

# Among Friends

## May 2022



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



### Martha Washington Comes to Holden



Learning about the role that Martha Washington played in the founding of our country is easy when Martha herself appears. Join us on **Monday, May 16 at 1:00 p.m.** when Martha herself will be here in the person of Sandy Spector. Sandy describes the event as a "conversation, not a performance." Come and bring a friend to this enlightening conversation. The program is free and open to all. To reserve your seat, please call 508-210-5570. This program is generously sponsored by the Holden Women's Club. We thank them for their kindness.

### AN AFTERNOON OF GOOD FOOD, GROOVY MUSIC AND GREAT FRIENDS

Join us on **Wednesday, May 18 at noon** for a fun lunch and a special guest to provide entertainment. We will be welcoming long time radio host Dave O'Gara. Dave will be playing nostalgic hits from the 50's, 60's and 70's. We invite you to dance, sing a long or just sit and enjoy some wonderful memories.



**NOTE CHANGE:** Your meal is being subsidized (so there will be NO cost to you) through a grant from Harvard Pilgrim Healthcare. We thank them for their generosity. Come enjoy lunch music and root beer floats! Reservations are **REQUIRED** and can be made by calling 508-210-5570. We respectfully ask that each person/household make their own reservation.



### PLANNING TO STAY HOME



Do you want to stay in your home until you die? How do you plan for that? In this seminar, elder law attorney Arthur Bergeron discusses HELOCs, reverse mortgages, The Commonwealth's Home Modification program, and other programs and people that can help you plan to live your life where you most want to be: at home. This presentation will be held on **Monday, May 2 at 1:00 p.m.** To reserve your seat, please call 508-210-5570.



### THE SENIOR CENTER WILL BE CLOSED ON MONDAY, MAY 30 IN OBSERVANCE OF MEMORIAL DAY



#### 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.**

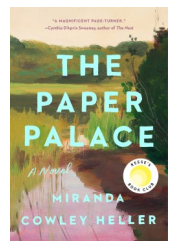
# In Memoriam ...



*Diane (Jakubiak) Browne ~ wife of Daniel Browne*  
*Janice (Mallin) Evanowski ~ wife of Walter Evanowski*  
*Evangelos "Angelo" Rassias ~ husband of Carolyn (Boisvert) Rassias*  
*Allen "Smitty" Smith ~ Partner of the Late Janice "Jan" Anderson Maki*  
*Jeffrey R. Hazelwood ~ husband of Venetia (Altomare) Hazelwood*  
*Marianne (DeMaio) Noonan ~ widow of William F. Noonan*  
*Frances (Durkee) O' Neill ~ widow of Charles R. O' Neill, Sr.*  
*Olive (Marin) Rabidou ~ widow of Ernest Rabidou*  
*Gregory G. Shannon ~ Father to Gregory Shannon and David Shannon*  
*Ernest Malo ~ widower of Norma (Rawling) Malo*  
*Marie (Lucey) Newcomb ~ widow of Gordon S. Newcomb*  
*Paul Beriau ~ husband of Yolande (Ste. Marie) Beriau*  
*Jeffrey Gaskin ~ Father to Lori Gaskin*  
*Ruth (Green) Johnson ~ widow of Earle Johnson*  
*Gladys (Berry) Chilleri ~ widow of Joseph Chilleri*  
*Robert Evans ~ husband of Kathleen (Knuth) Evans*

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

... on **Thursday, May 19 at 10:00**. This month's selection is *The Paper Palace* by Maranda Crowley Heller. It is a perfect July morning, and Elle, a 50 year old happily married mother of three awakens at "The Paper Palace" - the family summer place which she has visited every summer of her life. But this morning is different: Last night Elle and her oldest friend, Jonas, crept out the back door into the darkness and had sex with each other for the first time, all while their spouses chatted away inside. Now, over the next 24 hours, Elle will have decided between the life she has made with her genuinely beloved husband, Peter, and the life she always imagined she would have had with her childhood love, Jonas, if a tragic event hadn't forever changed the course of their lives. As Heller colors in the experiences that have led Elle to this day, we arrive at her ultimate decision with all its complexities. Tender yet devastating *The Paper Palace* considers the tensions between desire and dignity, the legacies of abuse, and the crimes and demeanors of families.



## 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](mailto:americanlegionpost42@gmail.com)

## From the Outreach Office

Happy Spring! - It is that time of year once again when we love to get outside and enjoy the beautiful weather. Do you need assistance with applications for SNAP (food stamps), Help at H.O.M.E., Food Pantry, File of Life Housing, and many more? We can help you with any of these and much more. For assistance or questions you need answered - just give Paula or Dale a call. Please stop into the Outreach Office for help or just to say hi.



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

## FROM TOWN CLERK, JEANNE HUDSON

The Annual Town Election will be held on **Monday, May 9** at the following polling locations:

- Precinct 1 - Senior Center - 1130 Main Street
- Precinct 2 - Senior Center - 1130 Main Street
- Precinct 3 - Davis Hill School - 80 Jamieson Road (use Highland St. Entrance)
- Precinct 4 - Mountview School - 270 Shrewsbury Street
- Precinct 5 - Mountview School - 270 Shrewsbury Street
- Precinct 6 - Davis Hill School - 80 Jamieson Road (use Highland St. Entrance)

**PLEASE NOTE:** Some precincts have changed due to the addition of a sixth precinct. Precincts 4 and 5 have been combined into one location at Mountview School. You can check the Secretary of State's website for your voting location.



### VOTING INFORMATION



Absentee ballots will be available to voters who will be absent from Town on the day of the Annual Town Election. The last day to request an Absentee Ballot to be mailed is Tuesday, May 3rd at 5:00 p.m. The last day to absentee vote in person is Friday, May 6th until NOON.

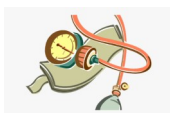
On May 9, the polls will open at 7:00 a.m. and close at 8:00 p.m.

## 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 medic??? 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, May 2**. 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.





# MAY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>2</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Congregate Lunch 1:00 <b>Planning on Staying Home</b></p> 	<p style="text-align: right;"><b>3</b></p> <p>8-4:00 Billiards 9:30 Knitting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class</p>	<p style="text-align: right;"><b>4</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch</p> 	<p style="text-align: right;"><b>5</b></p> <p>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 &amp; Cardio</p>	<p style="text-align: right;"><b>6</b></p> <p>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 style="text-align: right;"><b>9</b></p> <p><b>ANNUAL TOWN ELECTION</b></p> <p><b>NO PROGRAMS</b></p> <p><b>VANS RUN</b></p>	<p style="text-align: right;"><b>10</b></p> <p>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</p> 	<p style="text-align: right;"><b>11</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party</p> 	<p style="text-align: right;"><b>12</b></p> <p>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 &amp; Cardio</p> 	<p style="text-align: right;"><b>13</b></p> <p>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 style="text-align: right;"><b>16</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Congregate Lunch 1:00 <b>Martha Washington Comes to Holden</b></p>	<p style="text-align: right;"><b>17</b></p> <p>8-4:00 Billiards 9:30 Knitting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class</p>	<p style="text-align: right;"><b>18</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 <b>Home Cooked Lunch &amp; Dave O'Gara</b> 1:00 Pitch Party</p> 	<p style="text-align: right;"><b>19</b></p> <p>8-4:00 Billiards 10:00 Painting 10:00 <b>Book Club</b> 10:30 Low Impact Exercise 11:30 <b>Out to Lunch Bunch</b> 12:00 Congregate Lunch 1:00 Chair Yoga 1:00 Photography 2:00 Strength &amp; Cardio</p> 	<p style="text-align: right;"><b>20</b></p> <p>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 style="text-align: right;"><b>23</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Congregate Lunch</p> 	<p style="text-align: right;"><b>24</b></p> <p>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</p>	<p style="text-align: right;"><b>25</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party</p>	<p style="text-align: right;"><b>26</b></p> <p>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 &amp; Cardio</p>	<p style="text-align: right;"><b>27</b></p> <p>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><b>SR. CENTER CLOSED</b></p>  <p><b>MEMORIAL DAY</b></p>	<p style="text-align: right;"><b>31</b></p> <p>8-4:00 Billiards 9:30 Knitting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class</p> 	<p><b>FOOD PANTRY SR. DISTRIBUTION</b></p>  <p><b>MAY 20</b></p>	<p><b>ANY ACTIVITY OR MENU ITEM CAN CHANGE WITHOUT NOTICE</b></p>	<p><b>MARTHA WASHINGTON COMES TO HOLDEN</b></p>  <p><b>MON., MAY 16</b></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 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.

**June 1 - WOO SOX at Polar Park** - \$61/person - Meal not included.

**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 May we are going to go to the Black & White Restaurant, 206 North Spencer Road in Spencer.** We hope you'll join us on **Thursday, May 19 at**

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

### FROM THE FRIENDS OF HCOA

We thank you for the success of the MORNING GLORY CAFÉ which is open each Friday morning from 8:30-10:30. We entertain 55-65 people each Friday! If you have not had an opportunity to visit the café, we would love to see you. You can enjoy socializing with your friends and neighbors while enjoying homemade pastries and coffee/tea for only \$1.00 each.

Speaking of homemade pastries, we are looking for volunteers who would be willing to bake pastries every so often. If you would like to volunteer, please contact Paula Grady who heads up our CAFÉ efforts. You can e-mail her, with your name and telephone number, at pgrady@charter.net or stop by the CAFÉ to talk with Paula.

Everyone is welcome ... we'll leave the door open.



### GENTLE WALKING



If you are interested in walking easy walks on local rail trails with a wonderful group of seniors, please call Dale at 508-210-5576. She would love to hear from you.

**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

**MAY MENU ~ (Menu subject to change without notice)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Chicken Mornay	3) Meatloaf w/Gravy	4) Macaroni/Cheese	5) Chicken Fajitas	6) Roast Turkey/Gravy
9) Pork Rib-I-Que w/BBQ Sauce	10) Swedish Meatballs	11) Chicken Cacciatore Casserole	12) Sloppy Joe	13) Breaded Fish Patty
16) Chicken Pot Pie	17) Spaghetti & Meatballs	18) Potato Crunch Fish	19) Baked Ham	20) Garlic Herbed Chicken
23) Fish with Parmesan Sauce	24) Burger w/Chili & Cheese	25) Stuffed Pepper Casserole	26) Ranch Chicken	27) Chicken Cranberry Salad
30) <i>Holiday No Meal Served</i>	31) Hotdog/Baked Beans			

**DID YOU KNOW...?**



...International Firefighters' Day is Wednesday, May 4th? Born out of a tragic loss of five firefighters in a wild fire in Victoria, Australia, it was a way to honor their lives and the sacrifice firefighters are willing to make for you and me on a daily basis. This day of recognition is at the core of what the National Fallen Firefighters Foundation (NFFF) does. Our firefighters risk their safety every day to protect our families and community. When you see them, please say thank you for everything they do. We sincerely thank our Holden Firefighters for keeping us safe.



*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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 U.S. Postage  
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