

Among Friends December 2019

Friends of HCOA website: www.fhcoa.org



Annual Senior Center Christmas Party

You're are cordially invited to attend the Annual Senior Center Christmas Party on **Wednesday, December 11 at Noon**. This year we will be celebrating at Val's Restaurant, 75 Reservoir Street. We will enjoy a delectable buffet of: Grilled Steak Tips, Chicken Marsala, Baked Stuffed Filet of Sole w/Scallops and Lemon Butter, Rice Pilaf; Broccoli; Fresh Mixed Greens; Fresh Rolls and Butter with an Ice Cream Sundae for dessert. A cash bar will be available for those who wish to partake. Cost of this delicious meal is \$20.00/person **payable at the time of registration**. Each ticket is being subsidized by the Holden Senior Center. Reservations must be made by Thursday, December 5th. Join us as we celebrate Christmas with friends old and new! We may even have a visit from the Jolly Elf himself!!!



MOUNTVIEW SCHOOL ANNUAL BREAKFAST

The students and staff of Mountview School invite Holden seniors to attend their Annual Christmas Breakfast on **Thursday, December 12 at 9:00 a.m.** The breakfast is by reservation only and for **Holden Elders only**. To make your reservation, call the Senior Center at 508-210-5570. Reservations will be accepted through Monday, December 9 or until we reach capacity.



WACHUSETT AREA ROTARY CLUB ANNUAL HOLIDAY BREAKFAST

The Wachusett Area Rotary Club cordially invites you to their Annual Breakfast on **Saturday, December 14 at 9:00 a.m.** The event will be held at The Manor Restaurant, 42 West Boylston Street, West Boylston. Entertainment will be provided by the Wachusett Singers. This breakfast is open to elders from Holden, Paxton, Princeton, Rutland, Sterling, West Boylston and Boylston. This event is by reservation only. All reservations are to be made through the Holden Senior Center. To make your reservation, call the Holden Senior Center at 508-210-5570.



A SPECIAL TREAT ...

Join us on **Wednesday, December 18 at 1:30 p.m.** as we welcome the Tatnuck Tunesters, a chorus from Tatnuck Park Assisted Living. They will delight you with your favorite holiday carols and tunes. After the performance, join us for a delicious dessert. To make your reservation, please call 508-210-5570.



The Board and Staff of the Senior Center wish all of you the warmth and blessings of home and family this Christmas Season.



COUNCIL ON AGING BOARD MEMBERS

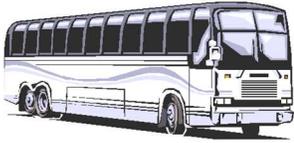
Susan Sullivan - Chairman
Richard Mansfield - Vice Chairman
Wayne Howard
Maureen Locke
Eric Johansen
Faye Ellis
Rebecca Tornblom
Nancy Melton

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,

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



TRIPS COMING IN 2020:

Wednesday, March 11 ... Boston Flower Show ... Depart the Senior Center 8:30 a.m. for the Boston Seaport World Trade Center. Lunch will be at the Venezia Restaurant. Your meal choices will be Boston Baked Haddock w/seasoned crumb topping; Chicken Parmigiana or Steak Tips w/red peppers and onions served with Parmesan risotto. All entrees come with a Tossed Salad and Apple Crisp topped with whipped cream for dessert. Cost of this tour will be \$74.00 including driver's gratuity.



Wednesday, April 22 ... Foxwoods Casino ... Depart from the Senior Center. Included will be \$10.00 casino slot play and Festival Buffet OR \$10.00 food voucher. Price for this tour is \$35.00/person, including driver's gratuity.



Wednesday, May 20 ... Carole King Tribute ... Depart the Senior Center for the Danversport Yacht Club in Danvers, MA to enjoy this musical tribute to multi-award winning singer-songwriter Carole King, as performed by Deb DeLuca. Meal choices for this excursion are Stuffed Breast of Chicken or Baked Schrod. Also included with your entrée are Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea. Cost for this tour is \$96.00/person including driver's gratuity.



More details on 2020 trips will appear in future newsletters.

[We would like to ask if you are signing up for more than one trip, that you provide a separate check for each trip. Thank you!](#)

A note from our Trip Coordinators:

We are now addressing questions concerning any of our trips via phone or e-mail. Please call 508-210-5579 - this number will bring you directly to the voicemail for the Trip Coordinators. The voicemail will be checked every morning (Monday-Friday) between 8:00 and 9:00 a.m. OR you can e-



Call



Email



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.

mail your questions to: tripcoordinator.fhcoa@gmail.com. We look forward to hearing from you.

THEY CAME, THEY CONQUERED, AND THEY CELEBRATED!

On Monday, September 16, the Vintage Vagabonds Hiking Club celebrated their 100th hike. Thirty-four members of the club scaled Mt. Wachusett on a picture-perfect day to celebrate their impressive milestone. The Vagabonds kicked off their celebration by toasting to community, friendship and their shared love of hiking. The club honored Rich and Joyce Godfrey who have been with Vagabonds since the very first hike in April 2018. Sharon Faust was also honored for participating in the most hikes over the past two years,



FROM THE OUTREACH OFFICE ...

December is here and we are feeling the chill. If you are looking for a good book to read, movie to watch or puzzle to work on during the cold winter nights and would like them delivered to your home, call the Outreach Office, and we will include you in our Book Express deliveries. We deliver every other Wednesday.

We also have information on food stamps, fuel assistance, food pantry, hearing aids, eye glasses, housing, etc. Come by the office for a visit! Stay warm and have a safe winter.



FREE FLU SHOT CLINIC

We will hold a 2nd flu shot clinic on **Thursday, December 5 from 1:00-3:00 p.m.** The shots will be given at no cost to you - simply bring your insurance card! Thank you very

FROM THE FRIENDS ...

Thanks to all of the hard working people who contributed so much to the success of the Friends' fair. Kudos to all. Special thanks to Marcia Sherbourne and Wayne Howard for all they did. We loved the crowd of people attending.



MAKE A CHRISTMAS BIRDCAGE CENTERPIECE

Join Tina Bemis from Bemis Farms Nursery for this delightful craft class on **Wednesday, December 18 at 10:00 a.m.** Register at the Holden Senior Center for this workshop. **Payment is due at time of registration.** Cost of this class for Holden residents and members of the Friends of HCOA is \$15.00 per person. For all others, the cost is \$20.00. All materials are provided. Class size is limited.



WACHUSETT COMMUNITY BAND CONCERT

We can't have Christmas without the special Christmas show featuring Wachusett Community Band. Join us at **1:00 p.m. on Monday, December 16** for this great show of your Christmas favorites followed by a lovely dessert. Please call 508-210-5570 to reserve your seat. Free and open to all. (If you wish to come for lunch before the concert, call Sue at 508-210-5578 two days ahead.)

CHRISTMAS ... A TIME FOR MUSIC

The Post Road Chorus, a Sweet Adelines International Chorus, is a women's a cappella group. Members are local women of all ages & varied backgrounds. We are very pleased to host them for our special holiday concert on **Monday, December 9 at 1:00 p.m.** Concert is free and open to all. Please reserve a seat by calling 508-210-5570 and join us for dessert after the show.



JOIN OUR "OUT TO LUNCH" BUNCH

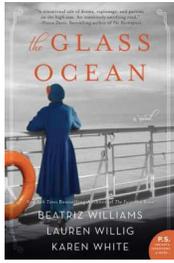
The "Out to Lunch Bunch" will not be meeting in December. In January, we plan to meet at Oli's on West Boylston Street in West Boylston at **11:30 a.m. on Thursday, January 16**, with a snow date of January 23. We order off the menu. You pay on your own and arrange your own transportation. Please sign up with Eileen, Dianne or Dale, or leave a message on the trip coordinator's phone 508-210-5579. We do make reservations under Holden Senior Center. We will decide at this gathering where we will meet in February.



DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Fish w/Dill Sauce</i>	3 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Hot Dog /Baked Beans</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	4 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch <i>Stuffed Pepper Casserole</i> 1:00 Pitch Party 1:00 Rusty Guertin Christmas Concert	5 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Ranch Chicken</i> 1:00-3:00 Flu Shot Clinic 1:00 Bridge 2:30 Chair Yoga, MULTI	6 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch <i>Braised Beef</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
9 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Burger w/Chili & Cheese</i> 1:00 Post Road Chorus	10 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Pesto</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	11 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch <i>Roast Pork Loin w/Gravy</i> 12:00 Senior Center Christmas Party at Val's by Reservation only 1:00 Pitch Party	12 8-4:00 Billiards 9:00 Mountview Breakfast by Reservation only 12:00 Senior Lunch <i>American Chop Suey</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	13 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch <i>Jambalaya</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
16 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Greek Chicken</i> 1:00 Wachusett Community Band Christmas Concert	17 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatloaf w/Gravy</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	18 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 10:00 Birdcage Center-piece w/Tina Bemis 12:00 Senior Lunch <i>Shepherd's Pie</i> 1:00 Pitch Party 1:00 Tatnuck Tunesters Holiday Concert	19 8-4:00 Billiards 10:00 Book Discussion Grp. 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Sage Stuffed Chicken</i> 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI	20 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch <i>Lemon Pepper Fish</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
23 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Vegetable Cheese Bake</i>	24 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Roast Turkey</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	SR. ED  MERRY CHRISTMAS	26 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Salisbury Steak</i> 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI	27 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
30 8-4:00 Billiards 10:30  Tai Chi 12:00 Senior Lunch <i>Picatta</i>	31 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatballs w/Onion Gravy</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	ROCKY CHICKEN BREASTS  THE MANOR SAT., 12/14 ~ 9:00 AM	FI  FOOD PANTRY DISTRIBUTION	ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE

BOOK DISCUSSION GROUP



Our book discussion group will meet on **Thursday, December 19 at 10:00 a.m.** to discuss the book **The Glass Ocean** by Beatriz Williams, Lauren Willig, and Karen White.

May 2013: Her finances are in dire straits and best selling author Sarah Blake is struggling to find a big idea for her next book. Desperate, she breaks the one promise she made to her Alzheimer's stricken mother and opens an old chest that belonged to her great-grandfather, who died when the RMS *Lusitania* was sunk by a German U-Boat in 1915. What she discovers there could change history. Sarah embarks on an ambitious journey to England to enlist the help of John Langford, a recently disgraced Member of Parliament whose family archives might contain the only key to the long ago catastrophe.

April 1915: Southern belle Caroline Telfair Hochstetter's marriage is in crisis. Her formerly attentive industrialist husband, Gilbert, has become remote, pre-occupied with business ... and something else that she can't quite put a finger on. She's hoping a trip to London in *Lusitania's* lavish first-class accommodations will help them reconnect - but she can't ignore the spark she feels for her old friend, Robert Langford, who turns out to be on the same voyage. Feeling restless and longing for a different existence, Caroline is determined to stop being a by-stander and take charge of her own life.

Tessa Fairweather is traveling second class on the *Lusitania*, returning home to Devon. Or at least, that's her story. Tessa has never left the United States and her English accent is a hasty fake. She's really Tennessee Schaff, the daughter of a roving con man, and she can steal and forge just about anything. But she's had enough. Her partner has promised that if they can pull off this one last heist aboard the *Lusitania*, they'll finally leave the game behind. Tess desperately wants to believe that, but Tess has the uneasy feeling there's something about this job that isn't as it seems.

BACK BY POPULAR DEMAND ...

Local entertainer and fan favorite Rusty Guertin will be here on Wednesday, December 4 at 1:00 p.m. to offer a Christmas Concert filled with your favorite Christmas selections. The concert is free and open to all. Refreshments will be served after the concert. To reserve your seat, please call the Senior Center at 508-210-5570.



CONGRATULATIONS TO OUR 2019 AMATEUR PHOTO CONTEST WINNERS!

JUDGES CHOICES:

First Prize ~ Rainbow ~ Micola Szumylo

Second Prize ~ Peaceful Pond ~ Micola Szumylo

Third Prize ~ White Flower ~ Shirley Odorski

Honorable Mention ~ Pink Flowers ~ Micola Szumylo

Honorable Mention ~ Grazing Horses ~ Glenn Anderson

POPULAR VOTE:

Boats in the Harbor ~ Glenn Anderson

Love a good, friendly game of cribbage?? We've got just the group for you! Come by Friday afternoons at 1:00 p.m. and enjoy a good game of cribbage and enjoy the company of new friends. No need to reserve ~ you're always welcome!!



The Senior Center will be closed on Wednesday, December 25 in observance of Christmas Day.



JANUARY HAPPENINGS ...

January 8 ... *Emma Riffelmacher Concert*

January 13 ... *Free Legal Clinic by appointment only*

January 22 ... *Home Cooked Lunch*

January 27 ... *Your New Year's Resolution ~*

Getting Organized



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

AN OPEN LETTER TO CURRENT AND FUTURE MEMBERS OF THE FRIENDS OF THE HOLDEN COUNCIL ON AGING AND ALL SENIOR CITIZENS OF THE TOWN OF HOLDEN

We would like to make you aware of important events and major considerations we have before us. First, let us speak to the success of the Morning Glory Café, which is a social gathering each Friday from 8:30-10:30 at the Senior Center. We regularly host 40-50 patrons each week. As success continues to grow, we need volunteers to share baking and help setting up and cleaning up.

We have our own computer web page www.fhcoa.org and we are on Facebook, as well. You will find a great deal of information, as well as a picture gallery of events held at the Senior Center. Our web administrator spends a great deal of time keeping our web information current. ***We could use a volunteer to help with maintenance of the web page.***

Please note that our monthly meeting is a MEMBERSHIP meeting and NOT a "BOARD" meeting. These monthly meetings are held the first Monday of each month at 9:00 a.m. We encourage you to attend these meetings, as a number of important issues are currently being discussed. Some of these issues are:

- *Van replacement cost participation
- *Full time recording secretary for the Friends
- *Nomination Committee appointment
- *Annual Harvest Fair preparation and assistance

We have over 350 current members of the Friends. We need your help and participation for our organization to continue providing financial support for the Holden Council on Aging. If you are not a current member of the Friends, we encourage you to join us. Annual dues are \$5.00/year. Our goal is to make our Senior Center the absolute best that it can be. We hope to see you at our next monthly meeting on ***Monday, December 2*** at



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.

Return Service Requested

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

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