



Among Friends December 2021

Friends of HCOA website:
www.fhcoa.org



ATTENTION ALL VETERANS!!



We are re-building the American Legion Massachusetts Post 42 and I would like to invite you to join us. We meet the 2nd Thursday of each month at the 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 American Legion.

Our meeting does not get wrapped up in protocol. We salute the flag and have an enjoyable meeting. Come and have coffee and cookies with us and listen to an interesting topic. They cover a wide range. We look forward to welcoming you to our Legion!

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

You are cordially invited ...

*... to join us for our annual Christmas party. We will be holding the party at Val's Restaurant, 75 Reservoir Street on Thursday, December 2 at 11:30 a.m. We will enjoy a delightful buffet that will include a garden salad, chicken marsala w/pasta, grilled steak tips, broccoli florets and baby carrots, rolls and butter, apple crisp and coffee/tea. A cash bar will be available for those who would like to take advantage. Rusty Guertin will be there to offer some festive music and if we've all been very good, perhaps a visit from Old Saint Nick himself. Cost of the luncheon, including gratuity will be \$25.00/person. We will take reservations through Wednesday, November 24 or until we reach capacity. **Payment is due at the time you make your reservation.** Make your reservation by calling 508-210-5570.*



THE SENIOR CENTER WILL BE CLOSED ON FRIDAY, DECEMBER 24 FOR THE CHRISTMAS HOLIDAY



COUNCIL ON AGING BOARD MEMBERS

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

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, Greg Tivnan,
Katherine LePain, Jackie Latino
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 ...

Brian Sklarz ~ son of Rosemarie (Sklarz) Coulard
Judith Allen ~ sister to 6 siblings in Newfoundland, Canada
Paul Becker ~ husband of Karen (Hubert) Becker
Charles Esoian ~ husband of Donna (Gerolomo) Esoian
Edward J. "Ted" Robbins ~ husband of Linda (Baily) Robbins
Anna (Losapia) Granquist ~ widow of Paul Oliver Granquist



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

... on **Thursday, December 16 at 10:00.** This month's selection is ***The Hunting Party*** by **Lucy Foley**.
All of them are friends. One of them is a killer.



During the languid days of the Christmas break, a group of 30-something friends from Oxford meets to welcome in the New Year together, a tradition they began as students 10 years ago. For this vacation, they've chosen the idyllic and isolated estate in the Scottish Highlands - the perfect place to get away and unwind by themselves.

They arrive on December 30, just before a historic blizzard seals the lodge off from the outside world.

Two days later, on New Year's Day, one of them is dead.

The trip began innocently enough: admiring the stunning if foreboding scenery, champagne in front of a crackling fire, and reminiscences about the past. But after a decade, the weights of secret resentments has grown too heavy for the group's tenuous nostalgia to bear. Amid the boisterous revelry of New Year's Eve, the cord holding them together snaps.

Now, one of them is dead...and another of them did it.

Keep your friends close, the old adage goes. But just how close is too close?

CPR SAVES LIVES

Join us on **Monday, December 13 at 1:00 p.m.** as we host Dr. Joseph Sabato who will present a talk on "CPR Saves Lives." The presentation will include a demonstration and time for questions and answers. This program is free and open to all. Please call 508-210-5570 to reserve your seat.



Christmas Social



We are pleased to offer an afternoon of Christmas music followed by a delightful dessert and socialization. Take a break for the rigors of the season on **Wednesday, December 8 at 1:00 p.m.** and enjoy the serenity of Christmas music and the joy of friendship. Please call 508-210-5570 to make your reservation.

LEARN A NEW SKILL AND HAVE FUN!!

Here's a great opportunity to learn a new skill and have fun that will last a lifetime!! Gerry Stanley will be offering billiards lessons for beginners **every Monday in December at 1:00 p.m.** Cost of each lesson is \$5.00 which will be used toward the upkeep of the billiards tables. Everything you need is here. Come learn on your own or bring your friend or spouse. Everyone welcome.



From the Outreach Office

This Holiday season is so much different from last year. We are enjoying seeing all your smiles and sharing time together. Please contact Paula or Dale if you need assistance in any way with fuel assistance, food pantry, SNAP, housing, Help at H.O.M.E., medical equipment, book delivery, etc.

The Outreach Office has the File of Life, Medical information packets. Do you need to update your medical information or need a new card? Please contact us. You may pick them up or we can mail them to you.

Have a wonderful holiday. Stop by for a visit.

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

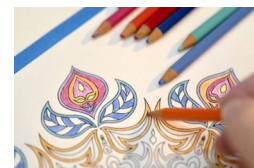


TIS THE SEASON ...

... to give back to your community and we have the perfect opportunity for you! The Senior Center is looking for Meals on Wheels drivers to deliver meals to Holden's homebound elderly. Whether you can give a day a month or one day a week or even be an "on call" driver, we would be interested in hearing from you. If interested, please call Tom at 508-210-5578 between the hours of 9:00 a.m. and 12:30 p.m.

ADULT COLORING

We will hold another adult coloring afternoon on **Wednesday, December 1st** from **1:00-3:00 p.m.** We welcome all of you to come, participate and enjoy a relaxing afternoon of creativity and socialization. We have all the materials here at the Center, or you're welcome to bring your own. Such that we're certain we have enough space for everyone, please register by calling 508-210-5570.



IF YOU MISSED OUR TALK ON "WHAT HAPPENS WHEN YOU DIAL 9-1-1 ...



...then you're in luck. Our cable TV people were here to film it so if you missed the live performance & didn't see it on cable in November, they will be showing the program throughout the month of December on HCTV channel 191. Days & times the program will air will be Thursdays at 12:30; Saturdays at 2:30 p.m.; Sundays at 5:00 p.m. and Tuesdays at 7:00 a.m.

DIGITAL PHOTOGRAPHY ~ HELP TO MAKE YOUR HOLIDAYS MORE FUN

With the holidays approaching many of our thoughts are turning to gifting our family and friends. A gift I received last year was a 'Digital Frame'. This is an electronic frame that loops through a slide show of about 25-50 photos of my family attending memorable events like birthdays, anniversaries, and vacation trips. Your smartphone has probably recorded these events over the past year or maybe even more. Bob Beck is offering to retrieve these photos from your Smartphone and copying them onto a flash drive which you would provide (like the one pictured right). Bob is available in the Exercise Room Tuesday Mornings and Thursday afternoons and will help download your photos onto your flash drive. All you need to do is bring your Smartphone and a Flash Drive. If you have questions or to arrange a time, please get in touch with Bob. His phone is 774-364-1335 or email him at rbeck.jr@gmail.com



FREE LEGAL CLINIC





Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on **Monday, December 13**. 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.





DECEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FOOD PANTRY SR. DISTRIBUTION</p>  <p>DECEMBER 17</p>	<p>ANY ACTIVITY OR MENU ITEM CAN CHANGE WITHOUT NOTICE</p>	<p>1</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 1:00 Pitch Party 1:00 Adult Coloring</p>	<p>2</p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 11:30 Christmas Party at Val's by reservation only 12:00 Congregate Lunch 1:00 Yoga 1:00 Photography</p>	<p>3</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>6</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch 1:00 Billiards Lesson</p>	<p>7</p> <p>8-4:00 Billiards 9:00 Yoga 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>8</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 1:00 Pitch Party 1:00 Christmas Social</p>	<p>9</p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Yoga 1:00 Photography with Ron Rosenstock</p> 	<p>10</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>13</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 10:30-12:15 Free Legal Clinic 12:00 Congregate Lunch 1:00 CPR Saves Lives 1:00 Billiards Lesson</p>	<p>14</p> <p>8-4:00 Billiards 9:00 Yoga 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>15</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 1:00 Pitch Party</p> 	<p>16</p> <p>8-4:00 Billiards 10:00 Painting 10:00 Book Club 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Yoga 1:00 Photography</p> 	<p>17</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>20</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch 1:00 Billiards Lesson</p>	<p>21</p> <p>8-4:00 Billiards 9:00 Yoga 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>22</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 11:00 Pitch Party</p> 	<p>23</p> <p>8-4:00 Billiards 10:00 Painting 10:00 Book Club 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Yoga 1:00 Photography</p> 	<p>24</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>27</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch 1:00 Billiards Lesson</p> 	<p>28</p> <p>8-4:00 Billiards 9:00 Yoga 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>29</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 1:00 Pitch Party</p>	<p>30</p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Yoga 1:00 Photography</p> 	<p>31</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> 

2022 DAY TRIPS



PLEASE NOTE The Memories of Patsy Cline trip is re-scheduled for June 22, 2022 - \$98/PERSON - Lantana's Restaurant - Chicken Cordon Bleu or Vegetable Lasagna.

PLEASE DO NOT send checks. We will call for checks 30 days before the trip.

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 Dianne, Eileen or Dale in the Morning Glory Café on Fridays from 9:00-10:30 or in the Lounge on Tuesdays from 1:00-2:30 p.m.

Mar. 15, 2022 - Saint Patrick's Lunch and Show - Family style luncheon ~ Maclean Avenue Band
\$101.00/person ~ driver's gratuity included ~ Connecticut's Aqua Turf

Please note that if you 'd like to bring your trip payment in person or to have your proof of vaccination copied, the Trip Coordinators are available on Tuesday afternoons from 12:30-2:30 and at the Morning Glory Café on Friday mornings from 9:00-10:30.

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 is taking a small hiatus for the month of December. Be sure to check the January newsletter for word on where we'll be going next! Until then Dianne, Eileen and Dale wish all of you the blessings of the Christmas season and a bright, happy and healthy new year.

A TREAT FOR OUR PHOTOGRAPHY GROUP AND PHOTOGRAPHY "BUFFS"

Get your calendar out and reserve **Thursday, December 9 at 1:00 p.m.** Renowned photographer, Ron Rosenstock, is coming to the Senior Center for an afternoon of instruction and insight into his process of composing world-class photographs from the images he captures. During this interactive seminar, Ron will explain how he transforms images into museum class photographs. You will be able to ask questions and listen to suggestions that are sure to improve your photos whether you use your Smartphone camera or are an expert with your DSLR. Space for this seminar is limited so please make your reservation soon by calling the Senior Center at 508-210-5570.



FROM THE FRIENDS OF HCOA

... And here we are at the last month of the year! Where did this year go so quickly?? We hope your holiday season is special this year. We have so much to be thankful for. We are reminding you that your FRIENDS annual membership renewal of \$5.00 is now due JANUARY 2022 for ALL members. You can mail or drop off your check payable to "FHCOA" to Holden Senior Center, 1130 Main Street, Holden, MA 01520. Please be sure to use the RENEWAL form on the top of the last page of this newsletter for easy processing ... Thank You. We continue to have a wonderful turnout for our Friday CAFÉ - attendance increases monthly ... Don't miss out on the great homemade pastries and coffee/tea. We have a good time!!



You can always check on events @ our web page FHCOA.org or find us on Facebook.

Our next meeting is scheduled for **Monday, Dec. 6 at 10:00 a.m.** at the Senior Center, please join us.

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: _____

DECEMBER MENU ~ (Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Beef w/Onions & Peppers	2) Roast Pork w/Gravy	3) Chicken with Cacciatore Sauce
6) Beef Stew	7) Buttermilk Chicken	8) Baked Potato w/Chili & Cheese	9) Hotdog and Baked Beans	10) Shepherd's Pie
13) Chicken Mornay	14) Meatloaf/Gravy	15) Roast Turkey w/Gravy	16) Macaroni and Cheese	17) Fish w/Parmesan Sauce
20) Pork Rib-i-que	21) Sloppy Joe	22) Swedish Meatballs	23) Stuffed Chicken w/Gravy	24) <i>Christmas Holiday No Meals Served</i>
27) Chicken Pot Pie	28) Spaghetti & Meatballs	29) Fish w/Crumb Topping	30) Baked Ham	31) <i>New Years Holiday No Meals Served</i>



The Senior Center will be closed on Friday, December 31 in observance of the New Year's Holiday

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

Presorted Standard
 U.S. Postage
PAID
 Holden, MA 01520
 Permit No. 34