



Among Friends



Holden Senior Center
1130 Main St
Holden, MA 01520
508-210-5570
Mon to Fri 8 AM—4 PM
Director—Karen Phillips
Clerk—Kerry Reitz
Program Coordinator—
Lisa DeCiero
Transportation
Coordinator—Mary Sloan,
508-210-5573
Outreach Workers—
Paula Earley & Dale Hayden
Drivers—John Bianco, Ellie
Johnson, Bill Lahey, and
David Mawson
Meal Site Manager—Rich
508-210-5578

Friends of HCOA Website:
www.fhcoa.org or find us on Facebook:
Friends of the Holden Council on Aging

April 2024

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.

View From the Fishbowl

Spring is upon us. We can look forward to warmer days and more sunshine. Spring cleaning can also relate to your health and well being. Take the time to breathe and re-center yourself. Connecting with others can be a good start. The Senior Center has many opportunities to meet new friends. Thank you everyone for taking the time to sign in. Our numbers are looking better every day. *Karen*



COA Board of Directors

Chair—Susan Sullivan
Vice—Richard Mansfield
Wayne Howard
Maureen Locke
Lois Johansen
Debby Osipov
Elizabeth Brennan

*They meet the first
Wednesday of the
month at 8 AM *



Our Volunteers have it in the bag!

We are grateful for the willingness of our volunteers to give their time, energy, and talents. Your support of the Senior Center allows us to continue fulfilling our mission and serve people in our community every year. **As a token of our appreciation, we are having a bag lunch on Wed, April 17 at 12 noon. All volunteers must sign up at the office by Thurs, April 11.** You can take the bag to go or eat here.

As a bonus, Rusty Guertin will be performing at 1 PM. All are welcome to listen to Rusty play the guitar and sing all of our favorite melodies. Please join us as we celebrate our amazing volunteers. Refreshments will be served after the concert.

"Our spring has come at last with the soft laughter of April suns and shadow of April showers." — Byron Caldwell Smith



Office Hours—Senator Durant will have a representative here on April 9 at 1 PM to listen to any concerns or questions. (subject to change)

Ice cream making class on Thurs, April 18 at 2 PM. Rich, meal site manager, will be teaching this class. Class size is limited. You must register in person with \$15 cash.

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Kimberly Asher, Esq.

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**RE/MAX
VISION REALTY**

Bone Density Talk and Screening on Wed, April 3 at 1 PM with the VNA. (only first 20 registered will get screened) Please register at the front desk or call 508-210-5570.

Card Making with Carol on Mons, April 8 and 22 at 9 AM. \$5 payable at the class. Please register at the front desk or call 508-210-5570.

Need a ride? If you need a ride within Holden or to an appointment in the Worcester area, call Mary at 508-210-5573 from 8-11 AM and 12-4 PM. The Senior Center runs 2 vans to help with transportation for Holden residents only. Rides must be booked at least 1 week in advance. We provide curb to curb service. Please be respectful of the drivers and of the time. The van only waits 5 minutes beyond your pick up time.



Get your feet ready for Spring! Let the FootRN2U Clinic trim your toenails. Call Bonnie at 774-239-3449 or email foot-rn2u@gmail.com for an appointment. \$45.00 cash, check, or venmo.



The Friends' Cart is full of fun and interesting things to buy. You never know what you will find. All proceeds go to the Friends' group to help the Senior Center.

Medical Equipment—We will take donations of medical equipment that is in good, working condition. We also loan out walkers, wheelchairs, tub seats, canes, etc. to those in need. Please call us at 508-210-5570 to donate or borrow.



2024 Trips—call 508-210-5579 for more information or to sign up



May 14—Tribute to Broadway Cabaret Show & buffet lunch at the Dan'l Webster Inn —\$115 pp
June 19—Thimble Islands Sightseeing Cruise and lunch at Chowder Pot III—\$111 pp
July 10—Woo Sox at Polar Park—\$55 pp
Aug 7—Fresians of Majesty (horses) and lunch at The Marina Restaurant—\$136 pp
Sep 24 & 25—2 days and 1 night Live Show Gaming Bonus to The Alder in the Catskills. \$50 slot play. \$20 food comp. Double \$255 per person, Single \$325 per person, Triple \$225 each
Dec 4—Kenny and Dolly: A Smoky Mountain Christmas, show and plated luncheon at Lake Pearl, Wrentham, MA—\$131 pp

Movie Monday—Don't forget to join us for our monthly movie on Mon, April 29, at 1 PM. Free snacks!

Monthly Support Groups:

Caregivers' Group on Wed, April 3 at 1 PM—support for those actively caregiving. Facilitated by Angelique Harvey at Oriol Healthcare. Guest speaker—Deb Dowd-Foley from Elder Services of Worcester Area.

Grief Group on Wed, April 24 at 1 PM—support for those grieving a loss. Facilitated by Joelle Johns of Trinity Hospice and Angelique Harvey of Oriol Healthcare.

Need a Helping Hand? Our outreach workers are here to help everyone with getting assistance and finding services. For example, they can help with fuel assistance applications, food stamps, food pantry, housing, Meals on Wheels, getting books from the library, durable medical equipment, housekeeping, and Help at HOME. We also get donations of incontinence supplies. Let us know if you need some. **Outreach is available in the mornings.** Please reach out to Paula 508-210-5575 or Dale 508-210-5576. They will get back to you.



**Book Club on Thurs,
April 18 at 10 AM—**

This month's selection is **Oxygen** by Carol Cassella. In this riveting new novel by a real-life anesthesiologist, an intimate story of relationships and family collides with a high stakes medical drama.



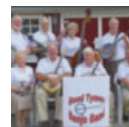
**Fri, April 12 at 2:30 PM
"Your Auto Can Go
200,000 Miles" with Rick
Spokis.** Join an ASE Certified Master Tech Repair and Body Shop Owner as he discusses proper car maintenance, how to choose a repair facility, and how to avoid unnecessary repairs. **Must register by April 10.** Please register at the front desk or call 508-210-5570.

Carolyn Matthews-Daut, author of **"Paint, Sweat, and Tears: 150 Days on the Appalachian Trail"** will be here on **Mon, April 8 at 1 PM** to discuss her experience. This is co-sponsored by White Oak Conservation Society. Please register at the front desk or call 508-210-5570.



Thurs, April 11 at 9 AM Coffee and ... with Gail Mahoney of Gael Force Management Realtors, a 55+ Living Rep from The Overlook, Elder Attorney Thomas Marino, and Blue Moon Sales Downsizing Specialists. Please register at the front desk or call 508-210-5570.

The Good Tymes Banjo Band on Wed, April 24 at 1 PM. They will perform music from the 1940s to the 1980s. Please register at the front desk or call 508-210-5570.



Crafts with Laura (class size limited)—

Fri, April 5 at 12:30—Design a custom Welcome Sign with 13 interchangeable shapes. Paint and acrylic pens will be used. Registration begins March 25. You must register in person with \$20 cash.



Fri, April 26 at 12:30—"Pounding Flowers" - using hammers and flowers, you will pound the petals to release ink on watercolor paper for bookmarks, prints, or cards. Registration begins April 8. You must register in person with \$15 cash.

"Fraud Squad Players" of AmeriCorps Senior RSVP will be here Mon, April 29 at 10:30 AM to perform a skit about various frauds and scams which target seniors. Please register at the front desk or call 508-210-5570 by Wed, April 24.

Central Mass Auctions will present "What's Hot and What's Not" on Mon, April 22 at 1 PM. Wayne Tuiskula has been an antiques dealer for decades. He is an auctioneer and accredited appraiser. Their website is centralmassauctions.com.



Wed, April 10 at 1 PM—Medication Safety with Maura Eldridge, PharmD, MBA.

Learn about safety, usage, and storage. Please register at the front desk or call 508-210-5570.



Please register at the front desk or call 508-210-5570.

Honky Tonk Piano with Gary Landgren on Mon, April 1 at 1 PM. This isn't a joke!



Come and join us for a fun and lively performance. Please register at the front desk or call 508-210-5570.

Out to Lunch Bunch—Do you like going out to eat but don't like being alone? This month we are going to Kro's on the Common in Templeton on Thurs, April 18. Please call Dale at 508-210-5576 to sign up and for more information.



Exercise

Mondays and Wednesdays—Tai Chi at 9 AM. \$5.00 a class.
Tuesdays and Thursdays—Low Impact Exercise at 10:30 AM. \$4.00 a class.
Tuesdays—Balance Class at 1 PM. Free.
Thursdays—Chair Yoga at 1 PM. \$3.00 a class
Fridays—Spring Chicken Fitness at 1 PM. Free.



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AM. Track your
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Piano Lessons \$5

Wednesdays—Beginners from 10-11 AM

Wednesdays—Chords from 11AM—12 noon

Thursdays—Beginners from 12-1 PM



Card Games

Mondays—Duplicate Bridge at 12 noon (partners required)

Wednesdays—Pitch at 1 PM

Fridays—Poker at 10 AM



Photography Group

Tuesdays at 9 AM

Thursdays at 1 PM



Knotty Knitters—
knitting and
crocheting group
on Tuesdays at 9:30 AM



Needlework Group

Wednesdays

9-12



Mah Jongg Group

Tuesdays at 2 PM.

Bring
your
board.



Veterans and American Legion Meeting

**Second Tuesday at
2:30PM**

Scott W. Olsen, Adjutant, Post 42
americanlegionpost42ma@gmail.com



Caregiver's Group

First Wednesday at 1 PM. All active
caregivers welcome.
Run by Oriol
Healthcare.

**Grief Group—Last
Wednesday at 1 PM.**
Run by Trinity Hospice
and Oriol Healthcare

SHINE Counselor

The counselor will
help with health
insurance.
Appointments
required.

Painting

Thursdays at 10 AM

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be surprised at what you
can do! \$10 a class



Classic Book Club

Tuesdays at 10 AM

Monthly Book Club

**3rd Thursday
at 10 AM**



**Bingo
Tuesdays at
1 PM**



We have jigsaw puzzles to
borrow.

**Free Legal Clinic—Attorney Arthur
Bergeron from the law firm of
Mirick O'Connell will offer free 15
minute consultations. Mon, April 8.**
Appointments are required.



Write On

**Mondays at 10:30
AM**



This is a
creative
writing group.





April 2024

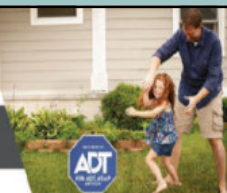


Monday	Tuesday	Wednesday	Thursday	Friday
1 9 Tai Chi \$5 10 Friends' Monthly Meeting 10:30 Write On 12 lunch— chicken mornay 12 Bridge 1 Honky Tonk Piano	2 9 Photography 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact exercise \$4 12 lunch—meatloaf 1 Bingo 1 Balance Class free	3 9 Tai Chi \$5 10-12 Piano lessons 9-12 Needlework 12 Lunch— turkey 1 Pitch party 1 Caregivers Group 1 Bone Density	4 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— mac and cheese 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography	5 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—fish w/cheese sauce 12:30 Make a welcome sign 1 Spring Chicken Fitness free
8 9 Tai Chi \$5 9 Card Making \$5 10:30 Write On 12 lunch— pork rib-i-que 12 Bridge 1 Appalachian Trail Talk	9 9 Photography 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact exercise \$4 12 lunch—hot dog 1 Senator Durant's office 1 Bingo 1 Balance Class free 2:30 American Legion	10 9 Tai Chi \$5 10-12 Piano lessons 9-12 Needlework 12 Lunch— Swedish meatballs 1 Pitch party 1 Medication Safety talk	11 9 Coffee and... 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— chicken cacciatore 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography	12 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—fish w/crumbs 1 Spring Chicken Fitness free 2:30 Car talk
15 Senior Center closed for Patriots' Day 	16 9 Photography 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact exercise \$4 12 lunch—chicken pot pie 1 Bingo 1 Balance Class free	17 9 Tai Chi \$5 10-12 Piano lessons 9-12 Needlework 12 lunch—Salmon primavera 12 Volunteer appreciation 1 Rusty Guertin concert 1 Pitch party	18 10 Painting 10 Book Club 10:30 Low Impact exercise \$4 11:30 Out to Lunch Bunch 12 Lunch—spag & meatballs 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography 2 Ice cream making class	19 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— garlic herb chicken 1 Spring Chicken Fitness free 
22 9 Tai Chi \$5 9 Card Making 10:30 Write On 12 lunch— potato crunch fish 12 Bridge 1 Central Mass Auctions talk	23 9 Photography 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—Sloppy Joe 1 Bingo 1 Balance Class free	24 9 Tai Chi \$5 10-12 Piano lessons 9-12 Needlework 12 Lunch—stuffed pepper casserole 1 Pitch party 1 Good Tymes Banjo Band 1 Grief Support Group	25 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— ranch chicken 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography	26 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—braised beef 12:30 Pounding flowers craft 1 Spring Chicken Fitness free
29 9 Tai Chi \$5 10:30 Write On 10:30 Fraud Squad 12 lunch— chicken pesto 12 Bridge 1 Movie	30 9 Photography 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch— burger 1 Bingo 1 Balance Class free	If you are registered for a class and cannot make it, please let us know as soon as possible. Many times we have a waiting list.	Lunch is \$3. You must make a reservation by calling the kitchen, 508-210-5578, at least 2 business days in advance. Call before noon!	Billiards Room is available every day the Senior Center programs are running from 8-4. Any activity or menu item can change without notice.

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Friends' Corner



Happy April everyone! A reminder that the **ANNUAL FRIENDS MEETING** will be held on **April 1 at 10:00 a.m.** If you are current with your membership your vote will count, but you have to be there in person. Coffee/tea and pastries will be provided. If you have email and you would like to submit suggestions to the Friends board, please contact Carol at jes4gram@gmail.com. We still need **VOLUNTEERS** for the cafe. **Kitchen help and bakers**, especially. Have a wonderful Spring!

Carol Upton, President

Plan ahead for May (please register for all programs)

Wed, May 1 at 1 PM, Caitlin of Cournoyer Farm in Paxton will talk about HIP for SNAP recipients.

Fri, May 3 at 12:30 PM, Laura will be doing Sea Glass Art. Registration starts April 19. You must register in person with \$15 cash.

Fri, May 3 at 2:30 PM, A Finance Committee member will give a brief presentation on the upcoming town budget.

The Senior Art Class is having an art exhibit, "Spring Fling",
from April 4-24 at the Gale Free Library.

FRIENDS of the HCOA

I WOULD LIKE TO:

☐ Renew My Membership ☐ Become a New Member



Checks made out to Friends of the HCOA. Please fill out and return to the Senior Center.

Name: _____

Address: _____

Telephone Number: _____ Date of Birth: _____

E-mail: _____

Amount of Check or cash: ☐ \$5.00 ☐ \$10.00 ☐ Other Membership is good for the calendar year.

*Distribution of this newsletter is made possible from the FRIENDS OF THE HCOA, INC.
and, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.*

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