

Among Friends August 2019



Friends of HCOA website: www.fhcoa.org



SENIOR CENTER ANNUAL PICNIC

Our annual cookout featuring hotdogs, hamburgers, and all the fixings along with corn on the cob and delicious dessert, will be held here at the Senior Center on **Wednesday, August 14 at 12:00 p.m.** As a special treat this year, homemade chowder and a special dessert will be provided by our friends at Tatnuck Park. Reservations are **REQUIRED** & can be made by calling 508-210-5570. We will accept reservations through 4:00 p.m. Friday, August 9 **or until we reach capacity.** The cost for this lunch will be \$3.00 payable at the door.

A DELIGHTFUL SUMMER CONCERT

We are pleased to have a return visit by the popular Wachusett Community Band on **Monday, August 12.** Enjoy this lively **1:00 o'clock** concert of traditional & contemporary music performed by local artists followed by refreshments. The concert is free and open to all. Please reserve at 508-210-5570. Don't forget, **we are air conditioned!** {If you wish to come for a noontime lunch before the concert, call 508-210-5578 at least two days in advance.}



HAPPINESS IS CHOCOLATE



It is our pleasure to welcome John Goodhile of Stewart's Chocolates on **Wednesday, August 28 at 1:00 p.m.** John will talk to us about the benefits of chocolate, how he makes his delicious candies and much more. Please call 508-210-5570 to make your reservation.

FARMER'S MARKET COUPONS AVAILABLE

A representative from Elder Services of Worcester will be here on **Tuesday, August 6 from 10:30-11:30 a.m.** to distribute Farmer's Market Coupons to eligible seniors. Qualified recipients must be 60 years of age, bring a current ID with a current address or a current ID and an invoice with a current address. Distribution will be first come; first served.



COUNCIL ON AGING BOARD MEMBERS

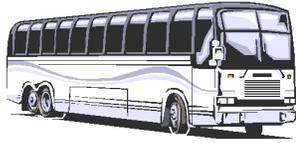
Susan Sullivan - Chairman
Richard Mansfield, Vice Chairman
Wayne Howard
Maureen Locke
Eric Johansen
Faye Ellis
Rebecca Tornblom

Holden Senior Center
1130 Main Street, Holden, MA 01520
508-210-5570

Director: Louise Charbonneau
Secretary: Maureen Buffone
Program Coordinator: Clare Nelson
Transportation Coordinator: Mary Sloan - **508-210-5573**
Outreach Worker: Paula Earley
Outreach Worker: Dale Hayden
Drivers: John Bianco, Gregg Tivnan, Katherine LePain, Lisa Lawson
Meal Site Manager: Sue Donaldson - **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.

Hours: Monday - Friday 8:00 a.m. - 4:00 p.m.



UPCOMING TRIPS



Thursday, September 12 (please note date change) ... Cape Cod Canal's 105th Anniversary Tour ...



Depart the Senior Center & travel today to beautiful Cape Cod, where you'll arrive in Sandwich, the oldest town on the Cape. Brimming with history, age-old charm & scenic sights, Sandwich will delight you with its many attractions. **You'll visit the Sandwich Glass Museum** where you'll view *real glass blowing artisans creating world renown pieces of art*. At noon, we arrive at the Daniel Webster Inn, for the Grand Buffet. **Your bountiful buffet menu* includes:** *Fresh Fruit Cup with Seasonal Sorbet; Fresh Baked Rolls; Coq au Vin (Chicken Tenderloin with mushrooms, peas & onions); Pasta Primavera (Pasta & fresh vegetables in a creamy Parmesan cheese); Broiled Native Scrod (seared with olive oil and cracker topping); Seasonal Vegetables; Apple Cranberry Crisp with whipped cream; Coffee/Tea/Decaf.* (*menu subject to change) **Now follows the special treat of the day, a narrated two hour cruise of the Cape Cod Canal.** You'll learn the history of this important maritime resource & how it has boosted New England commerce since its inception. You'll delight in the scenery too, with beautiful homes & resorts located along the way. You'll return home at 6:00 p.m. Cost for this tour is \$91.00/person (includes driver's gratuity) by check only made payable to 'Friends of HCOA.'

Thursday, October 17 ... Elton John/Billy Joel Face to Face ...

Join Best of Times Travel as we recreate one of the greatest musical tours of all-time. This is the Ultimate Billy Joel & Elton John tribute show! Beginning in 1994 Billy Joel & Elton John toured on a series of "Face to Face" tours, making them the longest running & most successful concert tandem in pop music history. During these shows, the two played their own songs, each other's songs & performed duets. They grossed over \$46 million in just 24 dates in their sold out 2003 tour. Elton John & Billy Joel tribute artists Greg Ransom & Mike O'Brien have joined forces to create The Ultimate Tribute Show "Face to Face." Just like the original tour, each artist performs a solo set with a five to six piece Rock N Roll Band & then culminates the show with a Face to Face set which features both of them playing together on two pianos trading off lyrics on each song they perform. Our show is a day of hit songs, energetic performances, outrageous costumes & true Rock N Roll at its finest! *Nominated as the best tribute show in the country this is a show not to be missed!* Your Plated Luncheon Meal Choice: Stuffed Breast of Chicken or Baked Scrod which also includes Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea. Cost of this tour is \$94.00/person (includes driver's gratuity) by check only made payable to 'Friends of HCOA.'



Thursday, November 14 ... Ricky Nelson Remembered ... Ricky Nelson was an American actor, musician & singer-songwriter. He starred alongside his family in the television series *The Adventures of Ozzie & Harriet* as well as co-starring alongside John Wayne & Dean Martin in the western feature film *Rio Bravo*. He placed 53 songs on the Billboard Hot 100 between 1957 & 1973 including "Poor Little Fool", which holds the distinction of being the first #1 song on Billboard magazine's then-newly created top 100 chart. He recorded 19 additional Top 10 hits and was inducted into the Rock and Roll Hall of Fame on January 21, 1987. **'Ricky Nelson**



Remembered" is a unique multi media entertainment event featuring the live music of Ricky Nelson's hit songs (including "Hello Mary Lou," "Travelin' Man," "Garden Party") performed by Ricky's own identical twin sons Matthew & Gunnar Nelson and includes never before seen big screen video footage of the Nelson family with interviews from celebrities influenced by Ricky Nelson. When Matthew & Gunnar hit #1 on the Billboard with their rock band Nelson with their self-penned #1 mega hit "(Can't Life without Your) Love & Affection," it put the Nelson family in the Guinness Book of World Records as the ONLY family in entertainment history with THREE generations of #1 hit makers! Plated luncheon meal choice: Chicken Parmesan or Baked Scrod. Lunch also includes salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea. Cost of this tour (including driver gratuity) is \$95.00/person payable by check only made payable to "Friends of HCOA."

The bus companies require us to give them a final number 30 days in advance. If we don't have enough sign-ups by then we are forced to cancel the trip. Please sign up and pay at least 30 days prior to the trip. Thank you for your cooperation.



THE MAIN EVENT CONCERT

Join us as we welcome back our friends Bill Sbrogna and the Main Event. They will be singing your favorite tunes for you on **Thursday, August 22 at 12:45 p.m.** They've been one of your favorites for years! Be sure to reserve your seat by calling 508-210-5570. Refreshments will be served after the concert.

FROM THE OUTREACH OFFICE ...

Summer is here ... Please visit us and let us know if we can assist you.

We could use YOUR help.

The Outreach Office is looking for some wonderful volunteers to help with Food Pantry deliveries. Our office is experiencing an increase in applications for elderly residents who are unable to drive to the Wachusett Food Pantry in Sterling once a month to pick up their food orders. Our office and our home-bound residents are very appreciative of the service these volunteers provide.

Requirements to become a Food Pantry Delivery volunteer: a valid driving license, a completed CORI check (see office staff), the ability to lift up to 10 pounds and a desire to make some of our elders' lives better. Questions? Just call Paula (508-210-5575) or Dale (508-210-5576). Have a safe and happy August.



JEWELRY SALES ARE UP!



The sale of gently used costume jewelry continues to be such a success that we have decided to ask for further donations to extend our inventory. The proceeds of any sales benefit the Friends of the Holden Council on Aging. Over \$1,000 of jewelry has been sold to date and our many thanks still go out to everyone for their generosity.



So if you've been spring cleaning and have gently used costume jewelry you'd like to donate, please bring those donations to the Senior Center and leave them with the office staff. The hours of operation for the Senior Center are on the front page of this newsletter

AN IMPORTANT REMINDER

The striped areas in the parking lot are for **EMERGENCY VEHICLES ONLY!** We ask that you refrain from parking in these areas. Should you require a parking space close to the building, it is wise to arrive slightly early for your event. Thank you for your cooperation



BALANCE CLASS



Just a reminder that we hold a balance class, instructed by Marty French every Thursday at 12:45 p.m. We invite everyone to attend this very important class which will help you enhance and maintain your balance. The cost for this class is subsidized through a grant from the Executive Office of Elder Affairs, which allows us to offer it at no cost to you.

SHINE DATE FOR AUGUST~ BY APPOINTMENT ONLY

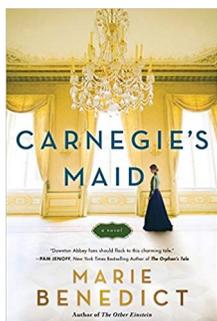
WEDNESDAYS, AUGUST 14 and 28



AUGUST 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| <p>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</p> | <p>SENIOR CENTER COOKOUT</p>  <p>WED., AUGUST 14</p> | <p>An Afternoon with Eleanor Roosevelt</p>  <p>MON., AUGUST 19</p> | <p style="text-align: right;">1</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Turkey Supreme 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p> | <p style="text-align: right;">2</p>  <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Lemon Pepper Haddock 1:00 Cribbage 1:15 Oriol Senior Fitness</p> |
| <p style="text-align: right;">5</p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Chicken Pesto</p>  | <p style="text-align: right;">6</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30-11:30 Farmers' Market Coupons 10:30 Low Impact Exercise 12:00 Senior Lunch Vegetable Cheese Bake 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p> | <p style="text-align: right;">7</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Roast Beef Sandwich 1:00 Pitch Party</p>  | <p style="text-align: right;">8</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Salisbury Steak 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p> | <p style="text-align: right;">9</p>  <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 9-11:00 SENIOR DISTRIBUTION Wachusett Food Pantry 12:00 Senior Lunch Chicken Milano 1:00 Cribbage 1:15 Oriol Senior Fitness</p> |
| <p style="text-align: right;">12</p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Teriyaki Beef w/Rice 1:00 Wachusett Community Band Concert</p> | <p style="text-align: right;">13</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Meatballs w/Onion Gravy 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p> | <p style="text-align: right;">14</p> <p>SHINE by Appt. Only 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Center Annual Cookout <i>(by reservation only)</i> 1:00 Pitch Party</p>  | <p style="text-align: right;">15</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch BBQ Chicken 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p> | <p style="text-align: right;">16</p>  <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Macaroni & Cheese 1:00 Cribbage 1:15 Oriol Senior Fitness</p> |
| <p style="text-align: right;">19</p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Lasagna & Meatballs 1:00 An Afternoon with Eleanor Roosevelt</p> | <p style="text-align: right;">20</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Roast Pork 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p> | <p style="text-align: right;">21</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Chicken Fajitas 1:00 Pitch Party</p>  | <p style="text-align: right;">22</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Beef Patty-Onions/Peppers 12:45 Bill Sbrogna & The Main Event 1:00 Bridge 2:30 Chair Yoga-MULTI</p> | <p style="text-align: right;">23</p>  <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Salmon Boat w/Dill Sauce 1:00 Cribbage 1:15 Oriol Senior Fitness</p> |
| <p style="text-align: right;">26</p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Beef Stew</p>  | <p style="text-align: right;">27</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Buttermilk Chicken 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p> | <p style="text-align: right;">28</p> <p>SHINE - by Appt. Only 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Baked Potato w/Chili & Cheese 1:00 Happiness is Chocolate 1:00 Pitch Party</p> | <p style="text-align: right;">29</p>  <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Baked Beans and Hot Dog 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p> | <p style="text-align: right;">30</p>  <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Shepherd's Pie 1:00 Cribbage 1:15 Oriol Senior Fitness</p> |

BOOK DISCUSSION GROUP



Our book discussion group will meet on **Thursday, July 15 at 10:00 a.m.** to discuss the book **Carnegie's Maid** by Marie Benedict.

Clara Kelly is not who they think she is. She's not the experienced Irish maid who was hired to work in one of Pittsburgh's grandest households. She's a poor farmer's daughter who has nowhere to go and nothing in her pockets. But the other woman with the same name has vanished, and pretending to be her might just get Clara some money to send back home.

If she can keep up the ruse, that is. Serving as a lady's maid in the household of Andrew Carnegie requires skills she doesn't have, answering to an icy mistress who rules her sons and her domain with an iron fist. What Clara does have is resolve as strong as the steel Pittsburgh is becoming famous for, coupled with an uncanny understanding of business, and Andrew begins to rely on her. But Clara can't let her guard down, not even when Andrew becomes something more than an employer. Revealing her past might ruin her future - and her family's.

With captivating insight and heart **Carnegie's Maid** tells the story of one brilliant woman who may have spurred Andrew Carnegie's transformation from ruthless industrialist into the world's first true philanthropist.

CRIBBAGE, ANYONE??

Our cribbage players would love to have you join them every Friday afternoon at 1:00 p.m. for a fun game of cribbage. Any level of player is welcome. We have all the boards/cards, etc. so just come, make new friends and enjoy the afternoon. You're welcome to bring a friend as well.



An Afternoon with Eleanor Roosevelt

Join author and historian Carol Cohen for a look into the life of Eleanor Roosevelt. Cohen's interactive presentation focuses on Roosevelt after the death of her husband, President Franklin D. Roosevelt, when she was living at Val -Kill Cottage on her own. Meet Eleanor at her home, and learn about her role as a human rights activist. The program is free, open to all and will be held on **Monday, August 19 at 1:00 p.m.** Please call 508-210-5570 to reserve a seat. Remember: the senior center is air conditioned.

PAYMENT FOR EXERCISE CLASSES!

In the future, if you forget your money for your class we will unfortunately not be able to allow you to pay the next time you're here. This creates confusion and more work for the staff having to keep track of who owes how many weeks, etc. We appreciate your cooperation.



TO ALL OF OUR SENIOR CENTER PARTICIPANTS ...



Now that July is here, the hot summer weather is upon us. As we do each year, we want to remind you that the air conditioning system in the building is turned on. To that end, we offer this reminder ... if you tend to run cool/cold, we encourage you to dress in layers or bring a sweater or other warm garment such that you won't be uncomfortable. If you're here to exercise, layers may be a good idea as well.

SEPTEMBER HAPPENINGS ...

Sept. 9 ...Free Legal Appointments

Sept. 16 ... Women Who Loved Hitler

Sept. 18 ... Country/Western Concert

**Sept. 25 ... Pumpkullent Plant Workshop
w/Tina Bemis**

*Sign ups for these events will not be available until
distribution of the September newsletter.*

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.

AUGUST CENTERED SENIORS YOGA CLASSES

A unique experience to maintain or regain Strength & Balance, to lubricate achy and stiff joints, and to provide you with Stress Reduction, Relaxation and overall Well-Being. There is a class and level for everyone from a **VERY GENTLE Class** - Seated stretches and seated poses on **Tuesdays 1:15-2:15** - to a more **ADVANCED Class** - offering more challenging standing & balancing flows - **Tuesdays 2:30-3:30** - or a MIDDLE of the road **MULTI-LEVEL Class** on **Thursdays 2:30-3:30**. All Yoga classes offer mindful movements coordinated to your breath. Adaptations are offered so that students with varying levels of abilities and physical limitations may participate to the best of their ability. Try a class and find out why so many people love Yoga and experience the benefits first hand. Cost for yoga classes is \$2.00/class. The cost is subsidized through a grant from the Executive Office of Elder Affairs.

FROM THE FRIENDS

Holden Days is coming up on **Saturday, Aug. 24th**. The Friends will be holding an indoor yard sale. Vendor tables are \$20 per table. Contact Cindy Stark for more information at stbernhospice@juno.com or call 508-852-2483. The annual Friends Harvest Fair will be held on **Saturday, November 2**. Crafters are welcome! Vendor application can be found on the Friends' website: www.fhcoa.org. Space is limited so sign up early. Have a wonderful summer!



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, Inc.

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

Return Service Requested

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