

# Among Friends May 2019

Friends of HCOA website: [www.fhcoa.org](http://www.fhcoa.org)



## ELDER LAW FOR SINGLES—ESTATE PLANNING IS NOT JUST FOR COUPLES

Attorney Arthur Bergeron from the firm of Mirick O'Connell will present Elder Law for Singles - Estate Planning is not just for couples! Everyone should have an estate plan in place to protect you and your assets should you become frail, incapable of caring for yourself, or to simplify things should you pass away. We welcome you to join us for this very informative presentation on **Monday, May 6 at 1:00 p.m.** To register for this program, please call 508-210-5570.



## MABEL AND JERRY - OBSTACLES TO THE ALTAR!



Please join us on **Wednesday, May 8 at 1:00 p.m.** for this delightful and funny live comedy by Steve Henderson. Proposing was never as wonderful, or fraught with mishaps, or as hilarious as this!! A comedy in one act, by Steve Henderson, will be brought to Holden seniors and others. Mabel and Jerry will arrive at our Senior Center, each planning to pop the question to the other. Will she say "yes?" Will he? A terrific performance free and open to the public. This program is supported in part by the Holden Cultural Council, which is supported by the Massachusetts Cultural Council. We sincerely thank them. A terrific performance, free and open to all. Please call 508-210-5570 to reserve your seat.

**The Senior Center will be closed on  
Monday, May 27 in observance of Memorial Day.**



### COUNCIL ON AGING BOARD MEMBERS

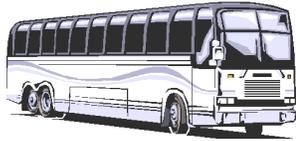
Susan Sullivan - Chairman  
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Holden Senior Center  
1130 Main Street, Holden, MA 01520  
**508-210-5570**

**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:** George Warden, John Bianco,  
Bob Gionnatti, Gregg Tivnan  
**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



**Tuesday, May 7 ... Foxwoods Resort & Casino ...** Tour includes Luxury Silver Fox CD/DVD/WiFi Motor Coach - Exciting Foxwoods casino bonus!!! - (Festival Buffet or \$10.00 Food Voucher and \$10.00 Casino Slot Play. Tour Cost if \$30.00 per person made by check only made payable to **Friends of HCOA**. Tour departs Holden Senior Center approximately 7:30 a.m. and will return approximately 5:30 p.m.



**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 and choice of Coffee or Tea. After lunch you'll board the Millennium Ferry for a narrated Narragansett Bay Lighthouse tour, including ten beautiful lighthouses and a Newport Harbor tour. You'll cruise under the breathtaking Jamestown and Newport Bridges, past mansions, historic Fort Adams and many other historic Rhode Island sights. You'll return home at 5:00 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 an hour and a half 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 and their opponent take the field. You'll depart after the game and a great day at Fenway Park! Approximate return time home will be 5:30 p.m. Tour cost is \$99.00/person by check only made payable to **Friends of HCOA**.



**Future Trips Scheduled for the remaining year: (See future newsletters for details)**

- July 9 ... Bull & Claw Lobster Bake ... \$91.00 per person
- August 28 ... Broadway Show "Jersey Boys" ... \$121.00 per person
- 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



**TOWN ELECTION WILL BE HELD MONDAY, MAY 13.  
PRECINCTS ARE OPEN FROM 7:00 A.M.-8:00 P.M.  
NO PROGRAMS ~ OFFICE OPEN ~ VANS WILL RUN**

**SHINE DATE FOR MAY ~ BY APPOINTMENT ONLY  
WEDNESDAYS, MAY 8 AND 22**





## FREE LEGAL CLINIC

Atty. Arthur Bergeron from the law firm of Mirick O'Connell will be here on **Monday, May 6 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 ...

May is a beautiful time of year. It is the beginning of warm weather and our growing season. We promised those of you who have food stamps that we would let you know where you can find the HIP program at local farmers markets. Remember that the HIP program helps you purchase healthy fruits and vegetables by putting the **amount of money** you spend on **fruits and vegetables** items **immediately** back onto your food stamp card. The HIP program is planned to resume on **May 25th and we will have more HIP information in June as to participating Farmers Markets.** If you would like a food stamp application, please visit the Outreach Office at the end of the hall. We can provide applications, help fill them out and fax them to the Department of Transitional Assistance.



**Memorial Day** is also celebrated in **May** and is a time for remembering **our Veterans.** The Outreach Office works closely with the Town of Holden's Veterans Service Department located at 1204 Main street. Brad Sherblom, Veterans Service Officer, can provide information to assist Veterans with benefits a Veteran may not realize is available to them. Please contact Brad (508-210-5529) or Paula and Dale in the Outreach Office for additional information.

**Veterans** please note: The Morning Glory Café provides **free coffee to all our Veterans every Friday morning.** The Morning Glory Café is open Friday from 8:30-10:30 (weather permitting) and serves delicious baked goods.

Put away those winter woes, fire up the grill, sign up for a trip or class at the Senior Center and visit Paula and Dale in the Outreach Office at the end of the hall.

Paula (508-210-5575) and Dale (508-210-5576)



### IMPROVING AND MAINTAINING YOUR BALANCE

Beginning **Thursday, May 9**, we will be offering a weekly balance class with **Marty French** as the instructor. These 50 minute classes will be held **every Thursday** from **12:45-1:35 p.m.** There is no cost for this class. These sessions will be less intensive than the 5 week sessions previously held. The weekly classes will focus on obtaining and maintaining good balance.

### MAGIC FOR SENIORS

Think you know all the magic tricks by now? Think again. Ed the Wizard will visit the Holden Senior Center on **Wednesday, May 22 at 1:00 p.m.** Join us for a delightful, fun-filled show and special dessert. The performance is free and open to all. Please call 508-210-5570 to reserve your seat. (If you wish to come for lunch before the show, call Sue at 508-210-5578 at least 2 days before between the hours of 9:00 and 12:30.)



### GREENDALE MEN'S CLUB CHORUS CONCERT

We cordially you invite you to a spring concert by the Greendale Men's Club Chorus on **Wednesday, May 15 at 1:00 p.m.** There'll be lots of harmony, toe tappin' tunes and all your favorite music. To reserve your seat, please call 508-210-5570. (If you'd like to come for lunch before the show, please call Sue at 508-210-5578 at least 2 days before, between the hours of 9:00 a.m. and 12:30 p.m.)





# MAY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b></p>	 <p><b>OBSTACLES TO THE ALTAR! May 8 @ 1:00</b></p>	<p><b>1</b></p> <p>8-4:00 Billiards 9:00 Tai Chi  10:00 Scrabble 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Pitch Party </p>	<p><b>2</b></p> <p>8:00 <b>HCOA Meeting</b> 8-4:00 Billiards  10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Baked Ham</i> 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p><b>3</b></p> <p>8-4:00 Billiards  8:30-10:30 <b>Morning Glory Cafe</b> 10:00 Poker  12:00 Senior Lunch <i>Garlic Herbed Chicken</i> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p><b>6</b></p> <p>8-4:00 Billiards 9:00 <b>Friends Meeting</b> 10:30-12:30 <b>Legal Clinic By Appt. Only</b> 10:30 Tai Chi 12:00 Senior Lunch  <i>Stuffed Pepper Casserole</i> 1:00 <b>Elder Law for Singles</b></p>	<p><b>7</b></p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Hot Dog</i>  1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p><b>8</b></p> <p><b>SHINE by Appt. Only</b></p> <p>8-4:00 Billiards  9:00 Tai Chi 10:00 Scrabble 12:00 Senior Lunch <i>Ranch Chicken</i> 1:00 Pitch Party 1:00 <b>Obstacles to the Altar</b></p>	<p><b>9</b></p> <p>8-4:00 Billiards  10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Mother's Day Meal <i>Roast Pork Loin</i> Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p><b>10</b></p> <p>8-4:00 Billiards  8:30-10:30 <b>Morning Glory Cafe</b> 10:00 Poker  12:00 Senior Lunch <i>Braised Beef</i> <b>NO AFTERNOON PROGRAMS. ELECTION SET-UP.</b></p>
<p><b>13</b></p> <p><b>ANNUAL TOWN ELECTION</b></p>  <p><b>NO PROGRAMS</b></p>	<p><b>14</b></p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef Stir Fry</i>  1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p><b>15</b></p> <p>8-4:00 Billiards  9:00 Tai Chi 10:00 Scrabble 12:00 Senior Lunch <i>Lemon Pepper Haddock</i> 1:00 Pitch Party 1:00 <b>Greendale Men's Club Chorus Concert</b></p>	<p><b>16</b></p> <p>8-4:00 Billiards  10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>American Chop Suey</i> 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p><b>17</b></p> <p>8-4:00 Billiards  8:30-10:30 <b>Morning Glory Cafe</b> 9-11:00 SENIOR DISTRIBUTION Wachusett Food Pantry 10:00 Poker 12:00 Senior Lunch <i>Jambalaya</i>  1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p><b>20</b></p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Shepard's Pie</i></p>	<p><b>21</b></p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Greek Chicken</i>  1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p><b>22</b></p> <p><b>SHINE by Appt. Only</b></p> <p>8-4:00 Billiards  9:00 Tai Chi 10:00 Scrabble 12:00 Senior Lunch <i>Turkey Supreme</i> 1:00 Pitch Party 1:00 <b>Magic for Seniors</b></p>	<p><b>23</b></p> <p>8-4:00 Billiards  10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatloaf w/Gravy</i> 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p><b>24</b></p> <p>8-4:00 Billiards  8:30-10:30 <b>Morning Glory Cafe</b> 10:00 Poker  12:00 Senior Lunch <i>Holiday Meal Burger/Chili/Cheese</i> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p><b>27</b></p> <p><b>MEMORIAL DAY</b></p>  <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>28</b></p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Vegetable Cheese Bake</i> 1:00 Bingo  1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p><b>29</b></p> <p>8-4:00 Billiards  9:00 Tai Chi 10:00 Scrabble 12:00 Senior Lunch <i>Chicken Milano</i> 1:00 Pitch Party </p>	<p><b>30</b></p> <p>8-4:00 Billiards  10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Salisbury Steak/Gravy</i> 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p><b>31</b></p> <p>8-4:00 Billiards  8:30-10:30 <b>Morning Glory Cafe</b> 10:00 Poker  12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>

## MALNUTRITION IN ELDERS

Poor nutrition is common among **all** elders, especially those who have been hospitalized. About 20-50% of hospitalized patients are malnourished or at risk for malnutrition. Elders who have been recently discharged from the hospital are at particularly high risk. There are evident and clinical risk factors of malnutrition, as well as less evident signs that may be related to malnutrition. Case managers and family/friend caregivers can stay on the lookout for these signs, and connect elders at risk of malnutrition with nutrition services. Join us on **Tuesday, May 14 at 12:15 p.m.**, as we welcome Jim Burns, Nutrition Program Manager from Elder Services of Worcester. Jim will discuss the warning signs, ways to avoid and solutions to malnutrition. To make your reservation for this important and informative program, please call 508-210-5570.



### NEWS FROM SHINE FOR MAY 2019

#### Need Help with the Cost of your Prescription Medications??

#### Prescription Advantage can Help!!



Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!**

#### Who can join?

If you are a **Massachusetts resident, eligible for Medicare**, and are:

65 years or older with an annual income at or less than \$62,450 for a single person or \$84,550 for a married couple **OR**

Under 65 years and disabled, with an annual income at or less than \$23,481 for a single person or \$31,791 for a married couple.

You may also join... if you are 65 years or older and **not eligible for Medicare**. **There is no income limit.**

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$37,470 for a single person and \$50,730 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

**Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center (508-210-5570) and ask for a SHINE appointment.**

### TO ALL OF OUR SENIOR CENTER PARTICIPANTS ....

Hopefully by the time you read this, Spring will be here in full bloom, which leads us to thinking about summer. As we do each year, we want to remind you that once the warm weather arrives, 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.



# JUNE HAPPENINGS ...

June 5 ... Pen Pal Farewell



June 10 ... Free Legal Clinic



June 10 ... Banjo Band

June 12 ... Home Cooked Lunch



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

## MAY 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

Holden Days is coming up soon! Once again this year the Friends will hold an indoor flea market. Vendor tables are \$20/table. Please remember that whatever you bring that is not sold, you must take with you. Contact Cindy Stark for more information at [stbernhospice@juno.com](mailto:stbernhospice@juno.com) or call (508) 852-2483.

The annual Friends Harvest Fair will be held on Saturday, November 2. Crafters are welcome! Space is limited so sign up early!

**Friends meetings are held the first Monday of the month at 9:00 a.m. at the Senior Center through June and will resume after a summer hiatus in September (September 9 because of Labor Day). Come see what we are all about!!!**



*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

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Holden Senior Center  
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