

Among Friends June 2018



IT'S TIME TO SAY GOODBYE ...

Our end of the year Pen Pal party will be held here at the Senior Center on **Wednesday, June 13 from 1:30 to 2:30 p.m.** Buses will bring the children here. Please come early or car pool with a friend, as parking will be at a premium. Please, no refreshments per order of the school department. We will be giving each child a gift, so please refrain from bringing one. We'd like to thank the Friends of the Holden Council on Aging for providing the gifts and sponsoring the transportation for the children.



MEDICARE FRAUD - DON'T BE A VICTIM!



Healthcare errors cost consumers & Medicare billions of dollars annually! Join us at this free workshop when a representative of the MA Senior Medicare Patrol Program provides us with tools to become better educated and engaged health care consumers to help protect ourselves and our loved ones from Medicare fraud and deceptive marketing tactics. This interesting and informative program will be held on **Monday, June 4 at 1:00 p.m.** Please call 508-210-5570 to reserve your seat.

FATHER'S DAY HOME COOKED LUNCH

Join us on **Wednesday, June 20 at noon** as we celebrate Dad's with a home cooked meal. The menu will be grilled chicken quarters, baked potatoes, vegetable, with pie and ice cream for dessert. The gentlemen will be our guests, and we are asking the ladies to pay \$4.00. Reservations are a must and can



TOO HOT TO EXERCISE??

Come into the air conditioned Senior Center every Thursday afternoon at 1:15 and join us for Zumba Gold. You'll forget all about the heat and humidity and feel fantastic after this lively 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**
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



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 MAY ~ BY APPOINTMENT ONLY

MONDAY, JUNE 4 & MONDAY, JUNE 11



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 any 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.



ARIZONA: LIFE IN THE DESERT



Join us on **Monday, June 11 at 1:00 p.m.** when you'll travel to Arizona right from the comfort of your chair! Gail Hansche Godin, an award winning photographer from the Audubon Society will present this photographic presentation. Gail will show us the dramatic beauty of the desert landscape. See the strange animals and birds that only live in the desert. View the very unique plants that live with very little water. The program is free and open to all. Call 508-210-5570 to reserve your seat.

SCRABBLE ANYONE??

Our scrabble players meet every **Wednesday at 10:15.** We have multiple scrabble boards for your use. Please come join us for a fun, interactive morning with friends old and new! Helps to keep our brains sharp too!!



Lunch and a Show?? Just Give a Call

You may wish to have lunch here at the Senior Center before any of the 1:00 p.m. shows/programs. If so, please call two (2) days in advance to Sue at 508-210-5578 between the hours of 9:00 a.m. and 12:30 p.m. or when you call the office to reserve your seat for the program, asked to be transferred to Sue to make your lunch reservation.

HOT DOG BAR

By popular demand, Sue is bringing back the infamous hot dog bar! Join us on **Thursday, June 21 at noon** for a plump and juicy hot dog, a side, milk and dessert. Some of the toppings to choose from will be: chili; onions; sauerkraut; relish; shredded cheese; mustard, and ketchup. Reservations will be accepted through 12:30 p.m. on Tuesday, June 19 or until we reach capacity. Make your reservation by calling Sue at 508-210-5578 be-



SUMMER'S HERE!!!

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



JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE	<i>The Friends of the Holden Council on Aging will not be responsible for incorrect information/costs that appear on the flyers or in this newsletter. Patrons will be responsible for corrected tour costs once the error is brought to our attention.</i>	FATHER'S DAY HOME COOKED LUNCH Wednesday, June 20 at noon	Zumba Gold Thursday afternoons at 1:15	<div style="text-align: right;">1 </div> 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Spaghetti & Meatballs 1:00 Cribbage 1:15 Oriol Senior Fitness
4	5	6	7	8
SHINE by Appt. Only 8-4:00 Billiards 9:00 Friends Meeting 10:30 Tai Chi 12:00 Senior Lunch Macaroni & Cheese 1:00 Medicare Fraud 	9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Greek Chicken 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Meatloaf & Gravy 1:00 Pitch Party	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 Chicken Pot Pie 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 Breaded Fish 1:00 Cribbage 1:15 Oriol Senior Fitness
11	12	13	14	15
SHINE by Appt. Only 8-4:00 Billiards 10:30 Tai Chi 10:30-12:30 Legal Clinic By Appt. Only 12:00 Senior Lunch Beef Stew 1:00 Arizona: Life in the Desert	9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Vegetable Cheese Bake 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Catch of the Day 1:00 Pitch Party	8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch BBQ Chicken 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 Chicken Milano 1:00 Cribbage 1:15 Oriol Senior Fitness
18	19	20	21	22
8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Salisbury Steak w/Gravy	9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Marinated Pork Loin 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	8-4:00 Billiards 9:00 Tai Chi 12:00 FATHER'S DAY HOMECOOKED LUNCH 1:00 Pitch Party	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 Bar 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 Fish w/Crumb Topping 1:00 Cribbage
25	26	27	28	29
8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Roast Pork w/Gravy	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	8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Chicken Fajitas 1:00 Pitch Party	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 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 Lasagna w/Meatballs 1:00 Cribbage 1:15 Oriol Senior Fitness

TAKE ME OUT TO THE BALL GAME!

The schedule for the local Bravehearts baseball team has been posted in the Senior Center. Additional information on tickets, phone numbers and refreshments is in the brochure on the round table in the lobby. Please note the remaining daytime games are being held on July 11 and July 25. It's a great and reasonable way to have a fun outing with family and friends!



FROM THE FRIENDS ...

VOLUNTEERS
NEEDED!



Exciting things are happening with the Friends. Check out the new webpage for all kinds of information on the Friends and doings at the Senior Center. A reminder ... the Fair Committee will meet on **Monday, June 11 at 10:00 a.m.** Fair volunteers are needed so save a spot on your calendar for November 3rd and watch for sign-ups at the Senior Center. Next Friends meeting will be held on **Monday, June 4 at 9:00 a.m.** after which we will enjoy our summer hiatus and come back together to meet on Monday, September 10.

FREE LEGAL CLINIC



Attorney Arthur Bergeron from the firm Mirick O'Connell will be here on **Monday, June 11 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.

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!



TEA TIME

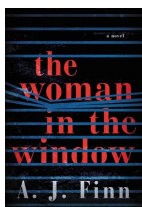


Grandparents bring your grandchildren for dessert and tea! Join Girl Scout Ambassador Troop 30234 on **Saturday, June 9 from 2:00-3:00 p.m.** at the Holden Senior Center. We would love you to bring your favorite cup and saucer! No worries if you don't have one, we will have one for you! **RSVP needed by Wednesday, June 6th.** Please call 508-829-9768 to reserve your place.



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!!

SUMMER HAPPENINGS ...

Watch for the following events over July and August:

Broadway Tunes Concert

Rusty Guertin Concert

Annual Picnic

Bill Sbrogna Concert



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.

JUNE 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.



A BIG THANK YOU

A big thank you to Gerry Stanley for volunteering his time to offer billiards lessons over the last few months. The staff and your students appreciate you sharing your time and talents.

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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