

Among Friends March 2020

Friends of HCOA website: www.fhcoa.org



ATTENTION LOW IMPACT EXERCISE PARTICIPANTS!!

Due to a health issue, the instructor for our Tuesday and Thursday morning Low Impact Exercise is cancelling her classes beginning Tuesday, March 24 and will resume her classes again on Tuesday, April 21st. We wish you well and a speedy recovery Joyce!



GET THE MOST FROM YOUR FOOD'S LABELS!

Nutritionist Nicole Reynolds, from Elder Services of Worcester Area, Inc. will be here on **Wednesday, March 18 at 12:15 p.m.** Nicole will speak on nutrition and package labels. There are new requirements for labeling that she will bring to light. Learn how to monitor your serving size, salt content, etc. Please register by calling 508-210-5570. **PLEASE NOTE TIME OF PROGRAM.**



“TRAILBLAZERS BY TIMING - ACTIVISTS BY CHOICE”; WOMEN’S WORDS FOR THE CAUSE ...

Celebrates the women who worked tirelessly to earn the Vote & other rights for women. 2020 commemorates the 100th anniversary of the 19th amendment for Women’s Suffrage. But it didn’t start in 1848 with the Declaration of Sentiments in Seneca Falls. It started years before the radical abolitionists & other women who fought in multiple causes thereby setting the stage for attaining the vote.



The program will be performed on **Monday, March 23 at 1:00 p.m.** and includes excerpts from primary source documents including letters, speeches & newspaper articles of the day honoring the women who worked tirelessly to earn the Vote & other rights for women. Program is followed by a talk back with the actor, Lynne McKenney Lydick, a popular local actress who will perform this new show. This event is funded by the Local Cultural Council.

Free & open to all - refreshments following the program. Please call 508-210-5570 to reserve a seat for the performance. *If you wish to come for lunch before the show, please call Sue at 508-210-5578 by 12:30 p.m. March 19.*

Tuesday, March 3 - State Primary - Office open - van runs - no programs.



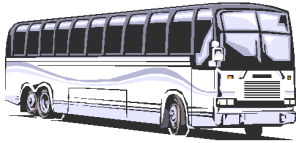
COUNCIL ON AGING BOARD MEMBERS

Susan Sullivan - Chairman
Richard Mansfield - Vice Chairman
Wayne Howard
Maureen Locke
Eric Johansen
Faye Ellis
Nancy Melton

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 Larson
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, April 22 ... Foxwoods Casino ... Depart from the Senior Center at 8:30 a.m. Tour includes exciting Casino Bonus; Delicious Festival Buffet or \$10.00 Food Voucher and \$10.00 Casino Slot Play. Price for this tour is \$35.00/person including driver's gratuity. Return home 5:00 p.m.



Sunday, May 3 ... "Sex Please We're Sixty" ... Come see what everyone is talking about! A comedic theater performance, a bountiful buffet and cabaret performance during dessert ... without ever leaving the Newport Playhouse and Cabaret. Price is \$91.00/person and includes: Lunch, Show, Transportation, Driver Gratuity. Leave the Holden Senior Center at 9:15 a.m. and return at approximately 6:30 p.m. Payment must be received by **March 6, 2020** to reserve Cabaret seating.

Wednesday, May 20 ... Carole King Tribute ... Depart the Senior Center for the Danversport Yacht Club in Danvers, MA. **HOME AGAIN** is a tribute to the multi-award winning singer-songwriter Carole King. Carole is arguably the most celebrated & iconic singer/songwriter of all time of the later half of the 20th century in the U.S. having written or co-written 118 pop hits on the Billboard Hot 100 between 1955 & 1999. King scored her breakthrough with the album Tapestry, which topped the U.S. album chart for 15 weeks in 1971 & remained on the charts for more than 6 years. She wrote more than two dozen chart hits, many of which have become standards, for numerous artists such as: The Shirelles, The Chiffons, The Drifters, The Carpenters, The Monkees, Herman's Hermits, Bobby Vee & many more! King has made 25 solo albums, her record sales are estimated at more than 75 million copies worldwide. She has won four Grammy Awards, was inducted into the Songwriters Hall of Fame, the Rock & Roll Hall of Fame, is the recipient of the 2013 Library of Congress Gershwin Prize for Popular Song, the first woman to be so honored, & is also a 2015 Kennedy Center Honoree.



Deb DeLucca, joined by her band of seasoned musicians, takes the audience on a journey through Carole's impressive and expansive repertoire. Deb De Lucca (Carole) is a singer/songwriter/multi-instrumentalist who has been a professional musician, performing to sold out audiences across the country, since she was 17. Home Again prides itself in recreating an authentic look, feel, & most importantly, sound of Carole King live in Concert. Plated Luncheon meal choices are Stuffed Breast of Chicken or Baked Schrod. Also included with your entrée

are: Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea. Cost for this tour is \$96.00/person including driver's gratuity.

Tuesday, June 23 ... Lake Winnepesaukee Cruise featuring narrated cruise, buffet luncheon & scenic sights. Depart Senior Center at 8:30 a.m. Sailing from Weirs Beach you'll delight in the beautiful vistas of the White Mountains. Also included is a delicious full course buffet lunch. After your cruise, you'll visit Moulton Farm Market and return home @5:30 p.m. \$101/person. More details in April's newsletter.



Future trips: Price of all trips will include, meal, transportation, event & driver's gratuity

- July 15 - Foster's Lobster bake with a Jimmy Buffet Tribute Show (BBQ Chicken Available) \$101/person
- August 20 - The Texas Tenors live in concert - \$101/person
- September 8 - Narragansett Lighthouse Cruise - \$91/person
- October 13 - The Green Mountain Railroad - \$101/person
- November 11 - Newport Playhouse "Ghost of a Chance" - \$91/person
- December - Christmas Lights at Tower Hill Botanical Garden (Date, price & restaurant have not been selected at this time.

[We would like to ask if you are signing up for more than one trip that you provide a separate check for each trip. Thank you!](#)



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.

FROM THE OUTREACH OFFICE ...

March is a good time to evaluate your home for safety concerns. Falls especially. The VNA Care Network recommends checking your home and eliminating common hazards to help reduce falls. The Outreach Office can provide a checklist for you from the VNA to help make your home safe and comfortable.

Have you filled out a FILE OF LIFE emergency information package ... Or updated the one you have?? The FILE OF LIFE emergency information package is a tool for our first responders should you be in need of emergency help but can't speak for yourself. The file has a magnet to attach to your refrigerator, and it is the first thing responders look for when they enter your home. Your File of Life contains your medical information and emergency contacts, and can go along with you in the event that you are transported to a hospital. The packet includes a smaller version for you to carry with you at all times. We can provide new FILE OF LIFE FORMS, if you need them to update your information. Please stop by and visit us. We can provide you with lots of information on a variety of subjects.

Dale 508-210-5576

Paula 508-210-5575



FROM OUR FRIENDS AT WACHUSETT AREA ROTARY

The Wachusett Area Rotary Club will hold its Spring Fling Fundraiser on **Friday, March 27 from 6:00-10:00 p.m. at the Manor Restaurant in West Boylston.** This is one of two fund

raising events they have each year to raise moneys. The resources raised are used for their giving programs, such as, but not limited to the giving of Thanksgiving turkeys, Easter hams and the annual Christmas breakfast. Tickets for this event are \$40.00 each or 2 for \$70.00. The Rotarians look forward to seeing you there and appreciate your support.



FROM THE FRIENDS ...

Welcome to March! Enjoy hopefully the warming weather, elections and Saint Patrick's Day!

We ask that you please check to be certain your dues are current. Items that will be discussed at the March and April meetings are changes in how the Friends collect dues. Your input is needed on whether to keep the current system of dues collections one year from the date you paid, or have a yearly dues renewal in January. Also, do we wish to change the day and/or time of Friends meetings to get more participation? Voice your opinion!



JOIN OUR "OUT TO LUNCH" BUNCH

The Out to Lunch Bunch will be meeting at 11:30 on Thursday, March 19th at Quinn's Restaurant, 715 West Boylston Street, Worcester. Everyone is welcome to join us. Because we do make reservations, it is imperative you register by contacting Dale, Dianne, or Eileen. Simply call 508-210-5579 and leave your name and number and that you'd like to join the Out to Lunch Bunch on March 19th. The arrangement is that you arrange for your own transportation, and we order individually from the menu and pay on your own. We look forward to seeing friends - old and new.



MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Teryaki Beef</p>	<p style="text-align: right;">3</p> <p style="text-align: center;">STATE PRIMARY</p> <div style="text-align: center;">  </div> <p style="text-align: center;">OFFICE OPEN VAN RUNS NO PROGRAMS</p>	<p style="text-align: right;">4</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch Shepherd's Pie 1:00 Pitch Party</p>	<p style="text-align: right;">5</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Salisbury Steak w/Gravy 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p style="text-align: right;">6</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch Potato Crunch Fish 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p style="text-align: right;">9</p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch BBQ Chicken</p> <div style="text-align: center;">  </div>	<p style="text-align: right;">10</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Meatball w/Onion Gravy 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p style="text-align: right;">11</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch Marinated Pork Loin 1:00 Pitch Party</p>	<p style="text-align: right;">12</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Fajitas 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p style="text-align: right;">13</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch Macaroni & Cheese 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p style="text-align: right;">16</p> <p>8-4:00 Billiards 10:30 Tai Chi 10:30-12:15 Free Legal Clinic By appointment only 12:00 Senior Lunch Lasagna & Meatballs</p>	<p style="text-align: right;">17</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Corned Beef 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p style="text-align: right;">18</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch Beef w/Onions & Peppers 12:15 Get the Most from your food labels 1:00 Pitch Party</p>	<p style="text-align: right;">19</p> <p>8-4:00 Billiards 10:00 Book Discussion Grp. 10:00 Mah Jongg 10:30 Low Impact Exercise 11:30 Out to Lunch Bunch 12:00 Senior Lunch Roast Pork w/Gravy 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p style="text-align: right;">20</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch Fish w/Crumb Topping 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p style="text-align: right;">23</p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Beef Stew 1:00 Trailblazers by Timing ...</p>	<p style="text-align: right;">24</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 12:00 Senior Lunch Buttermilk Chicken 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p style="text-align: right;">25</p> <p>8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch Baked Potato w/Chili & Cheese 1:00 Pitch Party</p>	<p style="text-align: right;">26</p> <p>8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch Hot Dog & Baked Beans 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI</p>	<p style="text-align: right;">27</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch Vegetable Cheese Bake 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p style="text-align: right;">30</p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Chicken Mornay</p>	<p style="text-align: right;">31</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 12:00 Senior Lunch Meatloaf w/Gravy 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</p>	<p>FOOD PANTRY SENIOR DISTRIBUTION</p> <div style="text-align: center;">  </div> <p>FRIDAY, MARCH 20</p>	<p>TACO BAR</p> <div style="text-align: center;">  </div> <p>Wed., 3/25 ~ Noon</p>

TIPS FOR PICKING HEALTHY FOOD AS YOU GET OLDER

Here are 6 tips to help you find the best foods for your body and your budget:

1) Know what a healthy plate looks like

You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It's called **MyPlate**. The simple graphic shows exactly how the five (5) food groups should stack up on your plate. These are the building blocks for a healthy diet.



2) Look for important nutrients

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow - bright colored foods are always the best choice! A healthy meal should include:

- Lean proteins (lean meats, fish, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
 - Whole grains (brown rice, whole wheat pasta)
 - Low fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber & low in sodium/salt. Also, look for Vitamin D, an important mineral as we age.

3. Read the Nutrition Facts Label

The healthiest foods are whole foods. These are often found on the perimeter of the grocery in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars and sodium.

4. Use recommended servings

To maintain your weight, you must eat the right amount of food for your age and body. The National Institute on Aging offers information on serving and portion sizes at:

<https://www.nia.nih.gov/health/serving-and-portion-sizes-how-much-should-i-eat>

5. Stay Hydrated

Water is an important nutrient too! Don't let yourself get dehydrated - drink small amounts of fluid consistently throughout the day. Tea, coffee and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor suggested otherwise.

6. Stretch your food budget

Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Over 4 million older Americans use SNAP to buy food, and the average senior receives \$113 each month.

Visit [BenefitsCheckUp.org/getSNAP](https://www.benefitscheckup.org/getSNAP) to see if the program can help you.

Taken from: <https://www.ncoa.org/economic-security/benefits/food-and-nutrition/senior-nutrition/>

ATTENTION! ATTENTION! CHANGE IN MEETING DAY AND TIME

The Friends of the Holden Council on Aging have voted to change the day & time of their monthly meetings. Henceforth, the Friends will meet the **2nd Monday of each month (September-June) at 10:00 a.m.** Please note this change & feel free to join their meeting & offer your thoughts & ideas.

Schedule
Change

APRIL HAPPENINGS ...

African Violet Program
w/Sue Stafford & Joan Russo

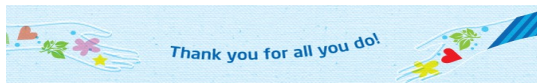


Zentangle w/Mary Shepherd



Health Expo ~ sponsored by Oriol Healthcare

Volunteer Recognition



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.

WHAT TO BRING FOR YOUR TAX APPOINTMENT

For those of you who were fortunate to obtain an appointment here at the Senior Center to get your income taxes prepared, here's what you need to bring:

- ⇒ Photo ID and Social Security Card for everyone on the return.
- ⇒ If married, both spouses must be present.
- ⇒ Health insurance 1099 (unless they are on Medicare or MassHealth).
- ⇒ Tax forms—all income forms including but not limited to: W-2's; 1099's; 1098's; 1095's; social security, alimony, bank interest, bonds, dividends, any evidence of self employment income and expense.
- ⇒ Property tax bill and water bill (if applying for circuit breaker).
- ⇒ Total of medical expenses.
- ⇒ Last year's tax return.
- ⇒ If you want direct deposit for a refund if applicable, bring a check. **We do not keep it, you do not need to void it.** The preparer's simply use the routing and bank account numbers for the electronic deposit.



TACO BAR LUNCH



Join us on **Wed., March 25** at **Noon** when we will a Taco Bar for lunch. Start with a hard or soft taco shell, add as many toppings as you like: cheese, sour cream, lettuce, tomato and more! Includes a side dish, milk and dessert. **RESERVATIONS REQUIRED** by calling Sue at 508-210-5578 by 12:30 p.m. March 20. \$2.50 donation appreciated.

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.

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Holden Senior Center
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