



# 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—  
 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—  
 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

## February 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*

Things have been very busy at the Senior Center. Thanks to all of you for adding “go to the Senior Center” to your resolutions! We love to see all of you getting out and enjoying life! Please remember to sign in at the kiosk. These numbers help us to prove our worth. Don’t forget to say hi at the front desk. We are always available for a chat and a smile. *Karen*

### COA Board of Directors

Chair—Susan Sullivan  
 Vice—Richard Mansfield  
 Wayne Howard  
 Maureen Locke  
 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.**



### **Morning Glory Café — Fridays from 8:30 to 10:30**

The Friends’ Group has a hidden gem on Fridays at the Senior Center. They run the café with coffee, tea, and homemade baked goods. There are also bagels, toast, and breakfast sandwiches. Coffee is \$1 for unlimited cups. Tea is \$1 for unlimited cups. Baked goods are \$1 each. Breakfast sandwiches are \$4. Veterans get free coffee or tea and one free baked good. Make sure to pay at the door. Everyone is welcome. We would love for you to join us.

Volunteers do an amazing job running this weekly endeavor. If you are looking for a volunteer opportunity, we would love to have you help us. Stop by the front desk for more information on volunteering.

Hope to see you on Friday!



“In February there is everything to hope for and nothing to regret.”  
 Patience Strong

***In Memoriam...***

Robert Currie—husband of Michelle

Elizabeth Brosnihan—widow of Richard

John “Jay” Tyer—husband of Erica

Shirley Mezzey—widow of Wellman

Jeanne Tolomeo—mother of Dawn Hurley and Kip Whittaker



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.

**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 for Holden residents only.



We are always open to new ideas for programs. Feel free to put ideas in the Suggestion Box or tell one of us in the office. We want to offer activities of interest to everyone. We will try our best to accommodate your suggestions.

***From the Outreach Office***

Food stamps, fuel assistance, food pantry, medical equipment, MassHealth, rides—these are a few of the ways that the Outreach Office can help you. There are a lot of services out there that you might be eligible to receive. No one should be cold and hungry and going without. Call the Outreach Office for more information.

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

***Help at HOME (Holden Outreach—Managing Emergencies)***

Everyone experiences emergencies. Are you, a friend, neighbor, or family member facing a challenging situation and in need of help? Holden residents can get help. Help at HOME is a town committee launched in 2008 to assist any Holden resident in need. We provide information and financial support to residents experiencing an emergency who need assistance with paying their heating, utilities, or other bills. The funds are administered by the Holden Council on Aging on behalf of the Town of Holden. If you need help, or know a Holden resident of any age, who needs help, call the Holden Senior Center at 508-210-5570 and ask to talk to Paula or Dale in Outreach.

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.





**The Monthly Book Club will not be meeting in January or February. See you in March!!**

**Preparedness Workshop**

Holden CERT will be coming on Wednesday, February 8 at 1 PM to talk about how to be prepared for an emergency. Learn how to safeguard yourself.

**Red, White, and Pink Floral Arrangement**

Sandy from Herbert Berg Florist will be back on Thursday, February 9 at 1 PM to do another floral program. \$15.00 a person. Payable at sign up. Bring your own scissors.



Back by popular demand—**Zentangle** with Mary Shepard. She is coming back on Thursday, February 23 at 1 PM. Sign up for this fun program.

**Getting Organized and Downsizing** with Jenna Elliot on Wednesday, February 1 at 1 PM. Have you noticed that the longer you stay in your home, stuff seems to accumulate? We all collect and retain a lot of things. Come and learn how to start the process of cleaning things out.

Lucas from Senator Gobi's office and Elizabeth from Rep. Ferguson's office will be here on February 21 at 1 PM.

**Movie Monday**—This month join us on February 27 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.



**2023 Trips—The ladies have planned a lot of fun activities this year. More details will be posted at the Senior Center.**

April—MGM Casino in Springfield

September 12, 13, & 14—Pennsylvania

May—Tour of Fenway Park

Dutch trip to see "Moses"

June—Hampton Beach Sand Castles

October—Encore Casino

July—Indian Princess cruise on Webster Lake

November & December—TBD

August—Woo Sox baseball game

**Monthly Friends' Meeting**

Once you have paid your membership dues, you are welcome to come to the Friends' meeting on the first Monday of every month at 10 AM. At this meeting, the board members give reports on the finances and look for ideas and suggestions on what to do. Active members make a difference. We would love to have your ideas and insights. Please join us on February 6 at 10 AM in the dining room at the Senior Center.



## 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**  
**Fridays—Spring Chicken Fitness at 1 PM. Free.**



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



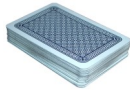
## Piano Lessons

**Wednesdays—Beginners from 10-11 AM**  
**Wednesdays—Chords from 11AM—12 noon**  
**Thursdays—Beginners from 12-1 PM**



## Card Games

**Mondays—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 at 9:30 AM**



**American Legion Meeting**  
**Second Tuesday at 4 PM**  
**All are welcome**



Scott W. Olsen, Adjutant,  
Post 42  
[americanlegionpost42@gmail.com](mailto:americanlegionpost42@gmail.com)

## Caregiver's Group

**First Wednesday at 1 PM. All active caregivers welcome. Sponsored by The Oriol Foundation.**



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



**SHINE Counselor**  
**Feb 8 & 22**  
The counselor will help with health insurance. Appointments required.

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

## Painting

**Thursdays at 10 AM**  
Anyone can learn. You will be surprised at what you can do!



**Free Legal Clinic—Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on Monday, February 6. Appointments are required.**

**Classic Book Club**  
**Tuesdays at 10 AM**

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



## Write On

**Mondays at 11 AM**



This is a creative writing group.





# February 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 12 noon!	1 9 Tai Chi \$4 10-12 Piano lessons 9:30 Needlework 12 Lunch—baked potato 1 Getting Organized 1 Pitch party 1 Caregiver's group	2 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—hot dog 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography 	3 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—chicken cranberry salad 1 Spring Chicken Fitness free 
6 9 Tai Chi \$4 9-11 Adult Coloring 10:30-12:15 Free Legal Clinic 11 Write On 12 lunch—chicken mornay 12 Bridge	7 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—meatloaf 1 Balance Class free 4 American Legion	8 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9:30 Needlework 12 Lunch—mac and cheese 1 Pitch party 1 Preparedness Workshop 2:30 Drop in cell phone help	9 8:30-2:30 Foot care 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—salmon primavera 1 Chair Yoga \$2 1 Floral arrangement  1 Photography	10 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—turkey 1 Spring Chicken Fitness free
13 9 Tai Chi \$4 9-11 Adult Coloring 11 Write On 12 lunch— pulled pork 12 Bridge	14 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—chicken cordon royale 1 Balance Class free	15 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9:30 Needlework 12 lunch—Swedish meatballs 1 Pitch party	16 10 Painting 10:30 Low Impact Exercise \$4 11:30 Out to Lunch Bunch 12 Lunch—ham 1 Chair Yoga \$2 1 Photography	17 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—sloppy Joe 1 Spring Chicken Fitness free
20 <b>Senior Center Closed for Presidents' Day</b>	21 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	22 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9:30 Needlework 12 Lunch—lentil stew 1 Pitch party 2:30 Drop in cell phone help	23 8:30-2:30 Foot care 10 Painting 10 Book club 10:30 Low Impact Exercise \$4 12 Lunch—garlic herb chicken 1 Chair Yoga \$2 1 Zentangle Class 1 Photography	24  8:30-10:30 Morning Glory Café 10 Poker 12 lunch— fish w/crumb topping 1 Spring Chicken Fitness free
27 9 Tai Chi \$4 9-11 Adult Coloring 11 Write On 12 lunch— chicken  12 Bridge 1 Movie Monday	28 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch— mac and cheese 1 Bingo 1 Balance Class free		Food Pantry Senior Distribution Friday, February 17 	<ul style="list-style-type: none"> <li>• Billiards Room is available every day the Senior Center is open from 8-4.</li> <li>• Any activity or menu item can change without notice.</li> </ul>

**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.

**From the Friends of the HCOA**

Many thanks to all of our members for renewing their \$ 5.00 membership in January. As you know, all membership renewals are due for payment in January . Your renewal payment helps us continue to support programs of the HCOA as well as pay the postage necessary to mail our monthly newsletters.

**New Foot Care Clinic**—Bonnie White, EdD, MSN, RN, CNE, CCM, will be offering a foot care clinic starting this month. She will have appointments on Feb 9 and Feb 23. Appointments are required by calling 774-239-3449. Visits are \$45. She will accept cash, check, or venmo.



**Drop in cell phone help**—The WRHS students will be here on February 8 and 22 from 2:30—4 PM to help anyone with cell phone questions. They are very knowledgeable and helpful. Don't be ashamed to ask for help.



**Adult Coloring** - We have the books and the coloring implements. All we need is you!  
Mondays and Wednesdays from 9-11 AM.

***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  
1130 Main Street  
Holden, MA 01520  
Holden, MA 01520

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