

# Among Friends



December 2013



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.*

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## TELEPHONE NUMBERS

Senior Center 508-210-5570  
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.

## Senior Center Christmas Party

*We are trying something a little different this year. Our Christmas Party will be held at Noon on Tuesday, December 10 at Val's Restaurant, 75 Reservoir St. We will offer a buffet featuring Chicken Marsala; Baked New England Haddock; Grilled Sirloin Tips with Mushroom Gravy; Mashed Potatoes; Mixed Greens Salad; Freshly Baked Rolls and Butter; Coffee and Ice Cream Sundaes. There will also be a cash bar available for those who would care to enjoy it. Cost for this delicious offering is \$16.99 per person, payable at the time of reservation. Reservations must be made by Friday, December 6. We would like to thank the Friends of the Holden Council on Aging for absorbing the cost of the gratuity for this event.*



## Mountview School Breakfast

*The Student Council and Staff of Mountview School cordially invite you to their Annual Christmas Breakfast for **HOLDEN ELDERS ONLY** on Thursday, December 5 at 9:00 a.m. If you'd like to attend this breakfast, please call the Senior Center at 508-210-5570 to make your reservation, which is required.*



## ANNUAL ROTARY BREAKFAST

*The Wachusett Area Rotary Club cordially invites elders from the communities of Holden, Paxton, Princeton, Rutland, Sterling, West Boylston & Boylston to their Annual Christmas Breakfast on Saturday, December 14 at The Manor Restaurant in West Boylston. Doors will open (seating will begin) at 8:30 a.m. The Wachusett Singers from Wachusett Regional High School under the direction of Mr. Thomas Nerbonne will be on hand to offer festive music. ALL reservations, which are required, should be made by calling the Holden Senior Center at 508-210-5570.*



**THE SENIOR CENTER WILL CLOSE AT NOON ON TUES., DECEMBER 24 & ALL DAY WED., DECEMBER 25 IN OBSERVANCE OF THE CHRISTMAS HOLIDAY. WE WILL BE OPEN REGULAR HOURS ON NEW YEAR'S, EVE, TUES., DECEMBER 31 & CLOSED NEW YEAR'S DAY.**





# UPCOMING TRIPS

**Tues., Dec. 3 ... A Very Special Christmas...** The American Boychoir is regarded as the United States' premier concert boys' choir. Under the leadership of Fernando Malvar-Ruiz, Litton-Lodal Music Director, the American Boychoir continues to dazzle audiences with its unique blend of musical sophistication, effervescent spirit and ensemble virtuosity. Boys in grades 4 through 8, reflecting the ethnic, religious and cultural diversity of the United States, comes from across the country and around the world to pursue a rigorous musical and academic curriculum at the school. The American Boychoir School, the only non-sectarian boys' choir school in the nation, was founded in Columbus, Ohio in 1937, and has been located in Princeton, New Jersey since 1950. Maintaining an active touring schedule, the Boychoir performs with world-class ensembles including the Boston Symphony Orchestra. The Boychoir appears regularly as featured artists with James Levine at the Tanglewood Music Festival, and has performed with the internationally renowned soprano Jessye Norman, prominent jazz musician Wynton Marsalis, pop diva Beyoncé, and at Carnegie Hall with Sir Paul McCartney. Travel to Demitri's in Foxborough for your opportunity to experience the angelic voices of the boys first hand. Enjoy a fabulous luncheon followed by a terrific performance. There's no better way to welcome in the Holiday Season! Entrée choices of Roasted Stuffed Chicken Breast or Baked Atlantic Scrod with Ritz Cracker crumbs. Also included: Fresh Garden Salad, Rolls, Vegetable, Roasted Potatoes and Dessert. **Price is \$83.95/person including driver's gratuity. (Amount in last month's newsletter was typed in error.)** For pick up and return times, please call the Senior Center - 508-210-5570 - one week prior to date of trip.

**Tues., Dec. 31 ... New Year's Eve Party ...** Featuring Stan Anderson, Jr. who has had a varied and exciting career in a wide spectrum of show business. From country and western, to oldies but goodies, and a touch of gospel, Stan Jr. has it all in his fabulous variety show. An afternoon of fun is the result of this dynamic and professional entertainer. Plus dancing to the Tom LaMark Orchestra. Dance your way into the New Year to this exceptional orchestra! Or, if you prefer, simply watch, listen and enjoy the excellent music. Travel with us to the Sheraton 4 Points in Norwood where your meal choice will be Prime Rib or Baked Scrod, Salad, Vegetable, Potato, Dessert, Coffee & Tea. **Cost for this trip will be \$79.00/person including driver's gratuity.** For pick up and return times, please call the Senior Center - 508-210-5570 - one week prior to date of trip.

**Wed., Mar. 14 ... "An Irish Celebration"** featuring Ronan Tynan of the Irish Tenors. As one of the most sought after performances for the St. Patrick's Holiday season, this is a show not to be missed! Meal choices for this trip will be Corned Beef and Cabbage or Baked Haddock. Also included: Venus DeMilo's famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. **Cost of this trip is \$80.00/person including driver's gratuity.** For pick up and return times, please call the Senior Center - 508-210-5570 - one week prior to date of trip. More details will appear in a future newsletter.

## FROM THE FRIENDS...

- Thank you to all who made our Friends Fair a success. Your time and talent was/were greatly appreciated. It was nice to see familiar and new faces taking part.
- The Brennans continued their booth at the Fair. If you have canning jars from their table, they can be returned to the Senior Center. Thank you!



- Are you current with your membership dues? Check your card to see if it's time to renew!
- Please try to keep your information current with the Senior Center Office (address/phone, etc.).
- Our next meeting will be Monday, Dec. 2 at 1:00 p.m. All are welcome.

## VETERANS MEETING



There will be no Veterans meeting in December. Please watch the newsletter for future meetings. **Don't let these meetings stop!** We are anxious to continue these meetings; however, we need volunteers to help with finding speakers, as well as conducting and leading our meetings. We need veterans who have a story to tell.

## SHINE COUNSELOR

**Wednesday, December 4 & Wednesday, December 11  
BY APPOINTMENT ONLY**



## GIVE YOURSELF THE "GIFT" OF A YOGA CLASS FOR ALL LEVELS - TUESDAYS 2:30-3:30 P.M.

Stretch, Breathe and Release tension away during this busy month. **December Themes are:** December 3 - **Flexibility and Arthritis**; December 10 - **Mindfulness and Breath Awareness**; December 17 - **Self-Care and Stress Reduction**. Cost is \$2.00 per class. There are no classes on Tuesday, December 24 or Tuesday, December 31.



### ASK AN ATTORNEY...



Appointments are available for Holden Elders with Attorney Arthur Bergeron from the firm Mirick O'Connell on **Wednesday, December 11**. These are 15 minute appointments scheduled between the hours of 10:00 a.m. and 12:00 noon. Consultations are by appointment only. To schedule your appointment please call 508-210-5570.

### JUST IN TIME FOR THE NEW YEAR!!!!

#### SPRING CHICKENS ALPHABET SOUP FITNESS PROGRAM



Join Instructor Marty French for this new and exciting exercise class on **Friday, January 10 at 1:15 p.m.** Spring Chicken Fitness uses the mind, body and spirit in every class. If you don't "use it ....you loose it!" The Alphabet Soup program uses the brain and body together to strengthen every cell that we need for a strong healthy life from 50 to 100. Safety, balance, laughter, strength and stretch is a part of Spring Chickens Fitness. Join us just for the joy of it! Fitness Class is Free and is presented by Oriol Health Care.

### MRS. GORDON GOES CHRISTMAS SHOPPING IN BOSTON IN THE 1900's

What was Christmas Shopping like in the early 1900's? "Mrs. Gordon goes Shopping in Boston in the 1900's" will be presented at **1:00 p.m. on Wednesday, December 11**. Actress Rita Parisi from Waterfall Productions will portray Mrs. Gordon and transport us back to 1908, shopping at Jordan Marsh and Company, noting the newest trends in makeup and fashion. Tea follows the presentation. Please call 508-210-5570 to reserve a seat. If you wish to come for lunch at noon, please call 508-210-5578 two days in advance. Snow date for this presentation is Wednesday, December 18.

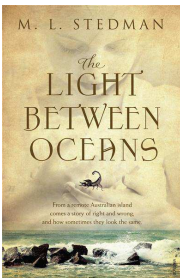


### HOLIDAY CONCERT



The Calliope "Young at Heart" Performers, with Bob Chisholm, will be here on **Monday, December 16 at 1:00 pm**. Join us for a holiday concert with refreshments following the show. Please call 508-210-5570 for a reservation for the show. If you wish to come for lunch before the show, please call 508-210-5578 two days in advance.

### BOOK DISCUSSION GROUP



Our Book Discussion Group will not meet in December but will meet again at **10:30 a.m. on Thursday, January 16**, at which time they will discuss the book The Light Between Oceans: A Novel by M. L. Stedman. After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. To this isolated island, where the supply boat comes once a season, Tom brings a young, bold, and loving wife, Isabel. Years later, after two miscarriages and one stillbirth, the grieving Isabel hears a baby's cries on the wind. A boat was washed up on shore carrying a dead man and a living baby.



*The Board & Staff of the Senior Center wishes everyone a Magical Christmas Season filled with love, laughter & family and a Happy, Healthy 2014*







# DECEMBER 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>2</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Beef Stroganoff</b> 1:00 Quilting 1:00 <b>Friends Meeting</b></p> 	<p align="center"><b>3</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>Baked Chicken</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p align="center"><b>4</b></p> <p>SHINE by Appt. Only 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <b>Lasagna</b> 1:00 Pitch Party</p>  	<p align="center"><b>5</b></p> <p>8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Meatloaf &amp; Gravy</b> 12:30 Movie "The Heart of Christmas" 1:00 Bridge 1:00 Line Dancing</p>  	<p align="center"><b>6</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Lemon Pepper Fish</b> 1:00 Cribbage</p>  
<p align="center"><b>9</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Chicken Sausage Jambalaya</b> 1:00 Quilting</p> 	<p align="center"><b>10</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/Jardinere Sauce</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p align="center"><b>11</b></p> <p>SHINE by Appt. Only 8-4:00 Billiards 10:00 Senior Walkers 10-12 <b>Legal Assistance</b> 12:00 Senior Lunch <b>Chicken w/Asparagus</b> 1:00 Pitch Party 1:00 <b>Mrs. Gordon Goes Shopping</b></p>   	<p align="center"><b>12</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Breaded Fish</b> 12:30 Movie "Christmas in Connecticut" 1:00 Bridge 1:00 Line Dancing</p>  	<p align="center"><b>13</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Salisbury Steak</b> 1:00 Cribbage</p>  
<p align="center"><b>16</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Burgundy Meatballs</b> 1:00 Quilting 1:00 <b>Bob Chisholm Concert</b></p>  	<p align="center"><b>17</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 align="center"><b>18</b></p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <b>Potato Crunch Fish</b> 1:00 Pitch Party</p>  	<p align="center"><b>19</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Baked Ham</b> 12:30 Movie "Christmas Angel" 1:00 Bridge 1:00 Line Dancing</p>  	<p align="center"><b>20</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Chicken Fricassee</b> 1:00 Cribbage</p>  
<p align="center"><b>23</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Tuna Noodle Casserole</b> 1:00 Quilting</p> 	<p align="center"><b>24</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise  <b>CHRISTMAS EVE SENIOR CENTER CLOSING @ NOON</b></p> 	<p align="center"><b>25</b></p> <p align="center"><b>Merry Christmas!</b>  <b>SENIOR CENTER CLOSED</b></p> 	<p align="center"><b>26</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Rib-B-Que</b> 1:00 Bridge</p>  	<p align="center"><b>27</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Sliced Roast Beef Sandwich</b> 1:00 Cribbage</p>  
<p align="center"><b>30</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Greek Chicken</b> 1:00 Quilting</p> 	<p align="center"><b>31</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>Tuna Salad Sandwich</b> 1:00 Bingo 1:00 Bridge</p>   	<p align="center"><b>MOUNTVIEW CHRISTMAS BREAKFAST</b></p>  <p align="center">Thursday, December 5 @ 9:00 a.m. BY RESERVATION ONLY</p>	<p align="center"><b>CHRISTMAS LUNCH AT VAL'S RESTAURANT Tuesday, December 10 @ Noon</b></p>  <p align="center">BY RESERVATION ONLY</p>	<p align="center"><b>MENU &amp; MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</b></p>

## COMING IN JANUARY...

Wed., Jan. 15 ... Concert by City of  
Four ... Refreshments served  
by Holden Girl Scouts



Wed., Jan. 22 ... Winter Wonderland Concert with  
Marti Sawyer ... Hot Chocolate  
Served



## 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.

## BLOOD PRESSURE CLINICS NOW EVERY TUESDAY!!! SEE CALENDAR FOR TIMES!

### DECEMBER MOVIES



**Thurs., Dec. 5 ... "The Heart of Christmas"** ... Austin and Julie Locke are devastated when they learn that their young son, Dax, has been diagnosed with cancer. But with courage, determination and faith, they decide to give Dax one last Christmas -- even if it has to be in October.

Starring Candace Cameron Bure. *Not Rated ~ 89 minutes*



**Thurs., Dec. 12 ... "Christmas in Connecticut"** ... In this welcome addition to the canon of mandatory yuletide viewing, Barbara Stanwyck plays Elizabeth Lane, a magazine columnist who touts herself as a blissful wife, mother and expert homemaker living on an idyllic Connecticut farm. Trouble is, it's all a lie. When her pudgy publisher (Sydney Greenstreet) cooks up a scheme to boost circulation by having Elizabeth entertain a war veteran (Dennis Morgan) on Christmas Eve, will her charade unravel? *Not Rated ~ 101 minutes*



**Thurs., Dec. 19 ... "Christmas Angel"** ... While writing an assignment for school about Christmas wishes, Olivia Mead begins to notice strange things happening around her. As her wishes start to come true, she becomes convinced that they are miracles linked to a woman she thinks is an angel. Starring Kevin Sorbo, Teri Polo and Della Reese. *Not Rated ~ 95 minutes*

*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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Holden, MA 01520