



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, Bill Lahey, and
David Mawson
Meal Site Manager—Rich
508-210-5578

Friends of HCOA Website:

www.fhcoa.org or find us on Facebook:

Friends of the Holden Council on Aging

May 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



Thank you everyone who has been coming to the Senior Center. Our numbers are increasing monthly. We love seeing your happy faces! We have some housekeeping issues to address. First, please register for programs so that we know how many people are coming. Second, please let us know if you cannot come. Sometimes we have waiting lists. Please try to work with us so that everyone has an enjoyable time here. Thanks in advance! *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 *

Where flowers bloom
so does hope.

Lady Bird Johnson



Celebrating Older Americans Month: Powered by Connection

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

It's not just about having someone to chat with, it's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring. Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

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
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Seniors Real Estate Specialist (SRES)

Information from the Friends' Group

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.



Morning Glory Café on Fridays from 8:30—10:30 AM

Join us for homemade baked goods, breakfast sandwiches, and coffee. \$1 per treat. Breakfast sandwiches are \$4. \$1 for bottomless coffee. This is a great, non-threatening way to check out the Senior Center and enjoy the morning with other seniors. Hope to see you!



ICE CREAM SOCIAL

Sponsored by: Friends of the Holden Council on Aging

When? Monday, May 6

Time? 12:00-2:00

Menu? Sandwiches, beverages
Ice cream + toppings

PLUS!! Entertainment by
Bill Swift

Cost? Members - \$5
Non-members \$10

Reserve your seat at the office by May 3. Cash payment due at time of reservation.

2024 Trips—call 508-210-5579 for more information or to sign up



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

July 10—Woo Sox at Polar Park—\$55 pp

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

Dec 4—Kenny and Dolly: A Smoky Mountain Christmas, show and plated luncheon at Lake Pearl, Wrentham, MA—\$131 pp

Important Numbers:

Holden's Non-Emergency Police Line	508-210-4444
Report Elder Abuse	1-800-922-2275
Elder Services	508-756-1545
Meals on Wheels	508-852-3205
Poison Control Hotline	1-800-222-1222
Fuel Assistance (Worcester Community Action Council)	508-754-1176

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.



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.



Get your feet ready for Summer! Let the FootRN2U Clinic trim your toenails. Call Bonnie at 774-239-3449 or email footrn2u@gmail.com for an appointment. \$45.00 cash, check, or venmo.



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.

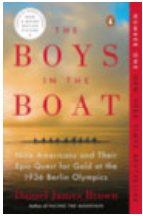


Senator Durant's Office will host District Office hours monthly at the Senior Center. It is typically a Tuesday at 1 PM. The date varies due to scheduling. Please call the Senior Center or check on Social Media to find out the actual date.



Book Club on Thurs, May 16 at 10 AM—

This month's selection is The Boys in the Boat by Daniel James Brown. Out of the depths of the Depression comes an irresistible story about beating the odds and finding hope in the most desperate of times—the improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant.



Finance Committee Talk—
On Friday, May 3 at 2:30 PM, Paul Challenger, Chair of the Finance Committee, will be here to give a presentation on Holden's upcoming budget to be voted at town meeting. Be informed as to how the town is spending its money. Please register at the front desk or call us at 508-210-5570.

Crafts with Laura (class size limited)—

Friday, May 3 at 12:30 PM—Sea Glass Art—create a one of a kind picture on heavy cardstock using sea glass and fine tipped marking pens. Your creation will be finished off in a nice frame. Registration began April 19. You must register in person with \$15 in cash.



Friday, May 24 at 12:30 PM—Seashell Wreath—create a seashell wreath to celebrate summer. We will use collected seashells, a wreath form, and glue. Feel free to bring along any special seaside collections to personalize your wreath. Registration begins May 6. You must register in person with \$12 in cash.

Jumpin' Juba Concert **on Wed, May 8 at 1 PM.**

Join us for pop, blues-based roots, rock, and classic rock, infused with humor and rhythm. The group features Steve Hurl on the electric finger-style and slide guitar and vocals, with Dave Lock-eretz on upright bass. This concert is supported by a grant from the Holden Cultural Council, a local agency sponsored by the Mass Cultural Council. Please register at the front desk or call us at 508-210-5570.



Learn about the Healthy Incentive Program (HIP) for SNAP recipients on Wed, May 1 at 1 PM. Caitlin Cournoyer, from Cournoyer Farm in Paxton, will explain how the program gives an instant rebate on purchases of healthy fruits and vegetables from HIP eligible vendors. Please register at the front desk or call us at 508-210-5570.



Coffee and... Thurs, May 9 at 9 AM—AARP Mass Speakers Bureau will present “The Six Pillars of Brain Health”. It is never too late to take charge of your brain health. You will learn about a brain-healthy lifestyle, share your brain boosting activities, and be inspired by others. Please register at the front desk or call us at 508-210-5570.



Coffee and...Thurs, May 30 at 9 AM—Michael from Monti Farms in Princeton will talk about their new Senior Member program. They will be providing free samples of bakery items, fruits, juices and coffee. You **must** register before May 24 at the front desk or call us at 508-210-5570.



Monthly Support Groups:

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

Grief Group on Wed, May 22 at 1 PM— support for those grieving a loss. Facilitated by Joelle Johns of Trinity Hospice and Angelique Harvey of Oriol Healthcare.

Mother’s Day Tea Party on Wed, May 15 at 12:30 PM—Bring your favorite tea cup and join us for this wonderful event. Let us know if you need to borrow a tea cup from us. We will have various teas, tea sandwiches, and desserts. If you are a mom, had a mom, or acted like a mom, you are invited. Hats are optional. Registration is required, as seating is limited. \$5.00 per person, payable in cash at registration. Sign up by May 10.

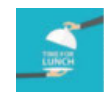


Card Making with Carol—Mon, May 6 at 9 AM. The cost for the class is \$5, payable at the class. Register at the front desk or call us at 508-210-5570.

Movie Monday—May 20 at 1 PM. The movie will be posted by May 13. Enjoy a movie with friends. Popcorn, soda, and water provided. Please register at the front desk or call 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 **Pincroft Thurs, May 16.** 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 (partners required)

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



Caregiver's Group

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

**Grief Group—4th
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



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
Liz Newton from the law firm
of Mirick O'Connell will offer
free 15 minute consultations. Call for
the date.** Appointments are required.



Write On

**Mondays at 10:30
AM**

This is a
creative
writing group.



May 2024 programs

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>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>1</p> <p>9 Tai Chi \$5</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>1 Pitch party</p> <p>1 Caregivers' Group</p> <p>1 HIP program talk</p> <p>2:30 Cell phone drop in</p>	<p>2</p> <p>10 Painting</p> <p>10:30 Low Impact Exercise \$4</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$3</p> <p>1 Photography</p>	<p>3</p> <p>8:30-10:30 Morning Glory Café</p> <p>12:30 Sea Glass Art</p> <p>10 Poker</p> <p>1 Spring Chicken Fitness free</p> <p>2:30 Finance Committee talk</p>
<p>6</p> <p>9 Tai Chi \$5</p> <p>9 Card Making \$5</p> <p>10:30 Write On</p> <p>12 Bridge</p> <p>12-2 Friends Ice cream social and lunch</p>	<p>7</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>1 Bingo</p> <p>1 Balance Class free</p>	<p>8</p> <p>9 Tai Chi \$5</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>1 Pitch party</p> <p>1 Jumpin' Juba concert</p>	<p>9</p> <p>9 Coffee and...</p> <p>10 Painting</p> <p>10:30 Low Impact Exercise \$4</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$3</p> <p>1 Photography</p>	<p>10</p> <p>8:30-10:30 Morning Glory Café</p> <p>10 Poker</p> <p>1 Spring Chicken Fitness free</p>
<p>13</p> <p>Town Elections—all Senior Center programs and activities are canceled for the day</p>	<p>14</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>1 Bingo</p> <p>1 Balance Class free</p> <p>2:30 American Legion</p>	<p>15</p> <p>9 Tai Chi \$5</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12:30 Tea Party</p> <p>1 Pitch party</p> <p>2:30 Cell phone drop in</p>	<p>16</p> <p>10 Painting</p> <p>10 Book Club</p> <p>10:30 Low Impact exercise \$4</p> <p>11:30 Out to Lunch Bunch</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$3</p> <p>1 Photography</p>	<p>17</p> <p>8:30-10:30 Morning Glory Café</p> <p>10 Poker</p> <p>1 Spring Chicken Fitness free</p>
<p>20</p> <p>9 Tai Chi \$5</p> <p>10:30 Write On</p> <p>12 Bridge</p> <p>1 Monthly movie</p>	<p>21</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>1 Bingo</p> <p>1 Balance Class free</p>	<p>22</p> <p>9 Tai Chi \$5</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>1 Pitch party</p> <p>1 Bereavement Group</p>	<p>23</p> <p>10 Painting</p> <p>10:30 Low Impact Exercise \$4</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$3</p> <p>1 Photography</p>	<p>24</p> <p>8:30-10:30 Morning Glory Café</p> <p>10 Poker</p> <p>12:30 Sea Shell Wreath</p> <p>1 Spring Chicken Fitness free</p>
<p>27</p> <p>Senior Center closed for Memorial Day</p>	<p>28</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>1 Bingo</p> <p>1 Balance Class free</p>	<p>29</p> <p>9 Tai Chi \$5</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>1 Pitch party</p> <p>2:30 Cell phone drop in</p>	<p>30</p> <p>9 Coffee and...</p> <p>10 Painting</p> <p>10:30 Low Impact Exercise \$4</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$3</p> <p>1 Photography</p>	<p>31</p> <p>8:30-10:30 Morning Glory Café</p> <p>10 Poker</p> <p>1 Spring Chicken Fitness free</p>



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May 2024 Lunches

Monday	Tuesday	Wednesday	Thursday	Friday
	Lunch is \$3. Reservations required by calling 508-210-5578, at least 2 business days in advance. Call before noon!	1 Marinated Pork Loin Cranberry stuffing, California blend veggies	2 American Chop Suey Broccoli and red peppers, honey glazed carrots	3 Chicken Fajitas Spanish rice, black beans and corn, sour cream
6 Shepherd's Pie Carrots, peas	7 Greek Chicken White rice, broccoli	8 Meatloaf w/gravy Garlic mashed potatoes, chuck wagon corn	9 Chicken Royale w/gravy Mashed carrot & sweet potato, cauliflower	10 Lasagne w/meatballs Green beans
13 Vegetable cheese bake Potatoes, green beans	14 Chicken Milano Couscous, spinach	15 Teriyaki Beef Rice, broccoli	16 Salisbury Steak w/gravy Mashed potatoes, peas & mushrooms	17 Lemon Pepper Fish Delmonico potatoes, vegetables
20 Lentil Stew White rice, green beans	21 Meatballs w/ onion gravy Bowtie pasta, Brussels sprouts	22 Fish w/crumb topping Scalloped potatoes, honey glazed carrots	23 BBQ Chicken Mashed potatoes, country blend veggies	24 Mac & Cheese Stewed tomatoes, peas
27 Memorial Day—no meals	28 Pork w/gravy Cranberry stuffing, roman blend veggies	29 Turkey Supreme Potatoes, California veggies	30 Beef w/onions & peppers Red bliss potatoes, honey glazed carrots	31 Chicken cranberry salad Pasta salad, three bean salad

Things to watch for in June



Monday, June 3 at 12 noon—The Holden Fire Department is hosting lunch and a talk. Lunch menu will be posted at the Senior Center. They will be talking about Summer Safety. This is for Holden residents only. Registration is required. **Registration begins May 6 and is open until filled or May 24.**

Wednesday, June 5 at 1 PM—Fraud Prevention Talk by Leominster Credit Union. Kim Cary and Ashley Grossi of LCU will talk about how to keep your information safe. Please register at the front desk or call us at 508-210-5570.





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Friends' Corner



Welcome to Spring! I hope you are enjoying being able to be outside more. At our annual meeting, we elected 3 new directors to our board: Bob Beck, Janice Lupo & Jan Wilbur. We also passed new bylaws and policies to manage things more efficiently. Copies are available by request at the office. Look around the center and see the wonderful changes being made, including new cabinets in the craft room, subsidized by the Friends. We will be hosting an **Ice Cream Social** on Monday, May 6, from 12 to 2, with sandwiches, ice cream, and entertainment. There may also be some surprises! The cost is \$5 for Friends members and \$10 for non-members. Come along and bring your friends! Register by May 1, and pay at the office to secure your spot (cash only). I look forward to seeing you there. **Carol Upton, President**



Be the person your dog thinks you are!



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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