



# Among Friends



**Holden Senior Center**  
 1130 Main St  
 Holden, MA 01520  
 508-210-5570  
**Mon to Fri 8 AM—4 PM**  
 Director—Karen Phillips  
 Clerk— Kerry Reitz  
 Program Coordinator—  
 Lisa DeCiero  
 Transportation  
 Coordinator—Mary Sloan,  
 508-210-5573  
 Outreach Workers—  
 Paula Earley & Dale Hayden  
 Drivers—John Bianco,  
 Katherine LePain, Nancy  
 Melton, and Ellie Johnson  
 Meal Site Manager—  
 Autumn  
 508-210-5578

Friends of HCOA Website:  
[www.fhcoa.org](http://www.fhcoa.org) or find us on Facebook:  
 Friends of the Holden Council on Aging

**June 2023**

**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.**

### *View From the Fishbowl*

We are committed to being a welcoming place for older residents and are focused on improving inclusivity and equity. We will not tolerate hate or discrimination. The Senior Center should be a place where everyone is comfortable. We strive to make the Senior Center welcoming and inviting to all. *Karen*



### COA Board of Directors

Chair—Susan Sullivan  
 Vice—Richard Mansfield  
 Wayne Howard  
 Maureen Locke  
 Nancy Melton  
 Lois Johansen  
 Debby Osipov

### **June is Cataract Awareness Month**

Cataracts are the leading cause of blindness in the U.S. While this is a scary fact, fret not because cataracts are treatable with a simple surgery procedure, which has a 95% success rate. This common eye condition mostly affects people over 40, but newborns can also suffer from cataracts either due to complications during pregnancy or the mother contracting diseases like German measles and chickenpox. The causes for cataracts in people above the age of 40 can range from diabetes, long-term eye diseases, and eye injury/inflammation, to factors like intense heat, hereditary influences, smoking, intake of certain oral steroids, and so forth.

Cataracts are an eye condition where the lens of one or both eyes becomes covered with cloudy areas. This impedes vision because the light entering your eyes is prevented from being bent by the lens of your eye due to the cloudy film covering it. Symptoms of cataracts include seeing halos around lights, faded colors, blurry vision, and trouble in driving, reading, or doing other tasks. Many people also suffer from depression and anxiety due to the stress they are facing because of their failing eyesight. The most successful treatment for cataracts is surgery whereby the doctors remove the damaged lens and replace it with an artificial one. You can also prevent cataracts by regularly getting your eyes checked.



“A Father carries pictures where his money used to be.”

Steve Martin



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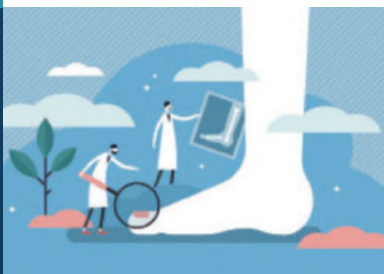
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**Back by popular demand! Flea Market on Holden Days, Sat, August 26 from 9-3**

The Friends' Group has space available at \$35 per table. Set up will be at 7 AM. Anyone who is interested can bring a check made out to FHCOA to the Senior Center. If you provide your name and number, someone will get back to you.



**Medical Equipment**—We will take donations of medical equipment that is in good, working condition. We also loan out walkers, wheelchairs, tub seats, canes, etc. to those in need. Please call us at 508-210-5570 to donate or borrow.

**Need a ride?** If you need a ride within Holden or to an appointment in the Worcester area, call Mary at 508-210-5573 from 8-11 AM and 12-4 PM. The Senior Center runs 2 vans to help with transportation for Holden residents only. Rides must be booked at least 2 days in advance.



*Happy Father's Day*

**Congratulations to the Newest Officers of the Friends of the HCOA**

- President—Carol Upton
- Vice President—Eileen Gedraitis
- Treasurer—Paul Challenger
- Secretary—Nancy Howe



**2023 Trips—call 508-210-5579 for more information or to sign up**

**July 18**—Indian Princess Cruise with lunch at Samuel Slater's Restaurant and visit to Hebert Candy Mansion. FULL

**August 9**—Woo Sox at Polar Park. \$55 per person.

**September 12-14**—Pennsylvania Dutch Country (overnight trip). \$665 per person quad, \$680 per person triple, \$740 per person double, \$910 per person single.

**October 17**—Encore Boston Harbor with \$20 free slot (subject to change). \$47 per person.

**December 5**—Boston Stocking Stuffing Tour with lunch at Maggiano's Little Italy, tour of Trinity Church, and visit to Quincy Market. \$139 per person.



The Friends' Cart is full of fun and interesting things to buy. You never know what you will find. All proceeds go to the Friends' group to help the Senior Center.

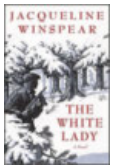
Drop in cell phone help every other Wednesday!



**Need a Helping Hand?** Our outreach workers are here to help everyone with getting assistance and finding services. For example, they can help with fuel assistance applications, food stamps, food pantry, housing, Meals on Wheels, getting books from the library, durable medical equipment, housekeeping, and Help at HOME. We also get donations of incontinence supplies. Let us know if you need some. Outreach is available in the mornings. Please reach out to Paula 508-210-5575 or Dale 508-210-5576. They will get back to you.







Book Club on Thurs, June 15 at 10:30 AM—**The White**

**Lady** by Jacqueline Winspear. Former wartime operative Elinor White, veteran of two wars, trained killer, protective of her anonymity, is drawn back into the world of menace she has been desperate to leave behind.

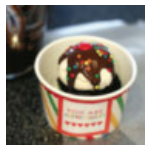
**Hummingbird Magnet Porch Pot with Bemis Farms**—Join us on Mon, June 5 at 1 PM to make a porch pot to bring home. Sign up at the front desk. \$30 a person, payable in cash at sign up. Sign up is required.



**Model Sailboat talk** Wed, June 21 at 1 PM



The Greater Worcester Model Yacht Club will be here to discuss sailing Radio Controlled Model Sailboats. They will bring some models with them. Their primary goal is to have fun and share the joy of watching the wind (only) make the little boats perform. Sign up is required.



**Father's Day Ice Cream Sundae Social**—Make your own sundae on Wed, June 14 at 1 PM. Sign up at the front desk. \$1.00 a person, payable in cash at sign up. Sign up is required starting June 1.

### Annual Strawberry Festival

Wed, June 28 at 1 PM

\$1 a person payable at sign up. We are looking forward to having strawberry shortcake again this year. Space is limited, so sign up is required. You can start signing up June 1.



### Deeds and Life Estates

Wed, June 7 at 1 PM



Kathryn Toomey, Worcester County Registry of Deeds and Stephanie Fattman, Registrar of Probate Courts will talk about how they work together and how probate issues can affect your property. Sign up is required.

**Movie Monday**—This month join us on Mon, May 22 at 1 PM. We will provide the movie, popcorn, and soda. We would love for you to join us. Check in at the front desk to sign up and to see what movie we are showing.



### Fire Department Senior SAFE Pancake Breakfast on Thurs, June 15 from 8:30—10

The Holden Fire Department will be offering a free breakfast and a talk on how to spot obvious safety hazards. This program is for Holden residents only. Sign up is required and space is limited. You can start signing up on June 1.



HOLDEN FIRE DEPARTMENT



**Do your winter feet need some TLC?** Come to the FootRN2U Clinic. The clinics will be on Call Bonnie at 774-239-3449 or email foot-rn2u@gmail.com for an appointment. \$45.00 cash, check, or venmo



**Out to Lunch Bunch**—Do you like going out to eat but don't like being alone? Join us at The Old Mill in Westminster on Thursday, June 15 at 11:30 AM. Enjoy good food and good company. All are welcome. Please call Dale at 508-210-5576 to let us know you are coming.



## Exercise

**Mondays and Wednesdays—Tai Chi at 9 AM. \$4.00 a class.**  
**Tuesdays and Thursdays—Low Impact Exercise at 10:30 AM. \$4.00 a class.**  
**Tuesdays—Balance Class at 1 PM. Free.**  
**Thursdays—Chair Yoga at 1 PM. \$2.00 a class.**  
**Fridays—Spring Chicken Fitness at 1 PM. Free.**



**Blood Pressure Clinic** every Tuesday from 10-11 AM. Track your numbers!



## Piano Lessons \$5

**Wednesdays—Beginners from 10-11 AM**

**Wednesdays—Chords from 11AM—12 noon**

**Thursdays—Beginners from 12-1 PM**

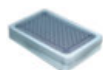


## Card Games

**Mondays—Duplicate Bridge at 12 noon**

**Wednesdays—Pitch at 1 PM**

**Fridays—Poker at 10 AM**



## Photography Group

**Tuesdays at 9 AM**

**Thursdays at 1 PM**



**Knotty Knitters—knitting and crocheting group on**

**Tuesdays at 9:30 AM**



## Needlework Group

**Wednesdays**

**9-12**



## Veterans and American Legion Meeting

**Second Tuesday at 2:30PM**

Scott W. Olsen, Adjutant, Post 42  
[americanlegionpost42ma@gmail.com](mailto:americanlegionpost42ma@gmail.com)



## Caregiver's Group

First Wednesday at 1 PM. All active caregivers welcome. Sponsored by The Oriol Foundation.



## Mah Jongg Group

**Mondays at 1:30 PM. Bring your board.**



## SHINE Counselor

The counselor will help with health insurance on Wed, June 7 and 21. Appointments required.

**Bingo Tuesdays at 1 PM**

## Painting

**Thursdays at 10 AM**

Anyone can learn. You will be surprised at what you can do! \$10 a class

## Adult coloring

**Mondays and Wednesdays 9-11**



**Free Legal Clinic—Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on Monday, June 12. Appointments are required.**

## Classic Book Club

**Tuesdays at 10 AM**

## Monthly Book Club

**3rd Thursday at 10 AM**








## Write On



**Mondays at 10:30 AM**

This is a creative writing group.



## June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is \$2.50. You must make a reservation by calling the kitchen, 508-210-5578, at least 2 business days in advance. Call before noon!	Billiards Room is available every day the Senior Center programs are running from 8-4. Any activity or menu item can change without notice.		1 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— beef w/onions & peppers 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography 	2 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—fish w/parm cream sauce 1 Spring Chicken Fitness free
5 9 Tai Chi \$4 9-11 Adult Coloring 10:30 Write On 12 lunch— chicken picatta 12 Bridge 1 Bemis 1:30 Mah Jongg	6 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—Salisbury steak 1 Bingo 1 Balance Class free 2:30 American Legion	7 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—pork loin w/gravy 1 Caregiving meeting 1 Deeds and Life Estates 1 Pitch party	8 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— teriyaki meatballs 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography	9 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—mac and cheese 1 Spring Chicken Fitness free 
12 9 Tai Chi \$4  9-11 Adult Coloring 10:30 Legal Clinic 10:30 Write On 12 lunch— lasagna and meatballs 12 Bridge 1:30 Mah Jongg	13 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—chicken tenders 1 Bingo 1 Balance Class free	14 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 lunch—hot dog 1 Ice Cream Social 1 Pitch party 2:30 Drop in cell phone help	15 8:30 Pancake breakfast 10 Painting 10 Book club 10:30 Low Impact Exercise \$4 11 Out to Lunch Bunch 12 Lunch—roast pork 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography	16 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—egg frittata 1 Spring Chicken Fitness free <b>FOOD PANTRY DISTRIBUTION</b>
19 <b>Senior Center closed for Juneteenth</b>	20 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—beef stew 1 Bingo 1 Balance Class free	21 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—baked potato 1 Model Sailboats 1 Pitch party	22 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—salmon 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography	23 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— buttermilk chicken 1 Spring Chicken Fitness free 
26 9 Tai Chi \$4  9-11 Adult Coloring 10:30 Write On 12 lunch— chicken mornay 12 Bridge 1 Movie Monday 1:30 Mah Jongg	27 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch— meatloaf 1 Bingo 1 Balance Class free	28 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—turkey 1 Strawberry Festival 1 Pitch party	29 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— potato crunch fish 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography	30 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— ham salad 1 Spring Chicken Fitness free

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# WELCOME!!

Did you know that the Senior Center is available for anyone over 60? Pro tip—we don't card, so any adult is welcome to join us. We are proud of our programs and want everyone to know what we have to offer. The newsletter comes out monthly.

**If this is the first time you are receiving this publication and want to continue to know what we are doing, please call the Senior Center at 508-210-5570 and ask to remain on the list. You can also get the newsletter electronically by going to [www.fhcoa.org](http://www.fhcoa.org) and signing up under the newsletter tab.**



**News from the Friends**—Mon, June 5 at 10 AM will be the last Friends' meeting until September. Please come to help decide what we are going to do and how we spend some money. Anyone who has paid their dues is welcome. Don't forget to join us at the Morning Glory Café on Fridays from 8:30-10:30 AM. Bottomless coffee for \$1 and homemade baked goods for \$1. We also have breakfast sandwiches for \$4. Bring your bad dad jokes for laughs. Depending on the week, there is trivia and a 50/50. Fun for all!! Hope to see you here.



## FRIENDS of the HCOA

I WOULD LIKE TO:

Renew My Membership       Become a New Member

Checks made out to Friends of the HCOA

Please fill out and return to the Senior Center.



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Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Date of Birth \_\_\_\_\_

E-mail: \_\_\_\_\_

Amount of Check or cash:  \$5.00     \$10.00     Other    Membership is good for the calendar year.

***Distribution of this newsletter is made possible from the FRIENDS OF THE HCOA, INC. and, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.***

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