



# Among Friends



December 2023

**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](http://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*

The holidays can be a magical and happy time filled with family, joy, music, and food. It can also be lonely and sad for those who are alone and are missing loved ones. It is ok to have both feelings. Holiday traditions can change. Make us a new tradition. Join us throughout the month for fun activities. We are here for laughs, cries, and hugs. Wishing you all a holiday season full of love.



*Karen*

### COA Board of Directors

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

### **Four Things That Will Stop You From Going Broke Over the Holidays**

1. Remember the purpose of gifts
2. Spending time with people is more important than giving them things
3. Live with financial reality in mind
4. Connecting with people is more important than fiscal equity

Most people value your time and attention more than gifts. Taking time to think of others and making them feel remembered and loved is more important than any gift. Give the gift of you.



“Blessed is the season which engages the whole world in a conspiracy of love.”—Hamilton Write Mabie



**Reminder**—Our Holiday Luncheon will be on Wed., December 13 at 12 noon at Val’s. You must be registered and have paid to attend. The Senior Center will be closed at 11:30 AM that day.

The Senior Center will be closed on Mon., December 25 for Christmas.

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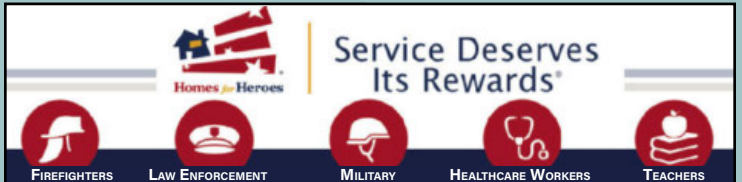


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Are you interested in a regularly scheduled **Meditation Class** for relaxation and better health? If enough people are interested, we will schedule something. Please let us know at the front desk or call us at 508-210-5570.

**Don't be Typhoid Mary!** If you are sick, please stay home until you are better. If you test positive for Covid, please isolate for 5 days. You can then return, but you must wear a mask for 5 more days. Let's do our best to spread the love, not the germs!



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.



**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 1 week in advance. We provide curb to curb service.



**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.



### 2023 Trips—call 508-210-5579 for more information or to sign up

April 16—Charles River Sightseeing Cruise, Harvard Museum of Natural History, and lunch at the Cheesecake Factory—\$122 per person

May 14—Tribute to Broadway Cabaret Show and Grand Buffet Luncheon at the Dan'l Webster Inn in Sandwich—\$115 per person



**Meals on Wheels Volunteers Needed**—Are you looking for a great way to give back to the community? Meals on Wheels is looking for volunteers. We are looking for help both in the kitchen and with the delivery of the meals. The kitchen work is at the Holden Senior Center. It is light kitchen work that will require standing on your feet. Drivers will be delivering meals to residents. In order to drive, you must have a valid driver's license and an insured vehicle. Drivers are eligible to receive mileage reimbursement for their travel. The work is done in the mornings during the week. If you are interested, please call Rich in the Kitchen, at 508-210-5578.



**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, December 21 at 10 AM. The Spectacular by Fiona Davis.**

New York Times best-selling author Fiona Davis transports us back to 1950s Manhattan and glamorous Radio City Music Hall in her thrilling new novel about a talented young Rockette and a mysterious bomber terrorizing New York City.

**“Windows of Opportunity” on Mon, Dec 11 at 1 PM**

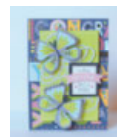
The Friends of the Gale Free Library will be here to talk about their fundraising campaign to restore and repair the 60 exterior windows at the library. Come and learn about this project. Please register at the front desk or by calling us at 508-210-5570.

**Thurs., Dec. 14— Join us for “Coffee and...” with Harry Duchesne, Executive Director of Audio Journal from 9-10 AM.** Audio Journal is a radio reading service for people with vision issues. Please register at the front desk or call us at 508-210-5570.



**The Wachusett Community Band** will be having a Holiday Sing-A-Long Concert on Mon., Dec 4 at 1 PM. What a great way to start the holiday season. Join us for a fun afternoon. Please stop at the front desk or call us at 508-210-5570 to register.

**Card Making Class**  
Carol Hodgerney will be back to run a card making class on



Monday, December 11 at 9 AM. Kits will be \$5 each, payable in the class. Class size is limited. You must register at the front desk or call us at 508-210-5570.



**Holiday Gift Grab**—On December 20 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.

**Movie Monday**—This month’s movie will be on Monday, December 18 at 1 PM. The title will be announced by the 15th of the month. Suggestions are always welcome. Join us for popcorn and soda.



**Reminder**—If you signed up and paid for the Boxwood Tree class with Carrie from Village Gardens, the class is on Wed.,



December 6 at 1 PM. The tree will be made with fresh greens and decorations. If you have clippers heavy duty scissors, please bring them with you.


**Having trouble touching your toes?** Let the FootRN2U Clinic cut your toenails. 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? This month we are going to Quinn’s in Holden on Thursday, December 21. Please call Dale at 508-210-5576 to sign up and for more information.



**Exercise**

Mondays and Wednesdays—Tai Chi at 9 AM. \$5.00 a class. 

Tuesdays—Yoga with weights at 9 AM. \$3.00 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. \$3.00 a class

Fridays—Spring Chicken Fitness at 1 PM. Free.

**Blood Pressure Clinic** every Tuesday from 10-11 AM. Track your numbers!



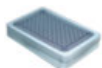
**Piano Lessons \$5**

**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



**Caregiver's Group**

First Wednesday at 1 PM. All active caregivers welcome. Supported by Oriol Healthcare



**Needlework Group**

Wednesdays 9-12



**Veterans and American Legion Meeting**

Second Tuesday at 2:30PM



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

**Movie Monday** monthly at 1 PM.  
**Popcorn and soda**

**Mah Jongg Group**  
 Tuesdays at 1:30 PM. Bring your board.



**Classic Book Club** Tuesdays at 10 AM

**Monthly Book Club** 3rd Thursday at 10



**SHINE Counselor**

The counselor will help with health insurance. Appointments required.

**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., December 11. Appointments are required.



**Write On**

Mondays at 10:30 AM

This is a creative writing group.



**Bingo**  
**Tuesdays at 1 PM**


# December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
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!	<b>Billiards Room is available every day the Senior Center programs are running from 8-4.</b> <b>Any activity or menu item can change without notice.</b>			1 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—ranch chicken 1 Spring Chicken Fitness free
4 9 Tai Chi \$5 9-11 Adult Coloring 10 Friends' Monthly Meeting 10:30 Write On 12 lunch— braised beef 12 Bridge 1 Wachusett Community Band Holiday Concert	5 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—hot dog 1 Bingo 1 Balance Class free	6 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch— stuffed pepper 1 Pitch party 1 Boxwood Tree Class	7 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— garlic chicken 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography	8 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—American chop suey 1 Spring Chicken Fitness free 
11 9 Tai Chi \$5 9 Card Making \$5 9-11 Adult Coloring 10 Legal Clinic 10:30 Write On 12 lunch— chicken pesto 12 Bridge 1 Windows of Opportunity	12 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club <b>Low impact Exercise canceled</b> 12 lunch—burger 1 Bingo 1 Balance Class free 2:30 American Legion	13 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Holiday Luncheon <b>Senior Center closed at 11:30 for Holiday Luncheon</b> <b>No activities after 11:30.</b> 	14 9 Coffee and... 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—teriyaki beef 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography	15 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— jambalaya 1 Spring Chicken Fitness free
18 9 Tai Chi \$5 9-11 Adult Coloring 10:30 Write On 12 lunch— lemon pepper fish 12 Bridge 1 Movie	19 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—chicken cordon bleu 1 Bingo 1 Balance Class free	20 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—meatloaf 1 Pitch party 1 Holiday Gift Grab	21 10 Painting 10 Book club 10:30 Low Impact Exercise \$4 11:30 Out to Lunch Bunch 12 Lunch— Greek chicken 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography	22 <b>No Café—enjoy your holiday weekend</b> 10 Poker 12 lunch—Shepherd's pie 1 Spring Chicken Fitness free 
25 <b>Senior Center closed for Christmas</b> 	26 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch— veggie cheese bake 1 Bingo 1 Balance Class free	27 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—chicken milano 1 Pitch party	28 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— Salisbury steak 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography	29 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—potato crunch fish 1 Spring Chicken Fitness free 

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*Friends' Corner*



Happy Holidays! We've celebrated Halloween with a costume contest, and we are now looking forward to Hanukkah and Christmas. In the spirit of the season, we are calling on everyone to come to the Morning Glory Café on Friday, December 15 with your best ideas and decorations. We will award prizes for the best decorated table and the most creative design. There will not be a café on Friday, December 22. We are still looking for a Facebook Administrator. If interested, please let us know. We always need volunteers to bake for the café and to help wait on the tables and clean up. Friendly reminder—2024 membership renewals are due on January 1. Have a great December. May you enjoy the blessings of the Season. Carol Upton, President

**Upcoming January events:** Ron Rosenstock Photography Presentation;

“Coffee and...” with Town Clerk Jeanne Hudson

“Music Through the Decades” with Arizona Doug; Origami Paper Folding techniques;  
Languid Yoga with Immune Boosting Techniques.

We will be closed on Monday, Jan 1 for New Year's and Monday, Jan 15 for MLK Jr Day.

**Be a light for those who lost their will to burn...**

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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