

Among Friends



April 2018



An Invitation for Our Treasured Volunteers

The Holden Council on Aging will be honoring our Volunteers on Wednesday, April 25 at 12:00 p.m. at a luncheon catered by Toupin's Catering. If you have volunteered at the Senior Center from January 1-December 31, 2017 in any capacity, such as but not limited to: Meals on Wheels Drivers; Meal Site Volunteers; Outreach Volunteers (friendly visitors, book express, food pantry); Pen Pals; Office Workers; COA or Friends Board Members; if you volunteer at big events for either the Senior Center or the Friends; if you run games or fill any other volunteer position, you are cordially invited to attend. To make your reservation, please call Maureen at 508-210-5570 by 12:00 Noon on Friday, April 20.



COME ONE - COME ALL !! ZUMBA GOLD!!!

We are introducing a new exercise program called Zumba Gold on Thursdays 1:15 p.m. to 2:00 p.m. Zumba Gold is a dance fitness class for the active older adult. The class focuses on strength, balance, coordination and range of motion through a fun, high energy, upbeat, low intensity work out. The class is modified for all levels of fitness. **EVERYONE CAN DO IT!!!** Your certified instructor will be Stephanie Bolduc. Space is limited. Please call 508-210-5570 to register. Cost for Zumba Gold will be \$4.00/class.



BACK BY POPULAR DEMAND...ZENTANGLE!!!!

Join us on *Wednesday, April 18* for a Zentangle class at *1:00 p.m.* Zentangle is guided doodling under the supervision of certified teacher, Mary Shepherd. This artistic activity is foolproof, fun and relaxing. You can't go wrong! **Class size is limited** so register now by calling 508-210-5570 and bring a friend! We are offering this class free of charge.



The Senior Center will be closed in observance of Patriots Day on Monday, April 16



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



Country Jamboree at the Log Cabin ... Tuesday, April 17 ... Depart at 8:00 a.m. from the Holden Senior Center on your luxury Silver Fox CD/DVD/WiFi Motor Coach. After a visit to the Yankee Candle Shop in Deerfield, join your friends for a wonderful luncheon & matinee show of the Country Jamboree at the fabulous Log Cabin in Holyoke, MA. You'll initially be greeted with complimentary Hors d'oeuvres & then enjoy a luncheon featuring Signature Bread; a Fresh Garden Salad; entrée choices of Harvest Spring Chicken or Baked Scrod; Chef's Choice of Potato & Vegetable; a Dessert & Coffee or Tea. After luncheon, you'll enjoy a celebration of classic country music featuring the music of Hank Williams, Patsy Cline, Johnny Cash, Tammy Wynette, Willie Nelson, Loretta Lynn & more! After the show you'll make a stop at the renowned Atkins Farm Store, where fresh goods are available for purchase. You're expected arrival home is early evening @ 5:30 p.m. Price for this tour is \$79.00/person which includes, transportation, lunch, matinee show & driver's gratuity. Please make checks payable to Friends of HCOA. Reservations can be made at the Holden Senior Center or Rutland Senior Center on days and times specified on page 4 of this newsletter. Questions ~ please call and leave a message for Kathy at 508-210-5579.



Wednesday, May 2 ... Boston Red Sox vs. Kansas City Royals ... Join us as we visit historic Fenway Park. Depart the Senior Center at 10:30 a.m. Our seats are along the first baseline within Sections 20-30. The game begins at 1:05 p.m. Enjoy the atmosphere of this baseball gem and cheer on the home team (Go Red Sox!)! Cost of this trip is \$99.00/person.

Tuesday, May 15 ... Boston Duck Tour & Drive by Boston Public Gardens ... Depart from the Holden Senior Center at 9:00 a.m. and travel to Boston, the "home of the bean and the cod." On arrival you will tour the Boston Common where you'll view the beautiful Public Gardens. A full course luncheon is included at Boston's famous No Name Restaurant located right on the fish pier. Choice of entrée off the menu includes: Broiled Swordfish, Haddock, Chicken & Salmon. Then you'll take a narrated tour on one of the famous Boston ducks, amphibious vehicles formerly used by the U.S. Army. Your narrator will point out all the Boston sights and you'll actually take a plunge into the Charles River for a brief cruise. If it looks and swims like a duck- then it must be a Boston Duck! Arrival home is expected at 5:30 p.m. with fond memories of your ducky Boston Day. Tour cost is \$95.00/per person including Boston Duck Tour& Cruise, Boston Common Visit, Luncheon at the No Name Restaurant, & driver's gratuity. Please make your checks payable to Friends of HCOA.



Wednesday, June 13 ... Maine's Famous "Bull and Claw" Lobster Bake ... Depart from the Holden Senior Center at 8:30 a.m. Arriving in Maine, you'll travel along the coast past scenic towns and attractions until arriving in Wells. Now be ready for a Lobster Feast at the Bull and Claw Restaurant beginning with a cup of delicious Clam Chowder, sautéed Mussels, fresh Main Clams, tossed Green Salad, fresh baked bread and rolls and an entrée choice of delicious Main Lobster, succulent Prime Rib or Cranberry Stuffed Chicken Breast. Your feast also includes a Hot Blueberry Crisp dessert with French Vanilla Ice Cream. After departing, you'll continue along the Atlantic Seacoast and make a visit to scenic Ogunquit. Finally you'll visit the outstanding "When Pigs Fly Bakery" in Kittery and experience their old world artisan breads. Your expected arrival home will be @ 6:30 p.m. Tour cost is \$85.00/person including attractions listed above, luncheon, luxury bus and driver's gratuity. Please make checks payable to Friends of HCOA.



SHINE DATES FOR APRIL ~ BY APPOINTMENT ONLY

MONDAY, APRIL 9 & MONDAY, APRIL 23





APRIL 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 this spring. 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.

ARE YOU INTERESTED IN HIKING?



We have had an offer to begin a hiking group. The focus of the hikes will be on having fun, experiencing nature, socialization and exercise. The initial hikes will be geared toward gentle, 1 to 2 mile treks on local trails. As time goes by, we may increase the length and difficulty levels depending on the groups' wishes and experience levels. Hikes would be held on Monday afternoons or anytime on Thursday or Friday. Minimal physical requirements include being able to walk at least 1 to 2 miles, up and down gradual hills on uneven surfaces. If you are interested in becoming a member of a hiking club, please call the Senior Center at 508-210-5570.

JUST A REMINDER ...

You can sign up and pay for trips at the Holden Senior Center on Mondays from 1-3:00 p.m., Wednesdays from Noon-2:00 p.m. or Fridays from 10:00 a.m.-1:00 p.m. OR at the Rutland Senior Center, 53 Glenwood Road on Tuesdays from 9:00-11:00 a.m. You can also register and pay for trips via the mail. Please remember to put your phone number on your check.



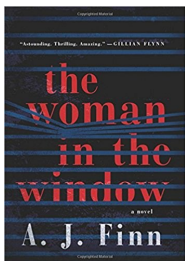
BACK BY POPULAR DEMAND ... SUE'S POTATO BAR!!!



Join us on **Wednesday, April 18 at Noon** as we offer for your enjoyment a baked potato bar with a multitude of toppings to choose from. Sue has offered this yummy lunch several times in the past, and it's always a huge hit! Reservations will be accepted through **Friday, April 13 at 12:30 p.m.** Please make your reservation by calling **Sue at 508-210-5578** between the hours of **9:00 a.m. and 12:30 p.m.**

BOOK DISCUSSION GROUP

The book discussion group will meet on **Thursday, April 19 at 10:00 a.m.** to discuss the book The Woman in the Window by A. J. Finn. *It isn't paranoia if it's really happening ...* Anna Fox lives alone - a recluse in her New York City home, unable to venture outside. She spends her day drinking wine (maybe too much), watching old movies, recalling happier times . . . and spying on her neighbors. Then the Russells move into the house across the way: a father, mother & teenage son. The perfect family. But when Anna, gazing out her window one night, sees something she shouldn't, her world begins to crumble and its shocking secrets are laid bare.



What is real? What is imagined? Who is in danger? Who is in control? In this diabolically gripping thriller, no one - and nothing - is as it seems.

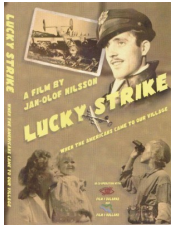
If you'd like to join the book club, new members are always welcome!!



APRIL 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
8-4:00 Billiards 9:00 Friends Meeting 10:30 Tai Chi 12:00 Senior Lunch <i>Beef Stew</i>	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	8-4:00 Billiards 9:00 Tai Chi 10:15 Scrabble 12:00 Senior Lunch <i>Chicken Milano</i> 1:00 Pitch Party  1:00 Lucky Strike	8:00 HCOA Meeting 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Salisbury Steak</i> 1:00 Bridge 1:15 ZUMBA Gold 2:30 Chair Yoga-MULTI	8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
9	10	11	12	13
SHINE by Appt. Only 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Chicken Sausage Jambalaya</i> 1:00 N.E. Banjo Orchestra	9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatballs w/Onion Gravy</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	8-4:00 Billiards 9:00 Tai Chi 10:15 Scrabble 12:00 Senior Lunch <i>Marinated Pork Loin</i> 1:00 Pitch Party	10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Fajitas</i> 1:00 Bridge 1:15 ZUMBA Gold 2:30 Chair Yoga-MULTI	8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch <i>Fish w/Crumb Topping</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
16	17	18	19	20
Patriot's Day  SENIOR CENTER CLOSED	9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Salmon Boat w/Dill</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	8-4:00 Billiards 9:00 Tai Chi 10:15 Scrabble 12:00 Senior Lunch <i>POTATO BAR</i> 1:00 Pitch Party 1:00 Zentangle 	10:00 Mah Jongg 10:00 Art Is 4 Every1 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 BRING A GRAND-CHILD TO LUNCH 1:00 Bridge 1:15 ZUMBA Gold 2:30 Chair Yoga-MULTI	8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch <i>Lasagna</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
23	24	25	26	27
SHINE by Appt. Only 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Roast Pork w/Gravy</i>	9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Hot Dog on Bun</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	8-4:00 Billiards  9:00 Tai Chi 10:15 Scrabble 12:00 VOLUNTEER RECOGNITION LUNCH 1:00 Pitch Party	10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Cacciatore</i> 1:00 Bridge 1:15 ZUMBA Gold 2:30 Chair Yoga-MULTI	8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch <i>Haddock w/Picatta Sauce</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
30	LUCKY STRIKE <i>Wednesday, April 4 at 1:00 p.m.</i> 	ZENTANGLE  <i>Wednesday, April 18 @1:00 p.m.</i>	BRING A GRAND-CHILD TO LUNCH AND SING-A-LONG  Thursday, April 19	ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE



"LUCKY STRIKE: WHEN THE AMERICANS CAME TO OUR VILLAGE"

During World War II thousands of American Airmen were sent to Great Britain to help in the liberation of Nazi occupied Europe. Some of the survivors made their way to Sweden where they caused a sensation, looking like film stars and giving chewing gum to children. They taught the girls to do the jitterbug and many friendships were created. Jan Mark, a Holden resident, will give a talk on this subject and show a portion of the film. Reservations are needed and can be made by calling 508-210-5570. This interesting program will be offered on **Wednesday, April 4 at 1:00 p.m.**

INTRODUCING FOR THE FIRST TIME ...

... the New England Banjo Orchestra! The Orchestra is performing for the first time here at the Senior Center on **Monday, April 9 at 1:00 p.m.** They come highly recommended and will put on an enjoyable and unique show for you. To reserve your seat, please call 508-210-5570.



FREE LEGAL CLINIC

Attorney Arthur Bergeron from the firm Mirick O'Connell will be here on **Monday, April 9 from 10:30 a.m.-12:30 p.m.** He will offer free 15 minute appointments to answer your legal questions. Appointments are **required**. No walk-ins. To schedule your appointment, please call 508-210-5570.

FROM THE FRIENDS ...

The air is starting to get warmer and flowers will bloom soon! Please support the Senior Prom to be held on April 26 at WRHS. Free dinner and dancing! Also it's not too early to be thinking about the Friends fair to be held on the 1st Saturday in November. Volunteers are needed as greeters, helpers and contributors! Next **Fair committee** meeting will be held on **Monday, April 23 at 9:00 a.m.** Our next **Friends meeting** will be **Monday, April 2 at 9:00 a.m.** Come join us for a cup of coffee! We welcome your input and involvement!

Everything is more fun with friends



BRING A GRANDCHILD TO LUNCH AND SING-A-LONG



Back by popular demand is our Bring a Grandchild to Lunch!! This year the staff will cook lunch for this event. On the menu will be pasta and meatballs, bread, milk, water or coffee with ice cream for dessert. After lunch, folk singer Margaret McCandless will be here to entertain with a concert and sing-a-long geared toward the children. The lunch and concert will be held on **Thursday, April 19 at 12:00 noon.** Seating is limited so please register early. Reservations are **REQUIRED** and will be accepted through Tuesday, April 17 or until we reach capacity. To make your reservation, please call 508-210-5570.

FROM THE KITCHEN ...

If you're interested in giving assistance to some of Holden's frailest citizens, we have the opportunity for you!! We are in need of people to drive Meals on Wheels. If you think you're interested please come by to see Sue or call her (508-210-5578) **Monday-Friday between 9:00 a.m. and 1:00 p.m.** We promise you'll never find an opportunity as rewarding as this! Come join our volunteer family!



COMING UP ...



May 2 ... Chocolate and Tea

May 21 ... Shingles Vaccine Clinic

May 23 ... Two Old Friends Concert



June 13 ... Pen Pal Farewell

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.

Annual Senior Citizen Dinner Dance

You are cordially invited to the Annual Senior Citizen Dinner Dance on **Thursday, April 26 from 5:00-8:00 p.m.** in the cafeteria at Wachusett Regional High School. The event is free & open to elders from the Wachusett towns of Holden, Paxton, Princeton, Rutland and Sterling. The dance is sponsored by the Wachusett Mountaineer Volunteer Students, and in part by the Friends of the Holden Council on Aging. To attend, you only have to sign up by calling the Holden Senior Center at 508-210-5570. **(Do not call the high school !!)** Don't delay! Seating is limited!! Deadline for registration is Friday, April 20 or until capacity is reached.



There is plenty of parking in the side lot on the side of the building by the gym entrance. The theme of this year's dance is "Under the Sea!!"

FOR YOUR CONVENIENCE ...



A sharps receptacle is now located in the Senior Center for those of you who have the need to dispose of needles used in administering medication. The sharps must be placed in a Registered Sharps Container. If you do not have a registered container, we have some here located near the receptacle that you can obtain. These containers hold 1500 needles so we ask that you only take one at a time. **Please note that this receptacle is NOT for disposal of unused prescription medications.** If you have questions, please call Pam Harding, Holden's Director of Planning and Development at 508-210-5541.

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

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

Presorted Standard
 U.S. Postage
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