

Among Friends June 2019



Friends of HCOA website: www.fhcoa.org



IT'S TIME TO SAY GOOD-BYE

Our annual end of the year Pen Pal event will take place here at the Senior Center on **Wednesday, June 5 at 1:30 p.m.** The students will arrive on busses and will be here approximately an hour. Parking will be at a premium so feel free to ride with a friend. If you **CANNOT** attend, please call Maureen at 508-210-5570 such we can arrange for someone to sit with your Pen Pal.



A DELIGHTFUL SPRING/SUMMER CONCERT

We are delighted to host **THE GOOD TYMES BANJO BAND** for a wonderful concert. Featuring music from the Great American Songbook, songs from the 1930's through the 1990's are sure to please you. The concert will be held on **Monday, June 10 at 1:00 p.m.** and is free and open to all with refreshments following. Please call 508-210-5570 to reserve your seat.

HOME COOKED LUNCH

The Staff is headed back into the kitchen to prepare another delicious lunch for you on **Wed., June 12**. This time we've chosen to offer a pulled pork sandwich; chips; cole slaw; pickles; beverage and what we're certain will be a yummy dessert. Reservations are a requirement and will be accepted through **Friday, June 7** or until we reach capacity. Cost for the lunch of \$4.00/person payable the day of the lunch. Please call 508-210-5570 to make your reservation. Lunch will be served at noon.



Two Horns Are Better than One



Join us on **Monday, June 17 at 1:00** for this special concert featuring songs from the American Song Book (i.e., Gershwin, Cole Porter, etc.). Our performers are Steve Wilish and John Murname who are part of the Wachusett Community Band. Call 508-210-5570 to reserve your seat!

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
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



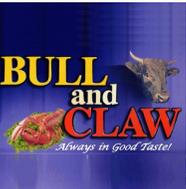
Thursday, June 13 (Note date change) ... Narragansett Lighthouse Cruise ... 9:00 a.m. Depart on your luxury Silver Fox CD/DCD/WiFi Motor Coach for Rhode Island's best maritime experience. You'll first arrive at the Quonset Point Officers Club for a delicious, full course luncheon. Your menu includes a Garden Tossed Salad, Entrée of Fresh Baked Scrod or Baked Chicken with Lemon, Mashed Potatoes and Green Beans, Mud Pie Ice Cream & choice of Coffee or Tea. After lunch you'll board the Millennium Ferry for a narrated Narragansett Bay Lighthouse tour, including ten beautiful lighthouses & a Newport Harbor tour. You'll cruise under the breathtaking Jamestown & Newport Bridges, past mansions, historic Fort Adams & many other historic Rhode Island sights. You'll return home at 5:0 p.m. after a fun filled day sailing Narragansett Bay. Cost of this tour is \$89.00 per person by check only made payable to **Friends of HCOA.**



Wednesday, June 26 ... Boston Red Sox vs. Chicago White Sox at Fenway Park ... Depart the Senior Center at 10:30 a.m. for Fenway Park, Boston, on your luxury Silver Fox Coach for a great day in Boston as the Boston Red Sox battle for the 2019 Pennant with Mookie Betts & Crew. You'll arrive at Fenway Park about 1 1/2 hours prior to the 1:05 p.m. game time, allowing you time to view pre-game warm ups. Then you'll enjoy all the action from our excellent Third Base Side Grandstand seats when New England's Team & their opponent take the field. You'll depart after the game & a great day a Fenway Park! Approximate return time home will be 5:30 p.m. Tour cost is \$101.00/person by check only made payable to **Friends of HCOA.**



Tuesday, July 9 ... Maine's Famous "Bull and Claw" Lobster Bake ... Depart from the Holden Senior Center at 8:30 a.m. on your luxury Silver Fox Coach. Arriving in Maine, "The Pine Tree State" you'll travel along the coast past scenic towns & attractions until arriving in Wells. Now be ready for a Lobster Feast at the Bull and Claw Restaurant beginning with a cup of delicious Clam Chowder, sautéed Mussels, fresh Maine Clams, tossed Green Salad, fresh baked bread & rolls & an entrée choice of delicious Maine Lobster, succulent Prime Rib or Cranberry Stuffed Chicken Breast. Your feast also includes a Hot Blueberry Crisp dessert with French Vanilla Ice Cream! After departing, you'll continue along the Atlantic Seacoast & make a visit to scenic Ogunquit. Finally, you'll visit the outstanding "When Pigs Fly Bakery" in Kittery & experience their old work artisan breads. Your expected arrival home will be approximately 6:30 p.m. after a most pleasant Downeast day.



Cost for this tour is \$91.00/person (including driver gratuity) by check only made payable to **'Friends of HCOA.'**

Wednesday, August 28 ... Jersey Boys ... Depart the Holden Senior Center at 10:00 a.m. on your luxury Silver Fox Coach. Your tour begins with a delicious full course luncheon (included) at the Danversport Yacht Club (entrée choice of Fresh Baked Scrod or Baked Chicken. Then you'll travel to the North Shore Music Theatre for one of Broadway's hottest musicals **"Jersey Boys."** They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard ... & the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story - a story that has made them an international sensation all over again. Sit back in your seats for an upbeat, slickly produced & fast paced show. You'll return home approximately 6:30 p.m. Cost of this tour is \$121.00/person (includes driver gratuity) 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.

Future Trips Scheduled for the remaining year: (See future newsletters for details)
 September 10 (Note date change) ... Cape Cod Canal ... **\$91.00 per person**
 October 8 ... Quabbin Foliage Tour ... **\$86.00 per person**
 December 3 ... Yuletide Newport ... **\$86.00 per person**



FREE LEGAL CLINIC

Atty. Arthur Bergeron from the law firm of Mirick O'Connell will be here on **Monday, June 10 from 10:30-12:15** to offer free 15 minute legal consultations. Appointments are required and can be made by calling 508-210-5570. Sorry, no walk-ins.

FROM THE OUTREACH OFFICE ...

June is a beautiful time of year to go outside and enjoy the spring weather. June is also a good time to re-evaluate the services you may be receiving or to discover services you may not know about.

The Outreach Office can provide information to assist you with filling out applications for SNAP (Food Stamps), Food Pantry, Housing, Mass Health, Adaptive equipment, Medical equipment, Library book deliveries, Hearing Aids, and many more.

Did you know that the Holden Police Department can provide you with a Telephone Reassurance Program service? This is a service for individuals who live alone and do not have daily contact with a friend or family member. We can assist you in filling out an application for this service. This service (Telephone Reassurance Program) provides a daily call to you with follow up should the call be unanswered. Please contact the



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 8:00 a.m.- 4:00 p.m.

A great big THANK YOU to the Oriol Foundation for sponsoring our very successful Health and Wellness Fair in late April. Thank you also to Deb Osipov and the Oriol staff for all their hard work getting sponsors, exhibitors and seeing to all the details. We sincerely thank everyone who participated.



Thank You

CPR ANYONE??



There's the possibility that we could offer a CPR class for seniors in the near future. If that's something that would interest you, please call the Senior Center at 508-210-5570 to express your interest.

SHINE DATE FOR JUNE~ BY APPOINTMENT ONLY

WEDNESDAYS, JUNE 5 AND 19



JUNE 2019

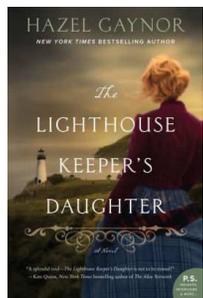
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
8-4:00 Billiards 9:00 Friends' Meeting 10:30 Tai Chi 12:00 Senior Lunch <i>Chicken Picatta</i>	9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatballs w/Onion Gravy</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	SHINE by Appt. Only 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Marinated Pork Loin</i> 1:00 Pitch Party 1:30 Pen Pal Party	8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef Patty w/Onions & Peppers</i> 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI	 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch <i>Macaroni & Cheese</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
10	11	12	13	14
8-4:00 Billiards 10:30 Tai Chi 10:30-12:30 Legal Clinic <i>By Appointment Only</i> 12:00 Senior Lunch <i>Lasagna & Meatballs</i> 1:00 Good Tymes Banjo <i>Band Concert</i> 	9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Fajitas</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	8-4:00 Billiards 9:00 Tai Chi 12:00 Home Cooked <i>Lunch ~ Pulled Pork</i> 1:00 Pitch Party 	8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Fathers Day Meal - BBQ <i>Chicken</i> 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI	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 <i>Roast Pork w/Gravy</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
17	18	19	20	21
8-4:00 Billiards 10:30-12:30 Legal Clinic By Appt. Only 10:30 Tai Chi 12:00 Senior Lunch <i>Beef Stew</i> 1:00 Two Horns are Better than One Concert	9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Shepherd's Pie</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	SHINE by Appt. Only 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Buttermilk Chicken</i> 1:00 Pitch Party	8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Baked Potato w/Chili &</i> <i>Cheese</i> 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI	8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker  12:00 Senior Lunch <i>Hot dog and Beans</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
24	25	26	27	28
8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Chicken Mornay</i> 	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	8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Roast Turkey w/Gravy</i> 1:00 Pitch Party 	8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Frittata</i> 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI	8-4:00 Billiards 10:00 Poker  12:00 Senior Lunch <i>Haddock w/Parmesan</i> <i>Cream Sauce</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
Pen Pal Party  Wed., June 5 ~ 1:30	GOOD TYMES BANJO BAND CONCERT  Mon., June 10 ~ 1:00	HOME COOKED LUNCH  Wed. June 12 ~ Noon	TWO HORNS ARE BETTER THAN ONE CONCERT  Mon., June 17 ~ 1:00	ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE

BOOK DISCUSSION GROUP

Our book discussion group will meet on **Thursday, June 20 at 10:00 a.m.** to discuss the book **The Lighthouse Keeper's Daughter** by Hazel Gaynor.

From *The New York Times* bestselling author of *The Girl Who Came Home* comes a historical novel inspired by true events, and the extraordinary female lighthouse keepers of the past two hundred years.

"They call me a heroine, but I am not deserving of such accolades. I am just an ordinary young woman who did her duty."



1838: Northumberland, England. Longstone Lighthouse on the Farne Islands has been Grace Darling's home for all her twenty-two years. When she and her father rescue shipwreck survivors in a furious storm, Grace becomes celebrated throughout England, the subject of poems, ballads and plays. But far more precious than her unsought fame, is the friendship that develops between Grace and a visiting artist. Just as George Emmerson captures Grace with his brushes, she in turn captures his heart.

1938: Newport, Rhode Island. Nineteen year old and pregnant, Matilda Emmerson has been sent away from Ireland in disgrace. She is to stay with Harriet, a reclusive relative and assistant lighthouse keeper, until her baby is born. A discarded, half-finished portrait opens a window into Matilda's family history. As a deadly hurricane approaches, two women, living a half century apart, will be linked forever by their instinctive acts of courage and love.

IN SUPPORT OF OUR VETERANS

For the second consecutive year, Sue & our kitchen volunteers have decided to accept donations on behalf of our veterans shelter in Worcester. If you'd like to contribute, please see the list of suggested donations below. Please understand that gently used means items not torn or stained. Please be aware the shelter operates as a drug & alcohol free environment. They **cannot accept** items containing alcohol (i.e., certain types of mouthwash, denture adhesive, and aftershave).

SUGGESTED ITEMS:

Men's Clothing: Underwear/Boxers - new, all sizes; Under T-Shirts (L, XL, XXL) (new/gently used); Socks: White Tube/Low-cut (all sizes); Tops: Long Sleeve, Dress Shirts, Collared Shirts, Sweatshirts (New England Sports) (L, XL, XXL) (new or gently used); Bottoms: Jeans, Dress Pants (new or gently used); Flip Flops (M, L, XL); Footwear: Shoes, Sneakers, Boots size 9-13 and wide (new or gently used); **(Seasonal)** Hats, Gloves, Scarves (new or gently used); Winter jackets (any size, new or gently used).

Women's Clothing: Bras (sized 34, 36, 38, 40 A/B/C/D-new); Underwear (all sizes-new) Tops: Short Sleeve, Long Sleeve, Blouses, Sweatshirts (any size-new or gently used); Bottoms: Jeans, Dress Pants, Skirts (any size-new or gently used); Socks: White low-cut, Dress and Nylons (new); Footwear: Sneakers, Dress Shoes, boots (sizes 6-9) (new or gently used); **(Seasonal)** Winter Jackets (any size) Hats, Gloves, Scarves (new or gently used).

Bed & Bath: Bath Towels/Hand Towels/ Washcloths (new); Bed Pillows (new); Blankets: Twin & Full (new) Pillowcases: Standard (new) Laundry Bags; Nylon/Canvas (new).

Miscellaneous Items: New England Public Transportation Passes (including passes for city bus routes and cabs); Postage Stamps; Nonperishable Canned Goods/Food Items; Regular "Ground" Coffee (please, no whole beans); Cases of Individual Bottles of Water; Cleaning Supplies (for individual housing units); Bug Spray; Umbrellas; Watches.

Gift Certificates: Visa Gift Cards; Target; Walmart; CVS, Walgreens; Grocery Stores; Coffee Shops, Restaurants or Fast Food locations; Gas Cards; Movie Passes; Sporting Event Tickets; Museums; Concert Tickets; ****Any kind of gift certificate is welcomed****

Transportation: Adult Bikes; New England Public Transportation Passes; Gas Gift Cards

TO ALL OF OUR SENIOR CENTER PARTICIPANTS

Now that June is here, summer will arrive. As we do each year, we want to remind you that once the warm weather comes, the air conditioning system in the building will be turned on. To that end, we offer this reminder ... if you tend to run cool, 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. Certainly we are ALL looking forward to the warmth and beauty of a New England summer.



JULY HAPPENINGS ...

July 8 ... Free Legal Clinic



July 15 ... Morocco with
Ron Rosenstock

Sign ups for these events will not be available until
distribution of the July 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.

JUNE 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

Join us Monday, June 3 at 9:00 a.m. for our monthly Friends meeting. Just a reminder that this will be our last meeting until September while we enjoy a summer hiatus.

Holden Days is coming up on August 23rd. 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 welcome! 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.*

Return Service Requested

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

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