

Among Friends

July 2022



Friends of HCOA website:
www.fhcoa.org



WANT YOUR NEWSLETTER EVEN EARLIER? READ ON ...

We are excited to announce that we are in the process of providing an electronic delivery (e-mail) **OPTION** OF THE MONTHLY Among Friends newsletter. Those who wish to receive the newsletter in e-mail form will be able to do so shortly. Registration information will be forthcoming and final details will be available soon.



The costs associated with the USPS mailing of the newsletter and the volunteers needed to prepare it are some of the Friends' greatest expenses and expenditure of time. By choosing the e-mail form of the newsletter, you will be helping to defer those costs. Those savings can be reallocated to the programs and services that the Friends support at the Holden Senior Center.

To thank you for choosing this option, those who sign up for the e-mail version will receive the newsletter before those who receive it through the USPS. The nature of the newsletter will not change. It will simply be timelier. We want to thank you for your interest in a digital format, and we hope it encourages you to share it with friends and family.

JOIN US FOR A COOOOOL CONCERT



You're invited on *Wednesday, July 13 at 1:00 p.m.* as we welcome, for the first time, the Black Sheep Dixieland Band. Join us for this jazz band concert featuring Lou Borelli and local musicians playing a variety of your jazz favorites. Refreshments to follow. We are air conditioned. Free and open to all. Please reserve your seat by calling 508-210-5570.

The Senior Center will be closed on Mon., July 4 in observance of Independence Day



COUNCIL ON AGING BOARD MEMBERS

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

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, Katherine LePain, Nancy Melton
and Ellie Johnson
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 ...



Norman J. Soderberg ~ widower of Joyce (Christenson) Soderberg
Thomas P. Malitas ~ widower of Evelyn R. (White) Malitas
Louise C. (Lacillade) Hugo ~ widow of Charles F. Hugo
Victor George ~ husband of Elaine (Lawyer) George
Donald E. Johnson ~ widower of Donna L. (Griffiths) Johnson
Thomas A. Palmer ~ widower of Terry (Gargolinski) Palmer
Constance A. (Cassulis) Waite ~ wife of Martin Waite
Miriam C. "Mim" Roeder ~ widow of Harold "Bud" Roeder, Jr.
Laurence W. Bengston ~ father to Kayla Bengston

A BEMIS WORKSHOP

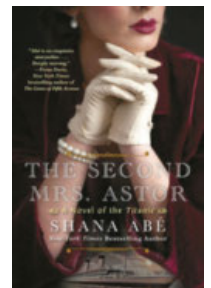


Create a pretty "Porch Pot," which you can use on your steps, porch, patio or doorway for the season. The class will be presented by Tina Bemis from Bemis Farms Nursery. This creative class will be held on *Monday, July 25 at 1:00 p.m.* The cost, which must be paid at the time of registration, will be \$25.00 per pot. Please come in to the Senior Center to make your reservation soon, as class size is limited.

** Actual pot/plant may differ from picture shown.

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

... on *Thursday, July 21 at 10:00*. This month's selection is *The Second Mrs. Astor* by Shana Abe. Madeleine Talmage Force is just 17 when she attracts the attention of John Jacob "Jack" Astor. Madeleine is beautiful, intelligent, and solidly upper class, but the Astors are in a league apart. Jack's mother was *the* Mrs. Astor, American royalty and New York's most formidable socialite. Jack is dashing and industrious - a hero of the Spanish-American War, an inventor and a canny businessman. Despite their 29 year age difference, and the scandal of Jack's recent divorce, Madeleine falls headlong into love - and becomes the press's favorite target.



On their extended honeymoon in Egypt, the newlyweds finally find a measure of peace from photographers and journalists. Madeleine feels truly alive for the first time - and is happily pregnant. The couple plans to return home in the spring of 1912, aboard an opulent new ocean liner. When the ship hits an iceberg close to midnight on April 14th, there is no immediate panic. The swift, state-of-the-art *RMS Titanic* seems unsinkable. As Jack helps Madeleine into a lifeboat, he assures her he will see her soon in New York.

Four months later, at the Astors' Fifth Avenue mansion, a widowed Madeleine gives birth to their son. In the wake of the disaster, the press has elevated her to the status of virtuous, tragic heroine. But Madeleine's most important decision still lies ahead: whether to accept the role assigned to her, or carve out her own remarkable path.

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

From the Outreach Office

Enjoy the great summer weather. Sit outside with a good book from the library. We deliver books! Contact the library to request books, and we will deliver them to your door. The Outreach Office is here to help with applications for SNAP, Food Pantry, Housing, and much more. We have some medical equipment for loan, Files of Life, and Caregiver Guides for those of you who are caring for a family member.



Stop by for a visit. Remember to hydrate and use sunscreen!!

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

2022 Holden Bandstand Series Sundays 6-8 p.m. ~ 1130 Main Street

June 26 ~ Reminisants ~ Entertainment for all Ages ~ Holden Cultural Council

July 10 ~ Beatles for Sale ~ Live Beatles Tribute ~ Perrone Landscaping & Mulroy Family Dental

July 17 ~ New England Swing Orchestra ~ Dance Music through the Years ~ Holden Cultural Council

July 24 ~ Illusions ~ Popular Music ~ Pepsi Cola & Holden Cultural Council

July 31 ~ Slo Grass ~ American Bluegrass ~ Holden Cultural Council

Aug. 7 ~ Elvis ~ Las Vegas Show ~ Holden Cultural Council

Aug. 14 ~ Holdin' Back Band ~ Oldies, R&B, Sing Alongs ~ Cornerstone Bank

Aug. 21 ~ Rick Barron & The Quavers ~ Country Oldies & Rock & Roll ~ Gibbs Realty & Webster 1st Credit Union

Aug. 28 ~ Dan Clark, The Singing Trooper ~ Patriotic, Irish Songs and More ~ Holden Cultural Council



* The Committee passes the "bucket" for voluntary contributions for the benefit of the Bandstand.*

** In the event of inclement weather, the concerts will be held indoors at the Senior Center.**

COME "DOODLE" WITH US!



What is Zentangle? It is best described as "supervised doodling," a fun way to create interesting patterns. Join us on *Wednesday, July 6 at 1:00 p.m.* for a class with certified Zentangle instructor Mary Shepherd during which you will create tangle patterns, one peaceful stroke at a time. There is no wrong way to do this! All materials provided. You must reserve a seat ahead of time by calling 508-210-5570.

FREE LEGAL CLINIC

Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on **Monday, July 11**. 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.



CAREGIVER/GRIEF SUPPORT GROUP



We have had a request for a Caregiver/Grief Support Group. If you are in the circumstance where you think you could benefit from such a group, we invite you to join us on Tuesdays beginning on Tuesday, July 5 at 10:30 a.m. Naomi Sohlman, former Outreach Worker here at the Senior Center, will be your facilitator. If you have questions or would like to register, please call Dale Hayden at 508-210-5576. (Registration is not required ~ dropping in is fine.)



JULY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ANY ACTIVITY OR MENU ITEM CAN CHANGE WITHOUT NOTICE</p>	<p>BLACK SHEEP DIXIELAND BAND</p>  <p>WED., JULY 13</p>	<p>BEMIS PORCH POT WORKSHOP</p>  <p>MON., JULY 25</p>	<p>FOOD PANTRY SR. DISTRIBUTION</p>  <p>JULY 15</p>	<p>1</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness</p> 
<p>4</p> <p>SR. CENTER</p>  <p>CLOSED</p>	<p>5</p> <p>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</p> 	<p>6</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party 1:00 Zentangle</p> 	<p>7</p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p> 	<p>8</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness</p>
<p>11</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:30 Legal Appointments 12:00 Congregate Lunch</p> 	<p>12</p> <p>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</p>	<p>13</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party 1:00 Black Sheep Dixieland Band Concert</p> 	<p>14</p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p>	<p>15</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness</p> 
<p>18</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Congregate Lunch</p> 	<p>19</p> <p>8-4:00 Billiards 9:30 Knitting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class</p>	<p>20</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party</p>	<p>21</p> <p>8-4:00 Billiards 10:00 Painting 10:00 Book Club 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p> 	<p>22</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness</p> 
<p>25</p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Congregate Lunch 1:00 Bemis Workshop</p>	<p>26</p> <p>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</p> 	<p>27</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party</p>	<p>28</p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 11:30 Out to Lunch Bunch 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chai</p> 	<p>ZENTANGLE</p>  <p>WED., JULY 6</p>

2022 DAY TRIPS



To **sign-up** for a trip, please call **508-210-5579** and leave a message leaving your name, phone, which trip you're registering for, names of those attending and meal choice if applicable **OR** meet our Trip Coordinators in the Lounge on Tuesdays from 1:00-2:30 p.m or Fridays from 9:00-10:30.

PLEASE NOTE: OUR JULY 12TH BUS TRIP WILL LEAVE FROM MOUNTVIEW MIDDLE SCHOOL, 270 SHREWSBURY STREET @ 8:00 A.M.

August 16 - Summer Celebration - \$101/person - Richie Mitnick presents: "Tom Jones & Engelbert ~ The Way It Used to Be."

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

Oct. 4-6 - DAVID - Grand Amish Showtime! Eden Resort & Suites, Four Meals (two breakfasts, two Amish feasts). Native guide throughout Lancaster's Amish country, Kitchen Kettle visit, Sight & Sound Theater's David. \$579 pp double/\$559 pp/triple/\$669 single. **We encourage you to fill out a Waiver Form. A waiver will cost you \$30.00 but will enable you to get your money back should you be unable to go. You can obtain a waiver form from the Trip Coordinators.**

Nov. 1 - Encore Casino - \$32.00/person. Includes: driver gratuity/\$20 slot play.

Dec. 1 - Yuletide Newport - A magnificent lighting display at LaSalette Shrine. A delicious luncheon at Quonset Point Officers Club. \$101/person - driver's gratuity included.

Driver's Gratuity included in prices. Checks are due 30 days prior to each trip & should be made out to "Friends of HCOA." Do not send a check before the 30 days. We will call everyone to remind them.

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

We have been enjoying our out to lunch group meetings at a lot of local restaurants throughout the year. I would like to hear from you suggestions as to your favorites, and if you would like to continue meeting throughout the summer months. **For July, we are going to go to Grill on the Hill located at 1929 Officer Manny Familia Way, Worcester. We hope you'll join us on Thursday, July 28**

(NOTE: THIS IS THE 4TH THURSDAY) at 11:30 a.m. Call Dale at 508-210-5576 to reserve your seat.

FROM THE FRIENDS OF HCOA

We are very excited to offer the OPTION of receiving your monthly NEWSLETTER via e-mail. In next month's (August) newsletter, we will give details on how to sign up to receive a digital copy. Again, this is an OPTION being offered. If you wish to continue receiving a paper copy you need to nothing.

We have a beautiful handmade KING quilt on display in the lobby of the Senior Center. This quilt can be yours by submitting the highest donated amount. Drop your name, telephone number and dollar amount in the box next to the quilt. We will announce the winner on September 1st.

The Café will continue to be open each Friday during the summere. Please join us for coffee/tea and homemade pastry.

The next monthly meeting will be on **Monday, September 12 at 10:00 a.m.** at the Senior Center.



GENTLE WALKING



If you are interested in walking easy walks on local rail trails with a wonderful group of seniors, please **E-MAIL: Rich Godfrey at - godfrey78@aol.com**

**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

JULY MENU ~ (Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) BBQ Chicken
4) <i>4th of July No Meal Served</i>	5) Hotdog & Beans	6) Baked Potato w/Chili & Cheese	7) Meatloaf/Gravy	8) Chicken Cranberry Salad
11) Buttermilk Chicken	12) Beef Stew	13) Roast Turkey w/Gravy	14) Macaroni & Cheese	15) Shepherd's Pie
18) BBQ Pork	19) Swedish Meatballs	20) Sloppy Joe	21) Chicken Cacciatore	22) Fish w/Crumb Topping
25) Chicken Pot Pie	26) Potato Crunch Fish	27) Spaghetti and Meatballs	28) Baked Ham	29) Garlic Herbed Chicken

COMING IN AUGUST

August 15 - Steel Accent Band **August 17** - Annual Cookout
August 24 - Sevens Hills Four Quartet **August 29** - The Main Event with Bill Sbrogna
 More details in the August newsletter! & the Ladies
 (No registration until August newsletter is distributed)



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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