

Among Friends December 2018

Friends of HCOA website: www.fhcoa.org



HOLIDAY CONCERT

The Wachusett Community Band will perform a special HOLIDAY CONCERT on **Monday December 3 at 1:00 p.m.** The concert is free and open to all. Holiday Refreshments will be served. Please call 508-210-5570 to reserve a seat. If you want to come for lunch prior to the concert, reserve lunch at 508-210-5578 two days in advance.



Boxwood Tree Event

Back by popular demand, Tina Bemis from Bemis Farms Nursery will instruct us in creating a Boxwood Tree for your holiday table. Join us on **Wednesday December 12th at 10:00 a.m.** Cost is \$15.00 per person and you must sign up in advance. All materials will be provided. Class size is limited.



RUSTY GUERTIN IN CONCERT

Our favorite local singer, Rusty Guertin, will perform on **Monday, December 17 at 1:00 p.m.** Rusty sings and plays the guitar, showcasing all your Christmas favorites including a few sing-a-longs. Join us for refreshments following the show. This event is free and open to all. Please call 508-210-5570 to reserve your seat.



The Senior Center will be closed on Tues., January 1, 2019 in observance of New Year's Day. The Board and Staff of the Holden COA wish you all a happy, healthy 2019



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 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



Thursday, December 6 ... A Salem Cross Christmas ... Depart the Senior Center at 9:30 a.m. and travel to Spencer to visit the St. Joseph's Abbey Gift Shop where the famous

Trappist Preserves & Jellies are available for purchase along with fresh home made cakes, a variety of books & musical items, as well. Then visit the well renowned & historic Salem Cross Inn for a delicious full course

luncheon featuring Soup du Jour, Garden Salad, Salem Cross' famous flaky Chicken Pot Pie or Maple Salmon & a Scrumptious Dessert. As you enjoy the holiday ambiance of the beautifully decorated Salem Cross, you'll listen to the sounds of Christmas music. Then you will also enjoy a visit to the Yankee Candle Shop's Bavarian Christmas Village in Deerfield. The time has come to head for the Bright Nights, New England's most elaborate display, where you'll wonder at the artistry of the lights. You'll arrive back home at approximately 7:00 p.m. after a delightful day enjoying the seasonal Christmas Sprit at Salem Cross & Bright Nights.

Tour Cost: \$82.00/person. Please make checks payable to Friends of HCOA. Cost includes: St. Joseph's Abbey Visit, Delicious 4-Course Salem Cross Lunch, Yankee Candle Shop & Bright Nights & luxury coach.



REMINDERS ABOUT TRIP REGISTRATION

If you'd like to register for a trip you can do so a few ways: 1) You can submit your registration in person to our trip coordinator or a volunteer on Mondays from 1:00-3:00 p.m. or Fridays from 10:00 a.m.-12:00 noon; 2) You can bring your registration/ payment to the Senior Center Monday-Friday from 8:00 a.m.-3:30 p.m. There's a carousel in the lobby. Simply remove one of the envelopes, put your payment in the envelope and seal it, fill out the front of the envelope and place it in the box on top of the carousel; 3) You can mail it in to the Senior Center, 1130 Main Street, Holden, MA 01520. Please remember to enclose with your check the name of the trip, meal choices of applicable, the names of all registrants and a phone number.



If you have questions you can leave a voicemail for Kathy by calling 508-210-5579. Kathy WILL get back to you but please keep in mind she is a **volunteer!** and does not check the voicemail every day.

NEWS FROM THE MORNING GLORY CAFÉ

In the event of a school cancellation OR delay, the Morning Glory Café will NOT open. Simply go to the local Boston TV stations and look for "Wachusett Regional" or go to the school district's website at www.wrsd.net.

We would like for all of our **veterans** to remember that you are invited to come to the café where we'd like you to have your coffee and pastry as our



SHINE DATES FOR DEC. ~ BY APPOINTMENT ONLY

MONDAY, DECEMBER 5th



FROM FRIENDS PRESIDENT, CINDY STARK ...

I don't know how to thank all of you who participated in the Friends' Harvest Fair on November 3rd (despite the weather). Thanks to all the Chairs: Betty, Faye, Paula, Sue and everyone who gave their time in so many ways by manning tables, greeting people, baking, working the kitchen and running through puddles! Thank you all !!!! The fair helps finance programs that benefit the Senior Center, community outreach, charitable sources and programs.



WINTER ANNOUNCEMENT! IN THE EVENT OF A SCHOOL DELAY OR SCHOOL CANCELLATION DUE TO WEATHER CONDITIONS, ANY FRIENDS MEETINGS ON MONDAYS WILL BE AUTOMATICALLY CANCELLED AND RESCHEDULED (IF POSSIBLE) FOR THE NEXT MONDAY AT 9:00 A.M.

FROM THE OUTREACH DEPARTMENT

The winter months are a great time to enjoy reading or listening to audio books. The Outreach Workers will be happy to pick up, deliver, and return books to the Holden Public Library every other Wednesday each month.

Our office has a supply of durable medical equipment such as walkers, canes, wheelchairs, etc. which we loan to seniors in need of these items.

Do you have your file of life kit? Remember to update medical information as it changes and attach the file to your refrigerator.

Please contact the Outreach Workers for any of the above services.

Paula and Dale



FOR YOUR INFORMATION ...



... **Neither** the Holden Police Department **NOR** the Holden Senior Center has a receptacle for unused prescription drugs. There is, however, a receptacle at the Rutland Police Department located at 242 Main Street in Rutland for this purpose.

The Holden Senior Center does have a receptacle for sharps. In order to deposit them into the drop box they must be in an approved/tightly shut and taped container. Please do not place them loose in the receptacle.

DID YOU KNOW ...?

- ... The world became a little more magical on December 5, 1901, when Walter Elias "Walt" Disney was born.
- ... On December 30, 1803 the Stars and Stripes was raised over New Orleans as the United States took formal possession of the Louisiana Territory. Long considered one of the best bargain purchases in history, the U.S. bought an area of 885,000 square miles from France for approximately \$15 million, nearly doubling the size of the country.
- ... Times Square became the "go to place" for New Year's Eve revelers as early as 1904, but it was in 1907 that the New Year's Eve ball made its first appearance.
- ... Rosa Parks was arrested in Montgomery, Alabama on December 1, 1955 for refusing to give up her seat to a white man and move to the back section of a municipal bus.
- ... "Jingle Bells" was composed in 1857 but not for Christmas! It was supposed to be a Thanksgiving song!!
- ... The first artificial Christmas tree was made in Germany, fashioned out of goose feathers that were dyed green.

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>SHINE by Appt. Only 8-4:00 Billiards 9:00 Zumba GOLD 10:30 Tai Chi 12:00 Senior Lunch <i>Pork Rib-i-que</i> 1:00 Holiday Concert</p> 	<p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Swedish Meatballs</i> 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 <i>Sloppy Joe</i> 1:00 Pitch Party 1:00 Balance Class <u>For Those Registered</u></p>  	<p>8-4:00 Billiards 9:00 Mview Christmas Bkfst-HOLDEN RESIDENTS ONLY-By Registration Only 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Cacciatore</i> 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Fish w/Crumb Topping</i> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
10	11	12	13	14
<p>SHINE by Appt. Only 8-4:00 Billiards 9:00 Zumba GOLD 10:30 Tai Chi 12:00 Senior Center Christmas Party - by reservation only</p>	<p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Penne & Meatballs</i> 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 10:00 Boxwood Tree Workshop 12:00 Senior Lunch <i>Garlic Herbed Chicken</i> 1:00 Pitch Party 1:00 Balance Class <u>For Those Registered</u></p>	<p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Potato Crunch Fish Spaghetti & Meatballs</i> 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe  10:00 Poker 12:00 Senior Lunch <i>Baked Ham</i> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
17	18	19	20	21
<p>8-4:00 Billiards 9:00 Zumba GOLD 10:30 Tai Chi 12:00 Senior Lunch <i>Salmon Boat w/Dill Sauce</i> 1:00 Rusty Guertin Concert</p> 	<p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Hot Dog & Baked Beans</i> 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 <i>American Chop Suey</i> 1:00 Pitch Party</p>	<p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken w/Sage Stuffing</i> 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe  9-11:00 SENIOR DISTRIBUTION Wachusett Food Pantry 10:00 Poker 12:00 Senior Lunch <i>Braised Beef</i> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
24	25	26	27	28
<p style="text-align: center;">SENIOR CENTER</p>  <p style="text-align: center;">CLOSED</p>	<p style="text-align: center;">SR. CTR. CLOSED</p>  <p style="text-align: center;">MERRY CHRISTMAS!</p>	<p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Roast Pork Loin & Gravy</i> 1:00 Pitch Party 1:00 Balance Class <u>For Those Registered</u></p>	<p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Stuffed Pepper Casserole</i> 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Jambalaya</i> 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
31	1	Happy Holidays	HAPPY NEW YEAR!	ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE
<p>SHINE by Appt. Only 9:00 Zumba GOLD 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Burger w/Chili & Cheese</i></p>	<p style="text-align: center;"><i>WACHUSETT AREA ROTARY BREAKFAST</i></p>  <p style="text-align: center;"><i>SATURDAY, DEC. 8 @ 8:30 BY REGISTRATION ONLY</i></p>	 <p style="text-align: center;">Happy Holidays</p>	 <p style="text-align: center;">HAPPY NEW YEAR!</p>	<p style="text-align: center;">ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</p>

Senior Center Annual Christmas Party

The Senior Center's Annual Christmas Party will be held on **Mon., December 10 at 12:00 p.m.** at the Senior Center. We will enjoy a delicious home-cooked lunch offered by Toupin's Catering. This year our menu will include: Field Green Salad, Yankee Pot Roast, Mashed Red Bliss Potatoes, Whipped Butternut Squash, Rolls, Butter, Cream Puff Sundae, Coffee and Tea. Cost of the lunch will be \$20.00/person payable at the time of reservation. Reservations will be accepted through Dec. 5. We hope you'll join us for a fun afternoon - we even expect a visit from jolly old St. Nick himself!!



Wachusett Rotary Annual Christmas Breakfast for Seniors

The Wachusett Area Rotary Club will host its Annual Christmas for Elders from the towns of **Holden, Paxton, Princeton, Rutland, Sterling, West Boylston and Boylston** on **Saturday, December 8 at 8:30 a.m.** at The Manor Restaurant in West Boylston. Elders from these towns **must call the Holden Senior Center at 508-210-5570** to make a reservation. Reservations will be accepted through **Wednesday, December 5 or until capacity is reached.**



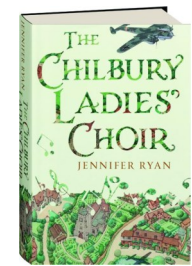
MOUNTVIEW SCHOOL ANNUAL CHRISTMAS BREAKFAST

Join the students and staff at Mountview Middle School for their Annual Christmas Breakfast on **Thursday, December 6 at 9:00 a.m.** at the school, 270 Shrewsbury Street. This event is for **HOLDEN ELDERS ONLY!** Reservations can be made by calling the **Senior Center** at 508-210-5570. **PLEASE DO NOT CALL THE SCHOOL TO MAKE RESERVATIONS!** Reservations will be accepted until **Wed., Nov. 28 or until capacity is reached.**



BOOK DISCUSSION GROUP

The book discussion group will meet on **Thursday, December 20 at 10:00 a.m.** to discuss the book **The Chilbury Ladies' Choir** by Jennifer Ryan.



As England become enmeshed in the early days of World War II and the men are away fighting, the women of Chilbury Village forge an uncommon bond, They defy the Vicar's stuffy edict to close the choir and instead "carry on singing," resurrecting themselves as the Chilbury Ladies' Choir. We come to know the home-front struggles of five unforgettable choir members: a timid widow devastated when her only son goes to fight; the older daughter of a local scion drawn to a mysterious artist; her younger sister pining over an impossible crush; a Jewish refugee from Czechoslovakia hiding a family secret; and a con-ning midwife plotting to outrun her seedy past,

An enchanting ensemble story that shuffles from village intrigue to romance to the heartbreaking matters of life and death, Jennifer Ryan's debut novel thrillingly illuminates the true strength of the women on the home front in a village of indomitable spirit.

JANUARY HAPPENINGS ...

Jan. 16 ... Getting Organized



Jan. 23 ... Decorating and Entertaining through the Year With Kathy Fleming



Jan. 30 ... Greendale Mens Chorus Concert

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

DECEMBER 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 fall. 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.

The Board and Staff of the Holden Council on Aging wish all of you the warm blessings of the Christmas Season... Family, Friends, Peace, Joy, Love, and Happiness.

The Senior Center will be closed Monday and Tuesday, December 24 and 25 in observance of Christmas



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

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