



# 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,  
Katherine LePain, Ellie  
Johnson, and Bill Lahey  
Meal Site Manager— Rich  
508-210-5578

Friends of HCOA Website:  
[www.fhcoa.org](http://www.fhcoa.org) or find us on Facebook:  
Friends of the Holden Council on Aging

**January 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*

Happy 2024! We still don't have flying cars or real hover boards, but we made it to another year. Who knows what fun it will bring us? Thank you all for making us part of your lives and maybe your New Year's Resolutions. My life has been blessed by coming here and meeting all of you. Wishing you peace and happiness throughout the year.

*Karen*



## COA Board of Directors

Chair—Susan Sullivan  
Vice—Richard Mansfield  
Wayne Howard  
Maureen Locke  
Lois Johansen  
Debby Osipov  
Elizabeth Brennan  
\*meet the first  
Wednesday of the  
month at 8 AM

"Don't be pushed  
around by the fears in  
your mind. Be led by  
the dreams in your  
heart."

Roy T.  
Bennett



## **Drive Safely in the Snow**

Driving in the winter means changes in the way you drive. Snow, sleet and ice can lead to hazardous road conditions.

## **Avoid Shoveling, Snowblowing Injuries**

Shoveling snow or using a snowblower are among winter's most grueling activities. High levels of activity in cold temperatures put many people at risk of heart attack, especially those that have inactive lifestyles.

## **Treat Frostbite Immediately**

Use first aid to help someone who may have hypothermia or frostbite.

## **Prevent Carbon Monoxide Poisoning**

Carbon monoxide detectors save lives. Every year, hundreds of people die and tens of thousands are treated for carbon monoxide poisoning.

## **Avoid Injuries While Enjoying the Winter Weather**

Whether you are skiing and snowboarding, sledding or skating, take safety precautions like learning basic skills and using the appropriate gear for the sport.

*Let us ensure you and your family are cared for throughout your lives, and after your death.*

- Wills, Trusts, Healthcare Proxy
- MassHealth/Medicaid Planning, Eligibility and Applications
- Special Needs Trusts
- Estate Administration
- All Aspects of Elder and Disability Law

To learn more and schedule a free initial appointment, please call 508-829-6500, or email us at Kimberly.Asher@kjasherlaw.com.



Kimberly Asher, Esq.

**Asher Law Office**  
800 Main St., Holden, MA 01520  
508-829-6500



**A WARM & FRIENDLY  
SENIOR LIVING COMMUNITY**

Independent Living Cottages  
& Apartments, Assisted Living,  
Memory Care Assisted Living &  
Knollwood Nursing Center.

*Schedule a tour today!*

**508-852-2670**

65 Briarwood Circle, Worcester  
www.BriarwoodRetirement.com



Senior Moving,  
Organizing, Relocating  
**And So Much More...**  
**Safe, Seamless  
& Stress-Free!**  
rightsizedliving.net



**Jennifer Baker**  
Owner

**Call Us and See Why Our Clients Love Us!**  
**774-764-7725**



Dr. Anthony Tickner, DPM



*Your Total Foot  
Care Solution*

Podiatric Medicine

Surgery

Wound Care

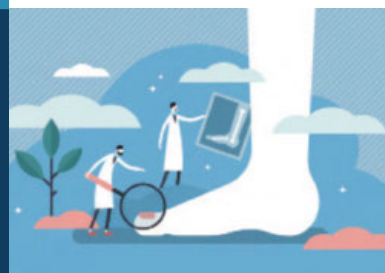
Call For Appointment Today:

508-829-6645

795 Main Street,

Holden, MA 01520

www.masspodiatrists.com



**NEVER MISS OUR NEWSLETTER!**

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



Visit **www.mycommunityonline.com**



**YOUR LOVED ONES  
Deserve the Best**

**Worcester's Premier  
Residential  
Memory Care Facility**



*A higher level of care than assisted living  
and is more affordable than a nursing home.*

- Safe, secure, state-of-the-art facility
- Personalized wellness plans with medication management
- 24 hour RN & Medical Director
- Scratch-made meals

- Alzheimer's & Dementia Care
- Beauty salon, spa, library
- Fully licensed by the State of Massachusetts
- Daily activities programs



**(508) 853-8180**  
**OasisAtDodgePark.com**

**LET'S GROW YOUR BUSINESS**  
**Advertise in our Newsletter!**

**CONTACT ME**  
**Susanne Carpenter**

**scarpenter@lpicommunities.com**  
**(800) 477-4574 x6348**



**Service Deserves  
Its Rewards®**



**FIREFIGHTERS**



**LAW ENFORCEMENT**



**MILITARY**



**HEALTHCARE WORKERS**



**TEACHERS**



**Are you buying or selling a home? Let us reward you for your service!**  
Call us for a free consultation  
**Diane Casey-Luong 774-239-2937**  
**Jo-Ann Szymczak: 774-230-5044**



**RE/MAX  
VISION REALTY**

**Card Making with Carol**

Mon, January 8 and Mon, January 22  
at 9 AM

\$5, payable at the class

Size is limited

Sign up at the front desk or call us at  
508-210-5570

**Need a ride?** If you need a ride with-  
in 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.



Don't forget to sign  
in at the  
**MySeniorCenter**

**kiosk.** The Senior Center  
uses the statistics, which  
include programs,  
attendance, volunteerism,  
etc. when applying for grants,  
reporting, and evaluating  
success.

The **Friends' Cart** is  
full of fun and interest-  
ing 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.

**2023 Trips—call 508-210-5579 for more information or to sign up**

April 16—Charles River Sightseeing Cruise, Harvard Museum of Natural History, and  
lunch at the Cheesecake Factory—\$122 per person

May 14—Tribute to Broadway Cabaret Show and Grand Buffet Luncheon at the Dan'l  
Webster Inn in Sandwich—\$115 per person

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



**Movie Monday**—Don't forget to join  
us for our monthly movie on Mon,  
January 29 at 1 PM. It is free with  
free snacks!!

**Monthly Grief Group** is starting on Wed,  
January 24 at 1 PM. Joelle Johns, Chaplain  
at Trinity Hospice and Angelique Harvey,  
Community Outreach at Oriol Healthcare  
will be facilitating. You don't have to  
suffer your loss alone. Join others who  
understand.

**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,  
January 18 at 10 AM.  
Pineapple Street by  
Jenny Jackson**

Set in life among New York's one-percenters, and full of recognizable, loveable—if fallible—characters, it's about the peculiar unknowability of someone else's family, the miles between the haves and have-nots, and the insanity of first love—all wrapped in a story that is a sheer delight.

**Arizona Doug, "Music Through the Decades" on Wed, January 24 at 1 PM.** Enjoy a musical concert with local musician, Doug Urquhart. He will be taking us on a musical journey from the 1940s to the 1970s. Please register at the front desk or call us at 508-210-5570.



**Craft Classes**

**Fri, January 19 at 12:30**

**PM:** create a felted snowman with Laura. This is not sewing. It uses wool and a felting needle. \$12.00 payable at sign up.



**Wed, January 31 at 1 PM:** make a 5 point star with Origami Paper with Lynne. \$5.00 payable at sign up. Class size is limited. You must sign up at the front desk.

**Coffee and ... with Town Clerk, Jeanne Hudson on Thurs, January 11 at 9 AM.** Join us to learn about the Town Clerk's office, voting, and to ask questions. Please register at the front desk or call us at 508-210-5570.



**Learn about the WISE Program on Wed, January 17 at 1 PM.** James Keegan will be explaining the program and discussing the Spring 2024 courses. Please register at the front desk or call us at 508-210-5570.

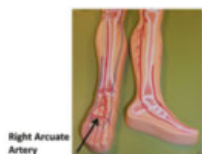


**Languid Yoga "Boosting Immunity Naturally" on Mon, January 22 at 1 PM.**

Learn how to tap into your body's immune system with acupressure. Dawn Michanowicz will be leading this experience. \$20.00 per person—payable at the class. Please register at the front desk or call us at 508-210-5570.



**Mon, January 8 at 1 PM—The Vascular Care Group will be talking about Peripheral Artery Disease.** Understand your risk factors and learn about treatment options. Please register at the front desk or call us at 508-210-5570.



**"Morocco, from Casablanca to the Sahara Desert" by Ron Rosenstock on Wed, January 10 at 1 PM.**



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

**Do your feet need a treat for the New Year?** Let the FootRN2U Clinic trim your toenails. Call Bonnie at 774-239-3449 or email [footrn2u@gmail.com](mailto:footrn2u@gmail.com) for an appointment. \$45.00 cash, check, or venmo




**Out to Lunch Bunch—**Do you like going out to eat but don't like being alone? This month we are going to **Scruffy Murphy's in Worcester on Thursday, January 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—Yoga with weights at 9 AM. \$3.00 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.**



**Blood Pressure  
Clinic every  
Tuesday from  
10-11 AM. Track  
your numbers!**



**Piano Lessons \$5**

**Wednesdays—Beginners from 10-11 AM**

**Wednesdays—Chords from 11AM—12 noon**

**Thursdays—Beginners from 12-1 PM**

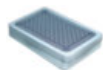


**Card Games**

**Mondays—Duplicate Bridge  
at 12 noon**

**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**



**Caregiver's Group**

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



**Needlework Group**

**Wednesdays**

**9-12**



**Veterans and American Legion  
Meeting**

**Second Tuesday at  
2:30PM**

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



**Mah Jongg Group**

**Tuesdays at 1:30  
PM. Bring your  
board.**



**SHINE Counselor**

**The counselor will  
help with health  
insurance.  
Appointments  
required.**

**Painting**

**Thursdays at 10 AM**

**Anyone can learn. You will  
be surprised at what you  
can do! \$10 a class**

**Adult coloring**

**Mondays and Wednesdays 9-11**



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



**Movie Monday  
monthly at 1 PM.  
Popcorn and soda**

**Classic Book  
Club Tuesdays at 10  
AM**

**Monthly Book Club  
3rd Thurs-  
day at 10**



**Write On**

**Mondays at 10:30  
AM**

**This is a  
creative  
writing group.**



**Bingo  
Tuesdays at  
1 PM**

# January 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Senior Center closed for New Year's</b>	<b>2</b> 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—meatballs w/pasta 1 Bingo 1 Balance Class free	<b>3</b> 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch— pork loin 1 Pitch party 1 Caregiver's Group 2:30 Cell phone drop in	<b>4</b> 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— BBQ chicken 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography	<b>5</b> 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—mac and cheese 1 Spring Chicken Fitness free
<b>8</b> 9 Tai Chi \$5 9 Card Making \$5 9-11 Adult Coloring 10 Friends' Monthly Meeting 10:30 Write On 12 lunch— spaghetti 12 Bridge 1 Vascular Care Group	<b>9</b> 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—chicken fajitas 1 Bingo 1 Balance Class free	<b>10</b> 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch— pork 1 Pitch party 1 Ron Rosenstock program	<b>11</b> 9-10 Coffee and... 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— hot dog 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography	<b>12</b> 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—fish 1 Spring Chicken Fitness free
<b>15</b> <b>Senior Center closed for Martin Luther King, Jr. Day</b>	<b>16</b> 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—chicken 1 Bingo 1 Balance Class free	<b>17</b> 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 lunch baked potato 1 Pitch party 1 WISE program 2:30 Cell phone drop in	<b>18</b> 10 Painting 10 Book Club 10:30 Low Impact Exercise \$4 11:30 Out to Lunch Bunch 12 Lunch—beef w/onions 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography	<b>19</b> 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— Shepherd's pie 12:30 Make a felted snow-man 1 Spring Chicken Fitness free
<b>22</b> 9 Tai Chi \$5 9 Card Making \$5 9-11 Adult Coloring 10:30 Write On 12 lunch— lentil stew 12 Bridge 1 Languid Yoga	<b>23</b> 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—chicken mornay 1 Bingo 1 Balance Class free	<b>24</b> 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—turkey 1 Pitch party 1 Grief Group 1 Arizona Doug Concert	<b>25</b> 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— meatloaf 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography	<b>26</b> 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—cranberry chicken salad 1 Spring Chicken Fitness free
<b>29</b> 9 Tai Chi \$5 9-11 Adult Coloring 10:30 Write On 12 lunch— ranch chicken 12 Bridge 1 Movie	<b>30</b> 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch— Swedish meatballs 1 Bingo 1 Balance Class free	<b>31</b> 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—beef stew 1 Pitch party 1 Origami class	<b>Lunch is \$2.50. You must make a reservation by calling the kitchen, 508-210-5578, at least 2 business days in advance. Call before noon!</b>	<b>Billiards Room is available every day the Senior Center programs are running from 8-4. Any activity or menu item can change without notice.</b>

**ADT-Monitored Home Security**  
 Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

**833-287-3502**

Your Local Caring Funeral Home  
**Your Advance Planning Information Center**

1158 Main Street, Holden  
**508-829-4434**  
 100 Worcester Road, Sterling  
**978-422-0100**  
**Richard Mansfield**  
**Ricky Mansfield**  
 Funeral Directors  
*"Serving the Community of Holden Since 1896"*





## A state of the art, affordable retirement village in Rutland

Create and design your own home.  
Only 6 Sites Left!

Homes Available | Financing Available

Call 508-886-6565  
for more information.  
[bigelowvillage.com](http://bigelowvillage.com)



Bigelow Village

*Lighting the way... to a new beginning*

Conveniently located  
near town center on Maple Ave.

## HOLDEN HEARING AID CENTER, INC.

695 Main St., Holden, MA

**508-829-5566**

[DrMoreno@HoldenHearingAid.com](mailto:DrMoreno@HoldenHearingAid.com)

[www.HoldenHearingAid.com](http://www.HoldenHearingAid.com)



Matthew Moreno, Au.D.  
DOCTOR OF AUDIOLOGY



### For Admissions &

Tours Call: (508) 829-1111

[www.oriolhealthcare.com](http://www.oriolhealthcare.com)

**Holden Rehab & Skilled Nursing  
Oriol Therapy Services • Oakdale Rehab & Skilled Nursing**

YOU have a CHOICE – Choose US for your Rehab Needs

Services Offered:

- Short-Term Rehab, Outpatient Therapies
- Community Health Education Programs

## CELEBRATING OUR 100<sup>TH</sup> YEAR

# SUNNYSIDE



122A/944 Main Street • Holden, MA

**508 • 829 • 4333**

[www.sunnysideford.com](http://www.sunnysideford.com)

## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



### OUR SERVICES

- Baths
- Showers
- Full Remodels



**SENIOR CITIZEN**  
*Discounts*

**CALL TODAY TO FIND OUT  
HOW WE CAN HELP**

**781-514-5900**

**Get your free Quote &  
Consultation NOW**

**Visit our  
showrooms  
at these  
locations:  
WOBURN  
SHREWSBURY  
PEMBROKE**

[www.bathplanetofboston.com](http://www.bathplanetofboston.com)

# SUPPORT OUR ADVERTISERS!



## Friends' Corner



Happy New Year everyone! We are looking forward to a great year. We have planned exciting trips, musical events, a luncheon (or two), and some surprises. The café is going strong, so please join us and bring your friends. We always need volunteer bakers. The sign up sheet is with the cashier. We are looking for someone to take over the Facebook page. Please let us know if you are interested. The next Friends' Meeting is Monday, January 8 at 10 AM. This is where we discuss our goals and plans for the year. Don't forget that dues are due on January 1. You can mail in your renewal or drop it off at the office at the Senior Center. We take cash or checks. Thank you for your continuing support! **Carol Upton, President**

### Upcoming February events:

**Richard Maurer book talk; Coffee and.. With Century Homecare Services;  
Create a craft with Laura; Languid Yoga with Dawn; Jim Scott music concert;  
card making with Carol; center will be closed on Mon, February 19**

The Senior Center is getting busy. We have a variety of programs going on. The parking lot gets full. Please be patient. Feel free to park along the edge of the lot.

### 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.*

Return Service Requested

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

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