



Among Friends



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

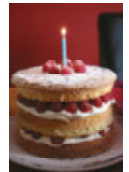
Friends of HCOA Website:
www.fhcoa.org or find us on Facebook:
 Friends of the Holden Council on Aging

August 2023

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

This month marks my first year here in Holden. I was lucky to find a great center with amazing programs already in place. The staff and I have worked hard to make this a welcoming place for everyone. Give us a chance. Come on in and see what we have to offer. We are open to new ideas and suggestions. Thank you all for being so friendly and inviting. Here's to many years to come!



Karen

COA Board of Directors

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

☀️ August is Summer Sun Safety Month ☀️

Protect your skin - The cause of most skin cancer is overexposure to U.V. light. Since you may want to spend more time outside, you will need sun protection to keep you from unwanted diseases.



“August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time.”

Sylvia Plath



Shield your eyes - Besides your skin, your eyes also require sun protection, especially from bright light. So, use your sunglasses, and make sure they have U.V.A. and U.V.B. protection.



Avoid dehydration - Under the direct sun, your body will lose water fast, and you will get dehydrated. In that case, always carry your bottle of water so that you can stay hydrated.



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Back by popular demand! Flea Market on Holden Days, Sat, August 26 from 9-3

Please stop by the Senior Center during Holden Days. There will be all sorts of treasures to find.



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.

Drop in cell phone help every other Wednesday!



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

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



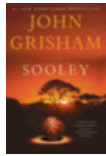
Attention Holden Property Owners 65 and older - You may qualify for up to \$1000 off your real estate bill. A Real Estate Exemption is available to senior taxpayers who are record owner(s) of the property, are over 65 before 7/1/23, and have owned property in MA for 5 yrs and have lived in MA for 10 years. Income limits are less than \$20,000 for a single person or \$30,000 for a married couple. All other monies must be less than \$40,000 for a single person and \$55,000 for a married couple. If you think you qualify or have any questions, contact the Assessor's Office at 508-210-5515.



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, August 17 at 10 AM—Sooley by John Grisham.

One Man, One Hope, One Choice. Author John Grisham

takes you to a different kind of court in his first basketball novel. Samuel "Sooley" Sooleymon is a raw, young talent with big hoop dreams...and even bigger challenges off the court.

The Classic Book club is cancelled for August.

BACK BY POPULAR DEMAND: The Main Event with Bill Sbrogna on Mon., August 28 at 1 PM.

Don't miss this while they are in town. This is always a center favorite.



Please sign up at the Senior Center.

WISE (Worcester Institute for Senior Education) talk by James Keevan on Wed., August 23 at 1 PM.

WISE is a learning community that offers older adults intellectual stimulation, socialization, personal growth and opportunities for service. Come and learn about lifelong learning opportunities.



Please sign up at the Senior Center.

Rightsizing to Optimize Your Wealth and Health with Jennifer Baker and Jeff Prunier on Wed., August 30 at 1 PM.

This program will help you think about these important parts of life at the same time. It will help you figure out how to go through your things and figure out your financials. Please sign up at the Senior Center.

Senior Pen Pal Informational Meeting on Mon., August 14 at 1 PM.

If you want to remain or become a pen pal with the 3rd graders at Mayo School this year, you MUST attend this meeting.

We will be discussing the



expectations and details. Please sign up at the Senior Center.

Movie Monday—This month join us on Mon, August 21 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.



ANNUAL SENIOR CENTER COOKOUT—Our Annual Cookout will be held at **12 noon on Wed., August 16.** We will be having hamburgers and hot dogs, corn on the cob, dessert and beverage. **RESERVATIONS are required** starting on Tues., August 1 and will be accepted through Friday, August 11 **OR** until we reach capacity. Cost for this event is \$5.00/person payable at the time of registration. You must pay to sign up. This event is limited, so sign up is **REQUIRED**.



Do your winter feet need some TLC?

Come to the FootRN2U Clinic. 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 Williams Restaurant in Gardner on Thursday, August 17 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 \$5

Wednesdays—Beginners from 10-11 AM

Wednesdays—Chords from 11AM—12 noon

Thursdays—Beginners from 12-1 PM

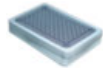


Card Games

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



Needlework Group

Wednesdays

9-12



Veterans and American Legion Meeting

Second Tuesday at 2:30PM

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



Caregiver's Group

First Wednesday at 1 PM. All active caregivers welcome.



Mah Jongg Group

Mondays at 1:30 PM. Bring your board.



SHINE Counselor

The counselor will help with health insurance on **Wed, Aug 16 and Aug 23.** Appointments required.

Bingo Tuesdays at 1 PM

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



Free Legal Clinic—Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on **Mon., August 14.** Appointments are required.



Classic Book Club

Tuesdays at 10 AM

Monthly Book Club

3rd Thursday at 10 AM











Write On

Mondays at 10:30 AM

This is a creative writing group.



August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<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>1</p> <p>9 Photography</p> <p>9:30 Knotty Knitters</p> <p>10-11 Blood Pressures</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 lunch—Greek chicken</p> <p>1 Bingo</p> <p>1 Balance Class free</p>	<p>2</p> <p>9 Tai Chi \$4</p> <p>9-11 Adult Coloring</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12 Lunch—meatloaf</p> <p>1 Caregiving meeting</p> <p>1 Pitch party</p>	<p>3</p> <p>10 Painting</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 Lunch— turkey supreme</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$2</p> <p>1 Photography </p>	<p>4</p> <p>8:30-10:30 "Coffee and" sponsored by the Oriol Foundation</p> <p>10 Poker</p> <p>12 lunch—lemon pepper fish</p> <p>1 Spring Chicken Fitness free</p>
<p>7</p> <p>9 Tai Chi \$4</p> <p>9-11 Adult Coloring</p> <p>10:30 Write On</p> <p>12 lunch— teriyaki beef</p> <p>12 Bridge</p> <p>1:30 Mah Jongg </p>	<p>8</p> <p>9 Photography</p> <p>9:30 Knotty Knitters</p> <p>10-11 Blood Pressures</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 lunch—veggie cheese bake</p> <p>1 Bingo</p> <p>1 Balance Class free</p> <p>2:30 American Legion </p>	<p>9</p> <p>9 Tai Chi \$4</p> <p>9-11 Adult Coloring</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12 Lunch—hot dog</p> <p>1 Pitch party</p>	<p>10</p> <p>10 Painting</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 Lunch— Salisbury steak</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$2</p> <p>1 Photography</p>	<p>11</p> <p>8:30-10:30 +"Coffee and" sponsored by the Oriol Foundation</p> <p>10 Poker</p> <p>12 lunch—potato crunch fish</p> <p>1 Spring Chicken Fitness free </p>
<p>14</p> <p>9 Tai Chi \$4 </p> <p>9-11 Adult Coloring</p> <p>10:30 Legal Clinic</p> <p>10:30 Write On</p> <p>12 lunch— chicken picatta</p> <p>12 Bridge</p> <p>1 Pen Pal meeting</p> <p>1:30 Mah Jongg</p>	<p>15</p> <p>9 Photography</p> <p>9:30 Knotty Knitters</p> <p>10-11 Blood Pressures</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 lunch—meatballs with gravy</p> <p>1 Bingo</p> <p>1 Balance Class free</p>	<p>16</p> <p>9 Tai Chi \$4</p> <p>9-11 Adult Coloring</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12 Annual Cookout </p>	<p>17</p> <p>10 Painting</p> <p>10 Book club</p> <p>10:30 Low Impact Exercise \$4</p> <p>11:30 Out to Lunch Bunch</p> <p>12 Lunch—bbq chicken</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$2</p> <p>1 Photography</p>	<p>18</p> <p>8:30-10:30 "Coffee and" sponsored by the Oriol Foundation</p> <p>10 Poker</p> <p>12 lunch—mac and cheese</p> <p>1 Spring Chicken Fitness free</p> <p>FOOD PANTRY DISTRIBUTION</p>
<p>21</p> <p>9 Tai Chi \$4</p> <p>9-11 Adult Coloring</p> <p>10:30 Write On</p> <p>12 lunch— lasagna</p> <p>12 Bridge </p> <p>1 Movie</p> <p>1:30 Mah Jongg</p>	<p>22</p> <p>9 Photography</p> <p>9:30 Knotty Knitters</p> <p>10-11 Blood Pressures</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 lunch—roast pork</p> <p>1 Bingo</p> <p>1 Balance Class free</p>	<p>23</p> <p>9 Tai Chi \$4</p> <p>9-11 Adult Coloring</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12 Lunch—chicken fajitas</p> <p>1 WISE Presentation</p> <p>1 Pitch party</p>	<p>24</p> <p>10 Painting</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 Lunch—beef w/onions</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$2</p> <p>1 Photography</p>	<p>25</p> <p>8:30-10:30 "Coffee and" sponsored by the Oriol Foundation</p> <p>10 Poker</p> <p>12 lunch— cranberry chicken salad</p> <p>1 Spring Chicken Fitness free </p>
<p>28</p> <p>9 Tai Chi \$4</p> <p>9-11 Adult Coloring</p> <p>10:30 Write On</p> <p>12 lunch— beef stew</p> <p>12 Bridge</p> <p>1 The Main Event</p> <p>1:30 Mah Jongg</p>	<p>29</p> <p>9 Photography</p> <p>9:30 Knotty Knitters</p> <p>10-11 Blood Pressures</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 lunch— chicken milano</p> <p>1 Bingo</p> <p>1 Balance Class free</p>	<p>30</p> <p>9 Tai Chi \$4</p> <p>9-11 Adult Coloring</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12 Lunch—baked potato</p> <p>1 Rightsizing to Optimize your Wealth</p>	<p>31</p> <p>10 Painting</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 Lunch— Shepherd's pie</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$2</p> <p>1 Photography</p>	<p>Billiards Room is available every day the Senior Center programs are running from 8-4.</p> <p>Any activity or menu item can change without notice.</p>

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Photo Gallery at the Senior Center - Ron Rosenstock is a local, renowned photographer. He has published six photography books, has been featured in over 100 exhibits, and has permanent collections at several art museums. We are fortunate to have some of his work featured in the long hallway of the Senior Center. Ron recently exchanged the work to showcase some of his pieces from Morocco. All are welcome to come and view this work while the center is open, Monday through Friday from 8 AM to 4 PM.



News from the Friends—We would like to send a big thank you to Bob Beck and the Oriol Foundation for running a “Coffee And” during July and August in lieu of the Morning Glory Café. This has been a great substitute on Friday mornings. We hope you are all attending. The Morning Glory Café will return in September. Please come join us at Holden Days. There will be tables of treasures to purchase. Enjoy the rest of your summer. Stay safe, cool, and dry!



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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