

Among Friends

August 2022



Friends of HCOA website:
www.fhcoa.org



LIKE THIS QUILT? It's a California King and IT COULD BE YOURS!!

For a donation to the Friends of The Holden Council on Aging, you could be taking it home with you! The winner will be notified on September 1, 2022. Quilt can be viewed in the Senior Center Lobby. No money accepted from winning donor until notification. Open to all.

LARGEST DONATION WINS!

SIMPLY FILL OUT THE FORM, INCLUDING THE AMOUNT YOU WOULD LIKE TO DONATE, AND PLACE IT IN THE BOX NEXT TO THE QUILT AT THE SENIOR CENTER OR MAIL FORM TO:
FHCOA c/o, The Holden Senior Center, 1130 Main Street, Holden, MA 01520



FHCOA - QUILT DONATION FORM

NAME: _____

TELEPHONE #: _____

DONATION PLEDGE \$: _____

A Bittersweet Farewell

As most of you probably know, by the time you read this newsletter, I will have retired from my position here at the Senior Center. It's been an honor and a privilege to lead this staff and serve the elder residents of Holden. While I am saddened to leave, I am also excited to begin this new chapter which enables me to spend more time with my family. Thank you to the staff, COA Board and my family for their unwavering encouragement, and thank you to all of you who have given me the gift of your support, kindness and friendship. How lucky I am to have had an experience that makes saying good bye so truly difficult. ~ Louise

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:
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 ...



Thomas Patrick O'Keefe ~ husband of Palma (Carini) O'Keefe
Marion J. Sheehan ~ widow of Clifford Sawyer & William Sheehan
Lena (Carrelli) Manero ~ widow Angelo Manero

FREE LEGAL CLINIC



Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on **Monday, August 8**. 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.

THE MAIN EVENT

The Main Event returns to Holden on **Monday, August 29 at 1:00 p.m.** featuring Bill Sbrogna and The Girls. A lively show of Broadway tunes & favorites from the 50's, 60's & 70's will keep you hopping. Free & open to all, refreshments will follow the show. Please reserve your seat by calling 508-210-5570.



THE SEVEN HILLS FOUR

The Seven Hills Four, a local barbershop quartet, will perform here on **Wednesday, August 24 at 1:00 p.m.** The show is free and open to all. They will be singing your favorite barbershop tunes in our air conditioned building. Please reserve your seat by calling 508-210-5570.



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

WE'RE FULLY STAFFED ...



We now have 3 volunteer nurses to cover **every Tuesday** between 10:00 and 11:00 a.m. to take your blood pressure. We invite you to come in to meet Carol Gamache, Maureen Froggatt or Bill Lahey. They will be delighted to take your blood pressure and make your acquaintance.

AND SPEAKING OF YOUR HEART ...

... What better way to take care of your heart than a weekly cardio class. Join Caitlin Borsini each Thursday at 1:00 p.m. for a Strength & Cardio class. Cost of the class is \$4.00. If you like, you can stay for her Chair Yoga class which is held at 2:00 p.m. directly after Cardio. The cost of yoga is \$2.00.



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

... on **Thursday, August 18 at 10:00**. This month's selection is *All the Queen's Men* by S.J. Bennett.

At Buckingham Palace, the autumn of 2016 presages uncertain times. The Queen must deal with the fallout from the Brexit referendum, a new female prime minister, and a tumultuous election in the United States - yet these prove to be the least of her worries when a staff member is found dead beside the palace swimming pool. Is it truly the result of a tragic accident or is something more sinister going on?

Meanwhile, her assistant private secretary, Rozie Oshodi, is on the trail of a favorite painting that once hung outside the Queen's bedroom and appears to have been misappropriated by the Royal Navy. And a series of disturbing anonymous letters have begun circulating in the palace. The Queen's courtiers think they have it all 'under control,' but Her Majesty is not so sure. After all, though the staff and public may not be aware, she is the keenest sleuth among them. Sometimes, it takes a Queen's eye to see connections where no one else can.



From the Outreach Office



We hope you're enjoying the "dog days of summer!" Did you know it's a real "thing?" The dog days of summer is from July 3-August 11. All through the year we are here to assist you with information on housing, SNAP, medical equipment, book express, file of life and so much more!!

Stop by for a visit. Remember to hydrate and use sunscreen!!
Please call ~ Paula ~ 508-210-5575 or Dale ~ 508-210-5576

2022 Holden Bandstand Series Sundays 6-8 p.m. ~ 1130 Main Street



Aug. 7 ~ Elvis ~ Las Vegas Show ~ Holden Cultural Council

Aug. 14 ~ Holdin' Back Band ~ Oldies, R&B, Sing Alongs ~ Cornerstone Bank

Aug. 21 ~ Rick Barron & The Quavers ~ Country Oldies & Rock & Roll ~ Gibbs Realty & Webster 1st Credit Union

Aug. 28 ~ Dan Clark, The Singing Trooper ~ Patriotic, Irish Songs and More ~ Holden Cultural Council

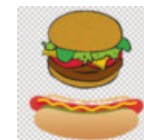
* The Committee passes the "bucket" for voluntary contributions for the benefit of the Bandstand.*

** In the event of inclement weather, the concerts will be held indoors at the Senior Center.**

ANNUAL SENIOR CENTER PICNIC



Our Annual Picnic will be held at **noon on Wednesday, August 17**. Hamburgers and hot dogs, corn on the cob, a delightful dessert and beverage will help us celebrate summer. **RESERVATIONS are required** and will be accepted through **Friday, August 12 OR** until we reach capacity. Cost for this event is \$5.00/person payable at the time of registration.



GET YOUR NEWSLETTER EARLY! SUBSCRIBE TO E-MAIL DELIVERY NOW!

We are pleased to announce that access to the monthly newsletter can now be delivered electronically to your e-mail address. Please note that choosing this access is **OPTIONAL** and takes the place of the hard copy newsletter. If you decide not to partake in this option, simply do nothing. Your hardcopy newsletter will still be delivered to your doorstep, as usual, through the USPS.

Subscribing is easy! Simply to to the Friends website: **fhcoa.org**. Find **Newsletter** on the menu at the top of the page. Click on **Subscribe**. Fill out the form and you will receive the next available newsletter in your inbox!

We want to thank you for choosing the e-mail form of the newsletter. Besides receiving the newsletter early, you will also be contributing to lowering the costs associated with mailing it through the USPS. Those savings can then be allocated to the programs and services that the Friends support at the Senior Center.



STEEL ACCENT BAND

Join us for a unique show featuring a special by the Steel Accent Band at **1:00 p.m. on Monday, August 15**. The band is led by Phil Andrews, a

professional percussionist, drummer and teacher. You will be entertained by a variety of soca and calypso tunes as well as tropical rock, reggae, pop and jazz. Please reserve your seat by calling 508-210-5570.

ANNE TISELL PERFORMS



















Our local, talented and professionally trained, Anne Tisdell will perform on **Wednesday, August 10 at 1:00 p.m.** featuring a variety of musical offerings. She will be accompanied by Dan Mackowiak, who has entertained us before. This program is free and open to all. Refreshments will be served following the performance. To reserve your seat, please call 508-210-5570.





AUGUST 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Congregate Lunch</p> 	<p style="text-align: right;">2</p> <p>8-4:00 Billiards 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class</p>	<p style="text-align: right;">3</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party</p>	<p style="text-align: right;">4</p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p> 	<p style="text-align: right;">5</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness</p> 
<p style="text-align: right;">8</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:30 Legal Appts. 12:00 Congregate Lunch</p>	<p style="text-align: right;">9</p> <p>8-4:00 Billiards 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class</p> 	<p style="text-align: right;">10</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party</p> 	<p style="text-align: right;">11</p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p> 	<p style="text-align: right;">12</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness</p> 
<p style="text-align: right;">15</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Congregate Lunch 1:00 Steel Accent Band</p> 	<p style="text-align: right;">16</p> <p>8-4:00 Billiards 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class</p>	<p style="text-align: right;">17</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Annual Cookout by Reservation only 1:00 Pitch Party</p> 	<p style="text-align: right;">18</p> <p>8-4:00 Billiards 10:00 Painting 10:00 Book Club 10:30 Low Impact Exercise 11:30 Out to Lunch Bunch 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p>	<p style="text-align: right;">19</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness</p> 
<p style="text-align: right;">22</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Congregate Lunch</p> 	<p style="text-align: right;">23</p> <p>8-4:00 Billiards 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class</p>	<p style="text-align: right;">24</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 The Seven Hills Four 1:00 Pitch Party</p> 	<p style="text-align: right;">25</p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p> 	<p style="text-align: right;">26</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness</p> 
<p style="text-align: right;">29</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Congregate Lunch 1:00 The Main Event</p> 	<p style="text-align: right;">30</p> <p>8-4:00 Billiards 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class</p> 	<p style="text-align: right;">31</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party</p> 	<p style="text-align: center;">FOOD PANTRY SR. DISTRIBUTION</p>  <p style="text-align: center;">FRI., AUG. 19</p>	<p style="text-align: center;">ANY ACTIVITY OR MENU ITEM CAN CHANGE WITHOUT NOTICE</p>

2022 DAY TRIPS



To **sign-up** for a trip, please call **508-210-5579** and leave a message leaving your name, phone, which trip you're 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.

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

Oct. 4-6 - DAVID - Grand Amish Showtime! Eden Resort & Suites, Four Meals (two breakfasts, two Amish feasts). Native guide throughout Lancaster's Amish country, Kitchen Kettle visit, Sight & 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 a waiver form from the Trip Coordinators.**

Nov. 1 - Encore Casino - \$32.00/person. Includes: driver gratuity/\$20 slot play.

Dec. 1 - Yuletide Newport - A magnificent lighting display at LaSalette Shrine. A delicious luncheon at Quonset Point Officers Club. \$101/person - driver's gratuity included.

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

ATTENTION: *If you have registered for a trip and find you cannot go, please let us know as soon as possible.*

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



We have been enjoying our out to lunch group meetings at a lot of local restaurants throughout the year. I would like to hear from you suggestions as to your favorites. **For August, we are going to go to Funky Murphy's located at 305 Shrewsbury Street, Worcester.** We hope you'll join us on **Thursday, August 18 at 11:30 a.m.** Call Dale at 508-210-5576 to reserve your seat.

FROM THE FRIENDS OF HCOA

With this issue, we are excited to offer the **OPTION** of receiving your monthly Among Friends newsletter via e-mail. The sign up is easy and is a "win-win" for us all. You will receive your digital copy earlier than those who continue to receive their copy through the USPS. The FRIENDS save on the mailing cost as well as reduce the number of volunteers it takes to prepare 1400 newsletters each month for mailing. Thank you in advance for your participation.



As a reminder, our handmade one of a kind, "California King" quilt will be given to the person submitting the highest donation amount for the quilt. We will open the donation box on September 1st.

And finally, we the FRIENDS, wish Louise Charbonneau our best wishes on her retirement as Director of the Holden Council on Aging. We will miss her enormous support and assistance.

The next monthly meeting will be on **Monday, September 12 at 10:00 a.m.** at the Senior Center.

COMING SOON ~ FARMERS' MARKET COUPONS



As of the writing of this newsletter, we do not have an actual date when we will receive the farmer's market coupons. It will be sometime in August. If interested, once August arrives, please call Paula or Dale to determine if a date has been set.

**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

AUGUST MENU ~ (Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Mac & Cheese	2) Burger w/Chili & Cheese	3) Stuffed Pepper Casserole	4) Ranch Chicken	5) Braised Beef
8) Chicken Pesto	9) Roast Pork Loin w/Gravy	10) Hot dog w/Baked Beans	11) American Chop Suey	12) Jambalaya
15) Shepherd's Pie	16) Greek Chicken	17) Meatloaf w/Gravy	18) Turkey Supreme	19) Lemon Pepper Haddock
22) Teriyaki Beef	23) Vegetable Cheese Bake	24) Chicken Milano	25) Salisbury Steak	26) Potato Crunch Fish
29) Chicken Piccata	30) Meatballs w/Onion Gravy	31) Marinated Pork Loin		

COMING IN SEPTEMBER ~ MARK YOUR CALENDAR

Oriol Healthcare Health and Wellness Expo ~ September 13
Rusty Guertin Concert ~ September 14
Floral Arrangement Class ~ September 21
Banjo Band Concert ~ September 28



PLEASE NOTE : RESERVATIONS FOR THESE EVENTS WILL NOT BE TAKEN UNTIL SEPTEMBER NEWSLETTER IS DISTRIBUTED

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

Friends of the Holden COA
Holden Senior Center
130 Main Street
Holden, MA 01520

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