

# 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



September 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.

## HCOA BOARD

Rev. Dr. Jerry Heslinga, Chair  
Richard Mansfield, Jr.  
Albert Ferron  
Susan Sullivan  
Barbara Anger  
Faye Ellis

## SENIOR CENTER STAFF

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Clare Nelson,  
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Naomi Sohlman,  
Transportation Coordinator  
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Marjeanne Adels, Van Escort  
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George Warden  
Lawrence Pierce  
Mary Sloan

## FRIENDS OFFICERS

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

## TELEPHONE NUMBERS

Senior Center 508-210-5570  
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.

## LEARN WAYS TO REDUCE STRESS

The Holden Senior Center extends a special invitation just for you...

~ To explore the mind-body connection and...

~ To discover easy and simple ways to Reduce Stress, Lower Blood Pressure,  
Decrease worry and Improve overall mood and well-being.

Join us on **Wednesday, September 19** at 1:30 p.m. with  
Katie Cohen, Licensed Certified Social Worker, and Registered  
Yoga Teacher for this informal talk/presentation.



## JOIN US FOR A HOME-COOKED LUNCH

The Staff will once again be offering a home cooked lunch on  
**Wednesday, September 12 at noon.** Our menu will be a meatloaf  
dinner. Cost of the lunch for **Holden Elders and Senior Center**  
**Volunteers** will be \$3.00 ~ for **out of town residents** the cost will be  
\$6.00. To make your reservation, please call 508-210-5570. Deadline for  
reservations will be Monday, September 10.



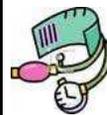
## FALL LEGAL CLINICS TO BEGIN

The fall legal clinics will begin  
10:00 a.m. Attorney Arthur  
"Asset Protection." All are  
Please reserve your place by



Wednesday, September 26 at  
Bergeron will give a talk on  
welcome. Coffee will be served.  
calling 508-210-5570.

## FREE SERVICE FOR EVERYONE!!



The Holden Professional Firefighters are providing a free monthly blood  
pressure clinic the first Thursday of each month at the Senior Center. Please feel  
free to stop by between **4:00-6:00 p.m.** on **September 6**, have your blood  
pressure checked and meet some of Holden's firefighters!!

## BEREAVEMENT SUPPORT GROUP

Our monthly bereavement support group, facilitated by Carol Recchion,  
MDiv. will be held on **Monday, September 10 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, September 3  
in celebration of Labor Day.



# UPCOMING TRIPS

**Friday, October 5... "Fall Foliage Train Ride"** Join Best of Times for a very special and exclusive train ride through some of New Hampshire's best scenic areas. This trip is the most comprehensive foliage train ride offered in New England. We will travel for 4 hours past Lake Winnepesaukee, through the White Mountains region of New Hampshire, and through some of New England's prettiest towns such as Meredith, New Hampton, Ashland, Plymouth, Bridgewater and Livermore Falls. As we make our way north our train stops directly in front of the Common Man Inn in Plymouth, NH for a scrumptious meal. Known for their excellent cuisine and terrific service this sit down luncheon will leave each traveler raving about their experience. Buffet Lunch Menu: Entrees: Roast Beef with a Garlic Demi Glace & Roast New England Turkey with Sage Stuffing, Pan Gravy & Homemade Cranberry Sauce. Also includes: Homemade Breads; Caesar Salad; Pasta Salad; Mashed Potato; Fresh Seasonal Vegetable; Homemade Cheese Cake topped with a Fresh Berry Sauce; Coffee/Tea Cost of this trip is \$99.95 including drivers gratuity. You depart Holden at 7:45 a.m. and return at approximately 6:30 p.m.

***We have a small wait list but would be happy to get a second bus if there is enough interest.***

**Tuesday, December 4 ... "Vienna Boys Choir at Springfield Symphony Hall"** The world's most beloved choir has been thrilling audiences young and old for over 500 years. Their eagerly anticipated tours play to sell out crowds nationwide. The Vienna Boys' Choir is a choir of long-standing tradition; and is one of the oldest boys' choirs existing in the world. For nearly five hundred years they have been a symbol of Austria. Don't miss the opportunity to experience their one-of-a-kind holiday program featuring classic and contemporary Christmas favorites. Before the show we will enjoy a wonderful lunch at Chez Josef. Menu includes choice of: Roast Center Loin Pork or Stuffed Filet of Sole served with salad, potatoes and fresh vegetables, dessert and coffee. Cost of this trip will be \$88.00 which will include the Reserved Red Seating. Luncheon, Motor coach Transportation and all Gratuities. You will depart Holden at 10:00 a.m. and return at approximately 4:45 p.m.

## A FOND FAREWELL....AND A HEARTFELT WELCOME

We offer a fond farewell to Norma Gould, our nurse, who for the last several years has been taking blood pressures every Tuesday morning. Norma is moving from Holden, and we wish her well in her new home. Now we welcome Miriam Gallant as our new nurse taking blood pressures. Miriam has, from time to time, filled in when Norma was unavailable. With her arrival, we are making some changes to the schedule.

**Beginning in September**, we will hold blood pressure clinics on the **2nd and 4th Tuesdays** from 10:00-12:00. Please feel free to come by on September 11 and 25 to have your blood pressure checked and offer Miriam a warm welcome.

## BACK BY POPULAR DEMAND...

The Chet Williamson Duo will play here at the Senior Center on Monday, September 24th at 1:00 p.m. Back by popular demand, the duo will perform original compositions, harmonica specialties, jazz standards and old favorites. The show is free and open to all. Please call 508-210-5570 for a reservation.



## BOOK DISCUSSION GROUP



This month's book is **Cleopatra: A Life** by Stacy Schiff. Her palace shimmered with onyx and gold but was richer still in political and sexual intrigue. Above all else, Cleopatra was a shrewd strategist and an ingenious negotiator. She was married twice, each time to a brother. She waged a brutal civil war against the first and poisoned the second; incest and assassination were family specialties. She had children by Julius Caesar and Mark Antony, two of the most prominent Romans of the day. With Antony she would attempt to forge a new empire, in an alliance that spelled both their ends. Famous long before she was notorious, Cleopatra has gone down in history for all the wrong reasons. Her supple personality and the drama of her circumstances have been lost. In a masterly return to the classical sources, Stacy Schiff boldly separates fact from fiction to rescue the magnetic queen whose death ushered in a new world order. The group will meet on **Thursday., September 13 at 10:00 a.m.**

## FUN WITH MUSIC



Come Monday, September 24 at 10:00 a.m. for a music program with sing along, classical music and fun songs. If you would like to participate in the program or if you have a craft to display, please leave a message for Marilyn Hyson at the Senior Center at 508-210-5570.

**SHINE COUNSELOR**  
**Wednesday, September 5**  
**BY APPOINTMENT ONLY**



## BASKETS NEEDED



The ladies who create the baskets for the Best of Friends Fair are in desperate need of sturdy baskets for their creations. If you have some large, sturdy baskets that you'd be willing to donate, please drop them off at the Senior Center or call the Senior Center at 508-210-5570, and we perhaps could make arrangements to pick them up. This is one of our more



popular tables so your help would be greatly appreciated.



## ANNUAL FLU SHOT CLINIC

The Worcester VNA and the Holden Senior Center announce that they will hold their Annual Flu Shot Clinic on Monday, September 17 from 1:00-4:00 p.m. Please bring your health insurance card(s) with you as your shot will be charged to your health insurance. If you have questions, please call the Senior Center at 508-210-5570.

## FROM THE FRIENDS...

We hope everyone has had a wonderful summer. We welcome all Friends to our first meeting on Monday, September 10 at 1:00 p.m. at the Senior Center. We are looking forward to a great year!



## WELCOME BACK VETERANS!!



Our Veterans group will meet again on Friday, September 28 at 10:30 a.m. A talk about life aboard a U.S. aircraft carrier, Korean war era, will be presented by Al Sculthorpe, a retired Navy crewman. Take-offs and hook landings will be discussed. All veterans and their interested friends are invited to attend.

## IT'S A DEAL ...

It's FREE...It's FUN... Come join us for CRIBBAGE! Every Friday from 1:00-3:00 p.m. at the Senior Center. The season begins on Friday, September 7. Come join the fun!!!



## MY MEDICARE.GOV



The SHINE program is offering an update of computer skills for "mymedicare.gov" before open enrollment. This is for people who already can get on the internet and have access to a computer. This program will emphasize skills to help you use the tools on the Medicare website to compare health and drug plans available to you. Please bring a list of your medications, dosage and how you take them (1x/day, prn, 2x/day) to the session, as well as a laptop if you have one. Join us on **Wednesday, September 19 at 1:00 p.m.** for this important update. Register by calling 508-210-5570 by September 14.

## PUBLIC POWER WEEK LUNCH

The Holden Municipal Light Department and the Holden Senior Center will offer the Annual Public Power Week luncheon on **Wednesday, October 10 at 12:00 noon**. This home-cooked lunch is paid for by the Holden Municipal Light Department and prepared by the Senior Center Staff and is **FOR HOLDEN RESIDENTS ONLY**. Reservations are **REQUIRED** and must be made by Friday, October 5 by calling 508-210-5570.



## PLEASE REMEMBER...



...that the State Primary Election will be held on Thursday, September 6. Our building houses two voting precincts, therefore there will be no programs or lunch on that day. The office will be open and the vans will be running as well.



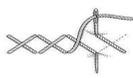
# SEPTEMBER 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>3</b></p>  <p style="text-align: center;">SENIOR CENTER CLOSED</p>	<p style="text-align: center;"><b>4</b></p> <p>9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Chicken Cantonese</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p style="text-align: center;"><b>5</b></p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <b>Potato Crunch Fish</b> 1:00 Pitch Party</p> 	<p style="text-align: center;"><b>6</b></p> <p>8:00 HCOA Board Mtg.</p> <p style="text-align: center;"><b>STATE PRIMARY NO PROGRAMS OFFICE OPEN VAN RUNNING</b></p> 	<p style="text-align: center;"><b>7</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Veal Marsala</b> 1:00 Cribbage</p> 
<p style="text-align: center;"><b>10</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Chicken Mornay</b> 1:00 Quilting 1:00 Friends' Meeting 4:30 Bereavement Support Group</p> 	<p style="text-align: center;"><b>11</b></p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Vegetable Alfredo</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p style="text-align: center;"><b>12</b></p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 <b>Home Cooked Lunch</b> 1:00 Pitch Party</p> 	<p style="text-align: center;"><b>13</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:00 Book Discussion Group 12:00 Senior Lunch <b>Beef w/Onion &amp; Pepper</b> 12:30 Movie <b>"We Bought a Zoo"</b> 1:00 Bridge</p> 	<p style="text-align: center;"><b>14</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Lemon Pepper Fish</b> 1:00 Cribbage</p> 
<p style="text-align: center;"><b>17</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Beef &amp; Bean Chili</b> 1:00 Quilting 1-4:00 Flu Shot Clinic</p> 	<p style="text-align: center;"><b>18</b></p> <p>8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Roast Turkey w/Gravy</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p style="text-align: center;"><b>19</b></p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <b>Shepherd's Pie</b> 1:00 Pitch Party 1:00 MyMedicare.gov 1:30 Stress &amp; Meditation</p> 	<p style="text-align: center;"><b>20</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Breaded Chicken Filet</b> 12:30 Movie <b>"The Vikings: Nova"</b> 1:00 Bridge</p> 	<p style="text-align: center;"><b>21</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Burgundy Beef</b> 1:00 Cribbage</p> 
<p style="text-align: center;"><b>24</b></p> <p>8-4:00 Billiards 10:00 Crafts 10:00 Fun with Music 12:00 Senior Lunch <b>Beef &amp; Cabbage Casserole</b> 1:00 Quilting 1:00 Chet Williamson</p> 	<p style="text-align: center;"><b>25</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 style="text-align: center;"><b>26</b></p> <p>8-4:00 Billiards 10:00 Angel Walkers 10:00 Legal Presentation 12:00 Senior Lunch <b>Chicken w/Herbed Broth</b> 1:00 Pitch Party</p> 	<p style="text-align: center;"><b>27</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Italian Braised Beef</b> 12:30 Movie <b>"Did You Hear About the Morgans"</b> 1:00 Bridge</p> 	<p style="text-align: center;"><b>28</b></p> <p>8-4:00 Billiards 10:00 Poker 10:30 Veteran's Meeting 12:00 Senior Lunch <b>Pork Stir Fry</b> 1:00 Cribbage</p> 
<p style="text-align: center;"><b>HOME-COOKED LUNCH</b></p>  <p style="text-align: center;"><b>Wednesday September 12</b></p>	<p style="text-align: center;"><b>ANNUAL FLU SHOT CLINIC</b> Monday September 17 1:00-4:00 p.m.</p> 	<p style="text-align: center;"><b>LEARN WAYS TO REDUCE STRESS</b> Wednesday September 19 at 1:30</p> 	<p style="text-align: center;"><b>FALL LEGAL CLINIC</b></p>  <p style="text-align: center;">Wednesday September 26 at 10:00 a.m.</p>	<p style="text-align: center;"><b>MENU &amp; MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</b></p>

### COMING IN OCTOBER...

**Wed., Oct. 10...** Public Power Lunch by  
RESERVATION ONLY



**Mon., Oct. 15...** Cross Stitch Sampler  
Program

**Wed., Oct. 24...** Program on  
Tommy Dorsey



**Mon., Oct. 29...** Legal Presentation

### 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.

### SEPTEMBER MOVIES

**Thurs., Sept. 13 ... "We Bought a Zoo"** In this adaptation of Benjamin Mee's memoir about buying and saving a run-down zoo, the locale shifts from Britain to southern California. However, the wacky spirit of the original is retained, complete with escaped tigers and a zoo crew of misfits. Stars Matt Damon and Scarlett Johansson *PG ~ 126 minutes*

**Thurs., Sept. 20 ... "The Vikings: Nova"** While they're often portrayed in movies and history books as horned-helmeted barbarians, this fascinating installment of "Nova" reveals the Vikings to have been more civilized than we give them credit for. Startling new research from historians indicates that the 8th century Norsemen were, in fact, also shrewd merchants, accomplished artisans and superbly creative when it came to feats of nautical engineering. *NR ~ 105 minutes*

**Thurs., Sept. 27 ... "Did You Hear About the Morgans?"** Marked for death after watching a hit man commit murder, an estranged couple is forced to enter the Witness Protection Program. Leaving New York City behind, they land in Wyoming -- where adjusting to their new environs is easier said than done. Stars Hugh Grant & Sarah Jessica Parker *PG-13 103 min.*

### A REMINDER....



That the "slashed" areas in the parking lot are for **EMERGENCY VEHICLES ONLY** and not for parking while attending or conducting business at the Senior Center. The police department will be taking notice. Your cooperation in keeping these areas free is greatly appreciated.



*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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Friends of the Holden COA  
Holden Senior Center  
1130 Main Street  
Holden, MA 01520