

Among Friends January 2020

Friends of HCOA website: www.fhcoa.org



WHAT'S BETTER THAN A WARM ROOM AND SOME GOOD MUSIC??

*Absolutely nothing! Start the year off with a lively, delightful concert by soloist Emma Riffelmacher. The concert will be held on **Wednesday, January 8 at 1:00 p.m.** Emma is a Holden resident who has entertained at the Senior Center several times, singing many of your favorites. Come, bring your friends and enjoy refreshments following the concert. Please call 508-210-5570 to reserve your seat!*

If you'd like to attend lunch prior to the concert, please call Sue at 508-210-5578 by 1:00 p.m. on

Monday, January 6.



Home Cooked Luncheon

Join us on **Wednesday, January 22 at noon** for a home cooked pasta luncheon, We will have pasta with various toppings for you to choose from, garlic bread, beverage and dessert. Cost for this meal will be \$4.00/person.



NEED TO ORGANIZE?? PURGE?? HERE'S HELP!

Jenna Elliott, founder of Naked Flower, is a professional organizer and re-designer who will help you focus on your organizing goals. Join us on **Monday, January 27 at 1:00 p.m.** and hear tips on creating better habits, tackling your clutter and how to start purging!! Free and open to all! Please call 508-210-5570 to reserve your seat. *If you wish to come for lunch prior to the program, please call Sue at 508-210-5578 pri-*



The Senior Center will be closed on Wednesday, January 1 in observance of New Year's Day. The Board and Staff of the Senior Center wish all of you the good health, the love of family and friends and happiness in the New Year.



COUNCIL ON AGING BOARD MEMBERS

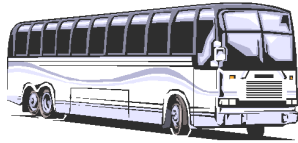
Susan Sullivan - Chairman
Richard Mansfield - Vice Chairman
Wayne Howard
Maureen Locke
Eric Johansen
Faye Ellis
Nancy Melton

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: John Bianco, Gregg Tivnan,

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.



UPCOMING TRIPS



TRIPS COMING IN 2020:

Wednesday, March 11 ... Boston Flower Show ... Depart the Senior Center 8:30 a.m. for the Boston Seaport World Trade Center. This year's Show theme is "**Garden Party: Celebrating Friends & Family.**" At this year's show, we'll celebrate outdoor living and interior plantscapes that inspire us to spend time with the ones we love. Explore plant families, including the beauty of "black sheep" and "everyone's favorites", as well as ways of connecting with each other through our love of nature and gardening. Colorful life-sized gardens and vibrant floral designs incorporate the newest design elements, popular and healthy food gardening trend ideas or adopting sustainable gardening practices and air-cleansing indoor plants. Included will be small-space gardens, homesteading hobbies, edibles-as-ornamentals and family and pet-friendly spaces for outdoor relaxation and entertaining. After approximately 2 hours at the flower show, we will enjoy a plated meal at the Venezia Restaurant. The meal will include Salad, your choice of: Boston Baked Haddock w/seasoned crumb topping; Chicken Parmigiana or Steak Tips w/red peppers and onions; Seasonal Dessert, Coffee, Tea and Water. Additional beverages may be ordered and paid for individually. You will return at approximately 4:30. Cost of this tour will be \$74.00, including driver's gratuity. Last day to register/pay is **February 14, 2020.**



Wednesday, April 22 ... Foxwoods Casino ... Depart from the Senior Center at 8:30 a.m. Tour includes exciting Casino Bonus; Delicious Festival Buffet or \$10.00 Food Voucher and \$10.00 Casino Slot Play. Price for this tour is \$35.00/person including driver's gratuity. Return home 5:00 p.m.



Wednesday, May 20 ... Carole King Tribute ... Depart the Senior Center for the Danversport Yacht Club in Danvers, MA. **HOME AGAIN** is a tribute to the multi-award winning singer-songwriter Carole King. Carole is arguably the most celebrated and iconic singer// songwriter of all time of the later half of the 20th century in the U.S. having written or co-written 118 pop hits on the Billboard Hot 100 between 1955 and 1999. King scored her breakthrough with the album *Tapestry*, which topped the U.S. album chart for 15 weeks in 1971 and remained on the charts for more than 6 years. She wrote more than two dozen chart hits, many of which have become standards, for numerous artists such as: The Shirelles, The Chiffons, The Drifters, The Carpenters, The Monkees, Herman's Hermits, Bobby Vee & many more! King has made 25 solo albums, her record sales are estimates at more than 75 million copies worldwide. She has won four Grammy Awards, was inducted into the Songwriters Hall of Fame, the Rock and Roll Hall of Fame, is the recipient of the 2013 Library of Congress Gershwin Prize for Popular Song, the first woman to be so honored, and is also a 2015 Kennedy Center Honoree.



Deb DeLucca, joined by her band of seasoned musicians, take the audience on a journey through Carole's impressive and expansive repertoire. Deb De Lucca (Carole) is a singer/songwriter/multi-instrumentalist who has been a professional musician, performing to sold out audiences across the country, since she was 17. Home Again prides itself in recreating an authentic look, feel, and most importantly, sound of Carole King live in Concert. HOME AGAIN is a true celebration of Carole King's anthology and captures the "Beautiful" spirit of a unique time in music history! Plated Luncheon meal choices are Stuffed Breast of Chicken or Baked Schrod. Also included with your entrée are Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea. Cost for this tour is \$96.00/person including driver's gratuity.

[We would like to ask if you are signing up for more than one trip that you provide a](#)



The bus companies require us to give them a final number 30 days in advance. If we don't have enough sign-ups by then we are forced to cancel the trip. Please sign up and pay at least 30 days prior to the trip. Thank you for your cooperation.

FROM THE OUTREACH OFFICE ...

Here we are in January already! Happy New Year to all of you! We hope you all had a wonderful Christmas season. During the winter months, we will assist you in any way we can to make them enjoyable.

We want to thank all of our Wachusett Regional High School "Mountaineers" who, last fall, provided our senior residents with leaf raking and pickup. Unfortunately "Mother Nature" did not provide us with the best weather conditions and the Mountaineers were unable to get all their work done. We apologize if you did not receive their services.

We are taking names for snow shoveling. The students of Mountview Middle School will be once again be helping our senior residents clear their *walks and steps*. If you are in need of this service please call our office at 508-210-5576 to have your name added to the list. They will **NOT** be shoveling driveways.

If you would like books or puzzles delivered, please call us and let us know. Our office can deliver books and other library materials, every other week to your home. We can also provide puzzles.

The Outreach office can also help assist you with housing, put you in touch with the Worcester Community Action for fuel assistance, SNAP benefits, small repairs, Help at H.O.M.E. applications and much more.



WHY REGISTER??



The staff was recently asked why registering to attend a program is important. Simply, put it tells us how much seating we need to accommodate those who would like to attend. Perhaps more importantly it helps the staff purchase and prepare enough refreshments for your enjoyment. Needless to say, 1 or 2 extra people really don't cause concern, but we have from time to time have had as many as fifteen (15) or so people come, but did not register. So, please, for everyone's enjoyment, if you'd like to

attend a program, give a quick call to let us know. We appreciate your cooperation.

FREE LEGAL CLINIC

Attorney Arthur Bergeron from the firm of Mirick O'Connell will be here to offer free 15 minute legal consultations. Attorney Bergeron will be here on *Monday, January 13 from 10:30-12:15.*



FROM THE FRIENDS ...



Happy 2020 Everyone! We'd like to start the new year with hearing from our members. We invite you all to our next meeting, *Monday, January 6 at 9:00 a.m.* (weather permitting). Snow date will be January 13, at the same time. Please bring your thoughts/ideas, focus and energy to this meeting. Following the meeting, there

JOIN OUR "OUT TO LUNCH" BUNCH

Would you like to join a great group of seniors once a month to eat a meal together at one of our local restaurants? The past three months we have shared laughs and memories while meeting at Val's, The Manor & The Wexford House. We meet at the restaurant at 11:30 a.m., order off the menu and pay our own bill. We will all decide what our next restaurant experience will be. Reservations are made under Holden Senior Center. Please call if you'd like to attend at 508-210-5576.

Our plans for Jan. AND Feb.: Jan. 16 (snow date Jan. 23) - Oli's Restaurant, W. Boylston Street, W. Boylston, 11:30 a.m. AND Feb. 21 - Pepe's Restaurant, Franklin Street, Worcester, 11:30 a.m. (snow date Feb. 28).



NEW POLICY



In the interest of keeping things simple, the policy for cancelling exercise classes of any kind, will be if the Wachusett School District cancels **OR** delays school, exercise classes will be cancelled.

JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</p>	<p>FRIDAY, JANUARY 17</p>  <p>FOOD PANTRY DISTRIBUTION</p>	<p>NEW YEAR'S DAY</p>  <p>SENIOR CTR. CLOSED</p>	<p>2</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch BBQ Chicken 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>3</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch Macaroni & Cheese 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>6</p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Lasagna & Meatballs</p> 	<p>7</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Fajitas 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>8</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch Roast Pork Loin w/Gravy 1:00 Emma Riffelmacher Cribbage 1:00 Pitch Party</p>	<p>9</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Beef w/Onions & Peppers 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>10</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch Fish w/Parm. Cream Sca. 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>13</p> <p>8-4:00 Billiards 10:30 Tai Chi 10:30-12:15 Free Legal Clinic By appointment only 12:00 Senior Lunch Beef Stew</p>	<p>14</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Baked Potato w/Cheese 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>15</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch Buttermilk Chicken 1:00 Pitch Party</p>	<p>16</p> <p>8-4:00 Billiards 10:00 Book Discussion Grp. 10:00 Mah Jongg 10:30 Low Impact Exercise 11:30 Out to Lunch Bunch 12:00 Senior Lunch Hotdog/Baked Beans 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>17</p> <p>8-4:00 Billiards 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch Shepherd's Pie 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>MARTIN LUTHER KING, JR. DAY</p> 	<p>21</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Meatloaf w/Gravy 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>22</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00  ooked 1:00 Pitch Party</p>	<p>23</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Sloppy Joe 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>24</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch Chicken Mornay 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>27</p> <p>8-4:00 Billiards 10:30  h Que anized 12:00  1:00</p>	<p>28</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Swedish Meatballs 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>29</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch Vegetable Cheese Bake 1:00 Pitch Party</p>	<p>30</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Cacciatore 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p>31</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch Fish w/Crumb Topping 1:00 Cribbage 1:15 Oriol Senior Fitness</p>

From our friends at the DPW ~ Town of Holden Winter Snow and Ice Removal Operations Information

In preparation for the winter season, The Town of Holden Department of Public Works (DPW) would like to inform the community about our snow and ice removal operations. The purpose of the snow and ice removal policy is to establish the process and level of service for ice control and the clearing of the Town's street system during the snow season. The DPW is responsible for treating and clearing approximately 122 miles of public and private roads and 20 miles of sidewalks. The following policies outlined herein will be in effect when weather conditions could cause accumulations of frost, sleet, ice or snow on roadways, school properties or municipal lots and will remain in effect for the duration of the winter season.



*****NEW FOR 2019*** Snow Emergencies and Parking Restrictions:** The Town Bylaws prohibit on-street parking on all roads between the hours of 1:00 AM and 6:00 AM year round. During a declared snow emergency, on-street parking will be prohibited for the duration of the snow or ice event **regardless of the time of day**. When a parking ban is implemented by the declaration of a snow emergency, all residents and business must remove all parked vehicles from the streets, until such time the snow removal operations have been concluded or the parking ban has been lifted. If a vehicle is not removed, tickets will be issued and vehicles impeding snow removal operations shall be towed. Owners of vehicles may be fined \$30.00 and shall be responsible for the cost of towing. During any type of winter weather event, the Town recommends removing parked vehicles from street, not just during snow emergencies. This allows for easier, safer and more efficient snow removal on all of the streets. The DPW personnel will notify the Police Department of any vehicles parked on-street during a snow emergency. The Police Department will then investigate and order the vehicle removed from the street.

Please note that a snow emergency declaration does not mean that school is cancelled; a school cancellation is a separate decision that is made by the Wachusett Regional School District. A snow emergency will be declared by the Town Manager, with the advisement of the Chief of Police and/or Director of Public Works. In the event of a snow emergency, information will be distributed via: CodeRed Emergency Notification System; Town Website—www.holdenma.gov; Town of Holden Facebook Page; @HoldenDPW on Twitter; @HoldenDPW on Instagram; or the Local Media.

Snow Removal Operational Guidelines: *Each snow event requires different levels of operational needs to maintain safe roadways for the public. The Town will assess each event and respond accordingly following these guidelines:*

- During a snow or ice event, the DPW strives to maintain roadway surfaces so as to allow their full-use by public safety departments and limited use by the public.
- Upon the end of frozen precipitation, the DPW will clear and treat roadway surfaces as soon as possible, so as to allow their full use.
- Sidewalks closest to schools will be cleared as soon as possible at the end of the storm.
- Trucks and equipment may make multiple passes on a roadway during a winter storm event.
- Plowing, blowing, or shoveling of snow into and/or across the public roadway is a violation of the Town of Holden Snow Removal Bylaw (Article XVI), and may be subject to a fine of up to \$150.00.
- Please place your trash and/or recycling bins in your driveway, and not in the road, as they act as an obstruction to the plows.
- The DPW must clear the whole roadway, and cannot avoid plowing across private driveways. We recommend waiting to clear driveways until plow operations have ceased. If it is not possible to wait, we recommend shoveling a few feet of the road in front of your driveway, as this will reduce the amount of snow accumulating in front of the plow and thus reducing the amount of snow deposited back into your driveway.
- Plowing operations may cause damage to private mailboxes. The Town of Holden will reimburse a property owner up to \$40.00 for the replacement of a mailbox damaged by a plow hitting the mailbox. Mailboxes damaged by snow thrown by plows are not eligible for replacement. Mailboxes within the Town's right-of-way shall be installed per United States Postal Service regulations. Mailboxes damaged by improper installation, poor maintenance and/or private snow clearing operations, shall not be eligible for reimbursement. *If you believe a mailbox has been damaged by plowing operations, notify the DPW as soon as possible when the damage is discovered. Personnel will inspect the mailbox to determine the cause of the damage. The DPW does not repair mailboxes. Upon the repair of a mailbox damaged by the DPW, a written request for reimbursement and a copy of the receipt showing the purchase of a replacement mailbox shall be submitted to the DPW. All requests for reimbursements shall be made no later than April 15 each year. Requests for reimbursements may be refused if the DPW is not notified in a timely manner after a storm event.*
- Property owners can help prevent damage to their landscaping and lawns by placing snow stakes or other markers at the lawn or curb edge. If significant lawn or curb damage occurs due to plowing operations, please notify the DPW as soon as possible. Repairs to such areas will be performed by the DPW later in the year.
- Basketball hoops and other equipment shall not be permanently installed in the right-of-way. Temporary equipment shall be removed, such as equipment interferes with snow and ice removal. Further, damage caused to obstructions in the right-of-way will not be reimbursed.
- Provide all trucks and equipment room to work. Visibility is often limited in these types of equipment. Stay back at least 200 feet and expect the trucks and equipment to make frequent stops and to back up at intersections. Do not crowd the plow!
- Children should not be allowed to play in snow banks on the edge of the roadway or at the end of driveways, as they may not be seen by the operators.

FEBRUARY HAPPENINGS ...

February 10 ... Free Legal Clinic

February 10 ... Author Richard Maurer

February 19 ... James Welu, Director, Worcester Art Museum

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

Cont'd from page 6 ...

Reminder for All Motorists:

Be sure to slow down and use additional caution during winter events. Black ice and slick spots can be hard to identify and taking a few extra minutes of time is worth the safety of the lives in your vehicle and the vehicles around you.

Contact Information:

The Town of Holden provides information regarding winter storm responses on a variety of platforms. Please visit the Town's website at

www.holdenma.gov/department-of-public-works/pages/snow-and-ice-operations. The Town of Holden is also on Facebook. The Department of Public Works may be found on Twitter and Instagram @HoldenDPW. If you have any questions regarding a winter storm event, the Department of Public Works may be contacted by telephone at 508-210-5550, or by email at snow@holdenma.gov. In the event of an emergency, always remember to dial 911. For additional winter storm information and winter safety tips please visit the **Massachusetts Emergency Management Agency (MEMA) website at www.mass.gov/orgs/massachusetts-emergency-management-agency.**



CALLING ALL CRIBBAGE PLAYERS!!!

Love a good, friendly game of cribbage?? We've got just the group for you! Come by Friday afternoons at 1:00 p.m. and enjoy a good game of cribbage and enjoy the company of new friends.

The Senior Center will be closed on Monday, January 20 in observance of Martin Luther King, Jr. Day.



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
Holden, MA 01520

Presorted Standard
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