



Among Friends September 2019

Friends of HCOA website: www.fhcoa.org



THE WOMEN WHO LOVED HITLER

Please join us as we welcome back lecturer Margaret Watson on *Monday, September 16 at 1:00 p.m.* Adolph Hitler is known for his twisted politics and the cruel war which began in Europe eighty (80) years ago this month. Yet, he attracted women from all over the world who desired to be his special someone. In this presentation, largely based on information secretly obtained by the U.S. government, we will examine the personalities and tragic lives of the women who loved Hitler and discover some little-known aspects involving Hitler's private life. To reserve your seat for this extremely interesting program, please call 508-210-5570.



COUNTRY & WESTERN CONCERT



Our favorite local singer and musician, Rusty Guertin, is back by popular demand with a special show featuring all of your country and western favorites. Join us on *Wednesday, September 18 at 1:00 p.m.* for a great time with refreshments and socialization after the performance. Please reserve your seat by calling 508-210-5570.

CALLING ALL PEN PALS!!!

Save the date ~ **THURSDAY, SEPTEMBER 19 ~ 2:00 P.M.** We will meet our new Pen Pals at the **MAYO SCHOOL ~ 351 Bullard Street!**



The Senior Center will be closed on Mon., Sept. 2 in observance of Labor Day.



COUNCIL ON AGING BOARD MEMBERS

Susan Sullivan - Chairman
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Maureen Locke
Eric Johansen
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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: John Bianco, Gregg Tivnan, Katherine LePain, Lisa Larson
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, October 17 ... Elton John/Billy Joel Face to Face ... Join Best of Times Travel as we recreate one of the greatest musical tours of all-time. This is the Ultimate Billy Joel & Elton John tribute show!

Beginning in 1994 Billy Joel & Elton John toured on a series of "Face to Face" tours, making them the longest running & most successful concert tandem in pop music history. Elton John & Billy Joel tribute artists Greg Ransom & Mike O'Brien have joined forces to create The Ultimate Tribute Show "Face to Face." Just like the original tour, each artist performs a solo set with a 5 to 6 piece Rock N Roll Band & then culminates the show with a Face to Face set which features both of them playing together on two pianos trading off lyrics on each song they perform. *Nominated as the best tribute show in the country this is a show not to be missed!* Your Plated Luncheon Meal Choice: Stuffed Breast of Chicken or Baked Scrod which also includes Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea. Cost of this tour is \$94.00/person (including driver's gratuity) Please make check payable to "Friends of HCOA."



Thursday, November 14 ... Ricky Nelson Remembered ... Ricky Nelson was an American actor, musician & singer-songwriter. He starred alongside his family in the television series The Adventures of Ozzie & Harriet as well as co-starring alongside John Wayne & Dean Martin in the western feature film Rio Bravo. He placed 53 songs on the Billboard Hot 100 between 1957 & 1973 including "Poor Little Fool", which holds the distinction of being the first #1 song on Billboard magazine's then-newly created top 100 chart. **"Ricky Nelson Remembered"** is a unique multi-media entertainment event featuring the live music of Ricky Nelson's hit songs (including "Hello Mary Lou," "Travelin,' Man," "Garden Party") performed by Ricky's own identical twin sons Matthew & Gunnar Nelson When

they hit #1 on the Billboard with their rock band Nelson with their self-penned #1 mega hit "(Can't Live without Your) Love & Affection," it put the Nelson family in the Guinness Book of World Records as the ONLY family in entertainment history with THREE generations of #1 hit makers! Plated luncheon meal choice: Chicken Parmesan or Baked Scrod. Lunch also includes Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea. Cost of this tour (including driver gratuity) is \$97.00/person payable by check only made payable to "Friends of HCOA."



Tuesday, October 8 ... Quabbin Foliage Tour ... Depart from the Senior Center at 9:30 a.m. New Englanders hardly need to check the calendar for the onset of fall. Instead, the maple sugar hues of red, orange & yellow signal the seasonal changes on their own. You'll note these as you travel along the scenic roads of Central MA. Enjoy the by-ways & highways as you head to the Quabbin Reservoir area & West Brookfield's Salem Cross Inn. You'll initially enjoy a delicious 4-course luncheon, featuring Soup du Jour, Fresh Garden Salad, Salem Cross' famous flaky Chicken Pot Pie or Maple Salmon entrée. After lunch, you'll be joined by a native tour guide who will take you throughout the Quabbin Reservoir, explaining how local villages and towns were flooded so that the reservoir containing billions of gallons of water, could be constructed. You'll then visit Brookfield Orchards, home of one of New England's largest apple growers. As you stroll through the store you may well be tempted to sample a crisp, juicy apple, some zesty cheese or delicious fudge. You'll then make your way back home arriving at 5:30 p.m. Cost for this tour is \$86.00/person including driver's gratuity. Payment by check only made payable to "Friends of HCOA."



Tuesday, December 3 ... Yuletide Newport ... Depart from the Senior Center at 8:30 a.m. on a delightful holiday tour combining the beautifully decorated mansions of Newport, RI and the magnificent lighting display at LaSalette Shrine. You'll first visit Newport's grant Marble House Mansion, decorated in holiday ornaments & displays. A delicious lunch is included at the excellent LocalZ Restaurant overlooking the waterfront & featuring entrée choices of Fresh Baked Scrod or Baked Chicken. Early this evening a spectacle awaits you at LaSalette, where New England's largest & Most colorful Christmas light display is held. You'll return home at approximately 7:00 p.m. Cost for this tour is \$86.00/person including driver's gratuity. Payment 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. Thank you for your cooperation.

FROM THE OUTREACH OFFICE ...

We would like to thank the volunteers who read our request last month and responded to help with food pantry deliveries, book deliveries and general assistance where needed. We appreciate all you do to support our Outreach programs and our seniors.

As the end of summer approaches, it is a good time to prepare for the colder months ahead. The Outreach Office can assist with filling out Food Stamp Applications, connect you with the Worcester Community Action's Fuel Assistance Office and to services such as Elder Services, Help at H.O.M.E., medical equipment, and many more.

Thanks to all of you who have donated new hearing aid batteries. At the present time we have all that we can use.

Please stop by and visit.

Paula and Dale

508-210-5575

508-210-5576



FREE LEGAL CLINIC



Attorney Arthur Bergeron from the law firm of Mirick O'Connell will be here on **Monday, September 9 from 10:30 a.m.-12:15 p.m.** 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 FRIENDS ...

Our Friends monthly meetings will resume on Monday, September 9 at 9:00 a.m. at the Senior Center. Thanks to all who participated in our indoor flea market on Holden Days! **SAVE THE DATE ~ Saturday, November 2 for our HARVEST FAIR!!** More details to follow in future newsletters.

Everything is more fun with friends



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 enlarge 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 on the front page of this newsletter.

SHINE DATES FOR SEPTEMBER~ BY APPOINTMENT ONLY

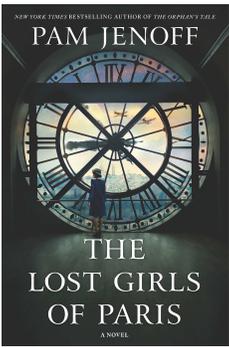
WEDNESDAYS, SEPTEMBER 11 and 25



SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>LABOR DAY</p>  <p>LABOR DAY</p> <p>SENIOR CENTER CLOSED</p>	<p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30-11:30 Farmers' Market Coupons 10:30 Low Impact Exercise 12:00 Senior Lunch Meatloaf w/Gravy</p> <p>1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Roast Turkey & Gravy</p> <p>1:00 Pitch Party</p> 	<p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Macaroni & Cheese</p> <p>12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>8-4:00 Billiards </p> <p>8:30-10:30 Morning Glory Cafe</p> <p>10:00 Poker 12:00 Senior Lunch Haddock w/Parmesan Cream Sauce</p> <p>1:00 Cribbage 1:15 Oriol Senior Fitness</p>
9	10	11	12	13
<p>8-4:00 Billiards 10:30 Tai Chi 10:30-12:15 Free Legal Clinic</p> <p>12:00 Senior Lunch Pork Rib-i-Que</p> 	<p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Swedish Meatballs</p> <p>1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>SHINE APPTS. 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Sloppy Joes</p> <p>1:00 Pitch Party</p> 	<p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Cacciatore</p> <p>12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>8-4:00 Billiards </p> <p>8:30-10:30 Morning Glory Cafe</p> <p>10:00 Poker 12:00 Senior Lunch Fish w/Crumb Topping</p> <p>1:00 Cribbage 1:15 Oriol Senior Fitness</p>
16	17	18	19	20
<p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Chicken Pot Pie</p> <p>1:00 The Women Who Loved Hitler</p> 	<p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Meatballs w/Onion Gravy</p> <p>1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>SHINE by Appt. Only 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Potato Crunch Fish</p> <p>1:00 Pitch Party 1:00 Rusty Guertin Concert</p> 	<p>Let's Do Lunch~11:30</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch Baked Ham</p> <p>12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>8-4:00 Billiards </p> <p>8:30-10:30 Morning Glory Café</p> <p>9-11:00 SENIOR DISTRIBUTION Wachusett Food Pantry</p> <p>10:00 Poker 12:00 Senior Lunch Garlic Herbed Chicken</p> <p>1:00 Cribbage 1:15 Oriol Senior Fitness</p>
23	24	25	26	27
<p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Salmon Boat w/Dill Sauce</p> <p>1:00 Music is Love w/ Dawn & Dick Kelly</p> 	<p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Hot Dog & Baked Beans</p> <p>1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>SHINE APPTS. 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Stuffed Pepper Casserole</p> <p>1:00 Pitch Party 1:00 Pumpkulent Workshop w/Tina Bemis</p>	<p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Ranch Chicken</p> <p>1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>8-4:00 Billiards </p> <p>8:30-10:30 Morning Glory Cafe</p> <p>10:00 Poker 12:00 Senior Lunch Braised Beef</p> <p>1:00 Cribbage 1:15 Oriol Senior Fitness</p>
30	<p>Thurs., September 19 2:00 p.m. Mayo School</p> <div style="border: 1px solid black; padding: 5px; text-align: center; background-color: #e0e0e0;"> <p>My Amazing Pen Pal</p> </div> <p>Pen Pal Party</p>	<p>MON., SEPT. 16</p>  <p>THE WOMEN WHO LOVED HITLER</p>	<p>WED., SEPT. 25~1:00</p>  <p>PUMPKULENT WORKSHOP</p>	<p>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</p>

BOOK DISCUSSION GROUP



Our book discussion group will meet on *Thursday, Sept 19 at 10:00 a.m.* to discuss the book **The Lost Girls of Paris** by Pam Jenoff.

1946 Manhattan, One morning while passing through Grand Central Terminal on her way to work, Grace Healey finds an abandoned suitcase tucked beneath a bench. Unable to resist her own curiosity, Grace opens the suitcase, where she discovers a dozen photographs - each of a different woman. In a moment of impulse, Grace takes the suitcase and quickly leaves the station.

Grace soon learns that the suitcase belonged to a woman named Eleanor Trigg, leader of a network of female secret agents deployed out of London during the war. Twelve of these women were sent to Occupied Europe as couriers and radio operators to aid the resistance, but they never returned home, their fates a mystery. Setting out to learn the truth about the women in the photographs, Grace finds herself drawn to a young mother turned agent named Marie, whose daring mission overseas reveals a remarkable story of friendship, valor and betrayal.

Vividly rendered and inspired by true events, *New York Times* best selling author Pam Jenoff shines a light on the incredible heroics of the brave women of the war and weaves a mesmerizing tale of courage, sisterhood and the great strength of women to survive the hardest of circumstances.

PUMPKULLENT WORKSHOP WITH TINA BEMIS

Decorating a pumpkin in a new way!! Hot glue a selection of succulent cuttings onto our secret base that slips over the stem of your pumpkin. Your beautiful creation will last outside until Halloween. Then bring it inside where it makes a fine centerpiece until Thanksgiving. After that, slip the top off and put the succulents in a pot where they will continue to grow all winter. Next spring, plant it into your garden and grow your own succulents! This new and unique class will be offered on ***Wednesday, September 25 at 1:00 p.m.*** Class size is limited. Reservations are REQUIRED and can be made by calling 508-210-5570. Class size is limited so register early! Cost for this class is \$10.00



MUSIC IS LOVE

Join us on ***Monday, September 23 at 1:00 p.m.*** as we welcome back Dick and Dawn Kelly. Dick and Dawn will offer a new concert highlighting all your favorite crooners. They always put on an enjoyable show featuring keyboard, guitar and their wonderful voices. Join us for refreshments following the concert. Free and open to all. Call 508-210-5570 to reserve your seat!

LET'S DO LUNCH



We've had a request to start a monthly lunch group. We will be going out to lunch the 3rd Thursday of each month. The place will be listed in the newsletter each month. So to get things started, we are setting up a lunch at Val's, 75 Reservoir St., on ***Thursday, September 19th at 11:30 a.m.***

Each person will order their lunch from the menu and will be responsible for their own check. For this particular lunch, we are limited to 20 guests, so to make your reservation, please call Eileen Gedraitis at 508-829-3679. Bon Appetite!



OCTOBER HAPPENINGS ...

Oct. 7 ... "Getting Help to Stay Independent"

Oct. 9 ... Public Power Week

Oct. 14 ... Anne Tisdell Concert

Oct. 23 ... "Ghosts" by Jeff Belanger

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



WITH PRIDE AND RESPECT ...

The Holden Senior Center and Town of Holden is pleased to offer "Combat Parking" for some of our veterans. There are an estimated 1.8 million Purple Heart recipients, combat wounded service members who have transitioned back into civilian life. They have made great sacrifices to ensure our freedoms, but often go unrecognized. Wounded Warriors Family Support's founder, Colonel John



Folsom, decided to change that. Wounded Warriors Family Support offers combat Wounded Parking Signs to establishments as a way of honoring and recognizing these veterans. The Board and Staff of the Holden Council on Aging hope that you will join them in supporting this program by recognizing and respecting the new Combat Wounded parking spaces now located at the Senior Center and Town Hall/Starbard Building.

MITTENS .. MITTENS ... WHO'S GOT MITTENS?



If you've spent a good part of your winter, spring and summer knitting mittens that you'd like to donate, the Friends would love to have them to sell at their fair in November. You can just drop them off at the Senior Center, Monday-Friday between the hours of 8:00 a.m. and 4:00 p.m. Your contribution is very much appreciated.



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Return Service Requested

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

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