

# Among Friends July 2019



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



## MOROCCO IN PICTURES

Now you can go to Morocco without even leaving your chair! Join us on **Monday, July 15 at 1:00 p.m.** for a great show by world famous photographer Ron Rosenstock. Interesting stories accompany each spectacular photograph, not to be missed. The program is free and open to all. Refreshments will follow. Please call 508-210-5570 to reserve your seat. *(If you wish to come for lunch prior to the program, please call Sue at 508-2105-5578 no later than 12:30 p.m. July 11th.)*

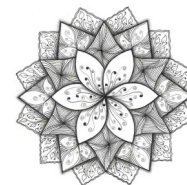


## COFFEE WITH YOUR VETERANS' AGENT

On **Wednesday, July 10 from 10:15-11:30** all veterans are invited to come to the Holden Senior Center. Our veteran's agent is Brad Sherblom, and he welcomes all veterans to come and join him for coffee and a continental breakfast. This is an informal get together, an opportunity for you to meet Brad, ask questions, and gather information on benefits. Please call 508-210-5570 so we can count you in for refreshments.

## ZENTANGLE

What is Zentangle? It is best described as supervised doodling, relaxing and fun. Join us for a Zentangle class at **1:00 p.m., Monday, July 22**, taught by certified Zentangle instructor, Mary Shepherd. No previous experience required, no wrong way to do this, just lots of fun learning to do something new! All materials supplied. Class size is limited so call 508-210-5570 today to reserve your seat.



**SENIOR CENTER CLOSED, THURSDAY, JULY 4 IN OBSERVANCE OF INDEPENDENCE DAY!**

### COUNCIL ON AGING BOARD MEMBERS

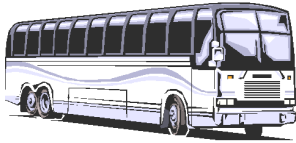
Susan Sullivan - Chairman  
Richard Mansfield, Vice Chairman  
Wayne Howard  
Maureen Locke  
Eric Johansen  
Faye Ellis  
Rebecca Tornblom

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:** John Bianco, Gregg Tivnan, Katherine LePain, Lisa Lawson  
**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.**



# UPCOMING TRIPS



**Wednesday, August 28 ... Jersey Boys ...** Depart the Senior Center at 10:00 a.m. Your tour begins with a delicious full course luncheon (included) at the Danversport Yacht Club (entrée choice of Fresh Baked Scrod or Baked Chicken. Then you'll travel to the North Shore Music Theatre for one of Broadway's hottest musicals **"Jersey Boys."** They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard ... and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story - a story that has made them an international sensation all over again. Sit back in your seats for an upbeat, slickly produced & fast paced show. You'll return home approximately 6:30 p.m. Cost of this tour is \$121.00/person (includes driver gratuity) by check only made payable to **'Friends of HCOA.'**



**Thursday, September 12 (please note date change) ... Cape Cod Canal's 105th Anniversary Tour ...** Depart the Senior Center and travel today to beautiful Cape Cod, where you'll arrive in Sandwich, the oldest town on the Cape. Brimming with history, age-old charm & scenic sights, Sandwich will delight you with its many attractions. **You'll visit the Sandwich Glass Museum where you'll view real glass blowing artisans creating world renown pieces of art.** At noon we arrive at the Daniel Webster Inn, for the Grand Buffet. **Your bountiful buffet menu\* includes:** Fresh Fruit Cup with Seasonal Sorbet; Fresh Baked Rolls; Coq au Vin (Chicken Tenderloin with mushrooms, peas & onions); Pasta Primavera (Pasta & fresh vegetables in a creamy Parmesan cheese); Broiled Native Scrod (seared with olive oil and cracker topping); Seasonal Vegetables; Apple Cranberry Crisp with whipped cream; Coffee/Tea/Decaf. **(\*menu subject to change) Now follows the special treat of the day, a narrated two hour cruise of the Cape Cod Canal. You'll learn the history of this important maritime resource & how it has boosted New England commerce since its inception.** You'll delight in the scenery too, with beautiful homes and resorts located along the way. You'll return home at 6:00 p.m. after a delightful Cape Cod day! Cost for this tour is \$91.00/person (includes driver's gratuity) by check only made payable to 'Friends of HCOA.'



**Thursday, October 17 ... Elton John/Billy Joel Face to Face ...** Join Best of Times Travel as we recreate one of the greatest musical tours of all-time. This is the Ultimate Billy Joel & Elton John tribute show! Beginning in 1994 Billy Joel and Elton John toured on a series of "Fact to Face" tours, making them the longest running and most successful concert tandem in pop music history. During these shows, the two played their own songs, each other's songs and performed duets. They grossed over \$46 million in just 24 dates in their sold out 2003 tour. Elton John and Billy Joel tribute artists Greg Ransom and Mike O'Brien have joined forces to create The Ultimate Tribute Show "Face to Face." Just like the original tour, each artist performs a solo set with a five to six piece Rock N Roll Band and then culminates the show with a Face to Face set which features both of them playing together on two pianos trading off lyrics on each song they perform. Our show is a day of hit songs, energetic performances, outrageous costumes and true Rock N Roll at its finest! **Nominated as the best tribute show in the country this is a show not to be missed!** Your Plated Luncheon Meal Choice: Stuffed Breast of Chicken or Baked Scrod which also includes Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea. Cost of this tour is \$94.00/person (includes driver's gratuity) by check only made payable to 'Friends of HCOA.'



**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.**

**Future Trips Scheduled for the remainder of the year:** (See future newsletters for details)  
**November 14 ... Ricky Nelson Remembered ~ \$97.00/person**  
**December 3 ... Yuletide Newport ... \$86.00/person**



## FREE LEGAL CLINIC

Atty. Arthur Bergeron from the law firm of Mirick O'Connell will be here on **Monday, July 8 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.

### FROM THE OUTREACH OFFICE ...

Summer is a beautiful time of year to catch up on reading. The Outreach Office will deliver books to you at home. There is a variety of large print books available. We also deliver movies and magazines.

The Outreach Office can provide information to assist you with filling out applications for SNAP (Food Stamps), Food Pantry, Housing, MA Health, Adaptive Equipment, Medical Equipment, Library Book Deliveries, Hearing Aids, and many more.

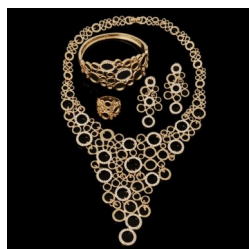
Did you know that the Holden Police Department can provide you with a Telephone Reassurance Program service? This is a service for individuals who live alone and do not have daily contact with a friend or family member. We can assist you to fill out an application for this service. This service (Telephone Reassurance Program) provides a daily call to you with follow up should the call not be answered.

Come by or call the Outreach office for more information:

Paula (508-210-5575) and Dale (508-210-5576).



### JEWELRY SALES ARE UP!

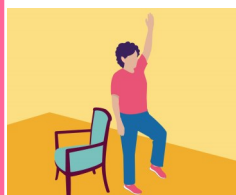


The sale of gently used costume jewelry continues to be such a success that we have decided to ask for further donations to extend our inventory. The proceeds of any sales benefit the Friends of the Holden Council on Aging. Over \$1,000 of jewelry has been sold to date and our many thanks still go out to everyone for their generosity.



So if you've been spring cleaning and have gently used costume jewelry you'd like to donate, please bring those donations to the Senior Center and leave them with the office staff. The hours of operation for the Senior Center are on the front page of this newsletter

### THE IMPORTANCE OF IMPROVING AND MAINTAINING YOUR BALANCE



Just a reminder that we offer a weekly balance class with Marty French as the instructor. These 50 minute classes are held **every Thursday** from **12:45-1:35 p.m.** There is **no cost** for this class. These sessions will be less intensive than the 5 week sessions previously held. The weekly classes will focus on obtaining and maintaining good balance.

### DID YOU KNOW ... ?

Contrary to popular belief, only two Founding Fathers signed the Declaration of Independence on July 4, 1776. ... The holiday does not celebrate the signing of the Declaration; it celebrates the adoption of the Declaration of Independence by the Second Continental Congress.



## SHINE DATE FOR JUNE~ BY APPOINTMENT ONLY

## WEDNESDAYS, JULY 10 AND 24







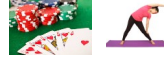













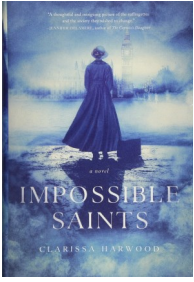


# JULY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>8-4:00 Billiards </p> <p>10:30 Tai Chi</p> <p>12:00 Senior Lunch <i>Sloppy Joe</i></p>	<p><b>2</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 <i>Cranberry Chicken Salad</i></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>3</b></p> <p>8-4:00 Billiards</p> <p>9:00 Tai Chi </p> <p>10:00 Scrabble</p> <p>12:00 Senior Lunch <i>Swedish Meatballs</i></p> <p>1:00 Pitch Party </p>	<p><b>4</b></p> <p>Happy 4th of July</p> <p></p> <p>SENIOR CENTER CLOSED</p>	<p><b>5</b></p> <p>8-4:00 Billiards</p> <p>10:00 Poker</p> <p>12:00 Senior Lunch <i>Fish w/Crumb Topping</i></p> <p>1:00 Cribbage</p> <p>1:15 Oriol Senior Fitness </p>
<p><b>8</b></p> <p>8-4:00 Billiards</p> <p>10:30-12:30 <b>Legal Clinic</b> By Appointment Only</p> <p>10:30 Tai Chi</p> <p>12:00 Senior Lunch <i>Pork Rib-i-que</i></p> <p></p>	<p><b>9</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 <i>Spaghetti &amp; Meatballs</i></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>10</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>10:15-11:30 <b>Coffee with Your Veterans' Agent</b></p> <p>12:00 Senior Lunch <i>Garlic Herbed Chicken</i></p> <p>1:00 Pitch Party</p>	<p><b>11</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 <i>Baked Ham</i> </p> <p>12:45 Balance Class</p> <p>1:00 Bridge</p> <p>2:30 Chair Yoga-MULTI</p>	<p><b>12</b></p> <p>8-4:00 Billiards </p> <p>8:30-10:30 <b>Morning Glory Cafe</b></p> <p>10:00 Poker</p> <p>12:00 Senior Lunch <i>Potato Crunch Fish</i></p> <p>1:15 Oriol Senior Fitness</p>
<p><b>15</b></p> <p>8-4:00 Billiards</p> <p>10:30 Tai Chi</p> <p>12:00 Senior Lunch <i>Salmon Boat w/Dill</i></p> <p>1:00 <b>Morocco in Pictures</b></p> <p></p>	<p><b>16</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 <i>Hot Dog</i></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>17</b></p> <p>8-4:00 Billiards</p> <p>9:00 Tai Chi</p> <p>10:00 Scrabble</p> <p>12:00 Senior Lunch <i>Stuffed Pepper Casserole</i></p> <p>1:00 Pitch Party</p>	<p><b>18</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 <i>Chicken Pot Pie</i></p> <p>12:45 Balance Class</p> <p>1:00 Bridge</p> <p>2:30 Chair Yoga-MULTI</p>	<p><b>19</b></p> <p>8-4:00 Billiards </p> <p>8:30-10:30 <b>Morning Glory Cafe</b></p> <p>9-11:00 SENIOR DISTRIBUTION Wachusett Food Pantry</p> <p>10:00 Poker</p> <p>12:00 Senior Lunch <i>Braised Beef</i></p> <p>1:00 Cribbage</p> <p>1:15 Oriol Senior Fitness</p>
<p><b>22</b></p> <p>8-4:00 Billiards</p> <p>10:30 Tai Chi</p> <p>12:00 Senior Lunch <i>Roast Pork Loin</i></p> <p>1:00 <b>ZENTANGLE</b></p> <p></p>	<p><b>23</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 <i>Burger</i></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>24</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 <i>Chicken Picatta</i></p> <p>1:00 Pitch Party</p>	<p><b>25</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 <i>American Chop Suey</i></p> <p>12:45 Balance Class</p> <p>1:00 Bridge</p> <p>2:30 Chair Yoga-MULTI</p>	<p><b>26</b></p> <p>8-4:00 Billiards </p> <p>8:30-10:30 <b>Morning Glory Cafe</b></p> <p>10:00 Poker</p> <p>12:00 Senior Lunch <i>Jambalaya</i></p> <p>1:00 Cribbage</p> <p>1:15 Oriol Senior Fitness</p>
<p><b>29</b></p> <p>8-4:00 Billiards</p> <p>10:30 Tai Chi</p> <p>12:00 Senior Lunch <i>Shepherd's Pie</i></p>	<p><b>30</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 <i>Greek Chicken</i></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>31</b></p> <p>8-4:00 Billiards</p> <p>9:00 Tai Chi</p> <p>10:00 Scrabble</p> <p>12:00 Senior Lunch <i>Meatloaf w/Gravy</i></p> <p>1:00 Pitch Party</p>	<p><b>MOROCCO IN PICTURES</b></p> <p></p> <p>Monday, July 15 @ 1:00</p>	<p><b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b></p>

## BOOK DISCUSSION GROUP



Our book discussion group will meet on *Thursday, July 18 at 10:00 a.m.* to discuss the book **Impossible Saints** by Clarissa Harwood.

Escaping the constraints of life as a village schoolmistress, Lilia Brook bursts into London and into Paul Harris's orderly life, shattering his belief that women are gentle creatures that need protection. Lilia wants to change women's lives by advocating for the vote, free unions, and contraception. Paul, an Anglican priest, has a big ambition of his own: to become the youngest dean of Saint John's Cathedral. Lilia doesn't believe in God, but she's attracted to Paul's intellect, ethics and dazzling smile.

As Lilia finds her calling in the militant Women's Social and Political Union, Paul is increasingly driven to rise in the church. They can't deny their attraction, but they know they don't belong in each other's worlds. Lilia would rather destroy property and serve time in prison than see her spirit destroyed and imprisoned by marriage to a clergyman, while Paul wants nothing more than to settle down and keep Lilia out of harm's way. Paul and Lilia must reach their breaking points before they can decide whether their love is worth fighting for.

## CRIBBAGE, ANYONE??

Our cribbage players would love to have you join them every Friday afternoon at 1:00 p.m. for a fun game of cribbage. Any level of player is welcome. We have all the boards/cards, etc. so just come, make new friends and enjoy the afternoon. You're welcome to bring a friend as well.



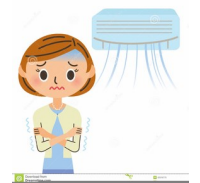
## CONGRATULATIONS VOLUNTEERS!

*We honored our wonderful, hard-working volunteers at a special luncheon in April. Those receiving special awards for their work were: Paula Grady, Nutrition Site Volunteer; Linda Prouty, Barbara Cushman Award for Outstanding Meals on Wheels Driver; Rebekka LeFort, Good Cheer Award (bottom left); Roberta Hanlon, Outreach Volunteer; Kathy Hannigan, Outstanding Volunteer (below 2nd from left); Glenn Anderson, Motivator of the Year (below 2nd from right); Suzanne Kasparson, Unsung Hero Award; and Ron Rosenstock received a Lifetime Achievement Award (below right). Everyone enjoyed a delightful lunch catered by Toupin's and received a token gift to bring home.*



## TO ALL OF OUR SENIOR CENTER PARTICIPANTS ....

Now that July is here, the hot summer weather is upon us. As we do each year, we want to remind you that the air conditioning system in the building is turned on. To that end, we offer this reminder ... if you tend to run cool/cold, we encourage you to dress in layers or bring a sweater or other warm garment such that you won't be uncomfortable. If you're here to exercise, layers may be a good idea as well.



## AUGUST HAPPENINGS ...



August 12 ... Wachusett Community Band Concert

August 14 ... Annual Cookout

August 19 ... Eleanor Roosevelt Program

August 22 ... Bill Sbrogna & the Main Event Concert

Sign ups for these events will not be available until distribution of the August newsletter.



### 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.

## JULY 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. 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

Holden Days is coming up on **Saturday, August 24th**. The Friends will be holding an indoor yard sale. Vendor tables are \$20 per table. Contact Cindy Stark for more information at [stbernhospice@juno.com](mailto:stbernhospice@juno.com) or call 508-852-2483. The annual Friends Harvest Fair will be held on Saturday, November 2. Crafters welcome! Space is limited so sign up early! Have a wonderful summer!



*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  
1130 Main Street  
Holden, MA 01520

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