

# Among Friends

## October 2018 BOO!



Friends of HCOA website:

### PUBLIC POWER WEEK LUNCHEON

The Holden Municipal Light Department will once again host a luncheon in recognition of Public Power Week for **HOLDEN SENIORS ONLY**, on *Wednesday, October 10 at noon*. Our menu will be chicken, rice, vegetable, rolls and butter, dessert and beverage. (Menu could change without notice.) **Reservations are required** and can be made by calling 508-210-5570. **Reservations will be accepted through Friday, October 5 or until we reach capacity.** Thank you to the Holden Municipal Light Department for sponsoring and serving this lunch and to the members of Building and Grounds from the DPW for helping the Senior Center Staff prepare the luncheon.



### OUR FAVORITE GUEST CHEFS RETURN

Please join us on *Thursday, October 11 at 12:00 p.m.* as we welcome back members of Holden's Professional Firefighters Union #4557.

The firefighters will be offering a home made spaghetti and meatball luncheon. The luncheon will be for **HOLDEN**

**ELDERS ONLY**. After lunch the firefighters will offer information on Files of Life, falls prevention and fire safety in your home. They may also have smoke detectors if you have an old one to

trade in. Only one smoke detector per household please. Reservations are **REQUIRED** and can be made by calling 508-210-5570. Reservations will be accepted through Tuesday, October 9 **or until we reach capacity**. This is a wonderful opportunity to meet and thank some of our firefighters/paramedics who protect us everyday.



**The Senior Center will be closed on Monday, October 8 in observance of Columbus 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  
*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



**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.



## Holden Vintage Vagabonds Hiking Club Notes...

The Vintage Vagabonds have completed over twenty hikes since our inception in April. The club was organized as a means for getting safe and healthy exercise, sharing a love of the outdoors, and most importantly, having fun. Judging from our members' feedback, we successfully accomplished what we set out to do:

"I joined the hiking group through the Holden Senior Center in the spring, too. Glenn always takes us to interesting places in Holden and surrounding towns. It's been great meeting new people, getting good exercise, and best of all being out in nature! I had never hiked before and I'm loving it." Ronna Cuker

"I have been active in outdoor groups in the past, and when I read about Glenn's plan to develop a Holden weekly local hiking group, I checked it out. The hikes I've been on with Glenn have been excellent. They are varied, well planned, and are of easy to moderate difficulty. We rarely get lost and never for very long. I look forward to each hike with the "Vagabonds"." Bob Dyer "We joined the Holden Senior Center hiking club last spring as a way to get some exercise. That worked, but we've also met some wonderful Holdenites and discovered some great natural areas in Holden and the surrounding towns. Looking forward to a great Fall season of hiking and comradery." Rich and Joyce Godfrey We would love to share this comradery, and sometimes get a little lost with new Vagabonds. And speaking of Fall, we are entering the best season for hiking. The days are cooler, the foliage should be spectacular, and best of all, NO MORE BUGS and apple cider donuts!!!!

Joining the Vintage Vagabonds is easy. If you are looking to meet new friends, you are in generally good health, and able to walk two to three miles up and down hills on uneven terrain, send Glenn Anderson an Email at [gf.anderson@charter.net](mailto:gf.anderson@charter.net) with your contact information. We look forward to seeing you on the trails!



## SHINE DATES FOR OCT. ~ BY APPOINTMENT ONLY

## MONDAY, OCT. 22 & MONDAY, OCT. 29



## YOU'RE INVITED ...

The Friends of the Holden Council on Aging cordially invite you to celebrate the 3rd anniversary of the Morning Glory Café on **Friday, October 19th from 8:30-10:30 a.m.** The Café will offer free coffee as part of the celebration. We look forward to seeing you there!



## IMPORTANT MEDICARE UPDATE MEETING

We will be offering our annual Medicare update meeting on **Wednesday, October 17 at 10:30 a.m.** Ed Roth from the Central Mass. SHINE Program will be here to tell us about changes being made in Medicare and answer any questions you may have. This is the perfect opportunity to learn about what you will find during Medicare Open Enrollment (October 15-December 7). You'll never know unless you go. Compare your current plan to new options. See if you can lower some costs or find a plan that better suits your needs. Many people do. Even if you like your current plan, check to see if the costs or coverage are changing at [medicare.gov](http://medicare.gov). Please call 508-210-5570 to reserve your seat.

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY YOUR NAME HERE			
MEDICARE CLAIM NUMBER 000-00-0000-A		SEX FEMALE	
IS ENTITLED TO HOSPITAL (PART A) MEDICAL (PART B)		EFFECTIVE DATE 07-01-1986 07-01-1986	
SIGN HERE Jane Doe			

## FROM THE FRIENDS...

With cooler weather comes the Friends of the Holden Council on Aging's Harvest Fair on **November 3rd from 9 a.m. to 2 p.m.** This is a major fund raising event for the Friends that enables us to fund Senior Center programs, provide charitable funds to causes we support, support to the Pen Pal Program and many other causes that benefit our membership and community. As always, we will be having our popular bake table and will be calling to ask for your help. Home-baked goods should be brought to the Senior Center on Friday afternoon, November 2, no later than 3:45 p.m. and should be marked with type of goodies. **PLEASE NOTE THAT IT IS VERY IMPORTANT TO MARK YOUR CONTRIBUTION IF THEY CONTAIN NUTS, PEANUT BUTTER, CHOCOLATE OR OTHER ITEMS WHICH MAY CAUSE ALLERGIC REACTIONS. GLUTEN-FREE ITEMS SHOULD ALSO BE MARKED.** Besides the bake table, there will be independent vendors, a costume jewelry table, food, fun and donated items! We hope everyone will come out and support this wonderful event.

CRAFT  
FAIR

Next Friends meeting will be at 9 a.m. on Monday, October 1st at 9:00 a.m.

## DID YOU KNOW THIS ABOUT AMERICAN HALLOWEEN PARTIES??



By the 1920s and 1930s, Halloween had become a secular, but community-centered holiday, with parades and town-wide Halloween parties as the featured entertainment. Despite the best efforts of many schools and communities, vandalism began to plague some celebrations in many communities during this time.













By the 1950s, town leaders had successfully limited vandalism and Halloween had evolved into a holiday directed mainly at the young. Due to the high numbers of young children during the fifties baby boom, parties moved from town civic centers into the classroom or home, where they could be more easily accommodated.

Between 1920 and 1950, the centuries-old practice of trick-or-treating was also revived. Trick-or-treating was a relatively inexpensive way for an entire community to share the Halloween celebration. In theory, families could also prevent tricks being played on them by providing the neighborhood children with small treats.

Thus, a new American tradition was born, and it has continued to grow. Today, Americans spend an estimated \$6 billion annually on Halloween, making it the country's second largest commercial holiday after Christmas.

Taken from [History.com](http://History.com)

# OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>SHINE by Appt. Only</b> 8-4:00 Billiards 9:00 Zumba GOLD 10:30 Tai Chi 12:00 Senior Lunch <i>Roast Turkey</i>	9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Stuffed Pepper Casserole</i> 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 <i>Garlic Herbed Chicken</i> 1:00 Pitch Party 1:00 <b>Balance Class</b> <u>For Those Registered</u>  	8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Burger w/Chili&amp;Cheese</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Breaded Fish</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>COLUMBUS DAY</b>  Columbus Day <b>SENIOR CENTER CLOSED</b>	9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Haddock w/Parmesan</i> 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 Public Power Lunch <b>BY RESERVATION ONLY</b> 1:00 Pitch Party 1:00 <b>Balance Class</b> <u>For Those Registered</u>	 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 <b>Home Cooked Lunch</b> Spaghetti & Meatballs 1:00 Bridge 2:30 Chair Yoga-MULTI	8-4:00 Billiards  8:30-10:30 <b>Morning</b> <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <i>American Chop Suey</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
8-4:00 Billiards 9:00 Zumba GOLD 10:30-12:30 Legal Clinic By Appt. Only 10:30 Tai Chi 12:00 Senior Lunch <i>Ranch Chicken</i> 	9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef w/Pepper&amp;Onions</i> 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 <i>Shepherd's Pie</i> 1:00 Pitch Party 1:00 <b>Puritans &amp; Witches</b> 	8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Picatta</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	8-4:00 Billiards  8:30-10:30 <b>Morning</b> <b>Glory Cafe</b> 9-11:00 SENIOR DISTRIBUTION Wachusett Food Pantry 10:00 Poker 12:00 Senior Lunch <i>Spaghetti &amp; Meatballs</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>SHINE by Appt. Only</b> 9:00 Zumba GOLD 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Fish w/Crumb Topping</i> 1-3:30 Flu Shot Clinic 	9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Greek Chicken</i> 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 <i>Meatloaf &amp; Gravy</i> 1:00 Pitch Party 1:00 <b>Balance Class</b> <u>For Those Registered</u>	8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Mac n Cheese</i> 1:00 Bridge 2:30 Chair Yoga-MULTI	8-4:00 Billiards  10:00 Poker 12:00 Senior Lunch <i>Chicken Pot Pie</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<b>29</b>	<b>30</b>	<b>31</b>	<b>PUMPKIN DECORATING CONTEST</b>	<b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b>
<b>SHINE by Appt. Only</b> 9:00 Zumba GOLD 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Beef Stew</i>	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	8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Chicken Milano</i> 12:30 <b>Pumpkin Decorating Contest</b> 1:00 Pitch Party 1:00 <b>Balance Class</b> <u>For Those Registered</u>	 <b>WED., OCT. 31</b>	<b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b>

## DO YOU NEED TO WORK ON YOUR BALANCE?

Back by popular demand, Exercise Specialist, Marty French will offer another opportunity for improving your balance. This is **NOT** a continuation of the classes presently being offered but rather another 5 week session for those of you who missed out the first time!! The same parameters are in place - a 5 week



session on Wednesdays at 1:00 p.m. **Please see November's newsletter for exact dates.** Marty is an exceptional, fun and motivating instructor. We hope you will take advantage of this wonderful opportunity to improve your balance and overall health. Cost of the 5 week session of five (5) classes is \$25.00 payable at the time you register.

## PURITANS AND WITCHES IN EARLY NEW ENGLAND

Educator and historian Margaret Watson will present interesting background information on the witch hysteria that erupted in Salem Village and swept through the colony. In 1692 many innocent victims were accused of witchcraft and twenty were executed that summer. Margaret, who will be here on **Wednesday, October 17 at 1:00 p.m.**, will explore the origins of the hysteria, the theology supporting the belief in witchcraft,



## SECOND ANNUAL PUMPKIN DECORATING CONTEST

Join us on **Wednesday, October 31 at 12:00 p.m.** for our 2nd annual pumpkin decorating contest. Last year's entries were scary, beautiful, and creative. We are excited to see what you all do this year! Prizes will be awarded for the Most Original, the Scariest and the Prettiest. If you'd like to attend lunch prior to the contest, please call Sue at 508-210-5578 between the hours of 9:00 a.m. and 12:30 p.m. prior to Monday, October 29.



## 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, October 15 from 10:30 a.m.-12:30 p.m.** Appointments are **required**. No walk-ins. To schedule your appointment, please call 508-210-5570.



## BOOK DISCUSSION GROUP

The book discussion group will meet on **Thursday, October 18 at 10:00 a.m.** to discuss the book **Lilac Girls** by Martha Hall Kelly. New York socialite Caroline Ferriday has her hands full with her post at the French Consulate and a new love on the horizon. But Caroline's world is forever changed when Hitler's army invades Poland in September 1939 - and then sets its sights on France.

An ocean away from Caroline, Kasia Kuzmerick, a Polish teenager, senses her carefree youth disappearing as she is drawn deeper into her role as courier for the underground resistance movement. In a tense atmosphere of watchful eyes and suspecting neighbors, one false move can have dire consequences.

For the ambitious young German doctor, Gerta Oberheuser, an ad for a government medical position seems her ticket out of a desolate life. Once hired, though, she finds herself in a male-dominated realm of Nazi secrets and power.

The lives of these three women are set on a collision course when the unthinkable happens and Kasia is sent to Ravensbruck, the notorious Nazi concentration camp for women. Their stories cross continents - from New York to Paris, Germany and Poland - as Caroline and Kasia strive to bring justice to those whom history has forgotten.



# NOVEMBER HAPPENINGS ...

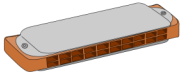
Nov. 3 The Annual Best of Friends Fair

Nov 5 Qualifying for MassHealth

Nov. 7 What's in Your Food?

Nov. 14 African Violet Program

Nov. 19 Harmonica Club 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.**

## OCTOBER 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.

## FLU SHOT CLINIC

The Senior Center will hold a flu shot clinic on **Monday, October 22** from **1:00-3:30 p.m.** Please be certain to bring your insurance card(s) with you. We thank our friends at Walgreen's for offering



## SOMETHING NEW - SOMETHING OLD AT THE FALL FRIENDS' FAIR



For the first time, the Friends will have a "Gently Used" costume jewelry table at the Fair on Saturday, November 3rd. We would appreciate any rings, earrings, necklaces, bracelets, pins, etc. you are willing to donate. Here's a great chance for you to "fall clean" your jewelry drawer/box. You can drop off your donations at the Senior Center office Monday-Friday from 8:00 a.m.-4:00 p.m.

*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  
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Holden, MA 01520

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