

# Among Friends April 2022

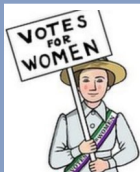


Friends of HCOA website: [www.fhcoa.org](http://www.fhcoa.org)  
or find us on Facebook



## HOW TO NAVIGATE YOUR CELL PHONE

We are very fortunate to have three students from Wachusett Regional High School coming to offer a 6-week class on How to Navigate Your Cell Phone. The sessions will cover these topics: Back to Basics; Communication & Contacts; App Applications; Accounts & Passwords; Cameras & Photography & Customizing Your Phone. Because class size is extremely limited & in fairness to everyone, **we ask that you commit to the entire 6 weeks** & not simply pick & choose topics that may be of particular interest you. Classes will be held 6 consecutive Wednesdays beginning **Wed., April 13**. All classes will be held from **2:30 p.m.-3:45 p.m** Registration will be on a first come first served basis. To register, please call the Senior Center at 508-210-5570.



## TRAILBLAZERS BY TIMING ~ ACTIVISTS BY CHOICE

2020 commemorated the passing of the 19th amendment. The struggle didn't start with the Seneca Falls Women's Rights Convention in 1848. It started decades before with women fighting on all fronts for their equality. Lynne McKinney Lydick portrays women of that time who worked tirelessly to earn the VOTE. This program will be held on **Wednesday, April 27 at 1:00 p.m.** To make your reservation for this interesting presentation, please call 508-210-5570. This performance is made possible through a grant from our Local Cultural Council. We sincerely thank them for their generosity.

## AN AFTERNOON OF DELIGHTFUL MUSIC ... AND ICE CREAM!

We welcome you to join us on **Wednesday, April 20 at 1:00 a.m.** to enjoy a piano concert offered by local student, Declan Murphy followed by an ice cream social. You will be treated to a dish of ice cream topped with a choice of all your favorite toppings. The event is free and open to all. Reservations are REQUIRED and can be made by calling the Senior Center at 508-210-5570.



## THE SENIOR CENTER WILL BE CLOSED ON MONDAY, APRIL 18 IN OBSERVANCE OF PATRIOT'S DAY



### COUNCIL ON AGING BOARD MEMBERS

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

**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, Katherine LePain, Nancy Melton and Ellie Johnson**  
**Meal Site Manager: Tom Chviruk - 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.**

# In Memoriam ...



*Gladys (Siegel) Wronski ~ widow of Joseph Wronski*  
*Annette (Saulnier) Frissora ~ widow of Edward Frissora, Jr.*  
*Madeline (Scanlon) Kaskan ~ wife of Peter Kaskan*  
*Rita (DeJoinville) Armstrong ~ widow of Robert N. Armstrong*  
*Kenneth J. Berggren ~ husband of Nancy Hassel Berggren*  
*Anna M. "Annie" (Dawson) O'Connell ~ wife of William "Bill" O'Connell*  
*William P. "Billy" Smith ~ husband of Mary Ellen "May" (Francesa) Smith*

## FOR OUR VETERANS ...



Greetings to all Veterans of the American services. We are building the American Legion Massachusetts Post 42 and I would like to invite you to join us. We meet on the 2nd Tuesday of each month at the Holden Senior Center at 4:00 p.m. All veterans are welcome, young and old and you do not have to be a vet of foreign wars. We were in the military for our country, that is what we stand for and now we invite you to become part of our post of the American Legion. Our meetings do not get wrapped up in protocol. We salute the flag and have an enjoyable meeting. Come have coffee and cookies with us and listen to an interesting topic. They cover a wide range.

Scott W. Olsen, Adjutant, Post 42 [americanlegionpost42@gmail.com](mailto:americanlegionpost42@gmail.com)

## ATTENTION TRIP PARTICIPANTS

Just a reminder that if you need to pay for a trip, our trip coordinators accept payments every Tuesday afternoon from 1:00-2:30 in the Lounge here at the Senior Center and on Friday mornings from 9:00-10:30 during the Morning Glory Café. You can also mail your payment to the Senior Center at 1130 Main Street, Holden 01520 or place your payment in the appropriately marked box in the lobby/lounge. Please write "Attn: Trip Coordinators" in the bottom left corner of your envelope to be certain it goes to the appropriate individuals. Thank you for your cooperation.



## HOME COOKED LUNCH

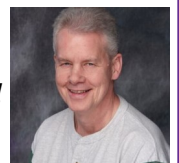


The staff got together and pondered what we could have that one doesn't always cook for themselves. We came up with what we hope will be a delightful lunch to be held on **Wednesday, April 13 at noon**. On the menu will be Pork Tenderloin; rice pilaf; vegetable; applesauce; rolls and butter; dessert and beverage. Price for this meal is \$5.00/person. Reservations are required and can be made by calling 508-210-5570. We will accept registrations through the end of business on **Monday, April 11** or until we reach capacity. We respectfully request that each individual/household call for their own reservation. Thank you for your cooperation.

## A TREAT FOR YOU IN MAY



Join us on **Wednesday, May 18 at noon** for a fun lunch and a special guest to provide entertainment. We will be welcoming long time radio host Dave O'Gara. Dave will be playing nostalgic hits from the 50's, 60's and 70's. We invite you to dance or just sit and enjoy some wonderful memories. Cost of this lunch will be \$5.00/person. More details about the lunch will appear in the May newsletter. Come enjoy lunch music and root beer floats! Seating is limited so we encourage to register early by calling 508-210-5570.



## From the Outreach Office

Paula and Dale are here to assist you with many of your needs. We can provide/loan medical equipment; library material delivery; referrals to Elder Services of Worcester; food stamps (SNAP); fuel assistance applications; housing information; Help at H.O.M.E.; File of Life and much more.

The Police Department can provide Telephone Reassurance for people living alone. For more information Call Paula or Dale.

Please stop in for a visit.

Please call ~ Paula ~ 508-210-5575 or Dale ~ 508-210-5576



## GENTLE WALKING GROUP

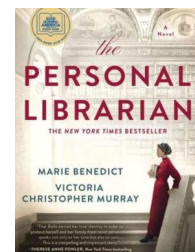


We have received some requests for a gentle walking group to meet at the senior center and walk together on flat surfaces. We are looking to see how many residents may enjoy this activity. Walking on asphalt is not the best for your knees, hips or feet. Would you be interested to meet and drive to local rail-trails to walk on dirt or gravel surfaces? We would love to hear your suggestions as to time, days, locations and length of walks. To express your interest, please call the Senior Center at 508-210-5570.

## JOIN IN THE FUN OF READING ~ OUR BOOK CLUB WILL MEET ...

... on **Thursday, April 21 at 10:00**. This month's selection is *The Personal Librarian* by Marie Benedict. In her twenties, Belle da Costa Greene is hired by J. P. Morgan to curate a collection of rare manuscripts, books, and artwork for his newly built Pierpont Morgan Library. Belle becomes a fixture in New York City society and one of the most powerful people in the art and book world, known for her impeccable taste and shrewd negotiating for critical works as she helps create a world-class collection.

But Belle has a secret, one she must protect at all costs. She was born not Belle da Costa Greene but Belle Marion Greener. She is the daughter of Richard Greener, the first Black graduate of Harvard and a well-known advocate for equality. Belle's complexion isn't dark because of her alleged Portuguese heritage that lets her pass as white - her complexion is dark because she is African American.



## The WRHS Volunteers Invite You ...



... to attend their annual spring event for seniors on **Friday, April 29 at 4:30 p.m. in the WRHS Cafeteria**. The theme of this event is "A Night at the Drive-In." Dress in your best 1950's attire ~ lots of poodle skirts, bobby sox, t-shirts, ponytails and slicked back hair! This event is different than in years past. They will be offering snacks, airing the movie "Grease" and singing along with the movie's wonderful tunes. Please come and enjoy a wonderful evening full of fun, friends and music. To make your reservation, please call Paula at 508-210-5575 or Dale at 508-210-5576.

## FREE LEGAL CLINIC

















Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on **Monday, April 11**. Appointments are required and are held between 10:30 and 12:15. Make your appointment by calling the Senior Center at 508-210-5570. Your appointment can be in person here at the Center or over the phone where Mr. Bergeron will call you at the scheduled time.





# APRIL 2022



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| <b>FOOD PANTRY SR. DISTRIBUTION</b><br><br><b>APRIL 15</b>                    | <b>TRAILBLAZERS BY TIMING ...</b><br><br><b>WED., APRIL 27</b>   | <b>ANY ACTIVITY OR MENU ITEM CAN CHANGE WITHOUT NOTICE</b>  | <b>CONCERT &amp; ICE CREAM</b><br><br><b>WED., APRIL 20</b>   | <b>1</b><br>8-4:00 Billiards<br>8:30-10:30 Morning Glory Cafe<br>10:00 Poker<br>12:00 Congregate Lunch<br>1:00 Spring Chicken Fitness<br>    |
| <b>4</b><br>8-4:00 Billiards<br>9:00 Tai Chi<br>12:00 Congregate Lunch<br>    | <b>5</b><br>8-4:00 Billiards<br>9:30 Knitting<br>10-11 Blood Pressure Clinic<br>10:30 Low Impact Exercise<br>12:00 Congregate Lunch<br>1:00 Bingo<br>1:00 Balance Class   | <b>6</b><br>8-4:00 Billiards<br>9:00 Tai Chi<br>9:30 Needlework<br>10:00 Piano Lessons<br>12:00 Congregate Lunch<br>1:00 Pitch Party<br>   | <b>7</b><br>8-4:00 Billiards<br>10:00 Painting<br>10:30 Low Impact Exercise<br>12:00 Congregate Lunch<br>1:00 Chair Yoga<br>1:00 Photography<br>2:00 Strength & Cardio w/Caitlin   | <b>8</b><br>8-4:00 Billiards<br>8:30-10:30 Morning Glory Cafe<br>10:00 Poker<br>12:00 Congregate Lunch<br>1:00 Spring Chicken Fitness<br>    |
| <b>11</b><br>8-4:00 Billiards<br>9:00 Tai Chi<br>12:00 Congregate Lunch<br>  | <b>12</b><br>8-4:00 Billiards<br>9:30 Knitting<br>10-11 Blood Pressure Clinic<br>10:30 Low Impact Exercise<br>12:00 Congregate Lunch<br>1:00 Bingo<br>1:00 Balance Class  | <b>13</b><br>8-4:00 Billiards<br>9:00 Tai Chi<br>9:30 Needlework<br>10:00 Piano Lessons<br>12:00 <b>Home Cooked Lunch</b><br>1:00 Pitch Party<br>2:30 <b>Navigating Your Cell Phone</b><br>                                | <b>14</b><br>8-4:00 Billiards<br>10:00 Painting<br>10:30 Low Impact Exercise<br>11:30 <b>Out to Lunch Bunch</b><br>12:00 Congregate Lunch<br>1:00 Chair Yoga<br>1:00 Photography<br>2:00 Strength & Cardio w/Cardio  | <b>15</b><br>8-4:00 Billiards<br>8:30-10:30 Morning Glory Cafe<br>10:00 Poker<br>12:00 Congregate Lunch<br>1:00 Spring Chicken Fitness<br> |
| <b>18</b><br>8-4:00 Billiards<br>9:00 Tai Chi<br>12:00 Congregate Lunch<br> | <b>19</b><br>8-4:00 Billiards<br>9:30 Knitting<br>10-11 Blood Pressure Clinic<br>10:30 Low Impact Exercise<br>12:00 Congregate Lunch<br>1:00 Bingo<br>1:00 Balance Class  | <b>20</b><br>8-4:00 Billiards<br>9:00 Tai Chi<br>9:30 Needlework<br>10:00 Piano Lessons<br>12:00 Congregate Lunch<br>1:00 <b>Music &amp; Ice Cream</b><br>1:00 Pitch Party<br>2:30 <b>Navigating Your Cell Phone</b><br> | <b>21</b><br>8-4:00 Billiards<br>10:00 Painting<br>10:00 <b>Book Club</b><br>10:30 Low Impact Exercise<br>12:00 Congregate Lunch<br>1:00 Chair Yoga<br>1:00 Photography<br>2:00 Strength & Cardio w/Caitlin<br> | <b>22</b><br>8-4:00 Billiards<br>8:30-10:30 Morning Glory Cafe<br>10:00 Poker<br>12:00 Congregate Lunch<br>1:00 Spring Chicken Fitness  |
| <b>25</b><br>8-4:00 Billiards<br>9:00 Tai Chi<br>12:00 Congregate Lunch<br> | <b>26</b><br>8-4:00 Billiards<br>9:30 Knitting<br>10-11 Blood Pressure Clinic<br>10:30 Low Impact Exercise<br>12:00 Congregate Lunch<br>1:00 Bingo<br>1:00 Balance Class<br> | <b>27</b><br>8-4:00 Billiards<br>9:00 Tai Chi<br>9:30 Needlework<br>10:00 Piano Lessons<br>12:00 Congregate Lunch<br>1:00 Pitch Party<br>1:00 <b>Trailblazers by Timing ...</b><br>2:30 <b>Navigating Your Cell Phone</b>   | <b>28</b><br>8:00-4:00 Billiards<br>10:00 Painting<br>10:30 Low Impact Exercise<br>12:00 Congregate Lunch<br>1:00 Chair Yoga<br>1:00 Photography<br>2:00 Strength & Cardio w/Caitlin<br>                        | <b>29</b><br>8-4:00 Billiards<br>8:30-10:30 Morning Glory Cafe<br>10:00 Poker<br>12:00 Congregate Lunch<br>1:00 Spring Chicken Fitness  |

## 2022 DAY TRIPS



Dianne, Eileen & Dale have been putting together some interesting trips for 2022. To **sign-up** for a trip: Please call 508-210-5579 and leave a message leaving your name, phone, which trip your registering for, names of those attending and meal choice if applicable **OR** meet our trip coordinators in the Lounge on Tuesdays from 1:00-2:30 p.m or Fridays from 9:00-10:30.

**Apr. 19, 2022 - Encore Casino Boston**—\$32/person - includes a \$20.00 slot play - Meals not included  
**May 16, 2022 - The Carol Burnett Show & Cabaret** ~ Wyndham Hotel, RI \$121/person - Buffet Lunch

**PLEASE NOTE CHANGE OF DATE TO MAY 16 AND VENUE.**

**June 1, 2022 - WOO SOX at Polar Park** - \$61/person - Meal not included

**July 12, 2022 - Essex Valley Steam Train & Connecticut Riverboat** - \$111/person - Baked Scrod or Stuffed Chicken Breast

**August 16, 2022 - Summer Celebration** - \$101/person - Richie Mitnick presents:

“Tom Jones & Engelbert - The Way It Used to Be”

**Sept. 13, 2022 - Indian Princess Cruise & Lunch**—\$101/person - Baked Cod & Cracker Crust, Tuscan Steak Tips or Chicken Piccata at Samuel Slater’s Restaurant overlooking beautiful Lake Chagogaggoggmanchauggagoggchaubunagungamaugg (Webster Lake).

**Oct. 4-6 - DAVID - Grand Amish Showtime!** Includes Eden Resort & Suites, Four Meals (two breakfasts, two Amish feasts). Native guide throughout Lancaster’s Amish country, Kitchen Kettle visit, Sight and Sound Theater’s David. \$579 pp double/\$559 pp/triple/\$669 single. **We encourage you to fill out a Waiver Form. A waiver will cost you \$30.00 but will enable you to get your money back should you be unable to go. You can obtain an waiver form from the Trip Coordinators.**

*Driver’s Gratuity included in prices. Checks are due 30 days prior to each trip & made out to “Friends of HCOA” Do not send a check before the 30 days. We will call everyone to remind them.*

**PLEASE NOTE:** *If you have questions relative to any trip, please call the trip line at 508-210-5579, as our staff knows very little about the trips. You will have to leave a message however, our trip coordinators are excellent about checking messages at least once daily Monday-Friday. Also, please remember these ladies are **VOLUNTEERS** and not paid staff.*

**PROOF OF COVID VACCINATION WILL BE REQUIRED FOR EACH TRIP.  
MASKS ARE REQUIRED FOR EACH TRIP AS WELL.**

## OUT TO LUNCH BUNCH



The Out to Lunch Bunch will be heading to the Sole Proprietor at 118 Highland Street in Worcester on **Thursday, April 21 at 11:30 a.m.** At The Sole, the menu is as fresh as the seafood and features locally sourced seafood, such as haddock, scallops, swordfish, tuna and bluefish, as well as seasonal dishes and traditional favorites. We have enjoyed some great meals together at many local restaurants

We are happy to hear suggestions if you have a special place for us to share. To sign-up to go to the Sole Proprietor please call Dale at 508-210-5576.

## FROM THE FRIENDS OF HCOA

It is so nice to welcome April with the return of robins and bulbs beginning to sprout. Spring is such a wonderful greeting after a long “gray” winter. We hope you are getting out more...



With that thought in mind, we, again this year, are please to support the Holden Community Gardens by renting four (4) organic garden plots that we are offering to four HOLDEN SENIORS. The gardens are located at 175 Highland Street (Rt. 31). Generally, gardeners will begin working the soil after all frost is out of the ground and begin their plantings mid May/June. If you have interest in tending a garden plot, send a request with your name and telephone number fo the FRIENDS, c/o Holden Senior Center, 1130 Main Street, Holden 01520 ... Attn: Community Gardens. First come ... First served ... Happy Gardening!

... Our next monthly meeting is scheduled for **Monday, April 4 at 10:00 a.m.** at the Senior Center.

**FRIENDS OF HCOA  
I WOULD LIKE TO:**

Renew My Membership       Become a New Member  
Enclosed is my \$5.00 Donation



Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Telephone Number: \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 Amount of Check: \_\_\_ \$5.00    \_\_\_ \$10.00    \_\_\_ Other

**APRIL MENU ~ (Menu subject to change without notice)**

| MONDAY                                | TUESDAY                    | WEDNESDAY                         | THURSDAY                       | FRIDAY                          |
|---------------------------------------|----------------------------|-----------------------------------|--------------------------------|---------------------------------|
|                                       |                            |                                   |                                | 1) Fish w/crumb topping         |
| 4) Teriyaki Beef                      | 5) Shepherd's Pie          | 6) Chicken Milano                 | 7) Salisbury Steak w/Gravy     | 8) Potato Crunch Fish           |
| 11) Chicken Piccata                   | 12) Hotdog and Baked Beans | 13) Marinated Pork Loin           | 14) Baked Ham                  | 15) Macaroni & Cheese           |
| 18) <b>Holiday<br/>No Meal Served</b> | 19) Roast Pork w/Gravy     | 20) Chicken Fajitas               | 21) Beef with Onions & Peppers | 22) Vegetable Cheese Bake       |
| 25) Beef Stew                         | 26) Buttermilk Chicken     | 27) Baked Potato w/Chili & Cheese | 28) Meatballs w/Onion Gravy    | 29) Fish w/Parmesan Cream Sauce |

**DID YOU KNOW ....**

... April is a great month for meteor showers? One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year. There's another one called the Eta Aquariids meteor shower that can be seen onwards from April 21st.



Lyrids Meteor Shower



Eta Aquariids Meteor Shower

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

**Return Service Requested**

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