

Among Friends

June 2022



Friends of HCOA website:
www.fhcoa.org



WE ARE ONE WITH THE EARTH ~ A Presentation by Educator & Author Margaret Watson

We must care for our residence, the Earth, which shields and nourishes us. Learn about Rachel Carson, who pointed out the dangers of pesticides; Gregor Mendel, who taught us hybridization; and the tragedy of the Irish potato famine, where human needs and the needs of the natural world were by-passed. This unique program will be held on **Wed., June 22nd at 1:00 p.m.** and is presented through a collaboration of the Holden Garden Club and the Holden Senior Center. To reserve your seat, please call the Senior Center at 508-210-5570.



HOME COOKED LUNCH



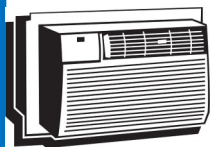
This month's home cooked lunch will be held on **Wednesday, June 15 at 12:00 noon.** The staff will be back in the kitchen and cooking up a delightful teriyaki chicken with rick pilaf, vegetable, rolls and butter, dessert and beverage. Cost of this meal will be \$5.00/person. Reservations are required and can be made by calling 508-210-5570. We will accept reservations through business on Friday, June 10 or until we reach capacity. We respectfully request that each individual/household make their own reservations. Thank you for your cooperation.

BACK BY POPULAR DEMAND ...

... It's been a few years but we thought it might be fun to bring back the Strawberry Festival! Join us on **Wednesday, June 29 at 1:00 p.m.** We invite you to come, bring a friend, and enjoy a strawberry treat while socializing. Strawberry shortcake and a beverage will be served. Reservations are required and can be made by calling 508-210-5570.



IT'S THAT TIME OF YEAR!



Just a reminder that summer is here and at some point this month, the building's central air conditioning system will be activated. With this in mind, we remind you to wear layers. If you run warm or cool, you should always have a sweater or jacket to keep you comfortable.

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 ...



Gladys (Berry) Chilleri ~ widow of Joseph Chilleri
Beverly (Ward) Garvey ~ widow of Robert Garvey
Ronald King ~ husband of Therese (Therrien) King
Betty (Barnett) Kesseli ~ widow of Richard Kesseli
Elizabeth (Tierney) Tremblay ~ widow of Anthony Tremblay
Barbara (Chase) Wrin ~ widow of John J. Wrin
Patricia "Pat" (O'Hearn) Eagan ~ widow of Edward J. Eagan

A COUPLE OF THANK YOU'S

We would like to send a big thank you to Declan Murphy for offering a delightful concert to our participants during his April school vacation. Declan is 11 years old and very talented. We hope he will come back to entertain us again.



Also, a huge thank you to Mayo School Art Teacher, Diane Feeley and her third grade students who created beautiful May baskets for our meals on wheels participants. They were beautiful and each "basket" included a hand-made card. We received several phone calls and a few notes of thanks and appreciation.

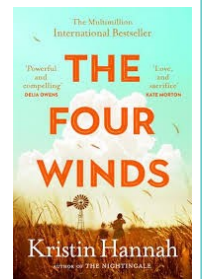
JOIN IN THE FUN OF READING ~ OUR BOOK CLUB WILL MEET ...

... on **Thursday, June 16 at 10:00**. This month's selection is *The Four Winds* by Kristin Hannah. *She will discover the best of herself in the worst of times.*

Texas, 1934, Elsa Martinelli had finally found the life she'd yearned for. A family, a home, and a livelihood on a farm on the Great Plains. But when drought threatens all she and her community hold dear, Elsa's world is shattered to the winds.

Fearful of the future, when Elsa wakes to find her husband has fled, she is forced to make the most agonizing decision of her life. Fight for the land she loves or take her beloved children, Loreda and Ant, west to California in search of a better life. Will it be the land of milk and honey? Or will their experience challenge every ounce of strength they possess?

From the overriding love of a mother for her child, the value of female friendship and the ability to love again - against all odds - Elsa's incredible journey is a story of survival, hope and what we do for the ones we love.



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

June is a great time of year to re-evaluate the services you may be receiving or discover services you may not know about. The Outreach Office can provide information to assist you with filling out applications for SNAP (food stamps), food pantry, housing and give you information on fuel assistance. We can provide Mass Health applications, adaptive equipment, medical equipment, library book deliveries, hearing aids, and applications for Help at H.O.M.E. and much more.



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

SOMETHING NEW ... JOIN US FOR "WRITE ON!"



Would you like to learn to write? Instructor Cora Broskowitz will be offering a 6-week writing class entitled "Write On." Classes will be on Mondays beginning **Monday, June 13 at 1:00 p.m.** Each week will start with a prompt. Participants will read aloud and receive critiquing from their peers. Method of critiquing will ALWAYS be offered with kindness. The first sessions will include learning to write first a sentence, then a paragraph and finally a page. Each participant will explain their goal, i.e., a memoir. If there is a need to continue the process beyond the 6 weeks, the group can continue. If you'd like to participate in this class, please call 508-210-5570. Number of students is very limited so please register early. We respectfully ask that you commit to the entire 6 weeks.

A REMINDER FOR VAN CLIENTS



We respectfully ask that when you call for transportation, you have your name, address, phone number and the address of your destination at hand. While we acknowledge that you are familiar with Mary, and she with you, there are times when Mary is unable to be here and the remaining staff are not as knowledgeable of your routine. When you leave a message, please be sure to leave your first & last name and phone number. We appreciate your cooperation and thank you for helping us help you.



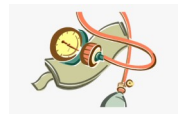
BLOOD PRESSURE CLINICS



At the writing of this newsletter, we are short volunteers to take blood pressures. We do, however, have a nurse available on the 2nd and 4th Tuesdays from 10:00-11:00 a.m. If you need your blood pressure taken, feel free to stop by on these appointed days.

SPEAKING OF BLOOD PRESSURES ...

Are you a retired, nurse, EMT or paramedic??? Would you like to spend a couple of hours a month volunteering to take blood pressures?? We would love to hear from you. If helping the Senior Center in this manner is something you might like to do, please call the Senior Center at 508-210-5570 to express your interest.



FREE LEGAL CLINIC
















Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on **Monday, June 13**. 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.



JUNE 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ANY ACTIVITY OR MENU ITEM CAN CHANGE WITHOUT NOTICE</p>	<p>WE ARE ONE WITH THE EARTH</p>  <p>WED., JUNE 22 ~ 1:00</p>	<p>8-4:00 Billiards 1 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch</p> 	<p>2 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>3 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>8-4:00 Billiards 6 9:00 Tai Chi 12:00 Congregate Lunch</p> 	<p>8-4:00 Billiards 7 9:30 Knitting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class</p> 	<p>8-4:00 Billiards 8 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party</p> 	<p>8-4:00 Billiards 9 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>8-4:00 Billiards 10 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness</p>
<p>8-4:00 Billiards 13 9:00 Tai Chi 12:00 Congregate Lunch</p> 	<p>8-4:00 Billiards 14 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>8-4:00 Billiards 15 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Home Cooked Lunch 1:00 Pitch Party</p> 	<p>8-4:00 Billiards 16 10:00 Painting 10:00 Book Club 10:30 Low Impact Exercise 11:30 Out to Lunch Bunch 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p> 	<p>8-4:00 Billiards 17 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness</p> 
<p>SENIOR CENTER 20 CLOSED</p>  <p>JUNETEENTH</p> <p>IN OBSERVANCE OF JUNETEENTH</p>	<p>8-4:00 Billiards 21 9:30 Knitting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class</p>	<p>8-4:00 Billiards 22 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party 1:00 We Are One with the Earth</p>	<p>8-4:00 Billiards 23 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>8-4:00 Billiards 24 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness</p> 
<p>8-4:00 Billiards 27 9:00 Tai Chi 12:00 Congregate Lunch</p>	<p>8-4:00 Billiards 28 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>8-4:00 Billiards 29 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party 1:00 Strawberry Festival</p>	<p>8-4:00 Billiards 30 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>FOOD PANTRY SR. DISTRIBUTION</p>  <p>JUNE 17</p>

2022 DAY TRIPS



Dianne, Eileen & Dale have been putting together some interesting trips for 2022. To **sign-up** for a trip, please call 508-210-5579 and leave a message leaving your name, phone, which trip you are 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.

July 12- Essex Valley Steam Train & Connecticut Riverboat - \$111/person - Baked Scrod or Stuffed Chicken Breast.

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 Chargoggagogmanchauggagoggchaubunagungamaugg (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.**

Driver's Gratuity included in prices. Checks are due 30 days prior to each trip & 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 June, we are going to go to Two Chefs Restaurant located at 317 West Boylston Street in Worcester.** We hope you'll join us on **Thursday, June 16 at**

11:30 a.m. Call Dale at 508-210-5576 to reserve your seat.

FROM THE FRIENDS OF HCOA

Welcome to summer! The Morning Glory Café continues to draw a large group of your friends and neighbors. We hope you have found time to join us each Friday from 8:30-10:30 to enjoy the camaraderie while having homemade pastry and coffee.

A group of members are currently working on a project to provide you the option of receiving our monthly newsletter electronically, if you wish. We anticipate having this option available this summer or early fall ... stay tuned.

We hope you have an enjoyable summer filled with fun, family and **GOOD WEATHER!!!**

Our June meeting will be held on **Monday, June 6 at 10:00 a.m.** We do not meet in the summer after our June meeting. 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 - godfreys78@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

JUNE MENU ~ (Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Roast Pork w/Gravy	2) American Chop Suey	3) Chicken Picatta
6) Shepherd's Pie	7) Greek Chicken Casserole	8) Meatloaf w/Gravy	9) Turkey Supreme	10) Vegetable Cheese Bake
13) Teriyaki Beef	14) Chicken Milano Casserole	15) Hotdog/Baked Beans	16) BBQ Chicken Patty	17) Potato Crunch Fish
20) Juneteenth No Meal Served	21) Marinated Pork Loin	22) Chicken Fajitas	23) Salisbury Steak	24) Ham Salad
27) Meatballs w/Onion Gravy	28) Macaroni & Cheese	29) Roast Pork w/Gravy	30) Beef w/Onions and Peppers	

SENIOR CENTER TO BE CLOSED ON MONDAY, JUNE 20

The Senior Center will be closed on Monday, June 20 in observance of Juneteenth. On June 17, 2021, President Biden signed into law to observe June 19th as Juneteenth. Juneteenth commemorates the emancipation of enslaved African-Americans. Originating in Galveston, Texas, it has been celebrated annually on June 19th in various parts of the United States since 1865.

FREEDOM DAY
JUNETEENTH
JUNE 19



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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