

Among Friends July 2018



MUSIC IS LOVE

Come to the Monday, July 16th summer concert at 1:00 p.m. featuring Dick and Dawn Kelly of "Music is Love". The popular duo will present a show of favorite Broadway tunes. The concert is free and open to all with refreshments following. Call 508-210-5570 to reserve a place. **We are air conditioned!!** {If you wish to come for a noontime lunch before the concert, call 508-210-5578 at least 2 days in advance.}



CONCERT AND ICE CREAM SOCIAL

We are pleased to have a return visit by the popular Wachusett Community Band on Monday, July 30. Enjoy this lively 1:00 o'clock concert of traditional and contemporary music performed by local artists followed by an ice cream social. The concert is free and open to all. Please reserve at 508-210-5570. Don't forget, **we are air-conditioned!** {If you wish to come for a noontime lunch before the concert, call 508-210-5578 at least two days in advance.}



CHECK THIS OUT!

We will be suspending our Zumba Gold classes for the summer. Starting Mon., Sept. 10 at 9:00 a.m. we will resume the classes. Start your fall and your week off with this fun and energetic class. Cost of each class is \$4.00. Bring a friend!!!



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**

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



Wednesday, August 15 ... Narragansett Lighthouse Cruise ... Depart the Senior Center at 9:00 a.m. on your luxury Silver Fox Coach for Rhode Island's best maritime experience. You'll first arrive at the Quonset Point Officer's Club for a delicious full course luncheon. Your menu includes a Garden Tossed Salad, Entrée of Fresh Baked Scrod or Baked Chicken with Lemon, Mashed Potatoes and Green Beans, Mud Pie Ice Cream and choice of Coffee or Tea. After lunch you'll board the Millennium Ferry for a narrated Narragansett Bay Lighthouse tour, including ten beautiful lighthouses and a Newport Harbor tour. You'll cruise under the breathtaking Jamestown and Newport Bridges, past mansions, historic Fort Adams and many other historic Rhode Island sights. You'll return home at 5:30 p.m. after a fun filled day sailing Narragansett Bay. Cost of this tour is \$90.00/person including transportation, luncheon, cruise and driver's gratuity. Please make checks payable to: Friends of HCOA.



Wednesday, September 12 ... Plymouth Getaway Tour ... Depart the Senior Center at 8:30 a.m. and travel to Plymouth, MA, where the Pilgrims landed in 1620 and established New England's first English colony. On arrival, you will take a sightseeing tour that will include a visit to Plymouth Rock, a view of the



venerable Mayflower II, the Pilgrim Monument and Plymouth's 9/11 Memorial, a most moving and memorable sight. You'll then enjoy a full course luncheon at Plymouth's excellent Hearth & Kettle Restaurant. Your entrees include delicious seafood and chicken entrees (Broiled Cape Scrod, Plymouth's Best Fish & Chips or Cranberry Chicken) and Apple Cranberry Crisp with Fresh Whipped Cream for Dessert. Then, today's special treat will follow lunch, a narrated 75 minute sightseeing Harbor Cruise on the Pilgrim

Belle, a true paddle wheeler with no propeller propulsion. Your Captain will point out many sights of interest, including two lighthouses and Plymouth's spectacular beaches. Arrival home is expected at 5:30 p.m. Tour cost is \$80.00/person including driver's tip. Please make checks payable to Friends of HCOA.

Tuesday, October 9 ... Mohawk Trail Foliage Tour ... Depart the Senior Center at 9:00 a.m. Enjoy the byways of Massachusetts as you head west today. New Englanders hardly ever need to check the calendar for the onset of fall. Instead, the maple sugar hues of red, orange and yellow signal the seasonal changes on their own. You'll note these as you travel along the Mohawk Trail of Massachusetts. You'll then visit the lovely village of Shelburne where the famous Bridge of Flowers is located. A former trolley bridge that crossed the Deerfield River, the structure has now been converted to a veritable cornucopia of annual and perennial flowers. Next you're off for a traditional New England luncheon at the New England Restaurant in Brattleboro, VT, where a delicious full course luncheon, featuring a garden salad, choice of either Cider Chicken, New England Pot Roast or Orange Tarragon Salmon entrees and a scrumptious dessert. Afterwards you will travel south through the Pioneer Valley where you'll visit Atkins Farms, a very unique shopping experience, where old time service is an everyday treat. As you stroll through the store you may be tempted to sample a crisp, juicy apple, some zesty cheese or delicious fudge. You'll make your way back home at 5:30 p.m. after a delightful day experiencing Mother Nature's fall blessing. Cost of the tour is \$80.00/person which includes Bridge of Flowers in Shelburne Falls, Foliage Sightseeing, Delicious Luncheon at the New England Restaurant, Luxury Silver Fox Coach and Driver's Gratuity. Please make your checks payable to: Friends of HCOA.



SHINE DATES FOR JULY ~ BY APPOINTMENT ONLY

MONDAY, JULY 9 & MONDAY, JULY 23



THREE VOLUNTEER OPPORTUNITIES FOR YOU!

The Friends of the Holden Council on Aging are looking to fill three volunteer opportunities. The first is someone (or perhaps 2 people) to oversee their gift cart. This would entail making purchases for the cart, bringing those purchases to the Center to put them on display and making certain that items on the cart are presented attractively.



The second person being sought is someone to coordinate their new website. This would involve posting information/pictures to the website and Facebook page and being certain both are current.

The third opportunity is someone who enjoys photography and would like to share their time and talent with the Friends. They would ask this person to come to events to take pictures and send them electronically to their Website Coordinator for use on their new website.

If you are interested in helping with any of these opportunities or have questions about them, please call Friends President, Cindy Stark at 508-852-2483. If she's unable to answer, please leave her your name and phone number and she will get back to you.

DO YOU NEED TO WORK ON YOUR BALANCE? ~ SAVE THESE DATES



Exercise specialist Marty French will offer an opportunity for improving your balance. This 5-week class will begin on **Wednesday September 26** and will continue on the following Wednesdays: October 3, 10, 24 and 31. All classes will be held at **1:00 p.m.** Marty is an exceptional, fun and motivating instructor. We hope you will take advantage of this wonderful opportunity. Cost for this session of 5 classes is \$25.00 payable at registration.

NEXT FREE LEGAL CLINIC

Attorney Arthur Bergeron from the firm Mirick O'Connell will take a hiatus for the summer. He will be here on **Monday, September 10 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.



NEW HOURS TO REGISTER/PAY FOR TRIPS

For the summer or until further notice a volunteer will be here to accept trip registrations or answer trip related questions on the following days and times:

Mondays from 1:00 p.m.-3:00 p.m. and

Fridays from 10:00 a.m.-12:00 p.m.

Also, you still have the option of bringing your trip registration and payment to the Senior Center Monday-Friday between the hours of 8:00 a.m. and 4:00 p.m. There are envelopes in which to put your payment and information and a box in which to place the envelope in on the carousel in the front lobby.



SUMMER'S HERE!!!







Now that summer and the warm weather are here, please be aware that the Senior Center's air conditioning system has been activated. While we don't run the building exceedingly cold, we know that some people tend to "run chilly." If you are one of those people who are concerned about being cold, we strongly urge you to either wear layers or bring a sweater along for your comfort.





JULY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> 8-4:00 Billiards 9:00 Friends Meeting 10:30 Tai Chi 12:00 Senior Lunch <i>Italian Braised Beef</i>	<p style="text-align: right;">3</p> 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Baked Beans & Hotdog</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	<p style="text-align: right;">4</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p>  <p style="text-align: center;">INDEPENDENCE DAY</p>	<p style="text-align: right;">5</p> 8-4:00 Billiards 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 style="text-align: right;">6</p> 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
<p style="text-align: right;">9</p> SHINE by Appt. Only 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Turkey Supreme</i>	<p style="text-align: right;">10</p> 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Baked Potato w/Chili</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	<p style="text-align: right;">11</p> 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Chicken Mornay</i> 1:00 Pitch Party 	<p style="text-align: right;">12</p> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatloaf & Gravy</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	<p style="text-align: right;">13</p> 8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch <i>Macaroni & Cheese</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<p style="text-align: right;">16</p> 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Swedish Meatballs</i> 1:00 Broadway Tunes Concert 	<p style="text-align: right;">17</p> 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pork Rib-qe</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	<p style="text-align: right;">18</p> 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Sloppy Joes</i> 1:00 Pitch Party	<p style="text-align: right;">19</p> 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Catch of the Day</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	<p style="text-align: right;">20</p> 8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch <i>Buttermilk Chicken</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<p style="text-align: right;">23</p> SHINE by Appt. Only 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Stuffed Pepper Casserole</i>	<p style="text-align: right;">24</p> 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Burger, Chili, Cheese</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	<p style="text-align: right;">25</p> 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Roast Turkey w/Gravy</i> 1:00 Pitch Party 	<p style="text-align: right;">26</p> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Garlic Herbed Chicken</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	<p style="text-align: right;">27</p> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Breaded Fish</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<p style="text-align: right;">30</p> 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>American Chop Suey</i> 1:00 Wachusett Community Band Concert & Ice Cream Social	<p style="text-align: right;">31</p> 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Shepherd's Pie</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	<p style="text-align: center;">REGISTER & PAY FOR TRIPS</p>  <p style="text-align: center;">MONDAYS 1-3 P.M. FRIDAYS FROM 10:00- NOON</p>	<p style="text-align: center;">BAND CONCERT AND</p>  <p style="text-align: center;">ICE CREAM SOCIAL MON., JULY 30~1:00 PM</p>	<p style="text-align: center;">ANY ACTIVITIES (or MENU) CAN CHANGE WITHOUT NOTICE</p>

FROM THE FRIENDS ...



Things are happening over the summer! The Friends will sponsor a Flea Market inside the Senior Center on Holden Days, August 25. Vendor tables (limited) are \$20/table (paid in advance) and can be reserved by contacting Cindy Stark (508)852-2483 or emailing her at stbernhospice@juno.com. Please visit our new website fhcoa.org for information on activities, trips and news. Fair volunteers are needed so please save a spot on your calendar for November 3rd. And watch for sign-ups at the Senior Center. The next Friends meeting will be held on **Mon., Sept. 10 at 9:00 a.m.** We hope you all enjoy a wonderful and safe summer.

VACATIONING THIS SUMMER??

Don't forget to take lots of pictures while vacationing this summer! You can enter your favorite in our Absolutely Amateur photo contest this September. The contest is open to elders 60 and over who are Holden residents or members of the Friends of HCOA.



You can submit up to 3 photos of Massachusetts scenes and wildlife (no pets or people). More details will follow in the September newsletter.

CHECK US OUT!!



The Friends of the Holden Council on Aging announces its new website, fhcoa.org launched on May 13th. The website is designed to give the senior center greater visibility as well as to give the community insight into the Friends support of the center. It is user friendly and provides information regarding the center's activities, events and services as well as easy access to contacts, forms and the monthly newsletter. Please visit often to stay up to date on the latest news!

HELPING YOU TAKE CARE OF YOU ...

... Just a reminder that every Tuesday morning from 10:00 a.m. until 12:00 p.m. we have a volunteer nurse here at the Senior Center taking blood pressures. If you are concerned about your blood pressure or your doctor says you should have it checked periodically here's your opportunity! You will receive a card on which to keep a record or your readings as well. No appointment necessary - just walk in.



HELP HOLDEN BE AN EVEN BETTER PLACE TO LIVE



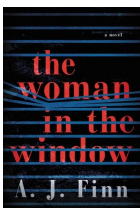
The Town of Holden's Master Plan Committee is conducting a survey to help with the updating of the town's Master Plan. Hard copies of the survey are available for **pick up & drop off** at the Town Hall, Gale Free Library, Senior Center and Light Department or you can take the survey on-line at <https://www.surveymonkey.com/r/Holden-Master-Plan>. The survey will close on July 18. To learn more about the master plan go to www.HoldenMasterPlan.com. Some of the subjects covered in the survey: Land Use; Population & Housing; Economic Development; Open Space & Recreation; Transportation & Circulation; Town Services & Facilities and Open Space & Recreation.

PLEASE NOTE ...

The Morning Glory Café **WILL BE** open on **Friday, July 6th** despite the mid-week Independence Day holiday. We look forward to seeing all of our patrons both returning and new!



BOOK DISCUSSION GROUP



The book discussion group will meet on **Thursday, June 21 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, a mother and their 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 what it seems.

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

AUGUST HAPPENINGS ...

Watch for the following events in August:

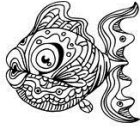
Steel Band Concert

Rusty Guertin Concert

Annual Picnic

Bill Sbrogna Concert

Zentangle



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.

JULY 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 summer. 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.



The Senior Center will be closed on Wednesday, July 4 in observance of Independence 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, Inc.

Return Service Requested

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

Presorted Standard
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