



Among Friends



May 2023

Holden Senior Center
 1130 Main St
 Holden, MA 01520
 508-210-5570
 Mon to Fri 8 AM—4 PM
 Director—Karen Phillips
 Clerk— Kerry Reitz
 Program Coordinator—
 Lisa DeCiero
 Transportation
 Coordinator—Mary Sloan,
 508-210-5573
 Outreach Workers—
 Paula Earley & Dale Hayden
 Drivers—John Bianco,
 Katherine LePain, Nancy
 Melton, and Ellie Johnson
 Meal Site Manager—
 Autumn
 508-210-5578

Friends of HCOA Website:
www.fhcoa.org or find us on Facebook:
 Friends of the Holden Council on Aging

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.

View From the Fishbowl

We are seeing more and more people come through the doors for programs. Thank you all for joining us. We have a new employee. Lisa DeCiero recently started as our Program Coordinator. Feel free to stop by to say hi and to give her ideas for new activities. With the weather changing regularly, please dress accordingly. We want everyone to be as comfortable as possible. As always, the staff is happy to share our day with you. *Karen*

COA Board of Directors

Chair—Susan Sullivan
 Vice—Richard Mansfield
 Wayne Howard
 Maureen Locke
 Nancy Melton
 Lois Johansen
 Debby Osipov

The Holden Board of Health, which is working in conjunction with the Leicester Regional Public Health Coalition (LRPHC), is asking Holden residents for their input on a Community Health Assessment Survey (or CHA). What is a Community Health Assessment? CHAs are used to identify the current local health needs and issues according to those that live there. Data will be collected from residents through surveys, focus groups, and meetings with health care providers. This will help us all in identifying our community health needs and deciding how to address them, which is typically through programs and initiatives. These interventions will be evaluated periodically to measure their effectiveness, and any adjustments can be made if necessary. Some examples of successful programs and initiatives include, but are not limited to: Increased access to health care and mental health services; Smoking/Vaping cessation programs; Suicide prevention programs. The last Community Health Assessment that was done for Holden was published in 2018. As we know, things have changed a great deal since then. We'd like to hear what you think about our current community health needs. The surveys are brief and can be taken online on the Board of Health page at <https://www.holdenma.gov> or lrphc.net. People can also fill out the survey in person at the Holden Town Hall at 1204 Main Street, Holden, MA 01520, as well as the Library and Senior Center.

“Sooner or later,
 we all quote our
 mothers.”

Bern Williams



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**2023 Sheriff’s Annual Senior Picnic—
Free Drive Through Extravaganza**

Saturday, June 10

11 AM—1 PM at SAC Park in
Shrewsbury

You must register by May 19, 2023
nydia@worcestercountysheriff.org
508-796-2638

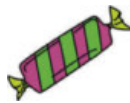


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Need a ride? If you
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Holden or to an
appointment in the
Worcester area, call
Mary at 508-210-
5573 from 8-11 AM
and 12-4 PM. The
Senior Center runs
2 vans to help with
transportation for
Holden residents
only. Rides must be
booked at least 2
days in
advance.



Wish list—We are in need of
individually wrapped candies. The
basket at the front desk empties
very quickly. Thank you for your help!



Diabetes Management Through Nutrition talk by Nicole
Reynolds of Elder Services on Thurs, May 18 at 11:30 AM.
Diabetes can affect anyone. Learn how to best manage it.



2023 Trips—call 508-210-5579 for more information or to sign up

June 16—Hampton Beach Sand Sculptures. \$35 per person.

July 18—Indian Princess Cruise with lunch at Samuel Slater’s Restaurant
and visit to Hebert Candy Mansion. \$106 per person.

August 9—Woo Sox at Polar Park. \$55 per person.

September 12-14—Pennsylvania Dutch Country (overnight trip). \$665 per person quad,
\$680 per person triple, \$740 per person double, \$910 per person single.

October 17—Encore Boston Harbor with \$20 free slot (subject to change). \$47 per person.

December 5—Boston Stocking Stuffing Tour with lunch at Maggiano’s Little Italy, tour of
Trinity Church, and visit to Quincy Market. \$139 per person.



**The Friends’ Cart is full of fun and interesting things to buy. You never know what you will
find. All proceeds go to the Friends’ group to help the Senior Center.**

Our outreach workers are here to help everyone with getting assistance and finding services.
They work part-time in the mornings. Don’t hesitate to call Paula 508-210-5575 or Dale 508-
210-5576.

Did you know? With **SAGE’s LGBTQ+ Elder Hotline**, you can talk and be heard 24/7. We
connect LGBTQ+ people who want to talk with friendly responders who are ready to listen.
“We refuse to be invisible.” **1-877-360-LGBT (5428).**

Memorial Day Remembrance



Coffee and donuts

Thurs May 25 from 9-10 AM

Join Brad Sherblom, Holden’s Veterans’ Agent, to honor our veterans. Registration required.

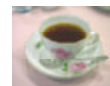
Music is Love by Dawn Kelley and Dick Miller on Wed., May 10 at 1 PM. They have been performing together for over 30 years. This is rescheduled from March. Registration is required.



Zentangle on Wed., May 17 at 1 PM. Zentangle is guided doodling under the supervision of certified teacher, Mary Shepherd. This artistic activity is foolproof, fun and relaxing. Registration is required.

For all programs, please register at the front desk or call 508-210-5570. This makes sure that you have a seat. Thanks!!

Mother’s Day Tea Party—Wed., May 31 at 12:30 PM. \$1 a person. Bring your own tea cup. Small sandwiches, dessert, and chocolates. Hats are optional. All are welcome. Sign up to reserve your spot!



Fraud Training by Ashley Grossi from Leominster Credit Union on Wed., May 24 at 1 PM. Join us to learn how to detect different fraud scams and red flags. We will also go over how to prevent fraud to keep yourself safe. Registration is required.



A Walk Through the Garden with Eleanor Roosevelt by Carol Cohen on Mon, May 15 at 1 PM. Learn about Eleanor’s humanitarian efforts and those who helped feeding America during WWII. Registration is required.

Movie Monday—This month join us on Mon, May 22 at 1 PM. We will provide the movie, popcorn, and soda. We would love for you to join us. Check in at the front desk to sign up and to see what movie we are showing.



Holden Annual Town Election—Monday, May 8


The polls will be open from 7 AM—8 PM.

The last day to request an absentee ballot to be mailed is Monday, May 1 by 5 PM. The last day to absentee vote in person is Friday, May 5 until 12 noon.



Annual Town Meeting is Monday, May 15 at 7 PM at WRHS.

Thank you **Jennifer Baker from Right Sized Living** for the Downsizing Talk last month. We inadvertently left your name out of the newsletter. Thank you again!

Do your winter feet need some TLC?  Come to the FootRN2U Clinic. The clinics will be on Wed, May 3, Thurs, May 4, Wed, May 24, and Thurs, May 25. Call Bonnie at 774-239-3449 or email footrn2u@gmail.com for an appointment. \$45.00 cash, check, or venmo

Out to Lunch Bunch—Do you like going out to eat but don’t like being alone? Join us at Two Chefs in Worcester on Thursday, May 18th at 11:30 AM. Enjoy good food and good company. All are welcome. Please call Dale at 508-210-5576 to let us know you are coming.



Exercise

Mondays and Wednesdays—Tai Chi at 9 AM. \$4.00 a class.
Tuesdays and Thursdays—Low Impact Exercise at 10:30 AM. \$4.00 a class.
Tuesdays—Balance Class at 1 PM. Free.
Thursdays—Chair Yoga at 1 PM. \$2.00 a class.
Fridays—Spring Chicken Fitness at 1 PM. Free.



Blood Pressure Clinic every Tuesday from 10-11 AM. Track your numbers!



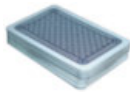
Piano Lessons

Wednesdays—Beginners from 10-11 AM
Wednesdays—Chords from 11AM—12 noon
Thursdays—Beginners from 12-1 PM



Card Games

Mondays—Bridge at 12 noon
Wednesdays—Pitch at 1 PM
Fridays—Poker at 10 AM



Photography Group

Tuesdays at 9 AM
Thursdays at 1 PM



Knotty Knitters—knitting and crocheting group on Tuesdays at 9:30 AM



Needlework Group

Wednesdays 9-12



Veterans and American Legion Meeting

Second Tuesday at 2:30PM



Scott W. Olsen, Adjutant, Post 42
americanlegionpost42@gmail.com

Mah Jongg Group
Mondays at 2 PM.
Bring your board.



Caregiver's Group

First Wednesday at 1 PM. All active caregivers welcome. Sponsored by The Oriol Foundation.



Classic Book Club

Tuesdays at 10 AM

Monthly Book Club

3rd Thursday at 10 AM



SHINE Counselor
Wed, May 3 and 17
The counselor will help with health insurance. Appointments required.

Painting

Thursdays at 10 AM
Anyone can learn. You will be surprised at what you can do!



Adult coloring

Mondays and Wednesdays 9-11

Free Legal Clinic—Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on Monday, May 8 (phone call only) Appointments are required.

Bingo Tuesdays at 1 PM






Write On

Mondays at 11 AM

This is a creative writing group.



May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 9 Tai Chi \$4 9-11 Adult Coloring 10 Friends Meeting 11 Write On 12 lunch—chicken pot pie 12 Bridge  2 Mah Jongg	2 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—spaghetti & meatballs 1 Bingo 1 Balance Class free	3 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—teriyaki beef 1-2:30 Caregiving meeting 1 Pitch party 2:30 Cellphone class	4 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— potato crunch fish 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography 	5 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—chicken fajitas 1 Spring Chicken Fitness free
8 All programs cancelled due to Town Elections 	9 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—chicken pesto 1 Bingo 1 Balance Class free 2:30 American Legion	10 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—lentil stew 1 Caregiving meeting 1 Music is Love 1 Pitch party 2:30 Cellphone class	11 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— chicken cordon bleu 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography	12 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—breaded fish patty 1 Spring Chicken Fitness free 
15 9 Tai Chi \$4 9-11 Adult Coloring 11 Write On 12 lunch— smothered chicken 12 Bridge 1 Eleanor Roosevelt play 2 Mah Jongg	16 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—burger w/chili & cheese 1 Bingo 1 Balance Class free	17 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 lunch—lemon pepper fish 1 Zentangle 1 Pitch party 2:30 Cell phone class	18 10 Painting 10 Book club 10:30 Low Impact Exercise \$4 11 Out to Lunch Bunch 11:30 Nutrition talk by ESWA 12 Lunch—American chop suey 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography	19 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—meatloaf 1 Spring Chicken Fitness free FOOD PANTRY DISTRIBUTION
22 9 Tai Chi \$4 9-11 Adult Coloring 11 Write On 12 lunch— Shepherd's pie 12 Bridge 1 Movie Monday 2 Mah Jongg	23 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—white bean chicken chili 1 Bingo 1 Balance Class free	24 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—turkey 1 Fraud Prevention with LCU 1 Pitch party	25 9-10 Veterans' Memorial Day Coffee 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—baked ham 12-1 Piano for beginners 1 Chair Yoga \$2 1 Photography	26 8:30-10:30 Morning Glory Café  10 Poker 12 lunch— cranberry chicken salad 1 Spring Chicken Fitness free
29 Senior Center Closed for Memorial Day	30 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch— BBQ chicken 1 Bingo 1 Balance Class free	31 9 Tai Chi \$4 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—Veggie cheese bake 12:30 Tea party 1 Pitch party	Lunch is \$2.50. You must make a reservation by calling the kitchen, 508-210-5578, at least 2 business days in advance. Call before noon!	Billiards Room is available every day the Senior Center is open from 8-4. Any activity or menu item can change without notice.

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WELCOME!!

Did you know that the Senior Center is available for anyone over 60? Pro tip—we don't card, so any adult is welcome to join us. For the next 3 months we will be sending our newsletter to every Holden household with someone over 60. We are proud of our programs and want everyone to know what we have to offer. The newsletter comes out monthly.



If this is the first time you are receiving this publication and want to continue to know what we are doing, please call the Senior Center at 508-210-5570 and ask to remain on the list. You can also get the newsletter electronically by going to www.fhcoa.org and signing up under the newsletter tab.

News from the Friends—A friendly reminder that annual dues for membership in the Friends are due on January 1 of every year. Your dues are important in many ways. They subsidize a number of things—the cost of mailing the newsletter, holding the Morning Glory Café, the Pen Pal program, participating in Holden Days, plots for the town garden, Senior Trips, and various programs put on by the Senior Center. Thank you for your continued support. We appreciate you being a part of the Friends. Monthly meeting Mon, May 1 at 10.

FRIENDS of the HCOA

I WOULD LIKE TO:

Renew My Membership Become a New Member

Checks made out to Friends of the HCOA

Please fill out and return to the Senior Center.



Name: _____

Address: _____

Telephone Number: _____ Date of Birth _____

E-mail: _____

Amount of Check or cash: \$5.00 \$10.00 Other Membership is good for the calendar year.

Distribution of this newsletter is made possible from the FRIENDS OF THE HCOA, INC. and, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.

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