

# Among Friends November 2018

Friends of HCOA website: [www.fhcoa.org](http://www.fhcoa.org)



## BEST OF FRIENDS FAIR



Please support the Best of Friends Craft Fair on *Saturday, November 3 from 9:00-2:00*. Great vendors, food, fun items and wonderful gifts for grandparents and wine lovers! Specialty baskets and bake sale will be in the arts and craft room this year. The bake table is our main source of revenue from the fair. We invite all of our members to bake an item for the table. Please remember to label your item if it contains nuts, chocolate, peanut butter or is gluten free. The Friends thank everyone in advance for their contribution. Items can be brought to the Senior Center on Friday, November 2 for packaging. Be certain to check our new Gently Used Costume Jewelry table. We have some beautiful items for your consideration.

We invite you to our next Friends meeting on *Monday, November 5 at 9:00 a.m.* to learn about all the activities in which the Friends are involved.

## ELECTION DAY

*Tuesday, November 6* is state election day. We encourage everyone to get out and exercise your right to vote! Precincts will be open from 7:00 a.m. – 8:00 p.m. Because the Senior Center serves as two voting precincts, there will be no programs held. The office staff will be here and the vans will run. If you'd like a ride to your voting precinct, please call Mary at 508-210-5573 to schedule transportation on the van.



***The Senior Center will be closed on  
Monday, November 12 in observance of  
Veterans' 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

*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



**Tuesday, November 27 ... Legends in Concert - Foxwoods 2018 Christmas Show ...** Depart from the Senior Center this morning at 8:00 a.m. on your luxury Silver Fox Coach. Your exciting outing begins when you arrive at Foxwoods Resort Casino, the Northeast's premiere casino resort destination & the world's largest casino. On arrival, you'll receive a delicious luncheon buffet coupon & \$10.00 in slot play. At 2:00 p.m. you'll relax in the luxurious Fox Theater for the longest running tribute show in entertainment history. 'Legends in Concert' Christmas Show features the greatest collection of celebrity impersonators such as Elvis, Michael Jackson, Whitney Houston, & more, featuring lavishly costumed singers & dancers, & a terrific live band (performers subject to change). Don't miss this extraordinary Holiday show! You'll arrive home at approximately 6:00 p.m. this evening with wonderful memories of your fantastic Foxwoods Christmas Show. Tour Cost: \$82.00/person including driver gratuity. Please make checks payable to Friends of HCOA. Tour includes Buffet Lunch, \$10 Slot Play Bonus, 'Legends in Concert' Christmas Show & luxury coach.



**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.



## ATTENTION HOLDEN PROPERTY OWNERS 65 OR OLDER

Did you know that you may qualify for up to \$1000 off your real estate tax bill? A Real Estate Exemption may be available to elderly taxpayers who are record owner(s) of property and who meet certain Income and Whole Estate qualifications.



- Applicants must be 65 years old prior to **July 31, 2018**, have owned property in Massachusetts for 5 years, and have lived in Massachusetts for 10 years.
- Income from all sources in **Calendar Year 2017** must be less than \$20,000 for a single person or \$30,000 for a married couple.
- "Whole Estate" which is balances of bank accounts, value of stocks, bonds and other securities as of **July 1, 2018** must be less than \$40,000 for a single person, or \$55,000 for a married couple. This does not include the value of your property.

If you think you may qualify, please call the **Assessors Office** at **508-210-5515** between the hours of 8:00 a.m. - 4:00 p.m. Monday, Wednesday, Thursday; 8:00 a.m. - 7:00 p.m. Tuesday and 8:00 a.m. - 12:00 p.m. on Friday. We would be happy to set up an appointment to help you fill out the application.\*

\*Applications are applied annually to the **Actual** Fiscal Year Real Estate tax bill issues on or about December 31 each year, **not** the **Preliminary** Real Estate tax bill. The deadline for filing an application for Fiscal Year 2019 is April 1, 2019.

## SHINE DATES FOR NOVEMBER ~ BY APPOINTMENT ONLY

**Please call for dates if interested.**



## GIVE UNTO OTHERS THIS SEASON



The Holden Senior Center is proud to be a collection site for the Worcester County Sheriff Department's Annual Coat Drive. Help those less fortunate in our community. There is a collection barrel in our lobby for new and lightly used winter coats/jackets now through November 23rd. For more information, please contact [dostiguy@worcestersheriff.org](mailto:dostiguy@worcestersheriff.org).



## DO YOU QUALIFY FOR MASS HEALTH?

On **Monday, November 5 at 1:00 p.m.** Attorney Arthur Bergeron from the firm Mirick O'Connell will be here to present an informative talk on "To Qualify for Mass Health." Following the presentation there will be time for questions and answer. This program is free and open to all. Please call



## WHAT'S IN YOUR FOOD??



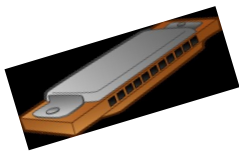
Back by popular demand, Nutritionist Tricia Silverman gives an animated presentation to clarify what is really in your food. While we are all trying to eat in a healthy manner, there may be hidden things in what you choose. Tricia brings samples and shows us the significance of items listed on the label, and gives us lots of recipe ideas! Join us for this informative and fun program on **Wednesday, November 7 at 1:00 p.m.** Please call 508-210-5570 to reserve your place.

## EVERYONE'S FAVORITE HOUSE PLANT

Join us on **Wednesday, November 14 at 1:00 p.m.** when we proudly host violet specialists Sue Stafford and Joan Russo for a unique program on everyone's favorite house plant, the African Violet. Both presenters show their violets on the state level and are Advanced Judges of the African Violet Society of America. After the program, there will be time for questions and answers. And yes, you can bring your violet to the show. Please call 508-210-5570 to reserve your seat.



## HARMONICA CLUB CONCERT

















We have invited the Harmonica Club from the Northboro Senior Center to perform for us on **Monday, November 19 at 1:00 p.m.** We are pleased to say that they have accepted our request! The group is under the direction of Dan Ginsburg and has been highly recommended to us. Please join us for this fun, first time event. The show is free and open to all. Please call 508-210-5570 to reserve a seat.

## FREE LEGAL CLINIC

Attorney Arthur Bergeron from the firm Mirick O'Connell will be offering free 15 minute legal appointments to help answer your legal questions. He will be here on **Monday, November 19 from 10:30 a.m.-12:30 p.m.** Appointments are **required**. No walk-ins. To schedule your appointment, please call 508-210-5570.



# NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b>	  <b>Saturday November 3rd 9:00-2:00</b>	<b>HARMONICA CLUB CONCERT</b>   <b>Monday, November 19 @ 1:00</b>	<b>1</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Salisbury Steak</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	<b>2</b> 8-4:00 Billiards 8:30-10:30 <b>Morning</b>  <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<b>5</b> <b>SHINE by Appt. Only</b> 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Chicken Picatta</i> 1:00 Legal Presentation on Mass Health  	<b>6</b> <b>ELECTION DAY</b>    <b>NO PROGRAMS</b>	<b>7</b> 8-4:00 Billiards 9:00 Tai Chi  12:00 Senior Lunch <i>Marinated Pork Loin</i> 1:00 Pitch Party 1:00 <b>Tricia Silverman</b>  	<b>8</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>BBQ Chicken</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	<b>9</b> 8-4:00 Billiards 8:30-10:30 <b>Morning</b>  <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <i>Macaroni &amp; Cheese</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<b>12</b> <b>VETERANS DAY</b>   <b>SENIOR CENTER CLOSED</b>	<b>13</b> 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	<b>14</b> 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Hot Dog</i>  1:00 Pitch Party 1:00 <b>African Violet Presentation</b>  	<b>15</b> 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef Patty w/Onions &amp; Pepper</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	<b>16</b> 8-4:00 Billiards 8:30-10:30 <b>Morning</b>  <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <i>Salmon Boat w/Dill</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<b>19</b> <b>SHINE by Appt. Only</b> 8-4:00 Billiards 10:30 Tai Chi 10:30-12:30 <b>Legal Clinic</b> By Appt. Only 12:00 Senior Lunch <i>Beef Stew</i> 1:00 <b>Harmonica Club Concert</b>	<b>20</b> 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Roast Turkey &amp; Gravy</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	<b>21</b> 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Baked Potato w/Chili &amp; Cheese</i> 1:00 Pitch Party 1:00 <b>Balance Class</b> For Those Registered  	<b>22</b>  <b>SENIOR CENTER CLOSED</b>  <b>HAPPY THANKSGIVING</b>	<b>23</b>    <b>SENIOR CENTER CLOSED</b>
<b>26</b> 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Chicken Mornay</i>	<b>27</b> 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatloaf</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	<b>28</b> 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Roast Pork w/Gravy</i> 1:00 Pitch Party 1:00 <b>Balance Class</b> For Those Registered  	<b>29</b> 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Lasagna &amp; Meatballs</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	<b>30</b> 8-4:00 Billiards 8:30-10:30 <b>Morning</b>  <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <i>Haddock w/Sauce</i> 1:00 Cribbage 1:15 Oriol Senior Fitness

## Senior Center Annual Christmas Party

The Senior Center's Annual Christmas Party will be held on **Monday, 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 December 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.**

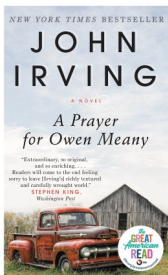


## MOUNTVIEW SCHOOL ANNUAL CHRISTMAS BREAKFAST

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 **Wednesday, November 28 or until capacity is reached.**



## BOOK DISCUSSION GROUP



The book discussion group will meet on **Thursday, November 29 at 10:00 a.m.** to discuss the book **A Prayer for Owen Meany** by John Irving.

"I am doomed to remember a boy with a wrecked voice - not because of his voice or because he was the smallest person I ever knew, or even because he was the instrument of my mother's death, but because he is the reason I believe in God; I am a Christian because of Owen Meany."

In the summer of 1953 two eleven year old boys - best friends - are playing in a Little League baseball game in Gravesend, New Hampshire. One of the boys hits a foul ball that kills the other boy's mother. The boy that hits the ball doesn't believe in accidents. Owen Meany believes he is God's instrument. What happens to Owen after that 1953 foul ball is extraordinary.

## SO LONG...FAREWELL...HELLO...WELCOME



In September we sadly said so long and farewell to Outreach Worker Cindy Smith. Cindy is sorely missed, as she was a very strong advocate for Holden's Elders. We are so very happy to say hello and welcome to Dale Hayden as our new Outreach Worker. Dale worked with us several years ago; she will also be a very steadfast advocate for our Elders.



# DECEMBER HAPPENINGS ...

- December 3 ..... Wachusett Community Band Concert
- December 4 ..... Special Town Election
- December 12 ... Boxwood Tree Workshop
- December 17 ... Rusty Guertin Concert



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

## NOVEMBER 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.

# DON'T FORGET!!!

Daylight Savings Time ends!!  
Turn your clocks back on  
Sunday, November 3!



*The Board & Staff wish everyone a bountiful & happy Thanksgiving*  
*The Senior Center will be closed Thurs. & Fri., Nov. 22 & 23 in observance of Thanksgiving.*

*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.*

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