



# 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, 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

**March 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*

The DPW has been busy painting the building. This has led us to declutter and rearrange things. Remember that we offer activities all week long, not just for the hour or two that you are here, so we have to make the best use of the space for everyone. As you know, we are getting busier and busier. Parking can be a challenge. Please take your time and be patient. We hope to see you soon. *Karen*



## COA Board of Directors

Chair—Susan Sullivan  
Vice—Richard Mansfield  
Wayne Howard  
Maureen Locke  
Lois Johansen  
Debby Osipov  
Elizabeth Brennan

\*They meet the first  
Wednesday of the  
month at 8 AM \*

"May you have all the  
happiness and luck  
that life can hold—  
and at the end of your  
rainbows may you  
find a pot of gold."  
Old Irish Blessing



**March is Healthy Nutrition Month—  
make sure you are getting enough of these nutrients.**

**Dietary fiber** is a type of carbohydrate that cannot be easily digested. It can speed up the movement of food and waste through the body increasing the frequency of bowel movements. Diets higher in dietary fiber may reduce the risk of developing cardiovascular disease. The Daily Value for dietary fiber is 28 grams (g) per day.\*

**Calcium** is a mineral that is important for bone health. It also helps with muscle and nerve function, blood clotting, and hormone secretion. Diets higher in calcium can reduce the risk of developing osteoporosis (weak and brittle bones). The Daily Value for calcium is 1,300 milligrams (mg) per day.\*

**Vitamin D** helps your body absorb calcium and is important for bone health. It also plays a role in blood pressure management, hormone production, and immune and nervous system function. Diets higher in vitamin D can reduce the risk of developing osteoporosis (weak and brittle bones). The Daily Value for vitamin D is 20 micrograms (mcg) per day.\*

**Potassium** is a mineral that helps with fluid balance and heart, muscle, and nervous system function. The Daily Value for potassium is 4,700 mg per day.\*

\*based on a 2000 calorie a day diet

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**News from SHINE**—People who are enrolled in a Medicare Advantage Plan have until March 31 to make changes to their plan. If you have questions, make an appointment with a SHINE counselor or call the regional SHINE office at 508-422-9931.

### Don't ignore your feet!

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.



**The Friends' Cart** is full of fun and interesting things to buy. You never know what you will find. All proceeds go to the Friends' group to help the Senior Center.

**Need a ride?** If you need a ride within 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. Please be respectful of the drivers and of the time. The van only waits 5 minutes beyond your pick up time.



**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.



### 2024 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 & buffet lunch at the Dan'l Webster Inn —\$115 pp

June 19—Thimble Islands Sightseeing Cruise and lunch at Chowder Pot III—\$111 per person

July 10—Woo Sox at Polar Park—\$55 per person

Aug 7—Fresians of Majesty (horses) and lunch at The Marina Restaurant—\$136 pp

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, March 25 at 1 PM. Free snacks!

### Monthly Support Groups:

Caregivers' Group on Wed, March 6 at 1 PM—support for those actively caregiving. Facilitated by Angelique Harvey at Oriol Healthcare

Grief Group on Wed, March 27 at 1 PM—support for those grieving a loss. Facilitated by Joelle Johns of Trinity Hospice and Angelique Harvey of Oriol Healthcare

**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, March 21 at 10 AM—The Paris Architect



by Charles Belfore This is an extraordinary book about a gifted architect who reluctantly begins a secret life of resistance, devising ingenious hiding places for Jews in World War II Paris.

Cell phone class is ongoing every Wednesday through March 20 from 2:30-4 PM.



## Celebrate Pi(e) Day on Wed, March 13 at 1 PM.



Emily Donovan of Yummy Mummy Bakery loves pies. She will discuss the history of pies, types of pies, and why we celebrate Pi day with pies. Join us for the fun, interactive event. Pies will be served. Registration is **REQUIRED** at the front desk or call us at 508-210-5570.

## History of Massachusetts' Forests and Land Use on Wed, March 20 at 1 PM.

Chris Capone, DCR Forester, will talk about how today's forests can tell us about the past. Please

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



**Coffee and ... with John Woodsmall, DPW Superintendent on Thurs, March 14 at 9 AM.** Come to hear about what the DPW does and ask questions. Please register at the front desk or call us at 508-210-5570.

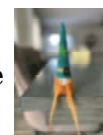
**Spring Basket Arrangement with Debbie from DiMeco's on Wed, March 27 at 1 PM.**

Registration is required starting March 1. \$25 cash due at registration.



## Crafts with Laura—

**Fri, March 8 at 12:30 PM:** make a felted Leprechaun by using wool fibers and specialized needles. Registration is required. Sign ups start Feb 26. \$12 cash at time of registration



**Fri, March 22 at 12:30 PM:** create a wooden decoupage egg—one large and one small with wooden eggs, mod podge, and tissue paper. Registration is required. Sign ups start March 1. \$15 cash at time of registration.

**Adult Protective Services talk on Wed, March 6 at 1 PM.** Jen Brenner from Elder Services will give a workshop on types of abuse, signs of abuse, and how to report it.

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



**Scam Presentation by the Worcester County District Attorney's Office on Mon, March 11 at 1 PM.**

Scams are on the rise; don't fall prey to scammers. Come and learn about active scams in the area and how to protect yourself. Please register at the front desk or call us at 508-210-5570.



**Languid Yoga with Seasonal Changes on Mon, March 18 at 1 PM.** Learn how to adjust to seasonal changes, anxiety, or stress with acupressure with Dawn Michanowicz. \$20.00 per person—payable at the class. Please register at the front desk or call us at 508-210-5570.



**Out to Lunch Bunch—**Do you like going out to eat but don't like being alone? This month we are going to **O'Connors on West Boylston St in Worcester on Thurs, March 21.** 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 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



### Needlework Group

**Wednesdays**

**9-12**



### Mah Jongg Group

**Tuesdays at 2 PM.**

Bring  
your  
board.



### Veterans and American Legion Meeting

**Second Tuesday at  
2:30PM**

Scott W. Olsen, Adjutant, Post 42  
[americanlegionpost42ma@gmail.com](mailto:americanlegionpost42ma@gmail.com)



### Caregiver's Group

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

**Grief Group—Last  
Wednesday at 1 PM.**  
Run by Trinity Hospice  
and Oriol Healthcare

### 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**

### Classic Book Club

**Tuesdays at 10 AM**

### Monthly Book Club

**3rd Thursday  
at 10 AM**



**Bingo  
Tuesdays at  
1 PM**



We have jigsaw puzzles to  
borrow.

**Free Legal Clinic—Attorney Arthur  
Bergeron from the law firm of  
Mirick O'Connell will offer free 15  
minute consultations. Mon, March 11 by  
phone. Appointments are required.**



### Write On






**Mondays at 10:30  
AM**

This is a  
creative  
writing group.



## March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you are registered for a class and cannot make it, please let us know as soon as possible. Many times we have a waiting list.</p>	<p>Lunch is \$3. You must make a reservation by calling the kitchen, 508-210-5578, at least 2 business days in advance. Call before noon!</p>	<p>Billiards Room is available every day the Senior Center programs are running from 8-4.</p> <p>Any activity or menu item can change without notice.</p>		
<p>4</p> <p>9 Tai Chi \$5</p> <p>10 Friends' Monthly Meeting</p> <p>10:30 Write On</p> <p>12 lunch— teriyaki beef</p> <p>12 Bridge</p> 	<p>5</p> <p><b>State Primary—Voting</b></p> <p><b>Senior Center is closed for all activities</b></p> 	<p>6</p> <p>9 Tai Chi \$5</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12 Lunch— chicken stir fry</p> <p>1 Pitch party</p> <p>1 Caregivers' Group</p> <p>1 Adult Protective Services talk</p> <p>2:30 Cell Phone Class</p>	<p>7</p> <p>10 Painting</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 Lunch— Salisbury steak</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$3</p> <p>1 Photography</p> 	<p>8</p> <p>8:30-10:30 Morning Glory Café</p> <p>10 Poker</p> <p>12 lunch—veggie cheese bake</p> <p>12:30 Felted Leprechaun craft</p> <p>1 Spring Chicken Fitness free</p>
<p>11</p> <p>9 Tai Chi \$5</p> <p>10:30 Write On</p> <p>12 lunch— chicken picatta</p> <p>12 Bridge</p> <p>1 Scam talk by the DA's office</p>	<p>12 9 Photography</p> <p>9:30 Knotty Knitters</p> <p>10-11 Blood Pressures</p> <p>10 Classic Book Club</p> <p>10:30 Low Impact exercise \$4</p> <p>12 lunch—meatballs w/gravy</p> <p>1 Bingo</p> <p>1 Balance Class free</p> <p>2:30 American Legion</p>	<p>13</p> <p>9 Tai Chi \$5</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12 lunch—roast pork</p> <p>1 Pitch party</p> <p>1 Pi(e) Day Talk</p> <p>2:30 Cell Phone Class</p>	<p>14</p> <p>9-10 Coffee and...</p> <p>10 Painting</p> <p>10:30 Low Impact exercise \$4</p> <p>12 Lunch—corned beef</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$3</p> <p>1 Photography</p>	<p>15</p> <p>8:30-10:30 Morning Glory Café</p> <p>10 Poker</p> <p>12 lunch— mac and cheese</p> <p>1 Spring Chicken Fitness free</p> 
<p>18</p> <p>9 Tai Chi \$5</p> <p>10:30 Write On</p> <p>12 lunch— lasagna</p> <p>12 Bridge</p> <p>1 Languid Yoga \$20</p>	<p>19</p> <p>9 Photography</p> <p>9:30 Knotty Knitters</p> <p>10-11 Blood Pressures</p> <p>10 Classic Book Club</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 lunch—beef w/onions</p> <p>1 Bingo</p> <p>1 Balance Class free</p>	<p>20</p> <p>21 9 Tai Chi \$5</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12 Lunch—chicken fajitas</p> <p>1 Pitch party</p> <p>1 Mass Forest Talk</p> <p>2:30 Cell Phone Class</p>	<p>21</p> <p>10 Painting</p> <p>10 Book Club</p> <p>11:30 Out to Lunch Bunch</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 Lunch— hot dog</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$3</p> <p>1 Photography</p>	<p>22</p> <p>8:30-10:30 Morning Glory Café</p> <p>10 Poker</p> <p>12 lunch—Salmon primavera</p> <p>12:30 Decoupage Wooden Eggs craft</p> <p>1 Spring Chicken Fitness free</p>
<p>25</p> <p>9 Tai Chi \$5</p> <p>10:30 Write On</p> <p>12 lunch— beef stew</p> <p>12 Bridge</p> <p>1 Movie</p> 	<p>26</p> <p>9 Photography</p> <p>9:30 Knotty Knitters</p> <p>10-11 Blood Pressures</p> <p>10 Classic Book Club</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 lunch— buttermilk chicken</p> <p>1 Bingo</p> <p>1 Balance Class free</p>	<p>27</p> <p>9 Tai Chi \$5</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12 Lunch—baked potato</p> <p>1 Pitch party</p> <p>1 Grief Group</p> <p>1 Spring Basket Floral</p>	<p>28</p> <p>10 Painting</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 Lunch— maple glazed ham</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$3</p> <p>1 Photography</p>	<p>29</p> <p>8:30-10:30 Morning Glory Café</p> <p>10 Poker</p> <p>12 lunch—potato crunch fish</p> <p>1 Spring Chicken Fitness free</p>

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## Friends' Corner



The Friends' Annual Meeting is in April. In March, we will be presenting the slate of officers up for election. If you are interested in being on the Board of Directors, contact Marcia at msherbourne@verizon.net. Please check out our Facebook page—Friends of the Holden Council on Aging. Do you have ideas for fun things we could be doing? Please reach out and tell us. We are always looking for new things to do and new volunteers to help. **Carol Upton, President**

### Early April events:

**Honky Tonk Piano performed by Gary Landgren on Mon, April 1 at 1 PM.** Please register at the front desk or call us at 508-210-5570.

**Bone Density talk and screening on Wed, April 3 from 1-3:30 PM.** The VNA will be here to give a short talk and perform the screenings. Registration is required at the front desk or by calling us at 508-210-5570.

If schools are canceled due to inclement weather, all Senior Center activities, including van rides, are canceled. If there is a delay, the center is open. Classes will run depending on each instructor. As always, be careful and make the best decision for you. Please remember to stop at the stop sign when entering the Senior Center parking 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.*

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