



Among Friends



July 2023

Holden Senior Center
 1130 Main St
 Holden, MA 01520
 508-210-5570
 Mon to Fri 8 AM—4 PM
 Director—Karen Phillips
 Clerk— Kerry Reitz
 Program Coordinator—
 Lisa DeCiero
 Transportation
 Coordinator—Mary Sloan,
 508-210-5573
 Outreach Workers—
 Paula Earley & Dale Hayden
 Drivers—John Bianco,
 Katherine LePain, Nancy
 Melton, and Ellie Johnson
 Meal Site Manager—
 508-210-5578

Friends of HCOA Website:
www.fhcoa.org or find us on Facebook:
 Friends of the Holden Council on Aging

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.

View From the Fishbowl

July is full of many fun memories for me: cookouts with family, fireworks, swimming, and being outside all day. While times change, I hope you are able to keep some traditions alive. We are lucky to be in Holden where we can easily find outdoor concerts, fireworks displays, and lots of places to get good ice cream. I hope you make lots of memories this year. With any luck, we will be a part of them. Find and spread happiness. *Karen*

COA Board of Directors

Chair—Susan Sullivan
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 Maureen Locke
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Why are older adults more prone to heat stress?

Older adults do not adjust as well as young people to sudden changes in temperature. They are more likely to have a chronic medical condition that changes normal body responses to heat. Older adults are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

Stay cool, stay hydrated

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.

Stay informed

- Check the local news for health and safety updates.
- **Seek medical care immediately** if you have, or someone you know has, [symptoms of heat-related illness](#) like muscle cramps, headaches, nausea or vomiting.

"It's a sure sign of summer if the chair gets up when you do." – Walter Winchell



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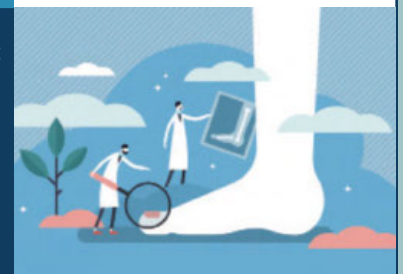
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Back by popular demand! Flea Market on Holden Days, Sat, August 26 from 9-3

The Friends' Group has space available at \$35 per table. Set up will be at 7 AM. Anyone who is interested can bring a check made out to FHCOA to the Senior Center.

If you provide your name and number, someone will get back to you.



Need a Helping Hand? Our outreach workers are here to help everyone with getting assistance and finding services. For example, they can help with fuel assistance applications, food stamps, food pantry, housing, Meals on Wheels, getting books from the library, durable medical equipment, housekeeping, and Help at HOME. We also get donations of incontinence supplies. Let us know if you need some. Outreach is available in the mornings. Please reach out to Paula 508-210-5575 or Dale 508-210-5576. They will get back to you.



Do you have a talent to share—beading, crafts, reiki, floral design, cooking for 1, etc? If you have any ideas, please contact Lisa at 508-210-5574. We are looking to add more programs to keep people busy and happy.



The Friends' Cart is full of fun and interesting things to buy. You never know what you will find. All proceeds go to the Friends' group to help the Senior Center.

2023 Trips—call 508-210-5579 for more information or to sign up

August 9—Woo Sox at Polar Park. \$55 per person.

September 12-14—Pennsylvania Dutch Country (overnight trip). \$665 per person quad, \$680 per person triple, \$740 per person double, \$910 per person single.

October 17—Encore Boston Harbor with \$20 free slot (subject to change). \$47 per person.

December 5—Boston Stocking Stuffing Tour with lunch at Maggiano's Little Italy, tour of Trinity Church, and visit to Quincy Market. \$139 per person.



Elder Abuse is becoming more and more prevalent. It is not ok. It is not normal. It should not be allowed. Elder abuse can be physical, financial, sexual, psychological, and also neglect. If you are being abused, or know someone who is, call the **Elder Abuse Hotline at 1-800-922-2275**. Everyone deserves to be safe.



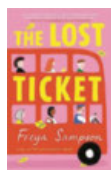
Medical Equipment—We will take donations of medical equipment that are in good, working condition. We also loan out walkers, wheelchairs, tub seats, canes, etc. to those in need. Please call us at 508-210-5570 to donate or borrow.



Need a ride? If you need a ride within Holden or to an appointment in the Worcester area, call Mary at 508-210-5573 from 8-11 AM and 12-4 PM. The Senior Center runs 2 vans to help with transportation for Holden residents only. Rides must be booked at least 2 days in advance.



Book Club on Thurs, July 20 at 10 AM—The Lost Ticket by Freya Sampson.



Strangers on a London bus unite to help an elderly man find his missed love connection.

The Classic Book Club will be canceled for July and August.

Wachusett Community Band on Mon, July 31 at 1 PM

Led by Lou Borelli, this local band has been around for a long time. They always put on a great performance with marches, show tunes, classical pieces, music from TV & movies, and music from popular artists such as Frank Sinatra, the Beatles & Neil Diamond. Sign up is required.



Disaster Preparedness Bingo on Wed, July 26 at 1 PM.

Join Holden CERT for a fun afternoon. Learn about how to make sure that you are ready for unexpected emergencies. Prizes will be awarded. Sign up is required.



Steel Accent Steelband on Wed, July 12 at 1 PM

The band is led by Phil Andrews, a professional percussionist, drummer and teacher. You will be entertained by a variety of soca and calypso tunes as well as tropical rock, reggae, pop and jazz. The Friends' of the HCOA is sponsoring this event. Sign up is required.



Photo Editor Class on Mon, July 17 at 1 PM

Do you use your phone camera to document your life? Plan on using it on vacation? Learn how to enhance your pictures.



Movie Monday—This month join us on Mon, July 24 at 1 PM. We will provide the movie, popcorn, and soda. We would love for you to join us. Check in at the front desk to sign up and to see what movie we are showing.



Gauging interest!! Are there any Mexican Train Dominoes players out there? Cribbage lovers? We are thinking of starting up regular times for these groups if there is enough interest. We have also been asked to start a second MahJonng group. Please let us know if we should go ahead and schedule these programs.



Drop in cell phone help every other Wednesday at 2:30 PM!



Do your winter feet need some TLC?

Come to the FootRN2U Clinic. The clinics will be on Call Bonnie at 774-239-3449 or email footrn2u@gmail.com for an appointment. \$45.00 cash, check, or venmo



Out to Lunch Bunch—Do you like going out to eat but don't like being alone? Join us at Jimmy's Tavern and Grille (White City in Shrewsbury) at 11:30 AM. Enjoy good food and good company. All are welcome. Please call Dale at 508-210-5576 to let us know you are coming.



Exercise

Mondays and Wednesdays—Tai Chi at 9 AM. \$5.00 a class.
Tuesdays and Thursdays—Low Impact Exercise at 10:30 AM. \$4.00 a class.
Tuesdays—Balance Class at 1 PM. Free.
Thursdays—Chair Yoga at 1 PM. \$2.00 a class.
Fridays—Spring Chicken Fitness at 1 PM. Free.



Blood Pressure Clinic every Tuesday from 10-11 AM. Track your numbers!



Piano Lessons \$5

Wednesdays—Beginners from 10-11 AM

Wednesdays—Chords from 11AM—12 noon

Thursdays—Beginners from 12-1 PM

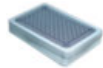


Card Games

Mondays—Duplicate Bridge at 12 noon

Wednesdays—Pitch at 1 PM

Fridays—Poker at 10 AM



Photography Group

Tuesdays at 9 AM

Thursdays at 1 PM



Knotty Knitters—knitting and crocheting group on Tuesdays at 9:30 AM



Caregiver's Group

First Wednesday at 1 PM. All active caregivers welcome. Sponsored by The Oriol Foundation.



Needlework Group

Wednesdays

9-12



Mah Jongg Group

Mondays at 1:30 PM. Bring your board.



SHINE Counselor

The counselor will help with health insurance on Wed, July 12 and 26. Appointments required.

Bingo Tuesdays at 1 PM

Veterans and American Legion Meeting

Second Tuesday at 2:30PM

Scott W. Olsen, Adjutant, Post 42
americanlegionpost42ma@gmail.com



Painting

Thursdays at 10 AM

Anyone can learn. You will be surprised at what you can do! \$10 a class

Adult coloring

Mondays and Wednesdays 9-11



Free Legal Clinic—Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on Monday, July 10. Appointments are required.

Classic Book Club

Tuesdays at 10 AM

Monthly Book Club

3rd Thursday at 10 AM










Write On

Mondays at 10:30 AM

This is a creative writing group.



July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Senior Center Closed</p> 	<p>4</p> <p>Senior Center Closed</p> 	<p>5</p> <p>9 Tai Chi \$5</p> <p>9-11 Adult Coloring</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12 Lunch—hot dog</p> <p>1 Caregiving meeting</p> <p>1 Pitch party</p>	<p>6</p> <p>10 Painting</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 Lunch— chicken cacciatore</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$2</p> <p>1 Photography </p>	<p>7</p> <p>10 Poker</p> <p>12 lunch—fish</p> <p>1 Spring Chicken Fitness free</p>
<p>10</p> <p>9 Tai Chi \$5</p> <p>9-11 Adult Coloring</p> <p>10:30 Legal clinic</p> <p>10:30 Write On</p> <p>12 lunch— spaghetti & meatballs</p> <p>12 Bridge</p> <p>1:30 Mah Jongg</p>	<p>11</p> <p>9 Photography</p> <p>9:30 Knotty Knitters</p> <p>10-11 Blood Pressures</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 lunch—potato crunch fish</p> <p>1 Bingo</p> <p>1 Balance Class free</p> <p>2:30 American Legion</p>	<p>12</p> <p>9 Tai Chi \$5</p> <p>9-11 Adult Coloring</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12 Lunch—garlic herb chicken</p> <p>1 Steel Drum Band concert</p> <p>1 Pitch party</p> <p>2:30 Cell Phone help</p>	<p>13</p> <p>10 Painting</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 Lunch— baked ham</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$2</p> <p>1 Photography</p>	<p>14</p> <p>10 Poker</p> <p>12 lunch—chicken pot pie</p> <p>1 Spring Chicken Fitness free</p> 
<p>17</p> <p>9 Tai Chi \$5</p> <p>9-11 Adult Coloring</p> <p>10:30 Write On</p> <p>12 lunch— sloppy Joe</p> <p>12 Bridge</p> <p>1 Photo editor class</p> <p>1:30 Mah Jongg</p> 	<p>18</p> <p>9 Photography</p> <p>9:30 Knotty Knitters</p> <p>10-11 Blood Pressures</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 lunch—Swedish meatballs</p> <p>1 Balance Class free</p>	<p>19</p> <p>9 Tai Chi \$5</p> <p>9-11 Adult Coloring</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12 lunch—stuffed pepper casserole</p> <p>1 Pitch party</p>	<p>20</p> <p>10 Painting</p> <p>10 Book club</p> <p>10:30 Low Impact Exercise \$4</p> <p>11 Out to Lunch Bunch</p> <p>12 Lunch—braised beef</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$2</p> <p>1 Photography</p>	<p>21</p> <p>10 Poker</p> <p>12 lunch—ranch chicken</p> <p>1 Spring Chicken Fitness free</p>
<p>24</p> <p>9 Tai Chi \$5</p> <p>9-11 Adult Coloring</p> <p>10:30 Write On</p> <p>12 lunch— burger w/chili</p> <p>12 Bridge</p> <p>1 Movie Monday</p> <p>1:30 Mah Jongg</p> 	<p>25</p> <p>9 Photography</p> <p>9:30 Knotty Knitters</p> <p>10-11 Blood Pressures</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 lunch—salmon</p> <p>1 Bingo</p> <p>1 Balance Class free</p>	<p>26</p> <p>9 Tai Chi \$5</p> <p>9-11 Adult Coloring</p> <p>10-12 Piano lessons</p> <p>9-12 Needlework</p> <p>12 Lunch—roast pork</p> <p>1—Disaster Preparedness</p> <p>1 Pitch party</p> <p>2:30 Cell Phone help</p>	<p>27</p> <p>10 Painting</p> <p>10:30 Low Impact Exercise \$4</p> <p>12 Lunch—chicken cranberry salad</p> <p>12-1 Piano for beginners</p> <p>1 Chair Yoga \$2</p> <p>1 Photography</p>	<p>28</p> <p>10 Poker</p> <p>12 lunch— American chop suey</p> <p>1 Spring Chicken Fitness free</p> 
<p>31</p> <p>9 Tai Chi \$5</p> <p>9-11 Adult Coloring</p> <p>10:30 Write On</p> <p>12 lunch— Shepherd's pie</p> <p>12 Bridge</p> <p>1—Wachusett Community Band</p> <p>1:30 Mah Jongg</p>	<p>Lunch is \$2.50. You must make a reservation by calling the kitchen, 508-210-5578, at least 2 business days in advance. Call before noon!</p>	<p>Billiards Room is available every day the Senior Center programs are running from 8-4.</p> <p>Any activity or menu item can change without notice.</p>		

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News from the Friends—Welcome summer! Due to vacations and medical issues, the Morning Glory Café will be closed during the months of July and August. We will start back up in September. The Senior Center will still be open. You are welcome to come and visit and hang out. Friends' meetings are also canceled for the summer months. We look forward to seeing everyone in September. Stay healthy!

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FRIENDS of the HCOA

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Telephone Number: _____ Date of Birth _____

E-mail: _____

Amount of Check or cash: \$5.00 \$10.00 Other Membership is good for the calendar year.

Distribution of this newsletter is made possible from the FRIENDS OF THE HCOA, INC. and, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.

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