmas Breakfast



The Staff and Students will hold their Annual Christmas Breakfast on **Thursday, December 9 at 9:00 a.m.** at Mountview Middle School, 270 Shrewsbury Street. The Breakfast is for **Holden Elders Only.**

Please make your reservation by calling 508-210-5570.

PLEASE DO NOT CALL THE SCHOOL TO MAKE RESERVATIONS!

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

Presorted Standard
U.S. Postage
PAID
Holden, MA 01520
Permit No. 34