

Among Friends

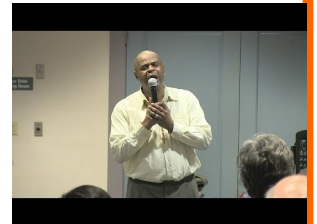
January 2019

Friends of HCOA website: www.fhcoa.org



HAPPY 2019

Please join us on **Thursday, January 3 at 1:00 p.m.** as we welcome 2019. Our guest entertainer will be Tony Funches, former lead singer with *THE PLATTERS*. Tony will perform golden hits from the 50's. The program is free and open to all so bring a friend! Refreshments will be served. Please call 508-210-5570 to reserve your seat. (If you wish to come for lunch at noon, call the kitchen between 9:00 a.m. and 12:30 p.m. at 508-210-5578 two days in advance.)

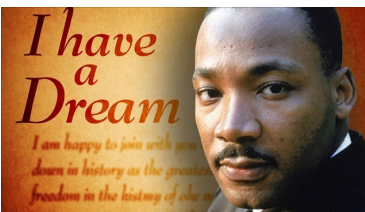


GETTING ORGANIZED IN 2019



Join us at **1:00 on Wednesday, January 16** to hear speaker Jenna Elliott, founder of The Naked Flower, Professional Organizers. Get tips on how to think about your "stuff," tips on controlling your calendar and simple things that can reduce clutter. This program is free and open to all. Please call 508-210-5570 to reserve your space.

The Senior Center will be closed on Tuesday, 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



The Senior Center will be closed on Monday, January 21 in observance of Martin Luther King, Jr. Day.

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



THE FRIENDS OF HCOA NEED YOU!!!

The Friends of the Holden on Aging are looking for a **volunteer** Trip Coordinator. The Trip Coordinator plans and engages the trips. He/she also keeps track of enrollments, meal choices (if applicable) and makes certain that checks are made out correctly. The Trip Coordinator sets hours a couple of times per week to be at the Senior Center to accept registrations, deal with those registrations that have come in the mail or been left here at the Center, answer questions, etc. He/she also has a voicemail extension here at the office which can be remotely checked and an e-mail such that people can pose their questions that way. Another task is calling trip participants to confirm the time the trip is leaving and returning a day or so before the trip. If you are interested in becoming our Trip Coordinator, please call Cindy Stark at 508-852-2483, or you can e-mail her at: stbernhospice@juno.com



A Big Thank You ...

A note of THANK YOU to all those who donated their gently used jewelry to the Friends of the Senior Center to sell at our annual Craft Fair. Your generosity of hundreds and hundreds of pieces is amazing and very much appreciated.



To date we have collected over \$1,000 in sales and still have much jewelry left to sell at future dates. We wish to also thank everyone who separated, categorized, arranged and helped us sell at our "shop" during the fair.

A very SPECIAL THANKS goes to JEFFERSON SQUARE JEWELERS who gave us advice and answered questions about the value of some special pieces. And, of course, THANK YOU to all who came and shopped with us and came away with a new-old treasure!

Gratefully, THE JEWELRY LADIES

NEWS FROM THE MORNING GLORY CAFÉ

In the event of a school cancellation OR delay, the Morning Glory Café will NOT open. For school cancellations or delays, 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 guest.

SHINE DATES FOR JANUARY ~ BY APPOINTMENT ONLY

WEDNESDAY, JANUARY 9 and WEDNESDAY, JANUARY 23



FROM THE OUTREACH DEPARTMENT

Happy winter to everyone. Snow and cold will be on it's way.

A reminder to check your heating oil level on your oil tank to make sure it is not getting to a dangerously low level. Please let the Outreach Office know if we can assist you with your fuel oil in any way. Remember to keep your oil fill pipe/vent pipe shoveled out and accessible to your oil provider.

A nice winter suggestion for those of you who may be in need of a hairdresser. We can connect you to hairdressers who make home visits.

Please contact the Outreach Office for assistance with medical equipment, Library book delivery, Fuel Assistance, SNAP (food stamps), Help at H.O.M.E., and general information regarding housing, phones, etc.

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.

THE VINTAGE VAGABONDS DECK THE TRAILS





The Vintage Vagabonds kicked off the holiday season with a festive hike on November 30th. We treated our local fine-feathered friends to tasty environmentally-friendly ornaments hung with cheer. A delicious potluck "Lupper," poetry readings, and stories about our adventures on the trails were shared on the hike.

We set an all-time attendance record with twenty-two participating Vagabonds. It was a great hike that capped off our wonderful fall hiking season. Now, it's time to break out the Microspikes! We'll try out some snowshoeing and enjoy winter's beauty. Remember, there's no such thing as bad weather - only bad clothing. So why not join us? You'll have plenty of safe and healthy fun! And, as we like to say ... **KEEP MOVING!**

Contact Glenn Anderson at gf.anderson@charter.net if you are interested in learning more about the Vintage Vagabonds.



JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 NEW YEARS 2019 EVE DECEMBER 31, 2018 SENIOR CENTER CLOSED	1 HAPPY NEW YEAR  Senior Center Closed	2 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Meatloaf w/Gravy</i> 1:00 Pitch Party  	3 8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Class 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Lemon Pepper Haddock</i> 1:00 Bridge 1:00 <i>Tony Funches Concert</i> 2:30 Chair Yoga-MULTI 	4 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Greek Chicken</i> 1:00 Cribbage 1:15 Oriol Senior Fitness 
7 8-4:00 Billiards 9:00 Friends' Meeting 10:30 Tai Chi 12:00 Senior Lunch <i>Beef Teriyaki</i>	8 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	9 SHINE by Appt. Only 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Chicken Milano</i> 1:00 Pitch Party	10 8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Class 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Salisbury Steak/Gravy</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	11 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 
14 8-4:00 Billiards 10:30 Tai Chi 10:30-12:30 Legal Clinic By Appt. Only 12:00 Senior Lunch <i>Chicken Picatta</i>	15 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	16 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Macaroni & Cheese</i> 1:00 Pitch Party 1:00 Getting Organized 	17 8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Class 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch <i>BBQ Chicken</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	18 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>Marinated Pork Loin</i> 1:00 Cribbage 1:15 Oriol Senior Fitness 
21 MARTIN LUTHER KING BIRTHDAY  <i>I have a Dream</i> <small>I am happy to join with you today in this great struggle for freedom in the history of the world.</small> SENIOR CENTER CLOSED	22 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Fajitas</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	23 SHINE by Appt. Only 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Roast Pork w/Gravy</i> 1:00 Pitch Party 1:00 My Homestead 	24 8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Class 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef w/Onions/Peppers</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	25 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Lasagna w/Meatballs</i> 1:00 Cribbage 1:15 Oriol Senior Fitness 
28 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Beef Stew</i>	29 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Buttermilk Chicken</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCE	30 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Baked Potato w/ Chili & Cheese</i> 12:30 Greendale Men's Chorus 1:00 Pitch Party 	31 8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Class 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Hot Dog on Bun</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE

GREENDALE MENS CHORUS

Join us at **12:30 p.m.**, on **Wednesday, January 30**, for a concert by the Greendale Mens' Club Chorus. The concert is free and open to all. Don't miss this delightful group's presentation of old favorite standards! Please call 508-210-5570 to make your reservation. **Also, please note that the concert will start at 12:30 NOT 1:00.** (If you'd like to come for lunch at noon, please call Sue at 508-210-5578 two days in advance between 9:00 a.m. and 12:30 p.m.)



MY HOMESTEAD

Kathy Fleming, speaker and author, will present My Homestead on **Wednesday, January 23rd at 1:00 p.m.** Kathy has been our guest before, speaking on her aunt, Bunny Mellon, and speaking on her unique pin collection. This day she presents a photographic journey through the 12 months of the year, featuring poetry, quotes, reflections and ideas for entertaining and decorating. A great way to start the new year! The program is free and open to all. Refreshments will follow the presentation. Please call 508-210-5570 to reserve your seat. (Snow date is February 6.)



IT'S THAT TIME OF YEAR...

... when we look back to see how far we've come and to the future to see where we can improve. So, if you've resolved to become more active, please consider one or two of our exercise opportunities. We offer Low Impact Exercise every Tuesday and Thursday at 10:30 for \$4.00/class; Beginners Chair Yoga at 1:15 and advanced Chair Yoga at 2:30 every Tuesday for \$2.00/class; Tai Chi at 10:30 every Monday and 9:00 every Wednesday for \$4.00/class; Chair Yoga for all levels at 2:30 every Thursday for \$2.00/class, and Oriol Senior Fitness with Marty French every Friday at 1:15. Oriol Senior Fitness is free of charge and is sponsored by Oriol Healthcare. We also invite you to join our hiking group, the Vintage Vagabonds. For more information on this group please contact Glenn Anderson at (774) 364-5997 or by e-mail at gf.anderson@charter.net.



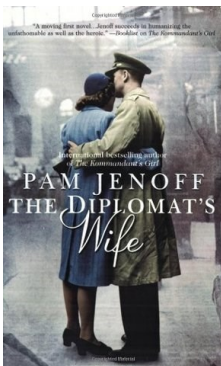
BOOK DISCUSSION GROUP

The book discussion group will meet on **Thursday, January 24 at 10:00 a.m.** to discuss the book **The Diplomat's Wife** by Pam Jenoff.

How have I been lucky enough to come here, to be alive when so many others are not? I should have died ... but I am here.

1945. Surviving the brutality of a Nazi prison camp, Marta Nederman is lucky to have escaped with her life. Recovering from the horror, she meets Paul, an American soldier who gives her hope of a happier future. But their plans to meet in London are dashed when Paul's plane crashes.

Devastated and pregnant, Marta marries Simon, a caring British diplomat and glimpses the joy that home and family can bring. But her happiness is threatened when she learns of a Communist spy in British intelligence, and that the one person who can expose the traitor is connected to her past.



FEBRUARY HAPPENINGS ...

February 11 ... Free Legal Counsel by appointment only



February 20 ... Local Storyteller, Joyce Sabato



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

JANUARY 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.

FROM THE FRIENDS

The Friends of the Holden Council on Aging would like to thank everyone who, in any way, supported our fund raising efforts in 2018. We invite all of you to join



us as we move forward in the new year at meetings, volunteering as we prepare for next year's fair, or we could use volunteers at the Morning Glory Café on Friday mornings. You needn't volunteer every week - it could be once a month. If you have questions about volunteering at the Café, please call Paula Grady at 508-829-3462



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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