

Among Friends



February 2018



Valentines Old and New



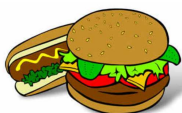
Join us on Valentine's Day, **Wednesday, February 14 at 1:00 p.m.** for a special treat. Shirley Burdick will display her Valentine collection of old and new and tell us her story of collecting Valentines. If you have any special Valentines you'd like to share, we invite you to bring them. We will continue our celebration with tea and sweets following the program. Please call 508-210-5570 to reserve your seat.

FREE LEGAL ADVICE

Attorney Arthur Bergeron from the firm Mirick O'Connell will be here on **Monday, February 12** from **10:30 a.m.-12:30 p.m.** to offer free legal advice. Fifteen minute appointments are available and are REQUIRED. No Walk-Ins. To schedule your appointment please call 508-210-5570.



JULY IN FEBRUARY



Please join us as we bring summer into the middle of winter with a home-cooked lunch on **Wednesday, February 21 at 12:00 p.m.** Our menu will be grilled hamburgers and hotdogs with all the trimmings. Reservations are a MUST and can be made by calling 508-210-5570. Cost of this meal is \$4.00 for Holden elders and Senior Center volunteers, \$6.00 for out of town Elders. Reservations will be accepted through noon on Friday, February 16 or until we reach capacity.

COUNCIL ON AGING BOARD MEMBERS

Susan Sullivan - Chairman
Richard Mansfield, Vice Chairman
Wayne Howard
Maureen Locke
Eric Johansen
Rebecca Tornblom
Faye Ellis

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 Workers: Paula Earley & Cynthia Smith
Drivers: George Warden, John Bianco,
Bob Gionnatti, Gregg Tivnan
Meal Site Manager: Sue Donaldson - **508-210-5578**
Fax: 508-829-0214

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



Saint Patrick's Lunch and Show ... Tuesday, March 20 ... The Maclean Avenue Band ... 8:45 a.m. ... Depart the Holden Senior Center on your luxury Silver Fox Coach for a delicious luncheon and delightful entertainment at Connecticut's famous Aqua Turf Club. A welcome reception followed by a delicious luncheon and then a Saint Patrick's Show with Padraig Allen and the Maclean Avenue Band who have their own sound with old Irish Celtic folklore and rock pop Celtic music of today is included! Everyone's Irish on Saint Patrick's Day!!! Join your friends for a wonderful combination of great cuisine and entertainment. Your return time home will be at approximately 5:00 p.m. after a great and entertaining time with your friends. Your Saint Patrick's Luncheon will be served family style and will consist of: Fresh Field Green Salad; Traditional Corned Beef and Cabbage; Pasta with Meat Sauce; Baked Scrod; Potatoes and Vegetables; all served with rolls and butter; and a complimentary Glass of Wine or Beer; Coffee, Tea and Decaf are also available. Enjoy Lemon Cake for dessert as well! Cost of this tour is \$85.00 per person which includes the driver's gratuity. Please make your check payable to "Friends of HCOA" Reservations and payment can be made at days and time specified in previous newsletters. Questions ~ please call and leave a message for Kathy at 508-210-5579.



SHINE DATES FOR FEBRUARY ~ BY APPOINTMENT ONLY

**MONDAY, FEBRUARY 12
and MONDAY, FEBRUARY 26**

FROM THE FRIENDS ...



We'd like to remind all of our members that our meetings are now held on the 1st Monday of the month (September-June) at 9:00 a.m. All of our members are welcome to attend our meetings ~ come enjoy a cup of coffee with us and hear all about what the Friends are doing. Our next meeting will be on



Monday, February 5 at 9:00 a.m. at the Senior Center

Our Fair Committee will meet on **Monday, February 26 at 9:00 a.m.** at the Senior Center.

Also a reminder that in the event of a school delay or closing, any Friends meetings and the Morning Glory Café will be cancelled.

DID YOU KNOW ...

You can now find the Friends on Facebook???? Look for Friends of the Holden Senior Center to see what's happening!!!

DID YOU KNOW?





FEBRUARY 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 for the upcoming year. There is a class and level for everyone

- ~ from a **VERY GENTLE Class** - Seated stretches and seated poses - **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.

NEWS FROM SHINE ~ MEDICARE PART B PREMIUMS 2018

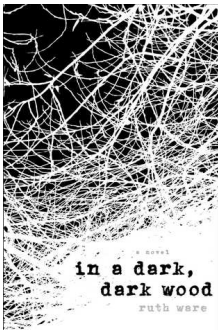


The base premium for Medicare Part B is \$134 in 2018. This is the same as the base premium from 2017. People who paid the base premium of \$134 in 2017 will pay the same amount, while most who paid less will begin paying \$134 per month.

About a quarter of people will not pay the full \$134 Part B premium because their Social Security benefits did not increase enough in 2018 to cover the Part B premium. There is a rule that your Social Security benefits cannot decrease because of an increase in the Part B premium. This is known as the *hold harmless provision*. Most people have their Part B premium deducted from their Social Security benefits. Each year, the increase to the Part B premium cannot be greater than the cost of living adjustment (COLA); otherwise, a person's Social Security award amount would go down once the Part B premium is deducted. People in this situation pay a lower premium than the standard premium so that their Social Security benefits do not decrease. They will pay a premium increase that is the same dollar amount as their cost of living adjustment.

This year, the cost of living adjustment is 2%, which is higher than in past years. If you did not pay \$134 for Part B in 2017, part or all of your cost of living adjustment will go toward paying the increase to your Part B premium. This means that you **may not** see an increase to your Social Security benefits once the Part B premium is deducted. You should look at your Social Security Statement for personalized information about your benefit and premium amount.

BOOK DISCUSSION GROUP



The book discussion group will meet on **Thursday, February 15 at 10:00 a.m.** to discuss the book In a Dark, Dark Wood by Ruth Ware. Leonora, known to some as Lee and others as Nora, is a reclusive crime writer, unwilling to leave her "nest" of an apartment unless it is absolutely necessary. When a friend she hasn't seen or spoken to in years unexpectedly invites Nora (Lee?) to a weekend away in an eerie glass house deep in the English countryside, she reluctantly agrees to make the trip. Forty-eight hours later, she wakes up in a hospital bed injured but alive, with the knowledge that someone is dead. Wondering not "what happened?" but "what have I done?", Nora (Lee?) tries to piece together the pieces of the past weekend. Working to uncover secrets, reveal motives, and find answers, Nora (Lee?) must revisit parts of herself that she would much rather leave buried where they belong: in her past. ***If you'd like to join the book club, new members are always welcome!!***

FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</p>		<p>SCRABBLE EVERY WEDNESDAY at 10:15 a.m.</p>	<p>1</p> <p>8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Fish w/Crumb Topping</i> 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>2</p> <p>8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch BBQ Chicken 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>5</p> <p>SHINE by Appt. Only 8-4:00 Billiards 9:00 Friends Meeting 10:30 Tai Chi 12:00 Senior Lunch Roast Pork/Gravy</p>	<p>6</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Salmon Boat w/Dill 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>7</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:15 Scrabble 12:00 Senior Lunch Chicken Fajitas 1:00 Pitch Party</p>	<p>8</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch Roast Beef Sandwich 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>9</p> <p>8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Beef & Bean Chili 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>12</p> <p>SHINE by Appt. Only 8-4:00 Billiards  10:30 Tai Chi 10:30-12:30 Legal Clinic 12:00 Senior Lunch Sesame Beef</p>	<p>13</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken & Sausage Gumbo 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>14</p> <p>8-4:00 Billiards  9:00 Tai Chi 10:15 Scrabble 12:00 HOME COOKED LUNCH  1:00 Pitch Party 1:00 Valentines Old & New </p>	<p>15</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch Hot Dog on Bun 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>16</p> <p>8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Potato Crunch Fish 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>19</p> <p> Senior Center CLOSED</p>	<p>20</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Sloppy Joe 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>21</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:15 Scrabble 12:00 Senior Lunch Turkey a la King 1:00 Pitch Party</p>	<p>22</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch Meatloaf w/Gravy 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>23</p> <p>8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Macaroni & Cheese 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>26</p> <p>SHINE by Appt. Only 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Swedish Meatballs</p>	<p>27</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Pork Rib-i-que 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>28</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:15 Scrabble 12:00 Senior Lunch Chicken Mornay 1:00 Pitch Party</p>	<p>  </p> <p>JULY IN FEBRUARY Wednesday, February 21 at 12:00 p.m.</p>	<p><i>Valentines Old and New Wednesday, February 14 at 1:00 p.m.</i></p>

ANSWERS

- 1) John F. Kennedy's youth, and much of his adult life, was marked by health problems, including scarlet fever, an appendectomy, and colitis.
- 2) Grover Cleveland served two non-consecutive terms and is counted chronologically as both the 22nd and 24th President.
- 3) Donald Trump was 70 years old and 7 months old when he was inaugurated on January 20, 2017.
- 4) On Saturday, November 1, 1800, John Adams became the first President to take residence in the White House.
- 5) Barack Obama was born in Honolulu, Hawaii, to Stanley Ann Dunham, an American of predominantly English descent from Wichita, Kansas, and Barack Obama, Sr., a Luo from Nyang'oma Kogelo, Nyanza Province, Kenya Colony. Obama is the first President to have been born in Hawaii.
- 6) The Vice President was originally determined by the presidential candidate receiving the second-largest number of electoral votes. The Twelfth Amendment, passed in 1804, changed the system so that the electoral college voted separately for president and vice president.
- 7) The purchase of Alaska from the Russian Empire in 1867 is considered Andrew Johnson's most important foreign policy action. The idea and implementation is credited to Secretary of State William Seward who dubbed the purchase Seward's Folly.
- 8) The first President to appear on black and white television was Franklin D. Roosevelt on April 30, 1939 at the opening ceremonies for the World's Fair.
- 9) Secret Service needed a car to drive Franklin Roosevelt to Congress to make his speech on Pearl Harbor the day after the attack. Luckily the Treasury Dept. had impounded Al Capone's armored car years earlier.
- 10) George Washington was unanimously elected by the Electoral College in 1789, and again in the 1792 election; he remains the only president to have received 100% of the electoral votes. James Monroe, the fifth President, received every Electoral College vote except one. A New Hampshire delegate wanted to preserve the legacy of George Washington.
- 11) On June 13, 1967, President Lyndon Johnson appointed Thurgood Marshall to the Supreme Court following the retirement of Justice Tom C. Clark, saying that this was "the right thing to do, the right time to do it, the right man and the right place." Marshall was confirmed as an Associate Justice by a Senate vote of 69-11 on August 31, 1967. He was the 96th person to hold the position, and the first African-American.
- 12) Both George Washington and John Adams were inaugurated at Federal Hall in New York, NY. Thomas Jefferson was the first President to be inaugurated in Washington, DC.
- 13) "O Captain! My Captain!" is a poem written in 1865 by Walt Whitman, concerning the death of American president Abraham Lincoln.
- 14) The President's Commission on the Assassination of President Kennedy, known unofficially as the Warren Commission, was established on November 29, 1963, by Lyndon B. Johnson to investigate the assassination of United States President John F. Kennedy on November 22. Its 888-page final report was presented to President Johnson on September 24, 1964, and made public three days later.
- 15) Two future U.S. Presidents signed the Declaration of Independence: Thomas Jefferson and John Adams.
- 16) Richard Nixon was the 37th President and 36th Vice President of the United States. Nixon was the only President to resign the office.
- 17) Theodore Roosevelt was the President to win the Nobel Peace Prize in 1906. In June, 1905, President Roosevelt offered his good offices as mediator between Russia and Japan, asking the belligerents to nominate plenipotentiaries to negotiate on the conditions of peace.

SOME PRESIDENTIAL TRIVIA ...

- (1) What disease did John F. Kennedy contract as a young child?
- (2) Who was the only President to serve two non-consecutive terms?
- (3) Who is the oldest elected President?
- (4) Who was the first President to live in the White House?
- (5) Who was the first President to be born outside the contiguous United States?
- (6) Before the 12th Amendment was passed in 1804, how was the Vice President determined?
- (7) Which President signed the treaty to purchase Alaska from Russia?
- (8) Who was the first President to appear on television?
- (9) Which President was the first to use an armored limousine, and who 'donated' it for the President's use?
- (10) Who was the only unanimously elected President by the Electoral College?
- (11) Who was the first President to appoint an African-American to the Supreme Court?
- (12) Prior to the Capitol Building in Washington, DC, where were presidential inaugurations held?
- (13) Walt Whitman's poem, "O Captain, My Captain" was written about which President?
- (14) What was the name given to the commission that was established to investigate John F. Kennedy's assassination?
- (15) How many future Presidents signed the Declaration of Independence?
- (16) Who is the only President to resign from office?
- (17) Who was the first President to win the Nobel Peace Prize?

COMING IN MARCH ...

March 7 ... Restoring the Eagle Population
at Quabbin Reservoir



March 14 ... Corned Beef and Cabbage Dinner



March 26 ... Ron Rosenstock ~ Photos of
Iceland

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.

CANCELLATION POLICIES



During the winter the Senior Center does not necessarily close when the schools are closed. To determine if the town offices are closed, please check the Town of Holden website, www.holdenma.gov or the town's Facebook page.

If the staff decides to not offer van service due to inclement weather, scheduled clients will receive a phone call from a Senior Center staff member to inform them the van is not running.

Participants in specific exercise or arts classes should check with their instructor to determine THEIR cancellation policy.

For Meals on Wheels or Congregate Lunch you can listen for the cancellation information on WCRN-AM 580, WSRS-FM 96.1 or WXLO-FM 104.5. The notice will say "Elder Services of Worcester No Meals on Wheels or Congregate Dining."

*The Senior Center will be closed on
Monday, February, 19 in observance of
Presidents Day*



*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*

Return Service Requested

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

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