

Among Friends

March 2022



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



LET'S GO OUT FOR CORNED BEEF AND CABBAGE!!

We're taking a "field trip" to O'Connor's Restaurant and Bar for some delicious corned beef and cabbage. Join us on **Wednesday, March 23** at **11:30 a.m.** as we come together for a slightly late St. Patrick's Day celebration. Cost of the meal is \$23.00/person which will include: a traditional boiled dinner, rolls & butter, dessert, coffee or tea. A cash bar will be available for those who would like to take advantage. The room at the restaurant is small therefore seating is very limited so please make your reservation early. We will accept reservations through the end of business on Wednesday, March 9 or until we reach capacity. Payment must be received at time of registration and can be made via cash or a check made payable to "Town of Holden." O'Connor's is located at 1160 West Boylston Street in Worcester.



CHARMING GENERAL STORES IN MASSACHUSETTS

This presentation will introduce you to eight (8) charming general stores that will make you nostalgic. Travel across the state to see these stores and hear their history via a power point presentation by Kristina Pedone. The program is free, open to everyone and will be held on **Monday, March 7 at 1:00 p.m.** Please reserve your seat by calling 508-210-5570.

If you would like to come for lunch before the presentation, please call Tom between 9:00 a.m. & 12 Noon Mon.-Fri. at 508-210-5578 at least 48 hours prior.



DAYLIGHT SAVINGS TIME BEGINS

SUNDAY, MARCH 13

SPRING AHEAD 1 HOUR!!



COUNCIL ON AGING BOARD MEMBERS

Susan Sullivan - Chairman
Richard Mansfield - Vice Chairman
Wayne Howard
Maureen Locke
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, 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 ...



Harold Smith ~ husband of Joan Smith
Eva (Cadieux) DelFem ~ widow of Armand DelFem
Jo-ann (Noone) Nelson ~ widow of Paul P. Nelson
Elizabeth "Bette" (Coles) Shimkus ~ widow of Daniel Shimkus
Barbara (Ekeroth) Sterner-Lohnes ~ wife of Claude Lohnes
Ruth (Bell) Bollivar ~ wife of Bruce Bollivar
Andrea (Bassler) Dowd ~ wife of William J. Dowd
Richard Spring ~ husband of Sandra Spring
Robert E. Evans ~ husband of Kathleen (Knuth) Evans
Phyllis M. Barrett ~ widow of Bill Barrett
Barry L. Boutelle ~ husband of Marion Boutelle
Nancy E. Martin ~ widow of Robert W. Martin
Peter M. DeLuca ~ husband of Janet (Foss) DeLuca
Norma (Rawling) Mala ~ wife of Ernest Mala

FOR OUR VETERANS ...

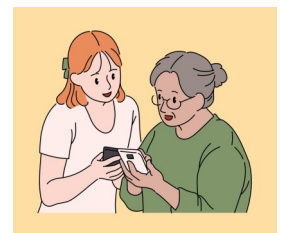
Greetings to all Veterans of the American services. We are building the American Legion Massachusetts Post 42 and I would like to invite you to join us. We meet on the 2nd Tuesday of each month at the Holden Senior Center at 4:00 p.m. All veterans are welcome, young and old and you do not have to be 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

WOULD THIS INTEREST YOU?

We are determining interest for an instructional class on how best to use your cell phone. Not just how to make a call but how to utilize all of the aspects of your phone from taking pictures or a selfie with its camera; to how to go on-line; access your e-mail; does my phone have a GPS and if so, how do I use it, etc. Our volunteer students from WRHS are willing to not only conduct the class but also are going to create its curriculum. The class would be held in the not too distant future at the convenience of the students. If this is something that would interest you, please call the Senior Center at 508-210-5570 to leave your name and number. If there's enough interest we will schedule the class and give you a call to inform you the date and time the class will start.

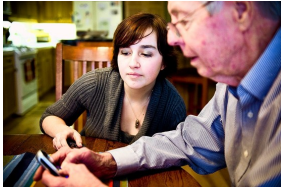


From the Outreach Office

Are you thinking Spring? We are. The weather is getting warmer and we are getting out of the house and into our yards. Spring is a good time to evaluate your home for safety concerns. Eliminate common hazards and check your stairs and railings.

Do you need help with home making, Meals on Wheels, Food Pantry deliveries, Book Express, Medical equipment, File of Life or any other support? Please call the Outreach office for assistance.

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



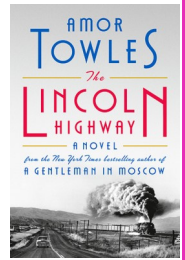
NEED HELP NAVIGATING YOUR CELL PHONE?

We have the perfect solution for you. Two Wednesdays each month students from Wachusett Regional High School will be here from **3:00-4:00 p.m.** to help you with just that. They will show you how to utilize your cell phones to their utmost capacity or simply show you the basics and answer any questions you may have. No need to register. Just drop in and they will help on a first come first served basis. This month they will be here on **Wednesday, March 9 and Wednesday, March 23.**

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

... on **Thursday, March 17 at 10:00.** This month's selection is *The Lincoln Highway* by Amor Towles. In June 1954, eighteen year old Emmett Watson is driven home to Nebraska by the warden of the juvenile work farm where he has just served fifteen months for involuntary manslaughter. His mother long gone, his father recently deceased, and the family farm foreclosed upon by the bank, Emmett's intention is to pick up his eight year old brother, Billy and head to California where they can start their lives anew.

But when the warden drives away, Emmett discovers that two friends from the work farm - the wily charismatic Duchess and earnest, off-beat Woolly have stowed away in the trunk of the warden's car. Together they have hatched an altogether different plan for Emmett's future, one that will take the four of them on a fateful journey in the opposite direction to the city of New York.



WELCOME NANCY AND ELLIE!



We are pleased to welcome Nancy Melton and Ellie Johnson as our new van drivers. Nancy and Ellie will be driving the in-town van; each for two days/week. If you ride the van or if you see them in the building, please make them feel welcome.

SCHEDULING CHANGES FOR CLASSES WITH CAITLIN



We are going to continue offering this class however it will now be held on **Thursday afternoons at 2:00 p.m.** The class will offer low impact and modifiable exercises. Class will use a chair and weights for a total body workout for all levels. Come enjoy some 60's and 70's jams and great company as we strengthen and move. Cost will be \$4.00 per class.

Caitlin's Chair Yoga class will continue to be held on Thursday afternoons from 1:00-2:00 p.m. Cost for chair yoga is \$2.00 per class.



FREE LEGAL CLINIC















Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on **Monday, March 14.** 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.





MARCH 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FOOD PANTRY SR. DISTRIBUTION  MARCH 18	1 8-4:00 Billiards 9:00 Yoga 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class 	2 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 1:00 Pitch Party	3 8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Chair Yoga 1:00 Photography 2:00 Strength & Cardio w/Caitlin 	4 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness 
7 8-4:00 Billiards 9:00 Tai Chi 12:00 Congregate Lunch 1:00 Charming General Stores in MA 	8 8-4:00 Billiards 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class	9 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 1:00 Pitch Party 3:00 Cell Phone Help 	10 8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Chair Yoga 1:00 Photography 2:00 Strength & Cardio w/Caitlin	11 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness
14 8-4:00 Billiards 9:00 Tai Chi 12:00 Congregate Lunch 	15 8-4:00 Billiards 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class	16 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 1:00 Pitch Party	17 8-4:00 Billiards 10:00 Painting 10:00 Book Club 10:30 Low Impact Exercise 11:30 Out to Lunch Bunch 12:00 Congregate Lunch 1:00 Chair Yoga 1:00 Photography 2:00 Strength & Cardio w/Cardio 	18 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness 
21 8-4:00 Billiards 9:00 Tai Chi 12:00 Congregate Lunch 	22 8-4:00 Billiards 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class	23 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Piano Lessons 11:30 Out to O'Connor's 12:00 Congregate Lunch 1:00 Pitch Party 3:00 Cell Phone Help 	24 8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Chair Yoga 1:00 Photography 2:00 Strength & Cardio w/Caitlin 	25 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness
28 8-4:00 Billiards 9:00 Tai Chi 12:00 Congregate Lunch 	29 8-4:00 Billiards 9:30 Knitting 10-11 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class	30 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Piano Lessons 12:00 Home Cooked Lunch 1:00 Pitch Party 	31 8:00-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Chair Yoga 1:00 Photography 2:00 Strength & Cardio w/Caitlin	ANY ACTIVITY OR MENU ITEM CAN CHANGE WITHOUT NOTICE

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 your 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.

Mar. 15, 2022 - Saint Patrick's Lunch and Show - Family style luncheon ~ Maclean Avenue Band ~ Connecticut's Aqua Turf \$101.00/person ~ driver's gratuity included

Apr. 19, 2022 - Encore Casino Boston—\$32/person - includes a \$20.00 slot play - Meals not included

May 16, 2022 - The Carol Burnett Show & Cabaret ~ Wyndham Hotel, RI \$121/person - Buffet Lunch

PLEASE NOTE CHANGE OF DATE TO MAY 16 AND VENUE.

June 1, 2022 - WOO SOX at Polar Park - \$61/person - Meals not included

July 12, 2022 - Essex Valley Steam Train & Connecticut Riverboat - \$111/person - Baked Scrod or Stuffed Chicken Breast

August 16, 2022 - Summer Celebration - \$101/person - Richie Mitnick presents:

"Tom Jones & Engelbert - The Way It Used to Be"

Sept. 13, 2022 - 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).

****New - Oct. 4-6 - DAVID - Grand Amish Showtime! Includes Eden Resort & Suites, Four Meals (two breakfasts, two Amish feasts). Native guide throughout Lancaster's Amish Country, Kitchen Kettle visit, Sight & Sound Theater presentation of DAVID and a visit to Hershey's Chocolate World. For more information or to register for this trip please call the number above and ask for the form to register for the Amish overnight trip.**

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



The Out to Lunch Bunch will be heading to Nancy Chang's at 372 Chandler Street in Worcester on **Thursday, March 17 at 11:30 a.m.** This is not your typical Irish cuisine however the Asian specialties are delicious. Try sharing a Pu Pu Platter, Chicken, Beef, Pork, Scallops, Shrimp, fish or Vegetable/Vegan entrée. The choices are large enough to share and served in many ways. Always a fun time. We have enjoyed some great meals together at many local restaurants We are happy to hear suggestions if you have a special place for us to share. To sign-up to go to Nancy Chang's please call Dale at 508-210-5576.

FROM THE FRIENDS OF HCOA

... We have written in the past few months about our change in annual of membership moving to a common January effective date for all members. Your response and support has been overwhelming. We thank you for your support. In the early days of the new year, we have seen better than 50% of membership renewals being paid. If by chance, you have not yet paid your renewal, please send in the payment slip at the top of the last page of this newsletter along with your check for \$5.00 to the attention of FRIENDS, c/o Holden Senior Center 1130 Main Street, Holden, MA 01520

... We would like to remind you of our website, FHCOA.ORG has a great deal of information about current happenings and upcoming events. The website is updated frequently, for your convenience. Please check it out.

... Our next monthly meeting is scheduled for **Monday, March 7 at 10:00 a.m.** at the Senior Center.



**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

MARCH MENU ~ (Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Swedish Meatballs	2) Fish w/Crumb Topping	3) Chicken Cacciatore	4) Macaroni & Cheese
7) Chicken Pot Pie	8) Spaghetti & Meatballs	9) Jambalaya	10) Garlic Herbed Chicken	11) Potato Crunch Fish
14) Ranch Chicken	15) Hotdog	16) Stuffed Pepper Casserole	17) Corned Beef & Cabbage	18) Braised Beef
21) Chicken Pesto	22) Burger w/Chili and Cheese	23) Roast Pork Loin	24) American Chop Suey	25) Vegetarian Chili
28) Shepherd's Pie	29) Greek Chicken	30) Meatloaf/Gravy	31) Turkey Supreme	

BACK BY POPULAR DEMAND

It's been a while since the staff has ventured into the kitchen so we thought we'd return and create something delicious. We hope you'll join us on *Wed., March 30 at 12:00 p.m.* when we will be serving up spaghetti and meatballs, salad, rolls and butter, dessert and beverage. Reservations will be required and can be made by calling 508-210-5570. ***Please note:*** We ask that each household make their own reservations to avoid any confusion. **DEADLINE** for reservations is Friday, March 25 **OR** until we reach capacity.



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

Presorted Standard
 U.S. Postage
PAID
 Holden, MA 01520
 Permit No. 34