



Among Friends



March 2023

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—
Clare Nelson
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—
508-210-5578

Friends of HCOA Website:
www.fhcoa.org or find us on Facebook:
Friends of the Holden Council on Aging

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

Last month we said good bye to our Program Coordinator, Clare Nelson. Clare has been a part of the Senior Center for many years. She has brought great programs here for everyone to enjoy. Clare will be missed. We wish her the best on her retirement. Please bear with us as we try to navigate without her. Wishing everyone a Happy St. Patrick's Day! Proudly wear your green! Everyone is Irish on St. Patrick's Day. *Karen*

COA Board of Directors

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

Snow policy—If the Wachusett Regional School district cancels school due to inclement weather, then all Senior Center programs, lunch, Meals on Wheels, and van transportation will also be cancelled.



March is Colorectal Cancer Awareness Month

Colorectal cancer is the 3rd most common cancer in the US and the 2nd leading cause of death. There are few symptoms of colon cancer—change in bowel habits, persistent abdominal discomfort, rectal bleeding, and weakness or fatigue. Because these symptoms can be for many illnesses, it is important to be screened. A colonoscopy is the best test. No one likes to talk about it, but it helps find polyps and detect cancer in its early stages.

- 153,020 estimated cases in 2023
- 1 in 24 are at risk of developing colon cancer
- 1 in 3 people who should get tested are not being screened

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In Memoriam...

Ken Ball - brother of Peggy, Donny, and Timmy

Joan Swanson - widow of Dick

Margaret Donabedian - widow of Noel

Joseph Zawalich - widower of Rita

Elinor Lamberton - sister of Nancy

Gloria Goewey - widow of John

Linda Taylor - wife of David

Michael Foust - husband of Sharon

David Dill - husband of Jeannette

Maria Sherblom - widow of Robert

Rosemary Zalneraitis - widow of Herbert

Susan King - sister of Barbara Hutchings

Grayce Jones - widow of Calvin

**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. The Senior Center runs 2 vans to help with transportation for Holden residents only.

***From the Outreach Office***

Food stamps, fuel assistance, food pantry, medical equipment, MassHealth, rides—these are a few of the ways that the Outreach Office can help you. There are a lot of services out there that you might be eligible to receive. We also do the applications for Help at HOME. If you or any Holden resident needs help, please call us.



Paula 508-210-5575 and Dale 508-210-5576

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.

Flag Disposal

If you have a worn out flag that needs to be retired, there is a bin outside of the Senior Center. The Boy Scouts take the used flags and dispose of them properly with a ceremony.

**Medication Disposal**

The Rutland Police Station has a receptacle for unused and expired medications. Don't flush them or leave them hanging around. Dispose of them safely.

**Old Eyeglasses**

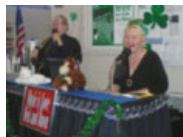
The Lions Club collects eyeglasses to give to those in need. Your old glasses will make a difference for someone else. We have a mailbox receptacle outside the Senior Center for collection.



Cell Phone Class — The WRHS students will be starting up their 7 week cell phone class on April 5. This is a great opportunity to learn how to use your phone. Sign up is required by calling the Senior Center at 508-210-5570.



Music is Love with Dawn Kelley and Dick Miller on March 15 at 1 PM. They have been performing together for over 30 years on the keyboard and guitar. Join us for their St. Patrick's Day Show.



Concert—From Ireland to America by Roger Tincknell on March 8 at 1 PM. Rogers sings and plays several instruments Celebrate St. Patrick's Day early with us!



Stories and Songs with our own Joyce Sabato on March 22 at 1 PM. Come join us for an hour filled with Spoken-Word personal stories that are universal to everyone (storytelling) and Native American Style Flute



What About Bears by Mike Morelly, Central District Wildlife Biologist for the Mass Division of Fisheries and Wildlife. Presented by White Oaks on March 21 at 7 PM. Refreshments will be served.



Music — some meditative tunes and some lively tunes.

Red Sox Opening Day— Thursday, March 30 at 2:10 PM. We will be watching the game in the big room. Popcorn and soda will be served. Cheer on the Red Sox as they go against the Baltimore Orioles.



For all programs, please register at the front desk or call 508-210-5570. This makes sure that you have a seat. Thanks!!

Movie Monday—This month join us on March 27 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.



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

Saturday, April 15 — MGM Casino and The Buddy Holly Story (live musical theater); \$142 per person. Payment due by March 10.

Tuesday, May 23 — Tour of Fenway Park, lunch at Venezia Restaurant, and Quincy Market; \$114 per person.

Friday, June 16 — Bus trip to Hampton Beach Sand Sculptures; \$35 per person for the bus; lunch on your own. Don't fight the crowds looking for parking, take the bus with



Adult Coloring

We started a drop in adult coloring group on Mondays and Wednesdays from 9-11. We have the books and the colored pencils. All are welcome.



Have you noticed that we are getting busier? We are also adding new programs as we go along. Please be mindful of the time that your program starts and ends. We want you to have fun and enjoy what you are doing, but sometimes we have things back to back. If you want to stay longer, feel free to hang out in the library or any empty room. Ask at the front desk if you aren't sure where you can go. Thanks!

Exercise

Mondays and Wednesdays—Tai Chi at 9 AM. \$5.00 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

Wednesdays—Beginners from 10-11 AM

Wednesdays—Chords from 11AM—12 noon

Thursdays—Beginners from 12-1 PM

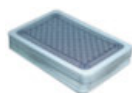


Card Games

Mondays—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 at 9:30 AM



American Legion Meeting

Second Tuesday at 4 PM

All are welcome

Scott W. Olsen, Adjutant,
Post 42

americanlegionpost42@gmail.com



Caregiver's Group

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



Mah Jongg Group

Tuesdays at 1 PM. Bring your board.



SHINE Counselor

March 8 & 15

The counselor will help with health insurance. Appointments required.

Bingo Tuesdays at 1 PM

Painting

Thursdays at 10 AM

Anyone can learn. You will be surprised at what you can do!



Free Legal Clinic—Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on Monday, March 13. Appointments are required.



Write On

Mondays at 11 AM

This is a creative writing group.





March 2023




Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Billiards Room is available every day the Senior Center is open from 8-4. Any activity or menu item can change without notice. 	<p>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 12 noon!</p>	<p>1 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9:30 Needlework 12 Lunch—stuffed pepper casserole 1 Pitch party 1 Caregiver's group</p>	<p>2 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—braised beef 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography </p>	<p>3 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—egg frittata 1 Spring Chicken Fitness free</p>
<p>6 9 Tai Chi \$4 9-11 Adult Coloring 11 Write On 12 lunch—chicken pesto 12 Bridge </p>	<p>7 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—chili & cheese burger 1 Bingo 1 Balance Class free</p>	<p>8 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9:30 Needlework 12 Lunch—roast pork loin 1 Pitch party 1 Roger Tinknell concert 2:30 Drop in cell phone help</p>	<p>9 8:30-2:30 Foot care 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— American chop suey 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography</p>	<p>10 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—veggie cheese bake 1 Spring Chicken Fitness free </p>
<p>13 9 Tai Chi \$4 9-11 Adult Coloring 10:30-12:15 Free Legal Clinic 11 Write On 12 lunch— Shepherd's pie 12 Bridge</p>	<p>14 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—Greek chicken 1 Bingo 1 Balance Class free 4 American Legion</p>	<p>15 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9:30 Needlework 12 lunch—meatloaf 1 Music is Love Concert 1 Pitch party</p>	<p>16 10 Painting 10:30 Low Impact Exercise \$4 11:30 Out to Lunch Bunch 12 Lunch—corned beef 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography </p>	<p>17 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—lemon pepper haddock 1 Spring Chicken Fitness free Food Pantry Senior Distribution</p>
<p>20 9 Tai Chi \$4 9-11 Adult Coloring 11 Write On 12 lunch— pork loin 12 Bridge</p>	<p>21 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—teriyaki beef 1 Bingo 1 Balance Class free</p>	<p>22 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9:30 Needlework 12 Lunch—chicken milano 1 Pitch party 1 Joyce Sabato stories 2:30 Drop in cell phone help</p>	<p>23 8:30-2:30 Foot care 10 Painting 10 Book club 10:30 Low Impact Exercise \$4 12 Lunch—Salisbury steak 12-1 Piano for beginners 1 Chair Yoga \$2  1 Photography</p>	<p>24 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— potato crunch fish 1 Spring Chicken Fitness free </p>
<p>27 9 Tai Chi \$4 9-11 Adult Coloring 11 Write On 12 lunch— BBQ chicken 12 Bridge  1 Movie Monday</p>	<p>28 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch— Jambalaya 1 Bingo 1 Balance Class free</p>	<p>29 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9:30 Needlework 12 Lunch—meatballs with gravy 1 Pitch party</p>	<p>30 10 Painting 10:30 Low Impact Exercise \$4 11:30 Out to Lunch Bunch 12 Lunch—corned beef 12-1 Piano for beginners 1 Chair Yoga \$2  1 Photography</p>	<p>31 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— mac and cheese 1 Spring Chicken Fitness free</p>

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

From the Friends of the HCOA

The Friends is a non-profit organization established to raise funds for and to otherwise support the Holden Senior Center. The members of the Friends extend a cordial invitation to you to join our organization. Our dues are \$5.00 a year. We have a monthly meeting on the first Monday of every month at 10 AM. This month's meeting is March 6. We would love for you to join us.



Do your winter feet need some TLC? Come to the FootRN2U Clinic. The service includes assessment, cutting and thinning of toenails, reduction of corns and callouses, education, and a foot massage. Call Bonnie at 774-239-3449 or email footrn2u@gmail.com for an appointment. \$45.00 cash, check, or venmo



Drop in cell phone help—The WRHS students will be here on March 8 and 22 from 2:30—4 PM to help anyone with cell phone questions. They are very knowledgeable and helpful. Don't be ashamed to ask for help.



Reminder—If you live outside of Holden, you must join the Friends in order to have the newsletter mailed to you.

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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