



# Among Friends January 2022

Friends of HCOA website: [www.fhcoa.org](http://www.fhcoa.org)  
or find us on Facebook



## LOCAL AUTHOR TO BE OUR GUEST



Join us for a talk by local author Carol Asplund on **Wednesday, January 12 at 1:00 p.m.** Carol is the author of A Soldier's Perspective: 1916-1919 which was recently published by Dorrance Publishing Company. Carol presents a biography of her grandfather using his own words from diary entries focusing on his service in the 1916 Mexican campaign and World War I. The program is free and open to all. Please call 508-210-5570 to reserve your seat. If you wish to come for lunch beforehand, please call 508-210-5578 at least two days in advance. The cost is a requested donation of \$2.50.

## BACK BY POPULAR DEMAND!!

Join us **Wednesday, January 5 at 1:00 p.m.** for a musical start to 2022 with Dawn and Dick Kelley, of "Music Is Love" fame. Easy listening and old favorites will make up the show, always a favorite event. Free and open to all. Please call 508-210-5570 to reserve your seat. If you'd like to attend lunch prior to the show, please call 508-210-5578 at least two days in advance. The cost for lunch is a requested donation of \$2.50.



## GET ORGANIZED



Here is your chance to benefit from the wisdom of professional organizer Jenna Elliot. Start the year off with practical tips and guidance from someone who has dealt with it all. This is a presentation that will help you improve your life and feel good about the coming year. Join us on **Wednesday, January 26 at 1:00 p.m.** for this event. Free and open to all. To reserve your seat for the presentation, please call 508-210-5570. We welcome you to have lunch prior to the presentation. For your luncheon reservation, please call 508-210-5578 at least two days prior to the 26th. The cost for lunch is a requested \$2.50 donation.

## THE SENIOR CENTER WILL BE CLOSED MONDAY, JANUARY 17 IN OBSERVANCE OF MARTIN LUTHER KING, JR. DAY



### COUNCIL ON AGING BOARD MEMBERS

**Susan Sullivan - Chairman**  
**Richard Mansfield - Vice Chairman**  
**Wayne Howard**  
**Maureen Locke**  
**Faye Ellis**  
**Nancy Melton**  
**Richard McPhee**

**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, 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 ...

Melody (Beres) Rose ~ widow of David Rose (2017)

Richard "Dick" Perreault ~ partner of Ann Morando

Melanie A. Johnson ~ wife of Stephen Johnson

Linda J. (Dimmick) Arney Cronin ~ wife of James M. Cronin

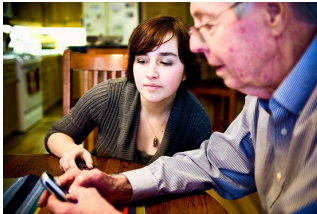
Jane (Bryngelson) Carlson ~ Mother of Derek and Darryl Carlson

Edward A. Seman, Sr. ~ widower of Helen (Rozycki) Seman (2009)

Kathleen (Foudy) Bengston ~ widow of Harold W. Bengston (2014)



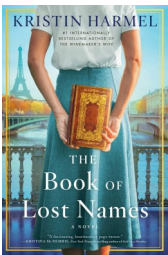
## NEED HELP NAVIGATING YOUR CELL PHONE?



We have the perfect solution for you. Two Wednesdays each month students from Wachusetts 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, Jan. 12 & Wednesday, Jan. 26.*

## A REQUEST FROM PAULA AND DALE

The Outreach Office would like to ask that each of you update your emergency information. Please make certain that Senior Center has an emergency contact for you. It is important that we have a name and number of someone to call on your behalf in an emergency situation. We want to assure you that just as we protect and NEVER give out your personal information, this emergency information will also be held in the strictest of confidence. To offer an emergency contact, please contact any of the Senior Center staff who will be happy to place it in the appropriate file.



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

... on *Thursday, January 20 at 10:00.* This month's selection is *The Book of Lost Names* by Kristin Harmel.

Inspired by an astonishing true story from World War II, a young woman with a talent for forgery helps hundreds of Jewish children flee the Nazis in this "sweeping and magnificent" historical novel.

## START YOUR NEW YEAR WITH SOME STRENGTH AND CARDIO

We have a new offering we are testing out in January. 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/class.



## YOGA WITH CAITLIN



In January, Chair Yoga with Caitlin will be offered **Thursday afternoons from 1:00-2:00.** Find your zen, lengthen tight muscles, and renew your energy. Class is adjustable for all levels.

## From the Outreach Office

Happy New Year from the Outreach Office. We want all of you to have a safe and happy year ahead.

We have file of life packets for you. The information on your Files of Life should be updated often. We can provide replacement cards should you need them. Please call or stop by the office to pick them up. Please remember, especially now that the winter weather is here, if you'd like to be able to read or wish you could get a movie to watch, we have volunteers in our Book Express program who will bring a bag of books to you or a couple of DVD's from the Gale Free Library. Please call the Library at 508-210-5560 for more information.

Stop by for a visit.

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



### *"Serving is the Heart of Rotary"*

*Wachusett Area Rotary Club's  
Complimentary*

*Senior Valentine "Grab & Go"  
Lasagna Dinner*

*Sunday, February 13, 2022  
Pick up will be  
between 1:00 and 2:00 p.m.*

*All meal reservations are required through the  
Holden Senior Center at (508) 210-5570  
by Friday, January 28, 2022  
(call early ~ meals are limited)*

*Meals distributed at the Senior Centers of Holden,  
Sterling or West Boylston*

*Dinners prepared by  
The Manor Restaurant*





### **FREE LEGAL CLINIC**

Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on **Monday, January 10**. 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.



# JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>24</b> 8-4:00 Billiards 9:00 Tai Chi 11:00 Strength & Cardio w/Caitlin 12:00 Congregate Lunch	<b>25</b> 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	<b>26</b> 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 <b>Getting Organized</b> 3:00 <b>Cell Phone Help</b>	<b>27</b> 8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Chair Yoga 1:00 Photography	<b>28</b> 8-4:00 Billiards 8:30– 10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness
<b>31</b> 8-4:00 Billiards 9:00 Tai Chi 11:00 Strength & Cardio w/Caitlin 12:00 Congregate Lunch	<b>February 1</b> 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	<b>2</b> 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 <b>Salisbury House Built for the Ages</b>	<b>3</b> 8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Chair Yoga 1:00 Photography	<b>4</b> 8-4:00 Billiards 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness
<b>7</b> 8-4:00 Billiards 9:00 Tai Chi 10:00 <b>Friends Meeting</b> 11:00 Strength & Cardio w/Caitlin 12:00 Congregate Lunch 1:00 <b>Billiards Lesson</b>	<b>8</b> 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	<b>9</b> 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 <b>Cell Phone Help</b>	<b>10</b> 8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Chair Yoga 1:00 Photography	<b>11</b> 8-4:00 Billiards 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness
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<div style="display: flex; justify-content: space-between;"> <div> <p>8-4:00 Billiards 9:00 Tai Chi 11:00 Strength &amp; Cardio w/Caitlin 12:00 Congregate Lunch</p>  </div> <div style="text-align: right;"> <p><b>31</b></p> </div> </div>	<p><b>GETTING ORGANIZED</b></p> <p>WED., JAN 26 ~ 1:00 pm</p>	<p><b>FOOD PANTRY SR. DISTRIBUTION</b></p> <p>JANUARY 14</p>	<p><b>CELL PHONE HELP</b></p> <p>JAN. 12 &amp; 26 ~ 3:00</p>	<p><b>ANY ACTIVITY OR MENU ITEM CAN CHANGE WITHOUT NOTICE</b></p>

## 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 Morning Glory Café on 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).

**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 at the Morning Glory Café 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 testing out the new Quinn's Blue Plate in Holden on Thursday, January 20 at 11:30. Please call Dale at 508-210-5576 if you're interested in attending. NOTE: Do NOT park in the lot across the street—your car WILL be towed!!*

### FROM THE FRIENDS OF HCOA

... 2021 has been a memorable year for many reasons. We continue to be hopeful that our medical community will have a better understanding of COVID, and we will see an even better year ahead. As we have noted in the past few newsletters, FHCOA membership renewal for ALL members will be annually in January each year going forward. There are two easy ways to renew your membership:



- ⇒ Send your check for \$5.00/person payable to FHCOA. Along with a completed renewal form (found on the top of the last page of this newsletter) to FHCOA, 1130 Main St., Holden, MA 01520
- ⇒ Pay your \$5.00/person renewal in person at the Holden Senior Center accompanied by a renewal payment form found in the lobby of the senior center. Members will be on hand at the center on Tuesday & Wednesday during January for assistance.
- ⇒ Your preparation of the renewal payment form will help assure proper handling of your payment.

We look forward to seeing you again in the new year ... Merry Christmas/Happy Holidays.

Our next meeting is scheduled for **Monday, Jan. 3 at 10:00 a.m.** at the Senior Center, please join us.

**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

**JANUARY MENU ~ (Menu subject to change without notice)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Braised Beef	4) Baked Beans & Hotdogs	5) Stuffed Pepper Casserole	6) Ranch Chicken	7) Ham Salad
10) Chicken Pesto	11) Burger w/Chili & Cheese	12) Roast Pork Loin w/Gravy	13) American Chop Suey	14) Lemon Pepper Fish
17) MLK Day <i>No Meals Served</i>	18) Greek Chicken	19) Meatloaf/Gravy	20) Turkey Supreme	21) Sheperd's Pie
24) Teriyaki Beef	25) Vegetable Cheese Bake	26) Chicken Milano	27) Salisbury Steak	28) Potato Crunch Fish
31) Chicken Picatta				

**ATTENTION VAN CLIENTS ~ WINTER POLICY**



During the winter months, the van will be cancelled when the schools cancel for the day. School cancellations are on radio at WTAG and WSRS; on television on some of the local Boston stations or on the District's website at [www.wrsd.net](http://www.wrsd.net). In the event of schools being delayed, the decision on running the van will rest with Senior Center Staff. Should we choose **not** to run the van during a delay, you will receive a phone call telling you so.

**WELLNESS AND WEIGHT LOSS ACROSS THE WORLD**

If you missed this wonderful and informative program in early December you can catch it on HCTV Channel 191 throughout the month of January on Tuesdays at 3:30 p.m.; Thursdays at 7:00 a.m. and Saturdays at 6:30 p.m.



*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

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