

# Among Friends March 2019

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



## A CELTIC CELEBRATION

Join us on **Monday, March 11 at 1:00 p.m.** as we welcome storyteller Davis Bates. We're celebrating Saint Patrick's Day a little early with Mr. Bates' tales and songs from Ireland, Scotland and Wales. Stories of seal folk and wee folk, and sing-alongs galore. Refreshments will follow the program. To reserve your seat for this program, please call 508-210-5570. This program is funded in part through a generous grant from the Holden Cultural Council. We sincerely thank them. If you'd like to come for lunch before the program, please call Sue at 508-210-5578 between 9:00 a.m. and 12:45 p.m. She will accept reservations through 12:45 p.m. Thursday, March 7th.



## NEW BALANCE CLASS TO BEGIN



A new balance class with instructor, Marty French will begin on Wednesday, March 13 at 1:00 p.m. This is a series of five (5) classes which will be held on Wednesday, March 13, 20, and 27; April 3 and **THURSDAY** April 11. The cost is \$25.00 for the 5 weeks. You may sign up by bring your check, made payable to Marty French, to the Senior Center. (Payment is required at time of registration.) Participants at **all levels** of fitness are welcome.

## POST ROAD CHORUS

We invite you to join us on **Monday, March 18 at 1:00 p.m.** for a show presented by the Post Road Chorus composed of local prize-winning singers. Their performance will include your favorites, old and new! Welcome spring!! Special refreshments following the show. (If you wish



## SAVE THE DATE ... Thursday, April 25 ...

... Health and Wellness Fair ... Vendors, Food, and much, much more!!!  
Held at the Holden Senior Center ~ Sponsored by The Oriol Foundation  
More details in the April Newsletter.



### 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:** George Warden, John Bianco,  
Bob Gionnatti, Gregg Tivnan  
**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.**

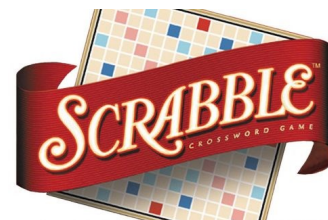
## NEWS FROM SHINE

**New from Medicare:** Beginning in 2019 Medicare will have a NEW Medicare Advantage Plan Open Enrollment period. This new period will run from January 1st to March 31st of each year. During this timeframe, you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to original Medicare and pick up a drug plan and supplement coverage. **YOU MUST BE IN A MEDICARE ADVANTAGE PLAN TO TAKE ADVANTAGE OF THIS OPEN ENROLLMENT PERIOD.** If you need help with Medicare or health insurance issues, feel free to call the Senior Center at 508-210-5570 to make an appointment with our SHINE counselor. She will be here on March 6 and March 20.



### SCRABBLE ANYONE??

Please join us on Wednesday morning at 10:00 a.m. for a lively, but friendly game of Scrabble. We provide the game - you provide the fun and challenge. All levels of players are welcome. No sign up necessary. Just come, have a great time with some nice people and keep your mind sharp at the same time. We look forward to seeing you each Wednesday!!



### AARP TAX INFORMATION



Unfortunately, again this year, there are not enough tax volunteers to fill the need. Therefore, we will **NOT** have tax volunteers here in Holden. The closest sites to Holden are Worcester, Shrewsbury, Leominster and Gardner.

If you chose to go to the Worcester Senior Center, they are **NO LONGER SCHEDULING** appointments by calling the Worcester Senior Center - and they **DO NOT** accept walk-ins. Appointments are only being accepted on Monday, Wednesday and Friday between the hours of 9:00 a.m. and 2:30 p.m. To schedule an appointment in Worcester you can call 774-243-0497 or via e-mail at WorcesterSCTaxes@gmail.com. In both cases, please provide your NAME and TELEPHONE number. If you have a preference for morning or afternoon and/or day of the week (Mon., Wed., Fri.), please include that in your message. They will try to accommodate you. An AARP Representative will call you back within 24 hours to provide you with an appointment time. The Worcester Senior Center is located at 128 Providence Street in Worcester.

If you prefer the other sites the contact information is as follows:

Shrewsbury Senior Center - 98 Maple Avenue, Shrewsbury (508) 841-8640 or Shrewsbury Public Library - 609 Main Street, Shrewsbury (508) 842-0081; Leominster Senior Center - 5 Pond Street, Leominster (978) 534-7511 or Leominster Public Library - 30 West Street, Leominster (978) 534-7522; Gardner Senior Center - 294 Pleasant Street, Gardner (978) 630-4067 (Gardner only has volunteers at its Senior Center).

When getting your taxes prepared, please remember to bring: A Social Security card for everyone reflected on the tax return; Personal Identification (driver's license/passport); Evidence of Health Coverage; All tax documents that you have received; Your prior year tax return; A voided personal check if you would like to use direct deposit to receive a tax refund (suggested).

**SHINE DATES FOR MARCH ~ BY APPOINTMENT ONLY**

**WEDNESDAYS, MARCH 6 AND 20**





## FREE LEGAL CLINIC

Atty. Arthur Bergeron from the law firm of Mirick O'Connell will be here on **Monday, February 11 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 ...

Can you believe March is here? This means spring is right around the corner. March would be a great time to clean out your closets and donate or toss out items you no longer have use for. March is also a good time to discover what services are available to seniors and caregivers in the Holden area. The Outreach office can provide you with a copy of the **Caregiver's Guide**. This little book is full of helpful information. Sometimes you may need a service and just don't know who to ask or where to turn. We are here to assist you sort this out and find what it is you are looking for.



**Housing; Fuel Assistance; Food Stamps; Utilities; Phones; Specialized Needs; Protective Services; Book Deliveries; In-Home Hairdressers; In-Home Dental Services; Food Pantry Delivery; Home Visits & More!**

Please call or just stop by our office at the end of the hall for a visit.

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



### ATTENTION EXERCISE CLASS PARTICIPANTS

Now that March is here, we can have some warm spring days, as well as some frigid winter days. We strongly urge you to dress in layers, such that you can exercise in comfort and not be too warm or cold. The heat in the building will remain activated until consistent warm weather is here.

### BOOK DISCUSSION GROUP

The book discussion group will meet on **Thursday, March 28 at 10:00 a.m.** to discuss the book **Dandelion Summer** by Lisa Wingate.

All her life, Epiphany Salemo has been tossed like a dandelion seed in the wind. Now, at sixteen, she must move to the low rent side of Blue Sky Hill and work where she's not wanted: in an upscale home on the hill.

J. Norman Alvord's daughter has hired a teenager to stay with him in the afternoons. Widowed and suffering from heart trouble, Norman wants to be left alone. But in Epie's presence, Norman discovers a mystery. Deep in his mind lie memories of another house, another life and a woman who saved him.

As summer comes to Blue Sky Hill, two residents from different worlds will journey through a turbulent past, and find that with an unexpected road trip through sleepy southern towns comes life-changing friendship...and clues to a family secret hidden for a lifetime.









## DON'T FORGET ...

...TURN YOUR CLOCKS **FORWARD 1 HOUR** ON **SUNDAY, MARCH 10** FOR **DAYLIGHT SAVINGS TIME!**



# MARCH 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b></p>	<p><b>A CELTIC CELEBRATION</b></p>  <p><b>Monday, March 11 at 1:00 p.m.</b></p>	<p>POST ROAD CHORUS</p> <p><i>Monday, March 18 at 1:00 p.m.</i></p> 	<p><b>NEW BALANCE CLASS TO BEGIN</b></p> <p>on Wednesday, March 13</p> <p><b><u>\$25.00 payment is required at time of registration</u></b></p>	<p><b>1</b></p> <p>8-4:00 Billiards 8:30-10:30 <b>Morning</b>  <b>Glory Cafe</b></p> <p>10:00 Poker 12:00 Senior Lunch <b>Braised Beef</b></p> <p>1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p><b>4</b></p> <p>8-4:00 Billiards 9:00 <b>Friends Meeting</b> 10:30 Tai Chi 12:00 Senior Lunch <b>Chicken Pesto</b></p>	<p><b>5</b></p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Jambalaya</b></p> <p>1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p><b>6</b></p> <p><b>SHINE by Appt. Only</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Scrabble 12:00 Senior Lunch <b>Vegetable Cheese Bake</b></p> <p>1:00 Pitch Party</p>  	<p><b>7</b></p> <p>8:00 <b>HCOA Meeting</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Roast Pork Loin</b></p> <p>1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p><b>8</b></p> <p>8-4:00 Billiards 8:30-10:30 <b>Morning</b>  <b>Glory Cafe</b></p> <p>10:00 Poker 12:00 Senior Lunch <b>Macaroni &amp; Cheese</b></p> <p>1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p><b>11</b></p> <p>8-4:00 Billiards 10:30-12:15 <b>Legal Clinic</b> By Appt. Only</p> <p>10:30 Tai Chi 12:00 Senior Lunch <b>Shepherd's Pie</b></p> <p>1:00 <b>Celtic Celebration</b></p>  	<p><b>12</b></p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Greek Chicken</b></p> <p>1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p><b>13</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Scrabble 12:00 Senior Lunch <b>Meatloaf</b></p> <p>1:00 Pitch Party 1:00 Balance Class <u>For Those Registered</u></p>	<p><b>14</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 VALENTINE'S Lunch <b>Corned Beef</b></p> <p>1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p><b>15</b></p> <p>8-4:00 Billiards 8:30-10:30 <b>Morning</b>  <b>Glory Cafe</b></p> <p>9-11:00 SENIOR DISTRIBUTION Wachusett Food Pantry</p> <p>10:00 Poker 12:00 Senior Lunch <b>Lemon Pepper Haddock</b></p> <p>1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p><b>18</b></p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <b>American Chop Suey</b></p> <p>1:00 <b>Post Road Chorus</b></p> 	<p><b>19</b></p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Beef Stir Fry</b></p> <p>1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p><b>20</b></p> <p><b>SHINE by Appt. Only</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Scrabble 12:00 Senior Lunch <b>Chicken Milano</b></p> <p>1:00 Pitch Party 1:00 Balance Class <u>For Those Registered</u></p>	<p><b>21</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Salisbury Steak/Gravy</b></p> <p>1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p><b>22</b></p> <p>8-4:00 Billiards 8:30-10:30 <b>Morning</b>  <b>Glory Cafe</b></p> <p>10:00 Poker 12:00 Senior Lunch <b>Potato Crunch Fish</b></p> <p>1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p><b>25</b></p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <b>Burger</b></p>	<p><b>26</b></p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>BBQ Chicken</b></p> <p>1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p><b>27</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Scrabble 12:00 Senior Lunch <b>Marinated Pork Loin</b></p> <p>1:00 Pitch Party 1:00 Balance Class <u>For Those Registered</u></p>	<p><b>28</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Meatballs</b></p> <p>1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p><b>29</b></p> <p>8-4:00 Billiards 8:30-10:30 <b>Morning</b>  <b>Glory Cafe</b></p> <p>10:00 Poker 12:00 Senior Lunch <b>Fish w/Crumb Topping</b></p> <p>1:00 Cribbage 1:15 Oriol Senior Fitness</p>

## TO ALL SENIOR DAYTRIPPERS ...

Kathy Hannigan has resigned as our FHCOA Trip Coordinator. We would like to say a huge thank you to Kathy for providing us with many wonderful opportunities to travel throughout our beautiful New England and beyond. The countless memories we have shared on these bus trips are priceless.

At the same time, we welcome Eileen Gedraitis who will be taking on the role as FHCOA Trip Coordinator to plan and organize trips for 2019. With some help from Dale Hayden, HCOA Outreach Worker, it is Eileen's hope to make this a smooth transition providing interesting trips each month for you to enjoy. Eileen would like to hear from you with suggestions. **If you have an idea for a trip, please fill out the form below and leave it in the box in the foyer of the Senior Center.** Eileen and Dale have planned their first trip for April 2019:

***The Glen Campbell Xperience - Tuesday, April 16h @ Aqua Turf, Connecticut.  
Delicious Family Style Lunch: Fresh Field Green Salad; Pasta; Chicken Marsala;  
Baked Ham; Potatoes and Vegetable all served with rolls and butter; dessert and a  
complementary Glass of Wine or Beer.***

***Coffee and Tea (Regular and Decaf) are also available.***

***\$91.00/person all inclusive. 8:30 a.m.-5:00 p.m. from the Holden Senior Center***

- ⇒ *Reservations will be confirmed with your check made out to Friends of HCOA. Checks must be delivered to either Eileen or Dale at the Holden Senior Center at the hours listed below or placed in an envelope in the box marked for trips in the Holden Senior Center foyer.*
- ⇒ *Reservation can be made in person at the Holden Senior Center on Tuesdays 1:00 p.m.-2:00 p.m. in the Lounge or on Fridays from 9:00 a.m.-10:30 p.m. at the Morning Glory Café.*
- ⇒ *Reimbursement will not be made for cancellations - unless we fill your seat with someone else.*
- ⇒ *Driver gratuity is always included in pricing. MOST trips will require **some** walking.*



✂

MY IDEA(S) FOR COA TRIP(S) IS/ARE:

1)

2)

3)

Thank you very much for taking your time to give us your input.  
Your suggestions are important to us.

## APRIL HAPPENINGS ...



Learn about our nation's majestic bird ...  
The Eagle

Volunteer Recognition

History of Theatre w/Anne Barrett

Health & Wellness Fair sponsored by The Oriol Foundation



*Sign ups for these events will not be available until  
distribution of the April 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.

## APRIL 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 this fall. 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

Hope the weather is kind to you all! Spring and time changes are around the corner so hang tough! A reminder that the Friends Annual meeting will be held on Monday, April 1 at 9:00 a.m. here at the Center. All are welcome to attend. ARE YOUR DUES CURRENT? If not you can clip and mail the coupon above with your payment or come in to the Center and pay at the window. Please join us in April for the Glen Campbell Xperience trip (see previous page for details) arranged by Eileen & Dale, our new trip coordinators. Great work ladies! Watch for news of a Harvest Fair Committee meeting. Holden Days are coming up! If you'd like to coordinate vendors for our indoor flea market, please let Cindy Stark know. **Friends meetings are held the first Monday of the month at 9:00 a.m. at the Holden Senior Center provided there's no school cancellation or delay.** Come see what we are all about! Next meeting is March 4th at 9:00 a.m.



*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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