



Among Friends



April 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—

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

COA Board of Directors

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

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

It seems that you are all keeping your resolution to come to the Senior Center. We have been happily surprised at the numbers of people coming through our doors. Thank you! The Holden Senior Center strives to be a friendly, welcoming destination. Our doors are always open to new and old friends. We hope to see you soon! *Karen*



Our outreach workers are here to help everyone with getting assistance and finding services. They work part-time in the mornings. Don't hesitate to call Paula 508-210-5575 or Dale 508-210-5576.

Walk Massachusetts

Lace up your sneakers! The Walk Massachusetts Challenge is back and better than ever. Your participation helps your local Council on Aging win money for fitness programs and gives you the chance to win one of several prizes.



The challenge runs May 1 to October 31, 2023. During this time, you will have chances to be entered into a drawing to win a \$50 Visa, \$25 Amazon or \$10 Dunkin' gift card. The more you walk, the more chances you have to win. Reach each milestone and receive a total of four entries. By completing the challenge, your local Council on Aging/Senior Center gets a raffle entry to win up to \$1,000 for fitness programming. Register at www.walkmachallenge.com.

The Walk Massachusetts Challenge is brought to you by the Massachusetts Councils on Aging and generously funded by Blue Cross Blue Shield of Massachusetts.

Winter's done, and
April's in the skies.
Earth, look up with
laughter in your
eyes!
— Charles G.D.
Roberts



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In Memoriam...

Garry Power—husband of Maryanne

Carl Raatikainen—husband of Peg

Donald Trottier—widower of Helen

Geraldine Sawyer—widow of Donald

Judith Bashaw—sister of Robert, Carol, and Chester

John Ligor—widower of Suzanne

Ray Twiss—husband of Joanne

Mary Tonna—widow of Arthur



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.

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.

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

May 23—Fenway Park with lunch at Venezia Restaurant and visit to Quincy Market. \$114 per person.

June 16—Hampton Beach Sand Sculptures. \$35 per person.

July 18—Indian Princess Cruise with lunch at Samuel Slater's Restaurant and visit to Hebert Candy Mansion. \$106 per person.

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.



April is Parkinson's Awareness Month—There are four primary motor symptoms of Parkinson's disease: tremor, rigidity, bradykinesia (slow movement), and postural instability (balance problems). It is important to check with your doctor with any changes to your normal. With medical help, you can still have an active, productive life.

Take charge of your health.

Did you know? With **SAGE's LGBTQ+ Elder Hotline**, you can talk and be heard 24/7. We connect LGBTQ+ people who want to talk with friendly responders who are ready to listen. "We refuse to be invisible." **1-877-360-LGBT (5428)**.

April Book Club

The Last Flight by Julie Clark is the story of two women — both alone, both scared — and one agonizing decision that will change the trajectory of both of their lives.



Concert with Rusty Guertin on April 26 at 1 PM.

Rusty will be playing a mix of oldies, country, and love songs. He always puts on a great show.



Sing along with Margaret McCandless on April 19 at 1 PM.

It is school vacation week. Bring your grandchild for a fun afternoon with stories, music, and snacks.



Herbert Berg Florist will be back to do an Easter floral arrangement on Monday, April 3 at 1 PM. \$15 per person paid in cash at sign up. Bring your own scissors for trimming the flowers.

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

Downsizing Talk April 5 at 1 PM. Come hear from an expert to learn all aspects of downsizing. Find out why you may need to downsize and tips to make downsizing simpler. Learn techniques on how to make it easier on yourself if you decide to move or simply just minimize what you have in your home. Stress less, live more!

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.

Movie Monday—This month join us on April 24 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.



With the hint of Spring in the air, are you beginning to get the urge to get back outside? A new Outdoor Activity group is starting. Whether you like walking or something more intense, sign up to join. Activities such as walking or biking will be decided on by the members of the group. We will try to accommodate everyone's activity level. Being outdoors is great for your health.



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

Out to Lunch Bunch—Do you like going out to eat but don't like being alone? Join us at The Manor in West Boylston on April 20th 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!



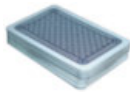
Piano Lessons

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 9-12



Veterans and American Legion Meeting

Second Tuesday at 2:30PM



Scott W. Olsen, Adjutant, Post 42
americanlegionpost42@gmail.com

Mah Jongg Group
Mondays at 2 PM.
Bring your board.



Caregiver's Group

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



Classic Book Club

Tuesdays at 10 AM

Monthly Book Club

3rd Thursday at 10 AM



SHINE Counselor

April 5 and 19
The counselor will help with health insurance. Appointments required.

Painting

Thursdays at 10 AM
Anyone can learn. You will be surprised at what you can do!



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, April 10. Appointments are required.

Bingo Tuesdays at 1 PM

Write On

Mondays at 11 AM

This is a creative writing group.



April 2023


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Billiards Room is available every day the Senior Center is open from 8-4. Any activity or menu item can change without notice.</p>	<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 noon!</p>			<p>Saturday, April 1: A Spring Fling Craft Fair by The Oriol Foundation. 10-3 at the Senior Center.</p>
<p>3 9 Tai Chi \$4 9-11 Adult Coloring 10 Friends Meeting 11 Write On 12 lunch—chicken fajitas 12 Bridge 1 Herbert Berg Florist 2 Mah Jongg</p>	<p>4 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—lasagna w/meatballs 1 Bingo 1 Balance Class free</p>	<p>5 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—roast pork 1 Caregiving meeting 1 Pitch party 1 Downsizing talk 2:30 Cellphone class</p>	<p>6 8:30-2:30 Foot care 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—baked ham 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography </p>	<p>7 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—fish w/crumb topping 1 Spring Chicken Fitness free </p>
<p>10 9 Tai Chi \$4 9-11 Adult Coloring 10:30-12:15 Free Legal Clinic 11 Write On 12 lunch—beef stew 12 Bridge  2 Mah Jongg</p>	<p>11 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—buttermilk chicken 1 Bingo 1 Balance Class free 2:30 American Legion</p>	<p>12 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 lunch—baked potato 1 Pitch party 2:30 Cell phone class</p>	<p>13 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—hot dog 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography</p>	<p>14 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—Shepherd's pie 1 Spring Chicken Fitness free Food Pantry Senior Distribution</p>
<p>17 Senior Center closed for Patriot's Day</p>	<p>18 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—mac and cheese 1 Bingo 1 Balance Class free</p>	<p>19 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—salmon 1 Sing along w/grandchild 1 Pitch party 2:30 Cell phone class</p>	<p>20 8:30-2:30 Foot care 10 Painting 10 Book club 10:30 Low Impact Exercise \$4 11:30 Out to Lunch Bunch 12 Lunch—meatloaf 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography</p>	<p>21 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—chicken mornay 1 Spring Chicken Fitness free </p>
<p>24 9 Tai Chi \$4 9-11 Adult Coloring 11 Write On 12 lunch—breaded chicken 12 Bridge  1 Movie Monday 2 Mah Jongg</p>	<p>25 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—Swedish meatballs 1 Bingo 1 Balance Class free</p>	<p>26 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—sloppy Joe 1 Pitch party 1 Rusty Guertin concert 2:30 Cell phone class</p>	<p>27 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—pork rib-i-que 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography</p>	<p>28 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—turkey 1 Spring Chicken Fitness free</p>

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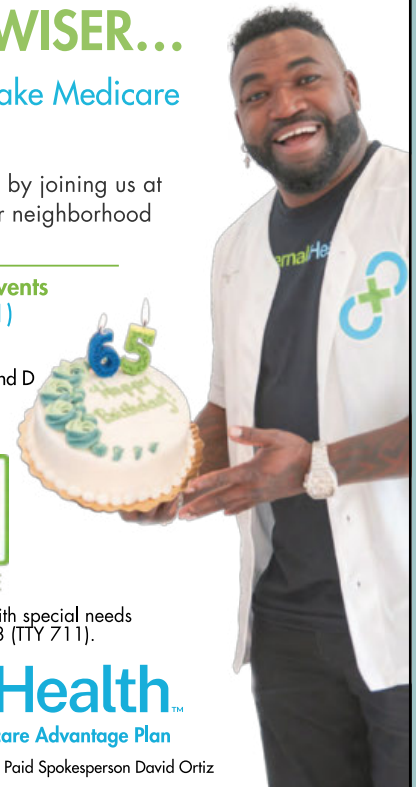
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WELCOME!!

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. For the next 3 months we will be sending our newsletter to every Holden household with someone over 60. 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 and signing up under the newsletter tab.

News from the Friends—A friendly reminder that annual dues for membership in the Friends are due on January 1 of every year. Your dues are important in many ways. They subsidize a number of things—the cost of mailing the newsletter, holding the Morning Glory Café, the Pen Pal program, participating in Holden Days, plots for the town garden, Senior Trips, and various programs put on by the Senior Center. Thank you for your continued support. We appreciate you being a part of the Friends. Monthly meeting April 5 at 10 AM.

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.



Name: _____

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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