



Among Friends July 2021

Friends of HCOA website: www.fhcoa.org
Or find us on Facebook



WELCOME BACK!!

What a nice surprise we all received in late May when Governor Baker lifted all COVID restrictions in Massachusetts! To that end, we are going to re-open the building even further. There are some classes or programs we will continue to hold outside just because it's pleasant to do so or if an instructor chooses to do so. We will no longer require weekly registration for exercise classes, unless otherwise noted elsewhere in this newsletter. Registration for lunches, programs, concerts, etc. will still be required and will be indicated in their individual newsletter articles.

So, we welcome you back to the Senior Center. It's been a long time and as one of our Seniors pointed out to us, "We're all a year older!" While the Governor has lifted the COVID-19 restrictions and has ended the State of Emergency, we expect that those of you who, for whatever reason, have not been vaccinated, will continue to wear a face mask in deference to those who are fully vaccinated and for your own personal safety.

Happy Birthday to the Holden Senior Center!

On Tuesday, July 27, our building will be 20 years old!! Can you believe it!!

Time certainly does fly! Join us for an Open House from 10:00 a.m.-2:00

p.m. to celebrate, have refreshments, and visit the staff and building.

Enjoy an ongoing slide show of events, music, cake and coffee, view an

exercise class, painting, knitting, billiards and other events during the day. It's a great

opportunity to experience what we're about and join the Friends of HCOA! All are welcome.



The Senior Center will be closed on Monday, July 5 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
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,
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.

In Memoriam ...

Judy Armen - wife of Stacey Armen (deceased)

Mary Jude Carroll - daughter of John and Nellie Carroll

Joan Erickson - wife of Robert Erickson (deceased 2015)

Thomas Flaherty - husband of Cynthia Flaherty

Gail Hicks - mother of Michelle, Kimberly and Christopher Hicks

Donald McCauley - husband of Elizabeth McCauley

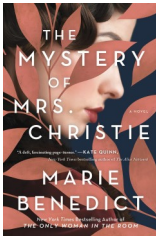
Peggy Mirick - wife of Albert Mirick (deceased 2007)

Lucy Welsh - mother of James (dec.) & Raymond Welsh & Jean Ann (Welsh) Yerdon



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

... on **Thursday, July 15 at 10:00**. This month's selection is The Mystery of Mrs. Christie by Marie Benedict.



In December 1926, Agatha Christie goes missing. Investigators find her empty car on the edge of a deep, gloomy pond, the only clues some tire tracks nearby and a fur coat left in the car - strange for a frigid night. Her husband and daughter have no knowledge of her whereabouts, and England unleashes an unprecedented manhunt to find the up-and-coming mystery author. Eleven days later, she reappears, just as mysteriously as she disappeared, claiming amnesia and providing no explanations for her time away.

The puzzle of those missing eleven days has persisted. With her trademark exploration into the shadows of history, acclaimed author Marie Benedict brings us into the world of Agatha Christie, imagining why such a brilliant woman would find herself at the center of such a murky story. What is real and what is mystery? What role did her unfaithful husband play, and what was he not telling investigators?

THE VAGABONDS SPIN OFF TO NEW TRAILS

The Vintage Vagabonds completed their 285th event on May 14th. Not only was this an impressive milestone for the Vagabonds, it also marked the completion of a week that included a 24 mile bike ride and kayaking at Long Pond. One could say that the Vagabonds have diversified their KEEP MOVING portfolio.

Glenn Anderson, Director of the Vagabonds since its inception in April of 2018, was approached recently by several Vagabonds with the idea of adding "Spin-Off" groups to their normal hiking routine. He thought it was a great idea and asked for proposals from those who had come up with ideas. Nina Mazloff along with Wayne Dodge and Michael Mazloff came up with a biking spin-off proposal. Their proposal was followed shortly after, with a Kayaking Group proposal from Dale Hayden, Sue Kemp and Joan Killough-Miller. Both activities were successfully launched in May and the trail does not end there.

Cathy O'Connor just submitted a proposal for a "Garden to Table" Spin-Off Group. The group will focus on creating, cultivating and maintaining a vegetable garden plot. The activities will continue throughout the growing season and culminate with a harvest dinner. The group will also focus on preserving techniques and creating healthy meals.

The Vagabond Hiking Group is at full capacity. However, if you are interested in joining one of the Vagabond's Spin-Off Groups you can contact: Nina Mazloff for Biking at ninamaz@msn.com; Dale Hayden for Kayaking at dalehayden1@verizon.net and Cathy O'Connor for Garden to Table at cathy2919@gmail.com.



From the Outreach Office

It's great to be back! We are enjoying seeing all of your smiling faces again as you stop in to visit. The Outreach Office is here to provide information to assist you with filling out applications for SNAP (food stamps), Food Pantry, Housing, Mass Health, Adaptive Equipment, Medical Equipment, and many more. We can do referrals to Elder Services of Worcester and they can provide Meals on Wheels, Home Care, Personal Care, Money Management and so much more.



Do you need books for your summer reading? We will bring you books from the Library. You simply call the Library at 508-210-5560 to let the staff know you'd like books delivered through the Book Express. Books are delivered twice monthly on Wednesday. Stop by or call the Outreach Office for more information.

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



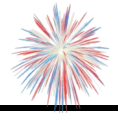
2021 Holden Bandstand Concert Series Sundays from 6:00-8:00 p.m. ~ 1130 Main Street

July 11	Rachael and Western Partners Classic Country from Legendary Artists	Webster 1st Federal Credit Union
July 18	Elvis & the Elvis Express Band Las Vegas Style Show	Holden Cultural Council
July 25	Singing State Trooper Sgt. Dan Clark Selections including Patriotic and Irish Tunes	Holden Cultural Council
August 1	Rick Barron & the Quavers Rockabilly, Rock & Roll, Country Oldies	Gibbs Realty & Holden Cultural Council
August 8	Beatles for Sale Beatles Tribute Band	John P. Gusha, D.M.D. & McGreevy's Barber Shop
August 15	Rusty Buckets Dance Tunes, Oldies, Soft Rock	Janice Mitchell Real Estate & Holden Cultural Council
August 22	Holdin' Back Band Patriotic, Oldies, Rock & Roll, Sing Alongs	Cornerstone Bank
August 29	Slo Grass Acoustic American Blue Grass	Holden Cultural Council

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



JULY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ANY ACTIVITY OR MENU ITEM CAN CHANGE WITHOUT NOTICE</p>	<p>FOOD PANTRY SENIOR DISTRIBUTION</p>  <p>JULY 17th</p>	<p>NO YOGA IN JULY</p> 	<p>1</p> <p>8-4:00 Billiards 10:30 Low Imp. Exercise 11:30- Noon Grab & Go Lunch</p>	<p>2</p> <p>8-4:00 Billiards 8:30- Morning Glory Café 10:30 Poker 11:30- Grab & Go Lunch Noon Cribbage 1:00 Spring Chicken 1:15 Fitness</p>
<p>5</p> <p><i>4th of JULY</i></p>  <p><i>SR. CTR. CLOSED</i></p>	<p>6</p> <p>8-4:00 Billiards 9:30 Knitting 10-12 Blood Pressure Clinic 10:30 Low Imp. Exercise 11:30- Noon Grab & Go Lunch 1:00 Bingo 1:00 Balance Class</p>	<p>7</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 11:30- Noon Grab & Go Lunch 1:00 Pitch Party</p>	<p>8</p> <p>8-4:00 Billiards 10:30 Low Imp. Exercise 11:30- Noon Grab & Go Lunch</p>	<p>9</p> <p>8-4:00 Billiards 8:30- Morning Glory Café 10:30 Poker 11:30- Grab & Go Lunch Noon Cribbage 1:00 Spring Chicken 1:15 Fitness</p>
<p>12</p> <p>8-4:00 Billiards 9:00 Tai Chi (<i>on the ballfield</i>) 11:30- Noon Grab & Go Lunch</p>	<p>13</p> <p>8-4:00 Billiards 9:30 Knitting 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 11:30- Noon Grab & Go Lunch 1:00 Bingo 1:00 Balance Class</p>	<p>14</p> <p>8-4:00 Billiards 9:00 Tai Chi (<i>on the ballfield</i>) 9:30 Needlework 10:00 Scrabble 11:30- Noon Grab & Go Lunch 1:00 Pitch Party</p>	<p>15</p> <p>8-4:00 Billiards 10:00 Book Discussion Grp. 10:30 Low Imp. Exercise 11:30 Out to Lunch Bunch 11:30- Noon Grab & Go Lunch</p>	<p>16</p> <p>8-4:00 Billiards 8:30- Morning Glory Café 10:30 Poker 11:30- Grab & Go Lunch Noon Cribbage 1:00 Spring Chicken 1:15 Fitness</p>
<p>19</p> <p>8-4:00 Billiards 9:00 Tai Chi (<i>on the ballfield</i>) 11:30- Noon Grab & Go Lunch</p>	<p>20</p> <p>8-4:00 Billiards 9:30 Knitting 10-12 Blood Pressure Clinic 10:30 Low Imp. Exercise 11:30- Noon Grab & Go Lunch 1:00 Bingo 1:00 Balance Class</p>	<p>21</p> <p>8-4:00 Billiards 9:00 Tai Chi (<i>on the ballfield</i>) 9:30 Needlework 10:00 Scrabble 11:30- Noon Grab & Go Lunch 1:00 Pitch Party</p>	<p>22</p> <p>8-4:00 Billiards 10:30 Low Imp. Exercise 11:30- Noon Grab & Go Lunch</p>	<p>23</p> <p>8-4:00 Billiards 8:30- Morning Glory Café 10:30 Poker 11:30- Grab & Go Lunch Noon Cribbage 1:00 Spring Chicken 1:15 Fitness</p>
<p>26</p> <p>8-4:00 Billiards 10:30 Tai Chi (<i>on the ballfield</i>) 11:30- Noon Grab & Go Lunch</p>	<p>27</p> <p>8-4:00 Billiards 9:30 Knitting 10-12 Blood Pressure Clinic 10-2 <i>20th Anniversary Open House</i> 10:30 Low Imp. Exercise 11:30- Noon Grab & Go Lunch 1:00 Bingo 1:00 Balance Class</p>	<p>28</p> <p>8-4:00 Billiards 9:00 Tai Chi (<i>on the ballfield</i>) 9:30 Needlework 10:00 Scrabble 11:30- Noon Grab & Go Lunch 1:00 Pitch Party</p>	<p>29</p> <p>8-4:00 Billiards 10:30 Low Imp. Exercise 11:30- Noon Grab & Go Lunch</p>	<p>30</p> <p>8-4:00 Billiards 8:30- Morning Glory Café 10:30 Poker 11:30- Grab & Go Lunch Noon Cribbage 1:00 Spring Chicken 1:15 Fitness</p>

2021 DAY TRIPS



PLEASE NOTE The Memories of Patsy Cline trip is re-scheduled for June 22, 2022 - \$98/PERSON - Lantana's Restaurant - Chicken Cordon Bleu or Vegetable Lasagna.

PLEASE DO NOT send checks. We will call for checks 30 days before the trip.

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 Morning Glory Café on Fridays from 9:00-10:30 or in the Lounge on Tuesdays from Noon-2:00 p.m.

July 27 - Spirit of Boston - Grande Buffet - \$111/person

Aug. 26 - Texas Tenors/Danvers Sport Yacht Club - \$101/pers. - Chicken Parm. or Baked Scrod

Sept. 16 - Narrangansett Lighthouse - \$99/person

Oct. 19 - Green Mountain Railroad - **\$99/person** - Turkey or Meatloaf Dinner **Please note change in price**

Dec. 1 - Christmas Lights at Tower Hill/O'Connor's/Late Lunch Buffet - \$74/person

Dec. 15 - Holiday Boston Pops/Keith Lockhart - Venezia Restaurant/Chicken Parm or Baked Haddock

PRICE TO BE DETERMINED

PROOF OF COVID VACCINATION WILL BE REQUIRED FOR EACH TRIP.



GRAB & GO LUNCHES

Even with COVID restrictions being lifted, we are still offering a Grab & Go Lunch through Elder Services. The lunch is the same as if you were eating here at the Senior Center (see menu on back page). Here's the way it works: You call Sue at **508-210-5578** between **9:00 a.m. and**

Noon to make your reservation. You **MUST call 48 hours in advance**. (i.e., call by 12:00 on Thursday for the following Monday or by 12:00 p.m. on Tuesday to receive a lunch on Thursday.) The day you're scheduled to receive a meal, you pull up to the kitchen door on the side of the building between **11:30** and **12:00**; ring the doorbell and Sue will come to the door and hand you your lunch. We respectfully ask for a \$2.50 donation per meal, which you can hand to Sue. Needless to say, if you want to call and make reservations for the month, you're more than welcome to do that. **You're also more than welcome to bring a chair and eat outside with friends or you can come into the dining room to eat as well.**

FROM THE FRIENDS OF HCOA ...

Welcome back everyone! We are so pleased the Senior Center is open without restrictions, if you have been vaccinated. As you may have heard, the Morning Glory Café is back each Friday from 8:30-10:30 and attendance has been overwhelming! It is so enjoyable to see our friends again while enjoying pastry and coffee. The Café will be open all summer.

We want to remind you that you can check out what is going on at the Senior Center by going to Facebook and searching Friends of the Holden Council on Aging.

We know this 4th of July may be very special for many of us that were not able to gather last year due to COVID Have fun and give thanks for our families and friends.

Our next meeting is scheduled for September 13th at 10:00 a.m. at the Senior Center.



HOME MADE GRAB & GO SUMMER LUNCH

Join us on **Wednesday, July 14** for a home made Grab & Go Summer Lunch. This time we will be offering you a delicious summer lunch featuring a summer salad with a scoop of tuna, bread, fruit salad, brownie and a drink. Reservations are required and will be accepted through Friday, July 9 or until we reach capacity. Make your reservations by calling **508-210-5570**. We are doing this lunch as a Grab & Go, but you are more than welcome to bring a lawn chair and eat and socialize anywhere outside on our campus or if you wish you can come into the dining room as long as whatever tables and chairs are set up remain available.



BALANCE CLASS IS BACK!

Balance Class with Marty French will return on **Tuesdays** in July from 1:00-2:00 p.m. **beginning July 6**. Marty is looking forward to seeing everyone again and working on

maintaining your health and balance!



OUT TO LUNCH BUNCH

We'll be meeting for fun and good food at Oli's Restaurant, 339 W. Boylston St., W. Boylston on **Thursday, July 15 at 11:30**. If you'd like to join us, please call Dale at **508-210-5576**.



**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: _____
E-mail: _____

JULY MENU (Menu subject to change without notice)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- | | | | | |
|--|--------------------------------------|-----------------------------------|-------------------------------------|------------------------------------|
| | | | 1) Baked Beans & Hotdog | 2) Potato Crunch Fish |
| 5) 4th of July obs.
No meals served | 6) Meatballs
w/Onion Gravy | 7) Marinated Pork Loin | 8) Lemon Chicken
NEW MEAL | 9) Macaroni & Cheese |
| 12) Lasagna & Meatballs | 13) Cranberry Chicken Salad | 14) Baked Potato w/Chili & Cheese | 15) Beef with Onions & Peppers | 16) Chicken Mornay |
| 19) Beef Stew | 20) Roast Pork With Gravy | 21) Buttermilk Chicken | 22) Meatloaf w/Gravy | 23) Shepherd's Pie |
| 26) Chicken Picatta | 27) Seasoned Beef
NEW MEAL | 28) Salisbury Steak | 29) BBQ Turkey
NEW MEAL | 30) Haddock w/Parmesan Cream Sauce |

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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