



# Among Friends



**November 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—  
Lisa DeCiero  
Transportation  
Coordinator—Mary Sloan,  
508-210-5573  
Outreach Workers—  
Paula Earley & Dale Hayden  
Drivers—John Bianco,  
Katherine LePain, Ellie  
Johnson, and Bill Lahey  
Meal Site Manager— Rich  
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

*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*

I have a few housekeeping issues to bring up. First, please sign in at the computer kiosk when you come to the Center. This is how we track our numbers, which helps with funding. Ask at the front desk if you have questions. Second, I know you are all crying when you leave us, but I need you to wipe your eyes and pay attention in the parking lot. We have had several accidents and many near misses. If possible, drive in by the doors and drive out at the other end of the lot. Thanks! Happy Thanksgiving. Save room for pie!!

*Karen* 

### COA Board of Directors

Chair—Susan Sullivan  
Vice—Richard Mansfield  
Wayne Howard  
Maureen Locke  
Lois Johansen  
Debby Osipov  
Elizabeth Brennan  
\*meet the first  
Wednesday of the  
month at 8 AM

### Annual Holiday Luncheon

**Wednesday, December 13 at 12 noon**



It is that time of year again. We are having our holiday luncheon at Val's Restaurant. We are having a buffet style lunch in order to offer several types of food. Music will be provided by Rusty Guertin. Rumor has it that Santa Claus will be stopping by! Seating is limited. It will be \$15 a person. Sign ups will start on Monday, November 13. Payment is due at sign up—cash only. If you have any dietary restrictions, please let us know. We will do our best to accommodate.

“Thanksgiving Day is a good day to recommit our energies to giving thanks and just giving.”

Amy Grant



### Donuts and Coffee for Veterans

In honor of Veteran's Day, we will be having coffee and donuts for all Veterans and their loved ones on Thursday, November 9 from 8:30-10 AM. Please let us know if you are coming by registering at the front desk or calling us at 508-210-5570. Thank you all for your service.



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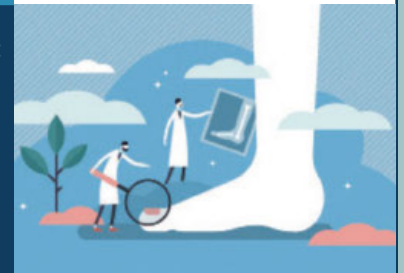


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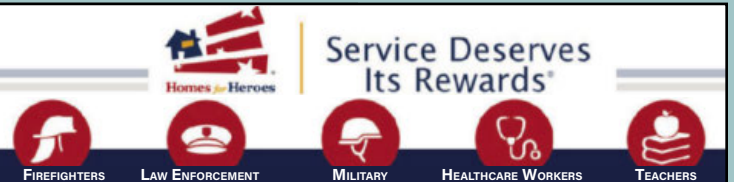


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### State Elections

The election will be on Tuesday, November 7. If you are unable to vote in person, please visit the Town Clerk's Office to vote Absentee. Call them at 508-210-5530 with any questions. Remember that all Senior Center programs are cancelled that day.

**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 1 week in advance. We provide curb to curb service.



### December Events that need early sign ups

*Wachusett Community Band Holiday Concert Sing-Along on Mon, December 4 at 1 PM.* Sign ups start on November 20.

*Boxwood Tree Class with Carrie from Village Gardens on Wed, December 6 at 1 PM.* Make your own boxwood tree. Fresh greens and decorations will be provided. \$30 per person payable. Sign up starting November 8 at the front desk.

**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.



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.

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

**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.



**Meals on Wheels Volunteers Needed**—Are you looking for a great way to give back to the community? Meals on Wheels is looking for volunteers. We are looking for help both in the kitchen and with the delivery of the meals. The kitchen work is at the Holden Senior Center. It is light kitchen work that will require standing on your feet. Drivers will be delivering meals to residents. In order to drive, you must have a valid driver's license and an insured vehicle. Drivers are eligible to receive mileage reimbursement for their travel. The work is done in the mornings during the week. If you are interested, please call Rich in the Kitchen, at 508-210-5578.

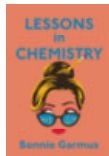


**Need a Helping Hand?** Our outreach workers are here to help everyone with getting assistance and finding services. For example, they can help with fuel assistance applications, food stamps, food pantry, housing, Meals on Wheels, getting books from the library, durable medical equipment, housekeeping, 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, November 16 at 10 AM.** This month's selection is Lessons in Chemistry by Bonnie Garmus.



Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show *Supper at Six*. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.

**Bob Jordan Concert on Wed, November 15 at 1 PM**

After entertaining us at the Farmer's market this summer, Bob is coming inside!! Sign up at the front desk or call us at 508-210-5570 to be



a part of this musical treat!

**Starting Your Family History Research on Wed, November 29 at 1 PM**

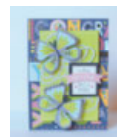
Have you ever wanted to trace your family history or start a family tree? Join Seema Kenney of Ancestral Books, Legacy, and Education to learn how to start working on your own genealogy.



Please register at the front desk or call us at 508-210-5570.

**Holidays are Hard—Navigating Grief on Mon, November 20 at 10:30 AM** Loss affects us differently. The holidays can be especially difficult to handle. Please join us for an informal discussion with Chaplin Joelle John. Please register at the front desk or call us at 508-210-5570.

**Card Making Class** Carol Hodgerney will be back to run 2 card making classes on Mondays, November 13 and November 27 at 9 AM. Kits will be \$5 each, payable in the class. Class size is limited. You must register at the front desk or call us at 508-210-5570.



**Join Realtor Cynthia Klocek and Attorney Jack Miraud on Mon, November 13 at 1 PM to learn about selling your home, probate, and planning.** They will have handouts and answer questions. Please register at the front desk or call us at 508-210-5570.

**Movie Monday**—This month's movie will be on Monday, November 27 at 1 PM. The title will be announced by the 15th of the month. Suggestions are always welcome. Join us for popcorn and soda.



**Holiday Fraud with Ashley Grossi from Leominster Credit Union on Wed, November 8 at 1 PM.** Scammers will do anything to get your hard earned money. Don't fall for their tactics. Come and learn about how to protect yourself. Please register at the front desk or call us at 508-210-5570.


**Having trouble touching your toes? Let the FootRN2U Clinic cut your toenails.** Call Bonnie at 774-239-3449 or email footrn2u@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? This month will be a special lunch. The date has not been chosen. It will cost \$20 a person, payable in advance. Please call Dale at 508-210-5576 to sign up and for more information.



**Exercise**

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

Tuesdays—Yoga with weights at 9 AM. \$3.00 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. \$3.00 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

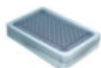


**Card Games**

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



**Caregiver's Group**

First Wednesday at 1 PM. All active caregivers welcome. Supported by Oriol Healthcare



**Needlework Group**

Wednesdays 9-12



**Veterans and American Legion Meeting**

Second Tuesday at 2:30PM

Scott W. Olsen, Adjutant, Post 42  
americanlegionpost42ma@gmail.com



**Movie Monday** monthly at 1 PM.  
Popcorn and soda

**Mah Jongg Group**

Tuesdays at 1:30 PM. Bring your board.



**SHINE Counselor**

The counselor will help with health insurance on Wed, Nov 15 and 29. Appointments required.

**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



**Classic Book Club** Tuesdays at 10 AM

**Monthly Book Club** 3rd Thursday at 10



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



**Write On**

Mondays at 10:30 AM

This is a creative writing group.



**Bingo**  
**Tuesdays at 1 PM**

## November 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!	<b>Billiards Room is available every day the Senior Center programs are running from 8-4.</b> <b>Any activity or menu item can change without notice.</b>	1 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 lunch—beef w/onions 1 Pitch party 1 Caregiver's Group	2 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— roast pork 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography 1 Dominoes and cribbage	3 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—mac and cheese 1 Spring Chicken Fitness free
6 9 Tai Chi \$5 9-11 Adult Coloring 10:30 Write On 12 lunch— beef stew 12 Bridge	7 <b>State Elections</b>  <b>All Senior Center programs are cancelled.</b>	8 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—baked potato 1 Pitch party 1 Holiday Fraud Talk	9 8:30 Veteran's Coffee 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— hot dog 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography 1 Dominoes and cribbage	10 <b>Senior Center closed in honor of Veterans' Day</b>
13 9 Tai Chi \$5 9-11 Adult Coloring 9 Card Making 10:30 Legal Clinic 10:30 Write On 12 lunch— chicken mornay 12 Bridge 1 Selling Your Home talk	14 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—meatloaf 1 Bingo 1 Balance Class free 2:30 American Legion	15 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 lunch—apricot roast pork 1 Pitch party 1 Bob Jordan concert	16 10 Painting 10 Book club 10:30 Low Impact Exercise \$4 12 Lunch—Swedish meatballs 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography 1 Dominoes and cribbage	17 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— fish with parmesan cream sauce 1 Spring Chicken Fitness free
20 9 Tai Chi \$5 9-11 Adult Coloring 10:30 Write On 12 lunch— pork rib-i-que 12 Bridge 1 Navigating Grief talk	21 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—turkey dinner 1 Bingo 1 Balance Class free	22 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—chicken cacciatore 1 Pitch party	23 <b>Senior Center closed for Thanksgiving</b>	24 <b>Senior Center closed for Thanksgiving</b>
27 9 Tai Chi \$5 9-11 Adult Coloring 9 Card Making 10:30 Write On 12 lunch— chicken pot pie 12 Bridge 1 Movie	28 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch— spaghetti and meatballs 1 Bingo 1 Balance Class free	29 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—maple glazed ham 1 Pitch party 1 Genealogy Talk	30 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—potato crunch fish 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography 1 Dominoes and cribbage	

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*Friends' Corner*



Welcome to Fall at the Senior Center. The Café will have some surprises in store for you leading up to the holidays, so join us on Fridays from 8:30-10:30 AM and bring a friend! The Friends' Gift Cart will have some seasonal items soon. We've decided to add some things to our calendar for next year. We are going to do special luncheons in February, May, and September. The Friends will be sponsoring more Senior Center events for 2024, so watch your newsletter for more information. We are still looking for volunteers for the café. It is 3 hours once a week, every other week, or monthly. We look forward to seeing you all! Happy Fall! Carol Upton, President of the FHCOA.

White Oak Land Conservation Society invites all to attend a program by Meghan Crawford, the Community Engagement Biologist from Mass Wildlife, on November 9 at 7 PM at the Senior Center. Her program is called "Co-Existing with Wildlife in Massachusetts". All are welcome.

**Discover your Senior Center and discover friends!**

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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