

# Among Friends

September 2015

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



## HCOA BOARD

Susan Sullivan, Chair  
Richard Mansfield, Jr., Vice Chair  
Faye Ellis  
Rebecca Tomblom  
Marilyn Burnham  
Maureen Locke  
Wayne Howard

## SENIOR CENTER STAFF

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

## VAN DRIVERS

James Wells  
George Warden  
Mary Sloan  
Robert Giannotti  
Lawrence Pierce

## FRIENDS OF HCOA OFFICERS

Marcia Sherbourne, President  
Cynthia Stark, 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.

## YOGA CLASSES OFFERED AT HOLDEN SENIOR CENTER

Leave your troubles at the door, and treat yourself and your body to the gentle stretching and strengthening, breathing, and movement that will keep your mind and body working at it's best.

Yoga has been found to have many health benefits: Yoga strengthens bones and muscles, improving posture, and balance. Yoga reduces high blood pressure, lowers stress, improves memory and brain functioning, and increases overall physical and emotional well-being!

Our Yoga classes offer mindful movements coordinated to your breath. We begin with a breathing and centering and end with a relaxation to allow the body to absorb all the benefits of our moving, stretching and releasing. You will leave class with an overall feeling of well-being and calm relaxation...ready to move into the rest of your day with increased energy and focus.



### \*\*\*New Class\*\*\*

for beginners or those who want gentle, yet beneficial seated movement.

**Gentle Chair Yoga: Thursdays 1:00 p.m. (beginning October 8)** Gentle seated stretching, and breathing/centering along with basic yoga poses adapted for the chair. Occasional (optional) standing - to increase strength and balance. (Seated modifications offered.) If you have a yoga mat, please bring it along. Cost per class \$2.00.

**Strengthening Chair Yoga: Tuesdays 2:30 p.m. (on-going)** Classic Yoga poses and postures both seated and standing to increase strength and flexibility, improving overall well-being. First half seated stretching and warm-ups, second half standing and balancing poses along with a modified sun salutation using the chair for support. Cost per class is \$2.00.

Both of these classes are sponsored in part through a grant from the Executive Office of Elder Affairs.



## BACK BY POPULAR DEMAND!

Join us on **Wednesday, September 9 at noon** for a home cooked lunch with returning guest chefs - Members of Holden Grange. Our guests will be preparing delicious Beef Stew, Salad, Rolls, Apple Crisp and Beverage. Cost of the lunch will be \$4.00. Call 508-210-5570 to make your reservation. Reservations are **REQUIRED** and must be made by **Friday, September 4.**

## FLU SHOT CLINIC

Our annual flu shot clinic, sponsored by the Visiting Nurses Association, will be held on **Wednesday, September 23 from 1:00-3:30 p.m. for Holden elders.** Please bring your insurance card with you.



## LEGAL CLINIC



Attorney Arthur Bergeron from the firm Mirick O'Connell will be here from **10:00 to Noon on Monday, September 14.** Fifteen minute appointments for free legal advice for Holden Elders can be made by calling 508-210-5570.

The Senior Center will be closed on Monday, September 7 in observance of Labor Day.





# UPCOMING TRIPS

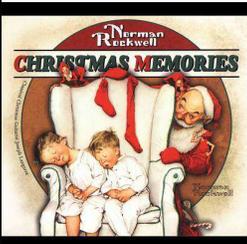


**Fri., Oct. 9 ... New Hampshire's Turkey Train ...** Join us as we travel to central New Hampshire and Lake Winnepesaukee on board our deluxe motor coach for a day of fun and the wonderful sights of fall foliage. Enjoy what millions of travelers come to New Hampshire for each year, the changing of the season and the magnificent fall foliage that can only be seen in New Hampshire. We arrive in Meredith, NH on the shores of Lake Winnepesaukee for the Turkey Train. *All Aboard* the Hobo Railroad's dining car to enjoy our Turkey luncheon provided by Hart's Turkey Farm. Our meal includes Roast Turkey, Whipped Potatoes, Butternut Squash, Beverage and a delicious Sundae to top it all off. Take in the foliage as the train rides along the shores of the lake and through wooded areas to take in the fall foliage. During our adventurous day out we will make a Mystery Stop that is sure to "sweeten your day." We will depart after our train ride with great memories of this fun day out. Cost for this trip is \$91.00/person which includes: Mystery Stop, Train Ride, Luncheon on Train, Driver Gratuity. Payment due at time of reservation.



**Fri., Nov. 6 ... Foxwoods Casino ...** Cost of trip \$26.00/person, includes \$20.00 vouchers for food/slots and drivers gratuity. Money is due at time of reservation.

**Thurs., Dec. 3 ... Norman Rockwell's Home for the Holidays ...** \*Luncheon at the Historic Red Lion Inn. A "must see," The Red Lion Inn has been serving travelers since 1773. Antique filled rooms and public spaces along with the original Country Curtains Retail Store and Red Lion Inn Gift Shop on premises make the Inn a destination unto itself. \*Time for Browsing Main Street-an inspiration for many of Norman Rockwell's illustrations - children want to believe in Santa Clause just as fervently as we adults want to believe in Peace on Earth and goodwill toward men.- Norman Rockwell. \*Admission to the Norman Rockwell Museum including a Special Guided Tour. During the holidays, Norman Rockwell's anxiously awaited illustrations brought good cheer to millions of Americans. The "Home for the Holidays" exhibition features original Saturday Evening Post cover tear sheets and includes many of Norman Rockwell's most memorable and enduring holidays images. This beautiful museum tour allows us to take a walk down memory lane. Your meal choices are: Yankee Pot Roast, Pan Gravy or Hand Carved Native Roast Turkey, Pan Gravy. Also included: Delicious Hot Soup of the Day, The Red Lion Inn's Daily Bread Basket, Holiday Dessert and Coffee/Tea. Cost of the trip is \$100.00/person which includes: Transportation, Driver Gratuity, Luncheon.



*If you are interested in any of these trips or if you have questions, please call Naomi at 508-210-5573.*

*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.**

## NEWS FROM THE FRIENDS!

Summer is almost over, the kids are back in school and the Friends will be gathering for our first meeting on **Monday, September 14** at **1:00 p.m.** at the Senior Center. We look forward to seeing you all and hope you have been enjoying the wonderful summer weather!

# Friends

**SHINE COUNSELOR**  
**Monday, Sept. 14 and Monday, Sept. 28**  
**BY APPOINTMENT ONLY**

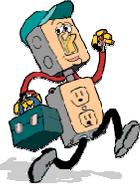


## ABSOLUTELY AMATEUR 2015 PHOTO CONTEST

We hope you'll participate in our 2nd annual Absolutely Amateur Photo Contest. Your photo must be brought to the Senior Center by **11:00 a.m. on Friday, September 25** with identification affixed to the back of the photo. Photos will be on display and voted upon by participants from September 28 through October 2 at noon at which time judging will take place. The contest is open to seniors 60 and older who are Holden residents or members of the Holden Senior Center. Amateurs may submit up to 3 photos of nature, scenes and wildlife of the Wachusett area, sized 3" x 5" to 11" x 14", mounted or matted, NOT framed. A copy of the rules can be picked up at the Senior Center, or if you call 508-210-5570 and give us your e-mail address, we can send them to you electronically.



## PUBLIC POWER WEEK LUNCH



The Holden Municipal Light Department will sponsor its Annual Public Power Week lunch on **Thursday, October 1 at noon**. This year the Senior Center Staff and Staff from the DPW's Buildings and Grounds will prepare Salad; Marinated Steak Tips; Rice Pilaf; Butternut Squash; Rolls; Homemade Jelly Roll and Beverage. This lunch is for **HOLDEN RESIDENTS ONLY!** Reservations are **REQUIRED** and **MUST BE MADE BY MONDAY, SEPTEMBER 28** by calling 508-210-5570.

## "HELPFUL TIPS FOR HEALTHY AGING"

A program on "Helpful Tips for Healthy Aging" will be held at **1:00 p.m. on Monday, September 14**. Attorney Nick Kaltsas from The Senior Focus, and others will speak on some key subjects. Topics include choosing a skilled nursing facility, living with dizziness and balance disorders, and being organized and prepared for the future. The program is free and open to all.

**"Always be prepared..."**



## KEN LELEN CONCERT

Join us on **Monday, September 28** as we welcome back Ken Lelen with vocals and vintage guitars. Join us for this **1:00 p.m.** concert. Free and open to all. Call 508-210-5570 to reserve a seat.

## MEET YOUR NEW PEN PAL...

On **Thursday, September 24** from **1:30-2:30 p.m.** at the Mayo School, 351 Bullard Street. Parking is limited. Call 508-210-5573 to ride the van from the Senior Center to the school. Also, if you cannot attend this day, please call the office at 508-210-5570 so we can arrange for someone to sit with your pen pal.



## BOOK DISCUSSION GROUP



The book discussion group will meet at **10:00 a.m. on Thursday, Sept. 24** to discuss the book, All the Light We Cannot See by Anthony Doerr. Marie-Laure lives with her father in Paris near the Museum of Natural History, where he works as the master of its thousands of locks. When she is six, Marie-Laure goes blind and her father builds a perfect miniature of their neighborhood so she can memorize it by touch and navigate her way home. When she is twelve, the Nazis occupy Paris and father and daughter flee to the walled citadel of Saint-Malo, where Marie-Laure's reclusive great-uncle lives in a tall house by the sea. With them they carry what might be the museum's most valuable and dangerous jewel.

In a mining town in Germany, the orphan Werner grows up with his younger sister, enchanted by a crude radio they find. Werner becomes an expert at building and fixing these crucial new instruments, a talent that wins him a place at a brutal academy for Hitler Youth, then a special assignment to track the resistance. More and more aware of the human cost of his intelligence, Werner travels through the heart of the war and, finally, into Saint-Malo, where his story and Marie-Laure's converge.

## SEPTEMBER CHAIR YOGA

Let's roll right into September, the month of transition from summer to fall...continuing the **circle** around the sun, the months and the seasons. We will explore **ABC Yoga** for back to school, and some fun **Brain Games**. Be sure to join in the FUN!! **Sept. 1...Circle Yoga;**  
**Sept. 8...A - Awareness - Arthritis - Align the Spine;** **Sept. 15...B - Bones - Breath - Balance;**  
**Sept. 22...C - Calm - Centered - Core - Compassionate and Sept. 29 - Super Brain Yoga.**





# SEPTEMBER 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FLU SHOT CLINIC</b> <b>Wednesday, September 23</b> <b>1:00-3:30 p.m.</b></p> 	<p><b>1</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>Hot Dog on Bun</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>2</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <b>Garlic Herbed Chicken</b> 1:00 Pitch Party</p>	<p><b>3</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Philly Cheese Steak</b> 1:00 Bridge</p>	<p><b>4</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Eggplant Parmesan</b> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p><b>7</b></p> <p><b>LABOR DAY</b></p>  <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>8</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>Ataskan Salmon w/Dill</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>9</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 <b>HOME COOKED LUNCH</b> 1:00 Pitch Party</p> 	<p><b>10</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Chicken w/Asparagus</b> 1:00 Bridge</p>	<p><b>11</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Pasta Fagiole</b> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p><b>14</b></p> <p><b>SHINE by Appt. Only</b> 8-4:00 Billiards 10-12:00 <b>Legal Clinic</b> 12:00 Senior Lunch <b>Lemon Thyme Chicken</b> 1:00 <b>Healthy Tips for Healthy Aging</b> 1:00 <b>Friends Meeting</b></p>  	<p><b>15</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>Beef w/Jardiniere Sauce</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>16</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <b>Herb Roasted Pork</b> 1:00 Pitch Party</p>	<p><b>17</b></p> <p>8-4:00 Billiards 9:30 <b>Aquatic Physical Therapy</b> 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Cheese/Spinach Omelet</b> 1:00 Bridge</p>	<p><b>18</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Spaghetti &amp; Meatballs</b> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p><b>21</b></p> <p>8-4:00 Billiards 12:00 Senior Lunch <b>Macaroni &amp; Cheese</b></p>	<p><b>22</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>Greek Chicken</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>23</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <b>Meatloaf &amp; Gravy</b> 1:00 Pitch Party 1-3:00 <b>Flu Shot Clinic</b></p> 	<p><b>24</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 <b>Book Discussion Grp</b> 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Chicken Pot Pie</b> 1:00 Bridge 1:30 <b>Pen Pal Party</b> <b>@ Mayo School</b></p> 	<p><b>25</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Breaded Fish</b> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p><b>28</b></p> <p><b>PHOTO EXHIBIT</b> <b>SHINE by Appt. Only</b> 8-4:00 Billiards 12:00 Senior Lunch <b>Beef Stew</b> 1:00 <b>Ken Lelen Concert</b></p>  	<p><b>29</b></p> <p><b>PHOTO EXHIBIT</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Vegetable Cheese Bake</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p><b>30</b></p> <p><b>PHOTO EXHIBIT</b> 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <b>Chicken Murphy</b> 1:00 Pitch Party</p> 	<p><b>HOME COOKED LUNCH</b></p>  <p><b>Wednesday, September 9 at noon</b></p>	<p><b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b></p>



## COMING IN OCTOBER ...

- Oct. 1 ... Public Power Lunch for HOLDEN Elders only
- Sept. 28-Oct. 2 ... Photo Contest
- Oct. 8 ... Gentle Yoga Class begins 1:00
- Oct. 14... Trip to Cuba w/Ron Rosenstock
- Oct. 19 ... Gothic Victorian Tales



## 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.

## AQUATIC PHYSICAL THERAPY

Have you ever wondered how Aquatic Physical Therapy can help with various musculoskeletal injuries and certain conditions? Kim Barrow, MS, PTA, CSCS from Greendale Physical Therapy in Worcester will be giving a lecture on **Thursday, September 17 at 9:30 a.m.** on all aspects of Aquatic Physical Therapy. Most insurances will cover water therapy and more physicians are seeing the benefit of using water to rehabilitate various injuries. Kim will bring the equipment she uses in the pool with her patients, providing demonstration and explanation of various techniques. Water is a great medium to work in because it provides resistance, but also provides buoyancy, which makes a lot of the exercises easier to do in the water. Come learn the many benefits of Aquatic Physical Therapy. Reserve your seat by calling 508-210-5570.



## IT'S THAT TIME OF YEAR AGAIN...



If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to review, understand and save* this information!

During **Medicare Open Enrollment, from October 15 to December 7**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To see a SHINE counselor, please call 508-210-5570 to make an appointment.



*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

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

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