



Among Friends



December 2022

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—
 Clare Nelson
 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—
 Tom Chviruk,
 508-210-5578

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's beginning to look a lot like the holidays. The entire staff of the Senior Center wishes you a very happy holiday season. May you be happy, healthy, and merry. Make sure you take the time to enjoy the magic of the holidays. Sometimes we all get too busy to really appreciate the little things. To quote Mother Theresa, "It's not how much we give but how much love we put into giving." Wishing you all love this holiday. *Karen*



COA Board of Directors

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

Snow policy—If the Wachusett Regional School district cancels school due to inclement weather, then all Senior Center programs, lunch, Meals on Wheels, and van transportation will also be cancelled.



Annual Holiday Luncheon—Creedon and Co. will be catering this year's luncheon on December 14 at 12 noon. We will be having chicken cordon bleu, salad, potato, vegetable, rolls, coffee, a cold drink, and a dessert. The cost is \$18 a person, thanks to a generous donation from the Friends' Group, which will offset the cost. Sign ups begin on December 1. Payment is due upon sign up. This event is first come, first served. We will take reservations until December 9 or until we are full, whichever comes first. Rusty Guertin will be providing entertainment. There is a rumor that Santa may show up.



Attention:

The high school volunteers will not be able to provide shoveling assistance for our senior residents this winter.



Holiday Gift Grab—On December 21 at 1 PM, join us for a gift grab, holiday music, and snacks. Bring a \$10 wrapped gift (let us know if you need help getting one) and yourself for a fun afternoon. Please sign up at the office, so we know how many people are coming. Everyone deserves a gift at the holidays.

In Memoriam...

Linda Racca — widow of Ronald Racca
 John Borci — husband of Carol Borci
 Russell Almstom— husband of Lois Almstrom
 Theresa Vigliatura — wife of Edward Vigliatura
 Joseph Finnegan — husband of Michaela Finnegan
 Shirley Dickman — widow of Everett Dickman
 James Cottle — widower of Ellen Cottle
 Valerie Barrett — wife of William Barrett
 Larry Newell — husband of Joyce Newell
 Beverly West



Do you have a talent to share? We are always looking for new programs at the Senior Center. Arts and crafts, sports, learning a language, or other fun activities are always welcome. Share your expertise or passion with others. Stop by the office to set something up.

Sending hugs to anyone who is grieving the loss of a loved one. The holidays can be tough. We are here to listen and comfort.

From the Outreach Office

Fuel assistance applications can be accepted through April 30. Call 508-754-1176, x110,113, or 114. If you leave your name and number, someone will call you back. We can provide help with food stamps, the food pantry, housing, medical equipment, Help at Home, and much more. We also have File of Life packets. We are here to help you. Don't feel embarrassed or too proud. We all need an extra hand from time to time. Please call if you need anything.

Paula 508-210-5575 and Dale 508-210-5576



Need a ride? If you need a ride within Holden or to an appointment in the Worcester area, call Mary at 508-210-5573. The Senior Center runs 2 vans to help with transportation.



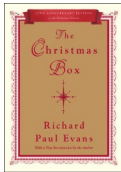
Out To Lunch Bunch— Holiday Celebration on December 15 at 11:30 AM at Pinecroft Dairy. BYOB. \$5.00 gift grab for those interested. Who has a good Pinecroft memory to share? All are welcome. Hope to see you there.

Trips—Dianne, Eileen, and Dale want to thank all of you who supported our bus trips throughout 2022. Watch for more trips starting in the Spring of 2023.



Free Legal Clinic—Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on Monday, December 12. Appointments are required and held between 10:30 AM and 12:15 PM. Stop by the front desk or call us at 508-210-5570 to make your appointment.

Book club on December 15—
The Christmas Box by Richard Paul Evans. A family is hired as caretakers and are welcomed into the home of an elderly widow, just before the holiday season. A heartwarming story of parental love, healing, and Christmas.



Wachusett Community Band Concert—December 5 at 1 PM. Join us for a wonderful Holiday Concert. Music, refreshments, and a great group of people makes for a fun afternoon. This is free and open to all. Hope to see you! Please sign up at the Senior Center.



Fraud Prevention Talk—Too many people try to take advantage of others, especially the elderly. Many problems increase during the holidays. Robin Putnam from the Massachusetts Office of Consumer Affairs will be here on December 12 at 1 PM giving pointers and suggestions to stay safe. Free and open to all. Please sign up at the Senior Center.

Make a Boxwood Tree—Sandy from Herbert Berg Florist is back to help you make a Boxwood Tree for the Holidays on December 7 at 1 PM. The cost is \$20 a person (cash only), payable when you sign up. Bring your own decorations for the tree. The Senior Center will have some for you to take. Bring your own scissors if you have some. We have some for you to borrow if needed. Sandy does an amazing job. You will not be disappointed!



Caregiver's Group—The Oriol Foundation is facilitating a new Caregiver's Group at the Senior Center. If you are an ACTIVE caregiver and are looking for some support, this is the place for you. Debby Osipov will be coordinating the group. Caregiving is rewarding and stressful. Come and meet with people who understand what you are going through. You are not alone. There is help out there. Please join us on Wednesday, December 7th from 1-2 PM. Please sign up at the Senior Center, 508-210-5570. Walk-ins are always welcome. Light refreshments will be served.



Mah Jongg Group—Drop in American Mah Jongg games on Tuesdays at 1 PM. Bring your board and join in a fun game. All are welcome to come and watch. We are looking for an instructor to teach anyone who wants to learn.



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. 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.

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



Exercise options at the Senior Center



Low Impact Exercise—These classes are held every Tuesday and Thursday at 10:30 AM. They consist of light aerobics for cardiovascular health followed with stretching, flexibility, and strength work using weights and bands. The second half of the class is done in chairs. All are welcome. \$4 a class. Do yourself a favor by getting your body healthier.

Spring Chicken and Men's Fitness classes are on Fridays at 1 and 2 PM. Building core strength helps to improve many medical issues and keep you healthier. It can also help your golf game! All are welcome. These classes are free.



Tai chi is a form of exercise that began as a Chinese tradition. It's based in martial arts, and involves slow movements and deep breaths. Tai chi has many physical and emotional benefits. Some of the benefits of tai chi include decreased anxiety and depression and improvements in cognition. Join us on Mondays and Wednesdays at 9 AM. All are welcome. \$4 a class.

Balance Class is held on Tuesdays at 1 PM. According to the U.S. Centers of Disease Control and Prevention, falls are the leading cause of fatal and non-fatal injuries in the U.S. Falls can cost seniors their independence and have a huge impact on quality of life. Take control of your life and safety. All are welcome. The class is free.

Chair Yoga is held on Thursdays at 1 PM and is a safe, low-impact exercise that can promote healthy aging. Some benefits are reduced risk of falls and better functional mobility. \$2 a class.

The **Strength & Cardio Class** on Thursdays has been cancelled due to low participation.

The Better Business Bureau recommends the following to “shop safe and shop smart” online:

- Research before you buy.
- If the deal looks too good to be true, it probably is.
- Beware of fake websites.
- Make sure the website is secure.
- Beware of making purchases while scrolling through social media.
- Use secure and traceable transactions and payment methods.

If you think you have been the victim of a scam:

- Try to contact the merchant.
- Contact your credit card company and open a claim dispute.
- Contact the BBB and submit a claim.

The Worcester County District Attorney's Office would like to wish everyone a happy, healthy, and safe holiday season.







Drop in cell phone help December 28th from 2:30-4 PM.





December 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Billiards Room is available every day the Senior Center is open from 8-4. Any activity or menu item can change without notice. Try to be on time for all activities. 	Food Pantry Senior Distribution Friday, December 16 	Lunch is \$2.50. You must make a reservation by calling Tom in the kitchen, 508-210-5578 at least 2 business days in advance.	1 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—macaroni & cheese 1 Chair Yoga \$2 1 Photography 	2 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—fish w/parmesan 1 Spring Chicken Fitness free 2 Men's Fitness free 
5 9 Tai Chi \$4 11 Write On 12 lunch—BBQ pulled pork 12 Bridge 1 Wachusett Community Band Concert 	6 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	7 9 Tai Chi \$4 9 Piano lessons 9:30 Needlework 12 Lunch—Sloppy Joe 1 Pitch party 1 Make a boxwood tree	8 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— chicken cacciatore 1 Chair Yoga \$2 1 Photography 	9 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—fish w/crumb 1 Spring Chicken Fitness free 2 Men's Fitness free
12 9 Tai Chi \$4 10:30-12:15 Free Legal Clinic 11 Write On 12 lunch— chicken pot pie 12 Bridge 1 Fraud Prevention talk 	13 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—spaghetti & meatballs 1 Bingo 1 Balance Class free 4 American Legion	14 9 Tai Chi \$4 9 Piano lessons 9:30 Needlework 12 Holiday Luncheon—sign up required No afternoon activities 6 PM Game night 	15 10 Painting 10 Book club 10:30 Low Impact Exercise \$4 12 Lunch—Jambalaya 1 Chair Yoga \$2 1 Photography	16 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—cranberry chicken salad 1 Spring Chicken Fitness free 2 Men's Fitness free 
19 9 Tai Chi \$4 11 Write On 12 lunch— stuffed pepper 12 Bridge 	20 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—chicken pesto 1 Bingo 1 Balance Class free	21 9 Tai Chi \$4 9 Piano lessons 9:30 Needlework 12 Lunch—Hot Dog!! 1 Pitch party 1 Holiday gift grab 	22 10 Painting 10 Book club 10:30 Low Impact Exercise \$4 12 Lunch—stuffed chicken 1 Chair Yoga \$2 1 Photography	23 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— braised beef 1 Spring Chicken Fitness free 2 Men's Fitness free
26 Senior Center closed for Christmas 	27 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch— burger w/chili cheese 1 Bingo 1 Balance Class free	28 9 Tai Chi \$4 9 Piano lessons 9:30 Needlework 12 Lunch—pork loin 1 Pitch party 	29 10 Painting 10 Book club 10:30 Low Impact Exercise \$4 12 Lunch— American chopped suey 1 Chair Yoga \$2 1 Photography 	30 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—maple glazed ham 1 Spring Chicken Fitness free 2 Men's Fitness free

FRIENDS of the HCOA

I WOULD LIKE TO:

Renew My Membership Become a New Member

Enclosed is my \$5.00 Donation (check or cash only)

Please fill out and return to the Senior Center.



Name: _____

Address: _____

Telephone Number: _____ Birthday _____

E-mail: _____

Amount of Check: \$5.00 \$10.00 Other Membership is good for the calendar year.

From the Friends of the HCOA

As we approach the end of 2022, we are reminded of our common renewal date for the Friends' memberships—January 1st. You can renew your \$5 membership by mailing the renewal form above with your check to The Friends of the HCOA at 1130 Main St., Holden, MA 01520, or drop it off at the front desk at the Senior Center. Don't forget that you can sign up to get this newsletter electronically. If you go to the Friends website, fhcoa.org, click on the newsletter tab, click on subscribe, and fill out the form. It is that easy. You will get an email from LPI every month. We would like to thank the generosity of Big Y for choosing us as September's beneficiary of their Community Bag Program and the people who bought the bags. We ended up getting \$214. Wishing you all a happy, healthy, and warm holiday season.

Don't forget to order lunch at least 2 business days ahead!!

Light Up the Night Holden—Town-wide Luminaria on December 9 at 5 PM. People across the town will be putting out battery powered candles in white lunch bags, weighed down with some sand, to create a lighted display throughout the town. Please join in and take the time to drive around to see the town all lit up.

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.

Return Service Requested

Friends of the Holden COA
Holden Senior Center
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Holden, MA 01520

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