

Among Friends September 2018

Friends of HCOA website: www.fhcoa.org



A STORY OF ROYALTY

Based on the memoirs written by the real Princess of Zanzibar, Rita Parisi portrays the life of a young woman, daughter of a Sultan, who fled her gilded cage of nineteenth century Arabic and African Royal Life. This interesting portrayal will take place on **Wednesday, September 12 at 1:00 p.m.** The show is free and open to all, with refreshments following. Please call 508-210-5570 to reserve a seat. This program is funded by the Friends of the Holden Council on Aging, and we sincerely thank them.



CALLING ALL PEN PALS



We ask our Pen Pals to save this very important date: **Thursday, September 27 from 2:00 p.m. through 2:45 p.m.** That is the date and time when we will go to the Mayo School, located at 351 Bullard Street, to meet our 3rd grade Pen Pals. If you are a Pen Pal and have not received your introductory letter giving you details of the program, please call the Senior Center at 508-210-5570 to let us know. Also, please call ASAP if you are unable to attend on the 27th.

ZUMBA GOLD !!

We invite you to get up and get moving!! Starting **Monday, September 10 at 9:00 a.m.** we will resume our Zumba Gold class. Start your autumn and your week off with this fun and energetic class. Cost of each class is \$4.00. If you're interested in the class, please call 508-210-5570 to let us know. Bring a friend!!!



The Senior Center will be closed on Monday, September 3 in observance of Labor 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 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



Tuesday, October 9 ... Mohawk Trail Foliage Tour ... Depart the Senior Center at 9:00 a.m. New Englanders hardly ever need to check the calendar for the onset of fall. Instead, the maple sugar hues of red, orange & 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 & 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 & a scrumptious dessert. After, 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 Lunch, Luxury Silver Fox Coach & Driver's Gratuity. Please make your checks payable to: Friends of HCOA.



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.



SHINE DATES FOR SEPT. ~ BY APPOINTMENT ONLY

MONDAY, SEPT. 10 & MONDAY, SEPT. 24



FRAUD SQUAD PLAYERS

Join us on **Wednesday, September 19 at 1:00 p.m.** for an interesting and timely presentation. There is an epidemic of frauds targeting seniors. "The Fraud Squad Players" is a touring group that acts out scenes from real-life stories depicting attempts by fraudsters to separate the elderly from their money. The show is free and open to all. Please call 508-210-5570 to reserve your seat.



MARTY AYOTTE CONCERT

Come enjoy a concert of blues, jazz, folk music and original creations by musicians and singers Marty Ayotte and Matt Robert. Matt plays standard and open tuned fingerstyle guitar and slide, and Marty plays harmonica and percussion in a great show featuring a variety of tunes. The concert will be held on **Monday, September 24 at 1:00 p.m.** and is free and open to all. Please call 508-210-5570 to reserve a place.

THE ABSOLUTELY AMATEUR PHOTOGRAPHY CONTEST IS BACK!!



We invite all you photo buffs to join in the fun of our Absolutely Amateur Photography Contest! The photos will be on display here at the Senior Center from September 26-October 3. All submissions must be turned in at the office by Noon, Tuesday, September 25. The rules for the contest are as follows:

1) Open to elders who are 60 and over and residents of Holden or members of the Senior Center. 2) Amateurs may submit up to three (3) photos of nature scenes and wildlife from anywhere in the 6 New England States (no pets or people). 3) Matted or not but please NO frames. 4) Photos may be up to 11" x 14" in size. 5) Identification (name and phone number) affixed to back or photo or mat.

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, September 28 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.



HOURS TO REGISTER/PAY FOR TRIPS


















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, as well as a box in which to place the envelope on the carousel in the front lobby.



SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p>  <p>SENIOR CENTER CLOSED</p>	<p>4</p> <p>NO PROGRAMS</p> 	<p>5</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Chicken Fajitas 1:00 Pitch Party</p>  	<p>6</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Hot Dog on Bun 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>7</p> <p>8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Lasagna 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>10</p> <p>SHINE by Appt. Only 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 Italian Braised Beef</p>  	<p>11</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Mornay 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>12</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Roast Pork 1:00 Pitch Party 1:00 A Story of Royalty</p> 	<p>13</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Cold Roast Beef Sandwich 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>14</p> <p>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 Potato Crunch Fish 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>17</p> <p>8-4:00 Billiards 9:00 Zumba GOLD 10:30 Tai Chi 12:00 Senior Lunch Chicken Cacciatore 1-3:30 Flu Shot Clinic</p> 	<p>18</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Baked Potato w/Chili and Cheese 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>19</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Turkey Supreme 1:00 Pitch Party 1:00 Fraud Squad Players</p> 	<p>20</p> <p>8-4:00 Billiards  10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch Meatloaf w/Gravy 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>21</p> <p>8-4:00 Billiards  8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Mac 'n Cheese 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>24</p> <p>SHINE by Appt. Only 9:00 Zumba GOLD 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Swedish Meatballs 1:00 Marty Ayotte Concert</p>  	<p>25</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Pork Rib-i-que 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>26</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Sloppy Joe 1:00 Pitch Party 1:00 Balance Class <u>Registration Required</u></p> 	<p>27</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Catch of the Day 1:00 Bridge 2:00 Pen Pal Party @ MAYO  2:30 Chair Yoga-MULTI</p>	<p>28</p> <p>8-4:00 Billiards  10:00 Poker 12:00 Senior Lunch Buttermilk Chicken 1:00 Cribbage 1:15 Oriol Senior Fitness</p>

FROM THE FRIENDS ...

Welcome to September. We have been busy over the summer and want to acknowledge the efforts of several people:

Pat Kralik and Marlene Gregory have taken over management of the Gift Cart, adding new items and bringing fresh ideas to this vital Friends project;

Suzanne Kasparson has done and continues to do an excellent job with the new website (www.fhcoa.org);

Photographer Scott Olsen for his wonderful photos of Senior Center activities that are posted to the website & Facebook!!

Paula Grady and her dedicated team of volunteers continue to do a "bang-up job" with the Morning Glory Café. Thanks to all of them!!!

Friends meetings will resume on Monday, September 10 at 9:00 a.m. Every one is more than welcome to attend and join us as we begin another year of fun and friendship as we work toward the common goal of making the programming and services of our Senior Center the best!



DO YOU NEED TO WORK ON YOUR BALANCE? MARK YOUR CALENDAR FOR THIS IMPORTANT CLASS!



We are pleased to announce a five-part series of balance classes will be offered by instructor Marty French beginning on September 26 at 1:00 p.m. The classes will be held on Wednesdays - September 26, October 3, 10, 24, & 31 and are open to all. A payment of \$25.00 is due upon registration with a check *made payable to: Marty French*. You may register at the office here at the Senior Center.

FREE LEGAL CLINIC

Attorney Arthur Bergeron from the firm Mirick O'Connell is back from his summer hiatus. 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



NEED HELP WITH YOUR MEDICARE PLAN COMPARISONS FOR OPEN ENROLLMENT?

NEED
HELP?

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information - it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, & the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your plan changes* as well as *other options* you may have. Call now to discuss your insurance questions. Call 508-210-5570 to schedule your SHINE appointment. **REMINDER: Be on the alert to receive your new Medicare card in the mail and as always, bring your card and drug list to your appointment.**

BOOK DISCUSSION GROUP

The book discussion group will meet on **Thursday, September 20 at 10:00 a.m.** to discuss the book **The Bad Daughter** by Joy Fielding. *There were no shortage of words she could use to describe her father, almost none of them complimentary.* Serves you damn right, she thought. A voicemail from her estranged sister Melanie, sends Robin's heart racing and her mind spiraling in a full-blown panic attack. Melanie's message is dire: Their father, his second wife, and his twelve year old step-daughter have been shot - likely in a home invasion - and lie in the hospital in critical condition.

It's been more than five years since Robin turned her back on her father when he married her best friend. Five years since she said good-bye to her hometown of Red Bluff, California, and became a therapist. More than two years since Robin and Melanie have spoken. Yet even with all that distance and time and acrimony, the past is always with Robin.

Now she must return to the family she left behind. As she attempts to mend fences while her father clings to life, Robin begins to wonder if there is more to the tragedy than a botched burglary attempt. It seems that everyone - Robin's mercurial sister, her less than communicative nephew, her absent brother, and even Tara, her father's wife, - has something to hide. And someone may have put them all in grave danger.



OCTOBER HAPPENINGS ...

Oct. 10 ... Public Power Week Lunch

Oct. 17 ... Puritans and Witches in Early New England



Oct. 24 ... Adult Coloring

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.

SEPTEMBER 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, September 17** 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 this clinic.



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
1130 Main Street
Holden, MA 01520

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