

Among Friends April 2020

Friends of HCOA website: www.fhcoa.org



An Invitation to All of Our Volunteers

We cordially invite all of our Volunteers to our Annual Volunteer Recognition Celebration on **Wednesday, April 29 at 12:00 p.m.** A delicious luncheon provided by Toupin's Catering will be offered. This year we are doing something a little different. We will be offering a choice of entrees - Roast Turkey or Baked Fish. Your meal will also include a salad, potato, vegetable, rolls/butter, dessert, coffee/tea. All volunteers are invited ~ you know who you are - Nutrition Volunteers, Meals on Wheels Drivers, Intergenerational Volunteers, Pen Pals, Program Volunteers, Outreach Volunteers, COA and Friends Board members, etc. **Our special guest for this event will be our newly appointed Police Chief, Tim Sherblom.** We hope you'll come and take this opportunity to welcome him. Please call Maureen today to make your reservation and share your meal choice for this important event at 508-210-5570. Reservations will be accepted through Wednesday, April 22.



WHAT IS ZENTANGLE?



Please join us on **Wednesday, April 22 at 10:30 a.m.** as we welcome back certified Zentangle instructor, Mary Shepherd. Zentangle can be best described as "supervised doodling." Come and try your hand at this unique and fun class. Beginners are more than welcome. Please call 508-210-5570 to reserve your seat, as class size is limited.



CHANGE IN MEETING DAY AND TIME

The Friends of the Holden Council on Aging have voted to change the day and time of their monthly meetings. Henceforth, the Friends will meet the **2nd Monday of each month (September-June) at 10:00 a.m.** Please note this change and feel free to join their meeting and offer your thoughts & ideas. This month's meeting will be **Monday, April 13 at 10:00 a.m.**



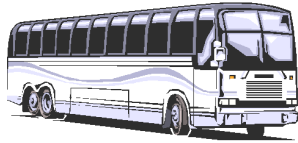
COUNCIL ON AGING BOARD MEMBERS

Susan Sullivan - Chairman
Richard Mansfield - Vice Chairman
Wayne Howard
Maureen Locke
Eric Johansen
Faye Ellis
Nancy Melton

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
Outreach Worker: Dale Hayden
Drivers: John Bianco, Gregg Tivnan,
Katherine LePain, Lisa Larson
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



Sunday, May 3 ... "Sex Please We're Sixty" ... Come see what everyone is talking about! A comedic theater performance, a bountiful buffet and cabaret performance during dessert ... without ever leaving the Newport Playhouse and Cabaret. Price is \$91.00/person and includes: Lunch, Show, Transportation, Driver Gratuity. Leave the Holden Senior Center at 9:15 a.m. and return at approximately 6:30 p.m.

Wednesday, May 20 ... Carole King Tribute ... Depart the Senior Center for the Danversport Yacht Club in Danvers, MA. **HOME AGAIN** is a tribute to the multi-award winning singer-songwriter Carole King. Carole is arguably the most celebrated & iconic singer/songwriter of all time. Plated Luncheon meal choices are Stuffed Breast of Chicken or Baked Schrod. Also included with your entrée are: Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea. Cost for this tour is \$96.00/person, including driver's gratuity.



Tuesday, June 23 ... Lake Winnepesaukee Cruise featuring narrated cruise, buffet lunch & scenic sights. Depart Senior Center at 8:30 a.m. Sailing from Weirs Beach, you'll delight in the beautiful vistas of the White Mountains. Also included is a delicious full course buffet lunch. After your cruise, you'll visit Moulton Farm Market and return home @ 5:30 p.m. Price is \$101/person.

Wednesday, July 15 ... The Ultimate Jimmy Buffet Tribute Show ... Grab your beach chair, your suntan oil and your favorite drink and get ready for a virtual trip to the islands! Jimmy and the Parrots are the most sought after Jimmy Buffet Tribute band in the country. They not only play your favorite Buffet songs, they also play our favorite songs by the Beach Boys, Paul Simon, Harry Belafonte, Bob Marley, among others. Enjoy the show during your visit to Foster's Clambake Restaurant in York, ME. Your meal will include Whole boiled 1 1/4 lb. lobster or 1/2 BBQ chicken, clam chowder, fresh steamed mussels, fresh Maine clams, corn-on-the-cob, potatoes and onions, blueberry cake, rolls, butter & beverage. Cost for this trip, including transportation, lunch, show and driver gratuity is \$101/person by check made payable to "Friends of HCOA."



Thursday, August 20 ... The Texas Tenors Live in Concert ... Join us as we trek to the Venus De Milo in Swansea for a day of delicious food and exquisite music. Since appearing on America's Got Talent in 2009, the Texas Tenors have performed over 1,300 concerts, released 4 studio albums, 2 PBS specials, 4 DVD's multiple singles and a children's book that have earned them impressive recognition. These classically-trained versatile tenors have performed around the world. The Texas Tenors were honored to be included among the top 50 acts in the world and the only vocal group from the United States invited to compete on NBC's 2019 series America's Got Talent: The Champions. Your lunch choices are Chicken Parmesan or Baked Scrod. Also Included: Venus De Milo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. The price, which includes transportation, Plated Luncheon, Show Ticket and Driver's Gratuity is \$101/person, via check made payable to "Friends of HCOA."



Future trips: Price of all trips will include, meal, transportation, event & driver's gratuity

- September 8 - Narragansett Lighthouse Cruise - \$91/person
- October 13 - The Green Mountain Railroad - \$101/person
- November 11 - Newport Playhouse "Ghost of a Chance" - \$91/person
- December 2 - Christmas Lights at Tower Hill Botanical Garden - \$70.00/person

[We would like to ask if you are signing up for more than one trip that you provide a separate check for each trip. Thank you!](#)



The bus companies require us to give them a final number 30 days in advance. If we don't have enough sign-ups by then we are forced to cancel the trip. Please sign up and pay at least 30 days prior to the trip. Thank you for your cooperation.

FROM THE OUTREACH OFFICE ...

Spring is underway and it is a great time of year to think about your health checklist. Are your immunizations up to date? Have you updated your File of Life information? Are you in need of services?

Did you know you can have foot care and hairdressing services in the privacy of your home? Please contact the Outreach Office for information.

Also, you can contact our office for information on Food Stamps, Fuel Assistance, Loaning of Medical Equipment, Book Delivery, File of Life, Help at H.O.M.E., Elder Services, and many more.

Stop by for a visit or give us a call:

Dale 508-210-5576

Paula 508-210-5575



Annual Senior Prom



You are cordially invited to attend the Annual Senior Prom sponsored by the Wachusett Mountaineer Volunteer Students and the area Friends of Councils on Aging. Elders who **RESIDE** in the towns of Holden, Princeton, Paxton, Rutland or Sterling are invited to attend. The dinner dance will take place on **Thursday, May 7 from 5:00 p.m.-8:00 p.m.** Reservations are **required** and can be made by calling the Holden Senior Center at 508-210-5570. All reservations are to be made through the Holden Senior Center.

PLEASE DO NOT CALL THE SCHOOL! Reservations will be accepted through Friday, April 24, or until we reach capacity.

FROM THE FRIENDS ...



The air is starting to get warmer and flowers will bloom soon! Please support the Senior Prom to be held in May at WRHS. Free dancing and dinner! Come as your inner child and dress as your favorite character (theme is Fairytales). Also, it's not too early to be thinking about the Friends Fair to be held on the 1st Saturday in November. Volunteers are needed as greeters, helpers and contributors! Join us for our **ANNUAL FHCOA** meeting, held on the **SECOND MONDAY in April at 10:00 A.M.**, and welcome our new president, Wayne

Howard, and his slate of officers. Refreshments will be served.

JOIN OUR "OUT TO LUNCH" BUNCH




The Out to Lunch Bunch will be meeting at 11:30 on April 30 at Hartman's Herb Farm, 1026 Old Dana Road, Barre. This month is a little different in that we will be partaking of a delicious full lunch buffet - crackers & dip, herbed chicken, fish, soup/salad, potato and vegetable. There will be a choice of 2 desserts. The cost for everyone will be \$20.00/person. A homemade arrangement from their own herbs will be raffled off. Everyone is welcome to join us. Because we do make reservations, it is imperative you register by contacting Dale, Dianne, or Eileen. Simply call 508-210-5579 and leave your name and number and that you'd like to join the Out to Lunch Bunch on April 30.



SAVE THE DATE

FOR ORIOLE HEALTH CARE'S SECOND ANNUAL HEALTH AND WELLNESS EXPO
TENTATIVELY SCHEDULED FOR THURSDAY, APRIL 23 FROM 9:00 A.M.- 1:00 P.M.

APRIL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</p>	<p>FOOD PANTRY SENIOR DISTRIBUTION</p>  <p>FRIDAY, APRIL 17</p>	<p style="text-align: right;">1</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch Roast Turkey & Gravy 1:00 Pitch Party</p>	<p style="text-align: right;">2</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Cannibus Program 12:00 Senior Lunch Pork Rib-I-Que 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p style="text-align: right;">3</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch Fish Sticks 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p style="text-align: right;">6</p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Swedish Meatballs 1:00 African Violet Program</p> 	<p style="text-align: right;">7</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Macaroni & Cheese 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p style="text-align: right;">8</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch Chicken Cacciatore 1:00 Pitch Party</p>	<p style="text-align: right;">9</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 HPD ~ Scams 12:00 Senior Lunch Baked Ham Dinner 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p style="text-align: right;">10</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch Fish w/Crumb Topping 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p style="text-align: right;">13</p> <p>8-4:00 Billiards 10:00 Friends Mtg. 10:30 Tai Chi 10:30-12:15 Free Legal Clinic By appointment only 12:00 Senior Lunch Chicken Pot Pie 1:00 Estate Planning Strategies</p>	<p style="text-align: right;">14</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Rosemary Balsamic Pork Loin 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p style="text-align: right;">15</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch Spaghetti & Meatballs 1:00 Pitch Party</p>	<p style="text-align: right;">16</p> <p>8-4:00 Billiards 10:00 Book Discussion Grp. 10:00 Mah Jongg 10:30 Low Impact Exercise 11:30 Out to Lunch Bunch 12:00 Senior Lunch Stuffed Chicken 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p style="text-align: right;">17</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch Sloppy Joe 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p style="text-align: right;">20</p> <p>SENIOR CTR. CLOSED</p>  <p>PATRIOTS' DAY</p>	<p style="text-align: right;">21</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Hot Dog & Baked Beans 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p style="text-align: right;">22</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 10:30 Zentangle Class 12:00 Senior Lunch Stuffed Peppercorn Casserole 1:00 Pitch Party</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">ORIOLE HEALTH EXPO</p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;"><u>TENTATIVE</u></p> <p style="text-align: center;">NO PROGRAMS</p>	<p style="text-align: right;">24</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch Ranch Chicken 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p style="text-align: right;">27</p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Chicken Pesto</p>	<p style="text-align: right;">28</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Burger w/Chili & Cheese 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p style="text-align: right;">29</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Volunteer Recognition Luncheon 1:00 Pitch Party</p>	<p style="text-align: right;">30</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 11:30 Out to Lunch Bunch 12:00 Senior Lunch Roast Pork Loin & Gravy 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	

APRIL IS NATIONAL HUMOR MONTH ~ THE BENEFITS OF HUMOR AS WE AGE

For many people getting older isn't funny, but keeping your sense of humor as we age has proven to help us cope with the changes, challenges and unexpected obstacles of aging. A dose of humor promotes good health, and has a beneficial effect on some of the most common health challenges of aging. These benefits fall in four important areas, including:

“LIFE
IS BETTER
WHEN
YOU'RE
LAUGHING”

Humor Reduces Stress:

It is believed that laughter works by relieving stress, which is implicated in so many negative impacts on our health. Laughing can help relax muscles, lower blood pressure and increase the oxygen level in your blood. When you laugh, you are stimulating the immune system, counteracting the negative effects of stress.

Humor Makes You Feel Good:

Having a sense of humor can have a positive impact on the perception of pain. It benefits the immune system, and has proven to benefit heart health. Laughter helps keep our blood vessels healthy, reduces the serum cortisol levels in the blood, increases the T-lymphocytes (T-cells) in the body, and improve cholesterol levels.

Humor Has Clinical Benefits:

Studies over the last five years have produced findings that suggest that humor can have clinical benefits and positive rehabilitative implications. Older adults may have age-associated memory deficiencies, that when humor is applied to various therapies, the results have shown improved learning ability, short-term memory, and delayed recall, which in turn has improved their quality of life.

Humor Is Good for the Brain:

Humor is a great way to give our brains a good workout. A good laugh can be a highly developed mental exercise that trains us to approach aging in different inventive ways. Researchers say that even the lowly pun requires the brain to shift perspective.

Taken from www.firstlighthomecare.com

IT'S OUR PLEASURE TO INTRODUCE ...



Holden Police Sergeant Gregg Sculthorpe. Sergeant Sculthorpe has been named HPD's liaison to the Senior Center by Chief Timothy Sherblom. He will drop in from time to time to interact with you, and if you have a concern or question, the staff is able to reach him and put him in contact with you.

Sergeant Sculthorpe will be here on **Thursday, April 9 at 10:30 a.m.** He will offer a talk on Scams - the latest news about scams, as well as the newest and best ways to protect yourself from being a victim of scams.

Join us for coffee and donuts and learn this important new information, as well as welcome Sergeant Sculthorpe to the Senior Center! To register for this event, please call the Senior Center at 508-210-5570.

EVERYTHING YOU EVER WANTED TO KNOW ABOUT CANNIBUS

Please join us on **Thursday, April 2 from 10:30 a.m. - 11:30 a.m.**, when we will welcome a pharmacist from "The Botanist." Topics that will be covered: Cannabis: Classification Basics; Chemical compound Make-up; Endo-Cannabinoid System; Terpenes—or the "smell" of the plants; Pharmaceutical interactions and considerations; How one can receive a medical card in the state. This program is free and open to all. Please call 508-210-5570 to reserve your seat.



MAY HAPPENINGS ...

May 4 .. *"The Accidental Wedding"* A Steve Henderson Comedy

May 11 ... *Town Election ... Senior Center Open - Van will run ... No programs.*

May 15 ... *Veterans Agent will be at Café for questions*

May 18 ... *Which doll was your favorite?*

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.

DON'T MISS THIS SHOW!

Please join us on **Monday, May 4 at 1:00 p.m.** as we welcome Steve Henderson and his delightful wit back to the Senior Center. This time he will present an original play, "An Accidental Wedding." A hilarious encounter with a wouldn't-be-groom, an irate matchmaker and a tall tale like they write tall tales about! Steve has been here previously with such delightful shows as "Jerry Atric - the Older I Get" and "Mabel and Jerry."



This show is coming to us through a grant from the Holden Cultural Council. We sincerely thank them for their generosity.

We hope you'll stay after the show and enjoy refreshments. To reserve your seat, please call 508-210-5570.

African Violets

Join us on Monday April 6 for a program on America's favorite houseplant, the African Violet. Two experts, Sue Stafford and Joan Russo, will give all the basic information on successfully growing these lovely plants. There will be plenty of time for all your questions...and YES.. you can bring your ailing plants for consultation. Please reserve a seat by calling 508-210-5570.

Monday, 4/13/20 at 1 p.m.: Married Couples: Update on Estate Planning Strategies: Have you reviewed your estate plan? Needs may change. The law may also change. It is good practice to review, and update your estate plan. At this elder law seminar, Attorney Arthur Bergeron will provide guidelines. Please call 508-210-5570 to reserve your seat.

Senior Center Closed ~ Tuesday, April 20
In observance of Patriots Day



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