

Among Friends February 2022



Friends of HCOA website: www.fhcoa.org
or find us on Facebook



THE SALISBURY HOUSE: BUILT FOR THE AGES

Join us on **Wednesday, February 2 at 1:00 p.m.** as we welcome James Welu, a popular speaker and Director Emeritus of the Worcester Art Museum, as he explores the fascinating history of this stately building. Long considered a crown jewel of Worcester homes, the Salisbury House is important not only for its architecture, but for its association with a family that contributed to the city's development and success. The program is free and open to all. Please call 508-210-5570 to reserve a seat.



If you would like to come to lunch prior to the program, please reserve **before noon** at least 2 days in advance by calling the kitchen at 508-210-5578.

BEHIND THE SCENES ...



On **Wednesday, February 16 at 1:00 p.m.** Mark Koslowski will speak on what happens behind the scenes at the Wachusett Recycling Center. Why is there a fee for some disposable items? What qualifies to be in the "ReUse" building? How to find out what items are accepted or not. These are all topics that will be covered in Mark's presentation. A time for questions & answers will follow. All are welcome and the program is free. Please call 508-210-5570 to reserve a seat. If you wish to come for lunch prior to the program, please call the kitchen at 508-210-5578 **before noon** at least 2 days in advance.

PHOTOGRAPHY GROUPS HOSTS SPECIAL GUEST

Join our digital photography group on **Thursday, February 17 at 1:00 p.m.** when they will host professional photographer Ron Rosenstock who will speak about the art of Infrared Photography. While this might not seem a very useful topic, the roles of making a good image are the same as using your phone camera, DSLR, or a point and shoot camera. We welcome you to come spend the afternoon and pick up some important information on creating an excellent picture.



THE SENIOR CENTER WILL BE CLOSED MONDAY, FEBRUARY 21 IN OBSERVANCE OF PRESIDENTS' DAY



COUNCIL ON AGING BOARD MEMBERS

Susan Sullivan - Chairman
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Faye Ellis
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Holden Senior Center
1130 Main Street, Holden, MA 01520
508-210-5570

Director: Louise Charbonneau
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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 ...



Joanne E. (Johnson) Arsenault ~ wife of Lionel J. Arsenault
Pauline J. (Phaneuf) Gosselin ~ widow of Dr. H. Charles Gosselin
William R. Lasher, Jr. ~ husband of Donna J. (Roe) Lasher
Rose M. (Fulginiti) Murray ~ wife of Edward J. Murray
George R. Ciociolo, Sr. ~ husband of Lynne M. (Daignault) Ciociolo
John A. Mayer, Jr. ~ husband of Doretta (Steingass) Mayer
Salvatore (Sal) Paladino ~ husband of Jacqueline (Coyle) Paladino
Mary L. Wasik ~ friend of Joan Lynch
Kathleen (McFarlin) Frechette ~ wife of David C. Frechette
Michael J. Renzoni ~ husband of Heather (Andreson) Renzoni
Charlotte A. (Daigle) Moses ~ mother of Jeffrey Moses
Roger David Pedjoe ~ husband of Arlene Marie (Dutra) Pedjoe
Elaine (Fortier) Frantz ~ mother of Gregory Frantz
Jeanne (Lortie) O'Hara ~ wife of Paul F. O'Hara
Mary Louise (Davis) Carr ~ wife of William J. Carr
Patricia W. (Walling) Sculthorpe ~ wife of Alfred "Al" E. Sculthorpe
John F. Connolly, Jr. ~ husband of Winifred (Paddy) Connolly

FOR OUR VETERANS ...



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. We were in the military for our country, that is what we stand for and now we invite you to become part of our post of the American Legion. 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. They cover a wide range.

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

COMPUTER CLASS

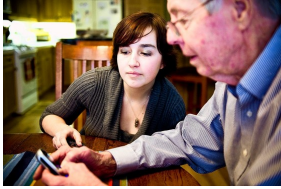
Bob Beck will offer a computer class for those who don't use computers on a regular basis. There's nothing magical or mysterious about computers. They are a marvelous tool that helps us reach out to others. They also allow you to learn about things and places, or to answer your questions. If this sounds like something that interests you, please call the Senior Center at 508-210-5570 to let us know. If there's enough interest, we will set up a class, determine costs of class, how many classes we'll hold and get back to you.



From the Outreach Office

The Outreach Office is open every day, and we would love for you to visit us. We can provide information for many needed services such as housing, fuel assistance, home care, food pantry, SNAP (food stamps) and much more. We have **File of Life packets** for medical information. Are you in need of any medical equipment? We have many resources to help. Please visit or call.

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



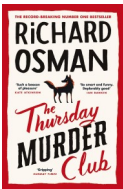
NEED HELP NAVIGATING YOUR CELL PHONE?

We have the perfect solution for you. Two Wednesdays each month students from Wachusett Regional High School will be here from **3:00-4:00 p.m.** to help you with just that. They will show you how to utilize your cell phones to their utmost capacity or simply show you the basics and answer any questions you may have. No need to register. Just drop in and they will help on a first come first served basis. This month they will be here on **Wednesday, February 9 and Wednesday, February 23.**

WHAT IS ZENTANGLE?

Zentangle might be described as “guided doodling” ~ fun for all, no requirements. A winter-themed Zentangle class for adults will be held at the Senior Center on **Wednesday, February 23 at 1:00 p.m.** Mary Shepherd, a certified Zentangle instructor, will present the class which is open to all levels. All materials provided. Registration is a must. Call 508-210-5570 to reserve a place.

*If you would like to come for lunch prior to the class, please call the kitchen at 508-210-5578 **before noon** at least 2 days in advance.*



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

... on **Thursday, February 17 at 10:00.** This month's selection is **The Thursday Murder Club** by Richard Osman.

In a peaceful retirement village, four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes; together they call themselves the Thursday Murder Club. When a local developer is found dead with a mysterious photograph left next to his body, the Thursday Murder Club suddenly find themselves in the middle of their first live case. As the bodies begin to pile up, can our unorthodox, but brilliant gang catch the killer, before it's too late?

STRENGTH AND CARDIO WITH CAITLIN



We are going to continue offering this class through February. Join us on **Monday mornings at 11:00 a.m.** for Strength and Cardio with Caitlin Borsini. All exercises will be low impact and modifiable. Class will use a chair and weights for a total body workout for all levels. Come enjoy some 60's and 70's jams and great company as we strengthen and move. Cost will be \$4.00 per class.



Caitlin's Chair Yoga class will continue to be held on Thursday afternoons from 1:00-2:00. Cost for chair yoga is \$2.00 per class.

FREE LEGAL CLINIC













Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on **Monday, February 14.** 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.





FEBRUARY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEHIND THE SCENES WACH. RECYCLING  WED., FEB. 16 ~ 1:00	1 8-4:00 Billiards 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class 	2 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 1:00 Pitch Party 1:00 Salisbury House Built for the Ages	3 8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Chair Yoga 1:00 Photography 	4 8-4:00 Billiards 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness
7 8-4:00 Billiards 9:00 Tai Chi 10:00 Friends Meeting 11:00 Strength & Cardio w/Caitlin 12:00 Congregate Lunch 1:00 Billiards Lesson	8 8-4:00 Billiards 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class	9 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 1:00 Pitch Party 3:00 Cell Phone Help 	10 8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Chair Yoga 1:00 Photography	11 8-4:00 Billiards 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness
14 8-4:00 Billiards 9:00 Tai Chi 10:30 Legal Clinic (by appt. only) 11:00 Strength & Cardio w/Caitlin 12:00 Congregate Lunch 1:00 Billiards Lesson	15 8-4:00 Billiards 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class	16 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 1:00 Pitch Party 1:00 Behind the Scenes at Wachusett Recycling Ctr.	17 8-4:00 Billiards 10:00 Painting 10:00 Book Club 10:30 Low Impact Exercise 11:30 Out to Lunch Bunch 12:00 Congregate Lunch 1:00 Chair Yoga 1:00 Photography w/Ron Rosenstock 	18 8-4:00 Billiards 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness
21 SR. CENTER CLOSED  PRESIDENTS' DAY	22 8-4:00 Billiards 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class	23 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 1:00 Pitch Party 1:00 Zentangle 3:00 Cell Phone Help 	24 8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Chair Yoga 1:00 Photography 	25 8-4:00 Billiards 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness
8-4:00 Billiards 9:00 Tai Chi 11:00 Strength & Cardio w/Caitlin 12:00 Congregate Lunch 1:00 Billiards Lesson 	SALISBURY HOUSES BUILT FOR THE AGES  WED., FEB. 2 ~ 1:00 pm	FOOD PANTRY SR. DISTRIBUTION  FEBRUARY 18	CELL PHONE HELP  FEB. 9 & 23 ~ 3:00	ANY ACTIVITY OR MENU ITEM CAN CHANGE WITHOUT NOTICE

2022 DAY TRIPS



Trips for 2022 have been scheduled and are listed below. We hope you'll make plans to join us. 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 Lounge on Tuesdays from 1:00-2:30 p.m or Fridays from 9:00-10:30.

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

April 19, 2022 - Encore Casino Boston—\$32/person - includes a \$20.00 slot play - Meals not included

May 17, 2022 - Newport Playhouse & Cabaret - "Social Security" \$121/person - Buffet Lunch

June 1, 2022 - WOO SOX at Polar Park - \$61/person - Meals not included

July 12, 2022 - Essex Valley Steam Train & Connecticut Riverboat - \$111/person - Baked Scrod or Stuffed Chicken Breast

August 16, 2022 - Summer Celebration - \$101/person - Richie Mitnick presents:

"Tom Jones & Engelbert - The Way It Used to Be"

Sept. 13, 2022 - Indian Princess Cruise & Lunch—\$101/person - Baked Cod & Cracker Crust, Tuscan Steak Tips or Chicken Piccata at Samuel Slater's Restaurant overlooking beautiful Lake Chargoggagogmanchauggagoggchaubunagungamaugg (Webster Lake).

****New - Oct. 4-6 - DAVID - Grand Amish Showtime! Includes Eden Resort & Suites, Four Meals (two breakfasts, two Amish feasts). Native guide throughout Lancaster's Amish Country, Kitchen Kettle visit, Sight & Sound Theater presentation of David and a visit to Hershey's Chocolate World. For more information or to register for this trip, please call the number above and ask for the form to register for the Amish overnight trip.**

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 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 will be enjoying lunch at Via, 89 Shrewsbury Street, Worcester on Thursday, February 17 at 11:30. Via is voted the best Italian Restaurant in Worcester and rated very high by the Phantom Gourmet. Please call Dale at 508-210-5576 if you're interested in attending.

FROM THE FRIENDS OF HCOA

... We have mentioned for the past few months that our membership renewals have moved to one annual effective date for all members ... January of each year ... Thank you so much for your cooperation. We have had an excellent response with payments during January. If by chance you have yet to pay your renewal (check for \$5.00 payable to FHCOA) please pay as soon as you can, as you do not want to miss your renewal.



... Due to a concern of a large number of folks (55-65) gathering each Friday, we are erring on the side of safety and have temporarily suspended the Morning Glory Café. We hope to open our café in February. We will be back, together as soon as reasonably safe to do so.

... Finally, thank you to everyone who donated yarn to the knitters. The yarn is being used to make scarves, mittens, hats and lap robes which are being donated to schools, nursing homes and veterans.

... Our next monthly meeting is scheduled for **Monday, February 7 at 10:00 a.m.** at the Senior Center.

**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: _____
 Amount of Check: ___ \$5.00 ___ \$10.00 ___ Other

FEBRUARY MENU ~ (Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Meatballs w/Onion Gravy	2) Beef Stew	3) BBQ Chicken	4) Frittata
7) Macaroni & Cheese	8) Chicken Fajitas	9) Beef w/Onions & Peppers	10) Fish w/Crumb Topping	11) Roast Pork w/Gravy
14) Gemelli Pasta & Meatballs	15) Buttermilk Chicken	16) Baked Potato w/Chili	17) Hotdog/Baked Beans	18) Sheperd's Pie
21) <i>President's Day</i> No Meals Served	22) Pork Rib-I-Que	23) Roast Turkey w/Gravy	24) Crumb Top Mac & Cheese	25) Chicken Cranberry Salad
28) Meatloaf w/Gravy				

ATTENTION EVERYONE!!

In the interest of dispelling the rumors ... At the writing of this newsletter there are **NO** plans to close the Holden Senior Center. We have been receiving many phone calls with people trying to confirm whether or not we are open. The Town of Holden is doing its best to keep the Senior Center and all town buildings open to provide town services. We are sorry that this rumor is out there and seems to be taking on a life of its own and for any inconvenience it may have caused. If you need assistance or information, we are here to help. Stay well everyone!



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
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