



# Among Friends



**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—  
 Clare Nelson  
 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—  
 Tom Chviruk,  
 508-210-5578

Friends of HCOA Website:  
[www.fhcoa.org](http://www.fhcoa.org) or find us on  
 Facebook

**November 2022**

**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 happy to introduce Kerry Reitz as our new Senior Clerk. You will see her happy face sitting at the front desk. Please stop by and introduce yourselves. It is great to finally be fully staffed. Kerry is a great addition to our team. Thank you for all of the suggestions in the box. I read each one and do my best to fix any issues. The DPW did a great job on the pot holes. Please continue to keep me on my toes!!

*Karen*

### COA Board of Directors

Chair—Susan Sullivan  
 Vice—Richard Mansfield  
 Wayne Howard  
 Maureen Locke  
 Faye Ellis  
 Nancy Melton  
 Lois Johansen

**Snow policy—If the Wachusett Regional School district cancels school due to inclement weather, then all Senior Center programs, lunch, Meals on Wheels, and van transportation will also be cancelled.**



### **Attention Holden Property Owners over 65**

Did you know that you may qualify for up to \$1,000 off your real estate taxes? A real estate exemption may be available to taxpayers who are record owner(s) of property and who meet certain income and whole estate qualifications.

Applicants must be 65 or older prior to July 1, 2022, have owned property in Mass for 5 years and have lived in Mass for 10 years.

Income from all sources must be less than \$20,000 for a single person or \$30,000 for a married couple

“Whole Estate”, which is bank accounts, stocks, bonds, etc. as of 7/1/22, must be less than \$40,000 for a single person or \$55,000 for a married couple.

If you think you qualify, call the Assessor’s Office at 508-210-5515.

Application are applied annually to the bill issued on Dec. 31. The deadline for filing is April 1, 2023.

### **Attention:**

The high school volunteers will not be able to provide shoveling assistance for our senior residents this winter.



***In Memoriam...***

Richard Myrdal — husband of Kathy Myrdal

Alice Robichaud — sister of Ruth Welsh

Jean Halsdorf — sister of Debra Maio, Robin Rogers, & 3 brothers

Anne Marie Digregorio — wife of Leo Digregorio

Denis Cote — husband of Paula Cote

Donald McClain — husband of Angela McClain

Bryan Mello — son of Diane Mello

Willard Burnham — widower of Peggy Burnham

John Lewis — widower of Barbara Lewis

John Hazelwood — brother of Judyth Barrett and Ronald Hazelwood

Clifford Githmark — husband of Jan Githmark

Dr. Theodore Del Donno — husband of S. Jane Arntz



Do you have a talent to share? We are always looking for new programs at the Senior Center. Arts and crafts, sports, learning a language, or other fun activities are always welcome. Share your expertise or passion with others. Stop by the office to set something up.

***From the Outreach Office***

New Fuel Assistance applications will be processed at the Senior Center on November 18th and January 6th from 9:30 AM—2:30 PM. Appointments are required by calling the Worcester Community Action Council at 508-754-1176, x110, x113, or x114.

Please visit the Outreach Office for assistance with food stamps, housing information, file of life, help at home, elder services, durable medical equipment, and much more. We deliver books and puzzles. Call the Gale Free Library at 508-210-5560 to pick your books.

We are here to help you. Don't feel embarrassed or too proud. We all need an extra hand from time to time. Please call if you need anything.

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

**Out To Lunch Bunch—**

Do you hate eating alone all the time? Would you like to go out with a group of people, enjoy good food, and good company? If so, join us on November 17th at 11:30 AM at Pepper-corn's Grille & Tavern, 455 Park Ave, Worcester.

Need a ride? If you need a ride within Holden or to an appointment in the Worcester area, call Mary at 508-210-5573. We have a WRTA van and a Holden van to help you get where you need to go.



Free Legal Clinic—Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on Monday, November 14. Appointments are required and held between 10:30 AM and 12:15 PM. Stop by the front desk or call us at 508-210-5570 to make your appointment.

Book club November 17—Run, Rose, Run: A Novel by Dolly Parton and James Patterson. This is a thriller about a young singer-songwriter on the rise and on the run, who is determined to do whatever it takes to survive.



Join us on November 16 at 1 PM for an amazing program by Ron Rosenstock. We will be touring the Faroe Islands—a North Atlantic archipelago that is a part of the Kingdom of Denmark. This should be fascinating! Don't forget to sign up!!

November 9 at 1 PM—concert by Bob Jordan. After entertaining us at the Farmer's market this summer, Bob is coming inside!! Sign up at the front desk to be a part of this musical treat!



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**Plan ahead, as we are closed on the following days:**

Tuesday, November 8—State Elections: don't forget to vote!!

Friday, November 11—Veterans Day: a day to honor veterans of all wars. Thank you all for writing a blank check to preserve all of our freedoms.

Thursday, November 24 and Friday, November 25—Thanksgiving Holiday: my favorite meal of the year! This year I am thankful for all of you.

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**Caregiver's Group**—The Oriol Foundation is facilitating a new Caregiver's Group at the Senior Center. If you are an ACTIVE caregiver and are looking for some support, this is the place for you. Debby Osipov will be coordinating the group. Caregiving is rewarding and stressful. Come and meet with people who understand what you are going through. You are not alone. There is help out there. Please join us on Wednesday, November 2nd and Wednesday, December 7th from 1-2 PM. Please sign up at the Senior Center, 508-210-5570. Walk-ins are always welcome. Light refreshments will be served.



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**Trips**—We are open to ideas and suggestions for trips for 2023.

November 1—Encore Casino, \$32 per person. Includes driver gratuity and \$20 slot play.

December 1—Yuletide Newport: a magnificent lighting display at LaSalette Shrine and lunch at Quonset Point Officers Club. \$101 per person. Includes driver gratuity.

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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. 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.

Scott W. Olsen, Adjutant, Post 42 [americanlegionpost42@gmail.com](mailto:americanlegionpost42@gmail.com)





**Senior Dental Program Accepting Patients—**

Check out the Central Mass Senior Dental Clinic, a partnership between CMAA and Quinsigamond Community College’s Dental program. This clinic offers comprehensive dental assessments, cleaning, x-rays, fluoride treatments, and other services for older adults ages 55+ in Central Massachusetts free of charge!! Transportation to and from the clinic is provided by Yellow Cab, an additional program partner. To schedule an appointments with the senior dental clinic, call 508-854-4306 on Monday—Friday from 8:30 AM to 4:30 PM.

From the Executive Office of Elder Affairs

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan, that is referred to as the “donut hole”. If you reach that gap, you will see your prescription drug costs increase dramatically. Don’t let this happen to you.

Prescription Advantage can help. Prescription Advantage is a state-sponsored programs that supplements your Medicare drug plan to fill the gap. For more information about Prescription Advantage or to sign up, call MassOptions at 1-800-243-4636, Monday through Friday from 9 AM—5 PM, or visit [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).



Don’t forget to turn your clocks back an hour on Saturday, November 5th before going to bed!!



**Early Voting Schedule for the State General Election**

The State General Election is Tuesday, November 8. Early voting will be held at Town Hall in Memorial Hall, 1196 Main Street, Holden, on the following days:

- Tuesday, November 1—8 AM to 7 PM
- Wednesday, November 2—8 AM to 4 PM
- Thursday, November 3—8 AM to 4 PM
- Friday, November 4—8 AM to 12 noon

The general election is on Tuesday, November 8.



**Become a Friend**



Did you know that for \$5.00 a year, you can help support the Holden Senior Center and everything it offers? The Friends are the fundraising arm of the Senior Center. In addition to the newsletter, we have over 30 groups and programs that help keep Holden’s seniors informed, active, and involved. But we can’t do it without your help! By becoming a Friend, you can help support everything we do. All memberships have a common renewal date of January 1st. Please fill out the coupon on the back page of the newsletter and send your contribution to the Friends of the Holden Council on Aging. Thanks for being a Friend and a part of a thriving community.



# November 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Billiards Room is available every day the Senior Center is open from 8-4.</li> <li>Any activity or menu item can change without notice.</li> <li>Try to be on time for all activities.</li> </ul>	1 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—vegetable cheese bake \$2.50 1 Bingo 1 Balance Class free	2 9 Tai Chi \$4 9 Piano lessons 9:30 Needlework 12 Lunch—Chicken Milano \$2.50 1 Caregiver’s Group 1 Pitch party 2:45 Cell phone class	3 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—Salisbury steak \$2.50 1 Chair Yoga \$2 1 Photography 2 Strength & Cardio \$4 	4 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—potato crunch fish \$2.50 1 Spring Chicken Fitness free 2 Men’s Fitness free 
7 9 Tai Chi \$4 11 Write On 12 lunch—Macaroni and cheese \$2.50 12 Bridge 2 MahJonng 	8 <b>State Elections—No programs will be held.</b>	9 9 Tai Chi \$4 9 Piano lessons 9:30 Needlework 12 Lunch—Pork Loin \$2.50 1 Bob Jordan concert 1 Pitch party 2:45 Cell phone class	10 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—chicken fajitas \$2.50 1 Chair Yoga \$2 1 Photography 2 Strength & Cardio \$4	11 <b>Closed for Veterans Day</b>
14 9 Tai Chi \$4 10:30-12:15 Free Legal Clinic 11 Write On 12 lunch—lasagna and meatballs \$2.50 12 Bridge 2 Mah Jonng	15 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—roast pork \$2.50 1 Bingo 1 Balance Class free	16 9 Tai Chi \$4 9 Piano lessons 9:30 Needlework 12 Lunch—chicken picatta \$2.50 1 Ron Rosenstock program 1 Pitch party 2:45 Cell phone class	17 10 Painting 10 Book club 10:30 Low Impact Exercise \$4 12 Lunch—beef with onions and peppers \$2.50 1 Chair Yoga \$2 1 Photography 2 Strength & Cardio \$4	18 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—crumb topped fish \$2.50 1 Spring Chicken Fitness free 2 Men’s Fitness free 
21 9 Tai Chi \$4 11 Write On 12 lunch—beef stew \$2.50 12 Bridge 2 Mah Jonng 	22 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—turkey \$2.50 1 Bingo 1 Balance Class free	23 9 Tai Chi \$4 9 Piano lessons 9:30 Needlework 12 Lunch—baked potato \$2.50 1 Pitch party 	24 <b>Closed for Thanksgiving</b>	25 <b>Closed for Thanksgiving</b>
28 9 Tai Chi \$4 11 Write On 12 lunch—chicken mornay \$2.50 12 Bridge 2 Mah Jonng	29 9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—meatloaf \$2.50 1 Bingo 1 Balance Class free	30 9 Tai Chi \$4 9 Piano lessons 9:30 Needlework 12 Lunch—hot dog \$2.50 1 Pitch party 	<b>Food Pantry Senior Distribution Friday, November 18</b> 	

**FRIENDS OF HCOA**

**I WOULD LIKE TO:**

Renew My Membership       Become a New Member

Enclosed is my \$5.00 Donation (check or cash only)

Please fill out and return to the Senior Center.



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Birthday \_\_\_\_\_

E-mail: \_\_\_\_\_

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

**From the Friends of the HCOA**

The year has passed by so quickly. It is hard to believe that we are already planning for Thanksgiving. The Morning Glory Café continues to be a very successful activity on Friday mornings, 8:30-10:30. There are usually 55-65 patrons every week. The baked goods are homemade and always worth the calories!! We have been adding "special events" to the Café. We enjoy trivia on the first Friday of the month and host a 50/50 drawing on the last Friday of the month. Our half of the 50/50 will be donated to a local charity 2x a year. Every week we have our "bad joke" session, so make sure you write some down and share a laugh with all of us. Coffee and pastries are \$1.00 each. Bring your appetite!! Next monthly meeting will be November 7th at 10 AM at the Senior Center. Please join us and bring your ideas.

***Don't forget to order lunch at least 2 business days ahead!!***

**Jason Stolarski**, Aquatic Biologist from Mass Wildlife, will present a program on "*Ecological linkages between land, water, and fish*" at the Senior Center on November 10th at 7pm. **White Oak Land Trust** invites the public to join us at this event, which highlights our annual meeting.

***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.***

Return Service Requested

Friends of the Holden COA  
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Holden, MA 01520

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