

# Among Friends February 2019

Friends of HCOA website: [www.fhcoa.org](http://www.fhcoa.org)



## DIET, DRAGONS, DEATH



We invite you on *Wednesday, February 20 at 1:00 p.m.* to hear local storyteller, Joyce Sabato. Joyce, in addition to being an accomplished storyteller, is also a musician and an educator and has performed at many festivals, libraries and senior centers. She performed at the *Limelight Theater* in St. Augustine. To reserve your seat, please call 508-210-5570. The program is free and open to all.

## EVERYTHING YOU NEED TO KNOW ABOUT SNAP AND MORE

Seniors can face many barriers to SNAP participation. The Department of Transitional Assistance (DTA) created the Senior Assistance Office to help decrease these access barriers. Join us on **Monday, February 25 at 1:00 p.m.** when Sara Craven from the Department of Transitional Assistance will present a program on SNAP benefits for folks age 60 and older. SNAP stands for the Supplemental Nutrition Assistance Program. Details on access to this program will be presented. There will be time for questions following the presentation. Elders from any town are more than welcome to attend this presentation. Please call 508-210-5570 to reserve a seat.



## **Senior Center Closed Monday, February 18 in observance of Presidents Day**

### COUNCIL ON AGING BOARD MEMBERS

Susan Sullivan - Chairman  
Richard Mansfield, Vice Chairman  
Wayne Howard  
Maureen Locke  
Eric Johansen  
Faye Ellis  
Rebecca Tornblom

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:* George Warden, John Bianco,  
Bob Gionnatti, Gregg Tivnan  
*Meal Site Manager:* Sue Donaldson - **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.**

## NEWS FROM SHINE

**New from Medicare:** Beginning in 2019 Medicare will have a NEW Medicare Advantage Plan Open Enrollment period. This new period will run from January 1st to March 31st of each year. During this timeframe, you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to original Medicare and pick up a drug plan and supplement coverage. **YOU MUST BE IN A MEDICARE ADVANTAGE PLAN TO TAKE ADVANTAGE OF THIS OPEN ENROLLMENT PERIOD.** If you need help with Medicare or health insurance issues, feel free to call the Senior Center at 508-210-5570 to make an appointment with our SHINE counselor. She will be here on February 6th and February 20th.



### FROM THE OUTREACH OFFICE ...

How are those New Year's resolutions going? February is a great time to plan for the spring and summer months. We can provide information on housing, medical equipment, in home hair dressers, in home dental, etc. Would you like books, periodicals, movies delivered to your home? You can contact our office or the library to sign up for our Book Express program.



### AARP TAX INFORMATION



Unfortunately, again this year, there are not enough tax volunteers to fill the need. Therefore, we will **NOT** have tax volunteers here in Holden. The closest sites to Holden are Worcester, Shrewsbury, Leominster and Gardner.

If you chose to go to the Worcester Senior Center, they are **NO LONGER SCHEDULING** appointments by calling the Worcester Senior Center - and they **DO NOT** accept walk-ins. Appointments are only being accepted on Monday, Wednesday and Friday between the hours of 9:00 a.m. and 2:30 p.m. To schedule an appointment in Worcester, you can call 774-243-0497 or via e-mail at WorcesterSCTaxes@gmail.com. In both cases, please provide your **NAME** and **TELEPHONE** number. If you have a preference for morning or afternoon and/or day of the week (Mon., Wed., Fri.) please include that in your message. They will try to accommodate you. An AARP Representative will call you back within 24 hours to provide you with an appointment time. The Worcester Senior Center is located at 128 Providence Street in Worcester.

If you prefer the other sites, the contact information is as follows:

Shrewsbury Senior Center - 98 Maple Avenue, Shrewsbury (508) 841-8640 or Shrewsbury Public Library - 609 Main Street, Shrewsbury (508) 842-0081; Leominster Senior Center - 5 Pond Street, Leominster (978) 534-7511 or Leominster Public Library - 30 West Street, Leominster (978) 534-7522; Gardner Senior Center - 294 Pleasant Street, Gardner (978) 630-4067 (Gardner only has volunteers at its Senior Center).

When getting your taxes prepared, please remember to bring: A Social Security card for everyone reflected on the tax return; Personal Identification (driver's license/passport); Evidence of Health Coverage; All tax documents that you have received; Your prior year tax return; A voided personal check, if you would like to use direct deposit to receive a tax refund (suggested).

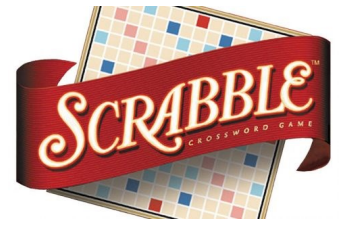
**SHINE DATES FOR FEB. ~ BY APPOINTMENT ONLY**

**WEDNESDAY, FEBRUARY 6 AND 20**



## SCRABBLE ANYONE??

Please join us on Wednesday mornings at 10:00 a.m. for a lively but friendly game of Scrabble. We provide the game - you provide the fun and challenge. All levels of players are welcome. No sign up necessary. Just come, have a great time with some nice people and keep your mind sharp at the same time. We look forward to seeing you each Wednesday!!



## FREE LEGAL CLINIC

Attorney Arthur Bergeron from the law firm of Mirick O'Connell will be here on **Monday, February 11 from 10:30-12:15** to offer free 15 minute legal consultations. Appointments are required and can be made by calling 508-210-5570. Sorry, no walk-ins.

## NEWS FROM THE MORNING GLORY CAFÉ

In the event of a school cancellation OR delay, the Morning Glory Café will NOT open. For school cancellations or delays, simply go to the local Boston TV stations and look for "Wachusett Regional" or go to the school district's website at [www.wrsd.net](http://www.wrsd.net).



We would like for all of our veterans to remember that you are invited to come to the café, where we'd like you to have your coffee and pastry as our guest.

## Home Cooked Lunch in Honor of Valentine's Day



Join us for a home-cooked lunch in honor of Valentine's Day on **Wednesday, February 13 at 12:00 p.m.** Our menu will be a chicken and rice dish, broccoli, rolls and butter, a decadent dessert and beverage. Cost for this meal will be \$4.00 per person payable that day. Reservations are a must and can be made by calling 508-210-5570. Reservations will be accepted through the close of business (4:00 p.m.) Monday, February 11 or until we reach capacity.

## FOR YOUR INFORMATION ...



... **Neither** the Holden Police Department **NOR** the Holden Senior Center has a receptacle for unused prescription drugs. There is, however, a receptacle at the Rutland Police Department located at 242 Main Street in Rutland for this purpose.

The Holden Senior Center does have a receptacle for sharps. In order to deposit them into the drop box, they must be in an approved/tightly shut and taped container. Please do not place them loose in the receptacle.



# FEBRUARY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>DIET, DRAGONS, DEATH</b></p>  <p>February 20</p>	<p><b>EVERYTHING YOU NEED TO KNOW ABOUT SNAP AND MORE</b></p> <p>February 25</p> 	 <p>Wednesdays at 10:00</p>	 <p><b>Valentine's Day Lunch</b></p> <p>February 13 @ 12:00</p>	<p><b>1</b></p> <p>8-4:00 Billiards </p> <p>8:30-10:30 <b>Morning</b> </p> <p><b>Glory Cafe</b></p> <p>10:00 Poker</p> <p>12:00 Senior Lunch <b>Harvest Pie</b></p> <p>1:00 Cribbage</p> <p>1:15 Oriol Senior Fitness</p>
<p><b>4</b></p> <p>8-4:00 Billiards</p> <p>9:00 <b>Friends Meeting</b></p> <p>10:30 Tai Chi</p> <p>12:00 Senior Lunch <b>Chicken Mornay</b></p>	<p><b>5</b></p> <p>9:30 Needlework</p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch <b>Meatloaf w/Gravy</b></p> <p>1:00 Bingo</p> <p>1:00 Bridge</p> <p>1:15 Chair Yoga-BEGINNER</p> <p>2:30 Chair Yoga-ADVANCED</p>	<p><b>6</b></p> <p><b>SHINE by Appt. Only</b></p> <p>8-4:00 Billiards</p> <p>9:00 Tai Chi </p> <p>10:00 Scrabble</p> <p>12:00 Senior Lunch <b>Roast Turkey w/Gravy</b> </p> <p>1:00 Pitch Party</p>	<p><b>7</b></p> <p>8:00 HCOA Meeting</p> <p>8-4:00 Billiards</p> <p>10:00 Mah Jongg</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch <b>Macaroni &amp; Cheese</b></p> <p>1:00 Bridge</p> <p>2:30 Chair Yoga-MULTI</p>	<p><b>8</b></p> <p>8-4:00 Billiards </p> <p>8:30-10:30 <b>Morning</b> </p> <p><b>Glory Cafe</b></p> <p>10:00 Poker</p> <p>12:00 Senior Lunch <b>Haddock w/ Parmesan Cream Sauce</b></p> <p>1:00 Cribbage</p> <p>1:15 Oriol Senior Fitness</p>
<p><b>11</b></p> <p>8-4:00 Billiards</p> <p>10:30-12:30 <b>Legal Clinic</b> By Appt. Only</p> <p>10:30 Tai Chi</p> <p>12:00 Senior Lunch <b>Pork Rib-i-que</b></p> 	<p><b>12</b></p> <p>9:30 Needlework</p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch <b>Swedish Meatballs</b></p> <p>1:00 Bingo</p> <p>1:00 Bridge</p> <p>1:15 Chair Yoga-BEGINNER</p> <p>2:30 Chair Yoga-ADVANCED</p>	<p><b>13</b></p> <p>8-4:00 Billiards </p> <p>9:00 Tai Chi</p> <p>10:00 Scrabble</p> <p>12:00 <b>Home Cooked Lunch</b> <b>Chicken &amp; Rice</b></p> <p>1:00 Pitch Party</p>	<p><b>14</b></p> <p>8-4:00 Billiards</p> <p>10:00 Mah Jongg</p> <p>10:30 Low Impact Exercise</p> <p>12:00 VALENTINE'S Lunch <b>Chicken Cacciatore</b></p> <p>1:00 Bridge</p> <p>2:30 Chair Yoga-MULTI</p>	<p><b>15</b></p> <p>8-4:00 Billiards </p> <p>8:30-10:30 <b>Morning</b> </p> <p><b>Glory Cafe</b></p> <p>9-11:00 SENIOR DISTRIBUTION Wachusett Food Pantry</p> <p>10:00 Poker</p> <p>12:00 Senior Lunch <b>Fish w/Crumb Topping</b></p> <p>1:00 Cribbage</p> <p>1:15 Oriol Senior Fitness</p>
<p><b>18</b></p> <p><b>PRESIDENT'S DAY</b></p>  <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>19</b></p> <p>9:30 Needlework</p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch <b>Spaghetti &amp; Meatballs</b></p> <p>1:00 Bingo</p> <p>1:00 Bridge</p> <p>1:15 Chair Yoga-BEGINNER</p> <p>2:30 Chair Yoga-ADVANCED</p>	<p><b>20</b></p> <p><b>SHINE by Appt. Only</b></p> <p>8-4:00 Billiards</p> <p>9:00 Tai Chi </p> <p>10:00 Scrabble</p> <p>12:00 Senior Lunch <b>Potato Crunch Fish</b></p> <p>1:00 Pitch Party</p> <p>1:00 <b>Diet, Dragons, Death</b></p>	<p><b>21</b></p> <p>8-4:00 Billiards</p> <p>10:00 Mah Jongg</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch <b>Baked Ham</b></p> <p>1:00 Bridge</p> <p>2:30 Chair Yoga-MULTI</p>	<p><b>22</b></p> <p>8-4:00 Billiards </p> <p>8:30-10:30 <b>Morning</b> </p> <p><b>Glory Cafe</b></p> <p>10:00 Poker</p> <p>12:00 Senior Lunch <b>Garlic Herbed Chicken</b></p> <p>1:00 Cribbage</p> <p>1:15 Oriol Senior Fitness</p>
<p><b>25</b></p> <p>8-4:00 Billiards</p> <p>10:30 Tai Chi</p> <p>12:00 Senior Lunch <b>Chicken Pot Pie</b></p> <p>1:00 <b>SNAP Info.</b></p> 	<p><b>26</b></p> <p>9:30 Needlework</p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch <b>Hot Dog on Bun</b></p> <p>1:00 Bingo</p> <p>1:00 Bridge</p> <p>1:15 Chair Yoga-BEGINNER</p> <p>2:30 Chair Yoga-ADVANCED</p>	<p><b>27</b></p> <p>8-4:00 Billiards</p> <p>9:00 Tai Chi</p> <p>10:00 Scrabble</p> <p>12:00 Senior Lunch <b>Stuffed Pepper Casserole</b></p> <p>1:00 Pitch Party</p>	<p><b>28</b></p> <p>8-4:00 Billiards</p> <p>10:00 Mah Jongg</p> <p>10:00 Book Discussion Group</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch <b>Ranch Chicken</b></p> <p>1:00 Bridge</p> <p>2:30 Chair Yoga-MULTI</p>	<p><b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b></p>

## EVERYBODY LOVES THE MOVIES!!

February is the month in which the Academy Awards are presented. Here's a little Oscar trivia to get you in the mood...

- 1) In 1973, what movie became the 1st horror film to be nominated for Best Film Oscar?
- 2) The book The Seven Pillars of Wisdom inspired what Oscar winning movie?
- 3) The Jets and the Sharks can be found in what Oscar winning movie?
- 4) Katherine Hepburn won how many Oscars over the span of her career?
- 5) In 1970, which famous actor declined to accept an Oscar?
- 6) Whose almost 6 minute acceptance speech inspired the Academy to set a 45 second time limit?
- 7) Meryl Streep has been nominated for an Academy Award how many times?
- 8) What Oscar winning movie finished up with Colonel Nicholson saying, "What have I done?"?
- 9) What remake of a long-running television show was the only remake to receive a Best Picture nomination?
- 10) Which not so dizzy blonde won an Oscar for the movie Cactus Flower?
- 11) The first black American male to host the Academy Awards show was?
- 12) Which actress is the first and only one to win an Oscar for starring in a Hitchcock film?

## ANSWERS

1) The Exorcist; 2) Lawrence of Arabia; 3) West Side Story; 4) four (4); 5) George C. Scott; 6) Greer Garson; 7) twenty-one (21); 8) Bridge over the River Kwai; 9) The Fugitive; 10) Goldie Hawn; 11) Chris Rock on 2/27/2005; 12) Joan Fontaine for Suspicion.

## SPRING BALANCE CLASS

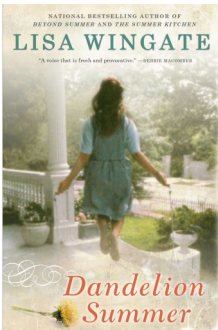


Marty French is back offering her very popular balance class. There will be five (5) classes; all at 1:00 p.m. on the following dates: March 13, 20, 27, April 3 and 11 (Please note the last class is on a Thursday). Cost for the entire session is \$25.00 payable in cash or by check made payable to "Marty French." Payment is to be made at the time of registration. Registration will be done on a first come first served basis.

## BOOK DISCUSSION GROUP

The book discussion group will meet on **Thursday, February 28 at 10:00 a.m.** to discuss the book **Dandelion Summer** by Lisa Wingate.

All her life, Epiphany Salemo has been tossed like a dandelion seed on the wind. Now, at sixteen, she must move to the low rent side of Blue Sky Hill and work where she's not wanted: in an upscale home on the hill.



J. Norman Alvord's daughter has hired a teenager to stay with him in the afternoons. Widowed and suffering from heart trouble, Norman wants to be left alone. But in Epie's presence, Norman discovers a mystery. Deep in his mind lie memories of another house, another life and a woman who saved him.

As summer comes to Blue Sky Hill, two residents from different worlds will journey through a turbulent past, and find that with an unexpected road trip through sleepy southern towns comes life-changing friendship...and clues to a family secret hidden for a lifetime.

# MARCH HAPPENINGS ...

March 11 ... Free Legal Clinic

March 11 ... Celtic Celebration

March 13 ... Balance Class Begins



March 18 ... Post Road Chorus

## FRIENDS OF HCOA

### I WOULD LIKE TO:

- Renew My Membership
- Become a New Member

Enclosed is my \$5.00 Donation

Please Send My Membership Card To:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520.

## FEBRUARY CENTERED SENIORS YOGA CLASSES

A unique experience to maintain or regain Strength & Balance, to lubricate achy and stiff joints, and to provide you with Stress Reduction, Relaxation and overall Well-Being this fall. There is a class and level for everyone from a **VERY GENTLE Class** - Seated stretches and seated poses on **Tuesdays 1:15-2:15** - to a more **ADVANCED Class** - offering more challenging standing & balancing flows - **Tuesdays 2:30-3:30** - or a MIDDLE of the road **MULTI-LEVEL Class** on **Thursdays 2:30-3:30**. All Yoga classes offer mindful movements coordinated to your breath. Adaptations are offered so that students with varying levels of abilities and physical limitations may participate to the best of their ability. Try a class and find out why so many people love Yoga and experience the benefits first hand. Cost for yoga classes is \$2.00/class. The cost is subsidized through a grant from the Executive Office of Elder Affairs.

## FROM THE FRIENDS

Hope the February weather will be kind to you all! Spring and time changes are around the corner so hang tough! We New Englanders are resilient! Think ahead to Holden Days in August. If you'd like to coordinate vendors for the Friends' indoor yard sale, please let Cindy Stark know by calling her at 508-852-2483. Feel free to leave her a message. *Friends meetings are held the first Monday of the month at 9:00 a.m. at the Senior Center provided there is no school cancellation or delay.* Come see what we are all about! Our next meeting is Monday, February 4th!



*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  
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Holden, MA 01520

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