

# Among Friends November 2019

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

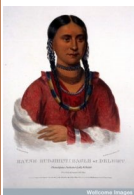


## MOM'S WORLD WAR II LETTERS

In May of 2017, Corinne Smith found her mother's stash of more than 100 letters from 16 servicemen she had corresponded with in 1944-45. Corinne began to trace the soldiers' family trees with one goal in mind: to return the letter in person to their children. This program may prompt others to wonder for themselves what treasures lurk in their own old family boxes, and how they can share the information with others. We invite you to join us for this interesting and unique program on **Monday, November 18 at 1:00 p.m.** To reserve your seat, please call 508-210-5570.



## NATIVE AMERICAN WOMEN IN KING PHILIP'S WAR



Join us **Wed., November 13 at 1:00 p.m.** for a lecture by author and historian Edward Lodi. The program will include intriguing and graphic accounts of atrocities, kindnesses & braveries on the part of both the Indians and the English during the war. Free & open to all. Refreshments following. Please call 508-210-5570 to reserve a seat. This program is sponsored by the Holden Women's Club. We sincerely appreciate their generosity.

**THE SENIOR CENTER WILL BE CLOSED ON MONDAY, NOV. 11  
IN OBSERVANCE OF VETERANS DAY.  
TO ALL OUR VETERANS ~ THANK YOU FOR YOUR SERVICE!**



**The Senior Center will be closed on  
Thursday & Friday, November 28 & 29  
in observance of Thanksgiving**

### COUNCIL ON AGING BOARD MEMBERS

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

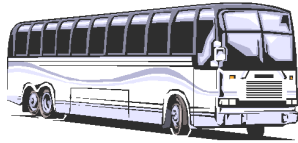
Holden Senior Center  
1130 Main Street, Holden, MA 01520  
**508-210-5570**

**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



**Tuesday, December 3 ... Yuletide Newport ...** Depart from the Senior Center at 8:30 a.m. on a delightful holiday tour combining the beautifully decorated mansions of Newport, RI and the magnificent lighting display at LaSalette Shrine. You'll first visit Newport's grand Marble House Mansion, decorated in holiday ornaments and displays. A delicious lunch is included at the excellent LocalZ Restaurant overlooking the waterfront & featuring entrée choices of Fresh Baked Scrod or Baked Chicken. Early this evening a spectacle awaits you at LaSalette, where New England's largest and most colorful Christmas light display is held. You'll return home at approximately 7:00 p.m. Cost for this tour is \$86.00/person including driver's gratuity. Payment by check only made payable to "Friends of HCOA."



## TRIPS COMING IN 2020:

**Wednesday, March 11 ... Boston Flower Show ...** Depart the Senior Center 8:30 a.m. for the Boston Seaport World Trade Center. Lunch will be at the Venezia Restaurant. Your meal choices will be Boston Baked Haddock w/seasoned crumb topping; Chicken Parmigiana or Steak Tips w/red peppers and onions served with Parmesan risotto. All entrees come with a Tossed Salad and Apple Crisp topped with whipped cream for dessert. Cost of this tour will be \$74.00 including driver's gratuity.

**Wednesday, April 22 ... Foxwoods Casino ...** Depart from the Senior Center. Included will be \$10.00 casino slot play and Festival Buffet OR \$10.00 food voucher. Price for this tour is \$35.00/person including driver's gratuity.



**Wednesday, May 20 ... Carole King Tribute ...** Depart the Senior Center for the Danversport Yacht Club in Danvers, MA to enjoy this musical tribute to multi-award winning singer-songwriter Carole King as performed by Deb DeLucca. Meal choices for this excursion 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.



**More details on 2020 trips will appear in future newsletters.**

[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!](#)

## A note from our Trip coordinators:

**Beginning November 1st, if you have questions concerning any of our trips, please call 508-210-5579. This number will bring you directly to the voicemail for the Trip Coordinators. The voicemail will be checked every morning (Monday-Friday) between 8:00 and 9:00 a.m. OR you can e-mail your questions to: [tripcoordinator.fhcoa@gmail.com](mailto:tripcoordinator.fhcoa@gmail.com). We look forward to hearing from 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 ...

The weather is getting colder now and we are turning up the thermostats. The Outreach Office can provide applications for Fuel Assistance through the Worcester Community Action Council. Please let us know if we can help in any way.

We can provide information on Housing, Food Stamps, Help at H.O.M.E., snow shoveling, etc.

If you are in the need of medical equipment, we can help. We can arrange food pantry deliveries if you are unable to drive to the Wachusett Food Pantry. Our office also delivers library books and puzzles.

We can also assist you in finding a hairdresser, if you would like your hair done at home.



Please contact Paula (508-210-5575) or Dale (508-210-5576)

### FREE LEGAL CLINIC



Attorney Arthur Bergeron from the law firm of Mirick O'Connell will be here on **Monday, November 4 from 10:30 a.m.-12:15 p.m.** to offer free 15 minute legal consultations. Appointments are required and can be made by calling 508-210-5570. Sorry no walk-ins.

### FROM THE FRIENDS ...

The Annual Friends Fair will be held on **Saturday, November 2 from 9:00 a.m.-2:00 p.m.** This is a major fundraiser for support of the Holden Senior Center. Not only do we provide support for Help at H.O.M.E., Clare's programs and the monthly newsletter, we also will be actively involved in the purchase of a new vehicle for the Holden Senior Center. So come to the Fair and visit our vendors, check out raffle items, including an Heirloom Quilt, enjoy lunch and socialize! Remember that with winter weather approaching, if there is a school delay or cancellation, any Friends meetings are postponed to the next Monday. Our next Friends meeting is at **9:00 a.m. on Monday, December 2.**

Everything is more fun with friends



### MEET YOUR VETERANS' AGENT



Brad Sherblom, our local Veterans' Agent, will be here from **8:30 to 10:30 a.m. on Friday, November 15** at our Morning Glory Café. Come for coffee and pastry, and pay a visit to Brad's table where he can answer your questions and offer information. No appointments needed.

### WE'VE COME A LONG WAY!

*Oftentimes, prior to death, seniors start to decline in the last year or so of their lives. The good news is that with modern medical technology, doctors are now able to detect a decline in health well in advance. How do we plan to make this remaining time as good as it can be? Join elder law attorney Arthur Bergeron and his guests, including a geriatric care manager in your area, as they discuss the options available in your community. This informative program will take place on **Monday, November 4 at 1:00 p.m.** Please call 508-210-5570 to reserve your seat.*



### PLEASE TAKE NOTE ...

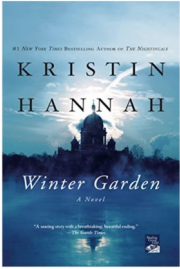
*...that the Town of Holden has posted signs in the parking lot where the striped areas for emergency vehicles are located. The signs advise that there is no parking there at any time. The signs make police take notice and they can ticket you. Thank you for your attention.*



# NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FRIDAY, NOV. 15</b>  <b>FOOD PANTRY DISTRIBUTION</b>	<b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b>	<b>PASTA BAR</b>  <b>WED., NOV. 20-NOON</b>	<b>MEET YOUR VETERANS AGENT</b>  <b>FRIDAY, NOV. 15 8:30-10:30</b>	<b>1</b> 8-4:00 Billiards 8:30-10:30 <b>Morning Glory Cafe</b> 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch <i>Shepherd's Pie</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<b>4</b> 8-4:00 Billiards 10:30 Tai Chi 10:30-12:15 <b>Free Legal Clinic</b> 12:00 Senior Lunch <i>Beef Stew</i> 1:00 <b>Making the End of Life the Best It Can Be</b> 	<b>5</b> 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Garlic Herbed Chicken</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	<b>6</b> <b>SHINE by Appt. Only</b> 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch <i>Baked Potato w/Chili &amp; Cheese</i> 1:00 Pitch Party	<b>7</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Hot Dog &amp; Baked Beans</i> 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI	<b>8</b> 8-4:00 Billiards 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch <i>Teriyaki Beef</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<b>11</b> <b>VETERANS DAY</b>  <b>SENIOR CENTER CLOSED</b>	<b>12</b> 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Macaroni &amp; Cheese</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	<b>13</b> 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch <i>Buttermilk Chicken</i> 1:00 Pitch Party 1:00 <b>Native American Women in King Philip's War</b> 	<b>14</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatloaf w/Gravy</i> 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI	<b>15</b> 8-4:00 Billiards 8:30-10:30 <b>Morning Glory Café &amp; Meet Your Veterans Agent</b> 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch <i>Fish w/Parmesan Cream Sauce</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<b>18</b> 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Pork Rib-i-que</i> 1:00 <b>Mom's World War II Letters</b> 	<b>19</b> 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Cacciatore</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	<b>20</b> <b>SHINE by Appt. Only</b> 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 10:30 Low Impact Exercise 12:00 Senior Lunch <b>PASTA BAR</b> 1:0 Pitch Party	<b>21</b> 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Swedish Meatballs</i> 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI	<b>22</b> 8-4:00 Billiards 8:30-10:30 <b>Morning Glory Cafe</b> 10:00 Poker 10:00 Billiards Lessons 12:00 Senior Lunch <i>Fish w/Crumb Topping</i> 1:00 Cribbage 1:15 Oriol Senior Fitness
<b>25</b> 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Chicken Pot Pie</i> 	<b>26</b> 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Roast Turkey w/Gravy</i> 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	<b>27</b> 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Pitch Party	<b>28</b> <b>29</b> <b>THANKSGIVING</b> <b>THANKSGIVING</b>  <b>SR. CENTER CLOSED</b> <b>SR. CENTER CLOSED</b>	

## BOOK DISCUSSION GROUP



Our book discussion group will meet on **Thursday, November 19 at 10:00 a.m.** to discuss the book **The Winter Garden** by Kristin Hannah. 1941: Leningrad, a once magical city besieged by war, cut off from aid, buried in snow. A city full of women desperate to save their children and themselves.

2000: Loss and old age have taken a terrible toll on Anya Whitson. At last, she will reach out to her estranged daughters. In a halting, uncertain voice, she begins to weave a fable about a beautiful Russian girl who lived in Leningrad a lifetime ago ...

Nina and Meredith sit spellbound at their Mother's bedside, listening to a story that spans more than sixty years and moves from the terrors of war-torn Leningrad under siege to modern day Alaska.

In a quest to uncover the truth behind the story, Nina and Meredith discover a secret so shocking, so impossible to believe, it shakes the foundation of their family and changes who they believe they are.

## Annual Senior Center Christmas Party

You're are cordially invited to attend the Annual Senior Center Christmas Party on **Wednesday, December 11 at Noon**. This year we will be celebrating at Val's Restaurant, 75 Reservoir Street. We will enjoy a delectable buffet consisting of: Grilled Steak Tips, Chicken Marsala, Baked Stuffed Filet of Sole w/Scallops and Lemon Butter, Rice Pilaf; Broccoli; Fresh Mixed Greens; Fresh Rolls and Butter with an Ice Cream Sundae for dessert. A cash bar will be available for those who wish to partake. Cost of this delicious meal is \$20.00/person **payable at the time of registration**. Each ticket is being subsidized by the Holden Senior Center. Reservations must be made by Thursday, December 5th. Join us as we celebrate Christmas with friends old and new! We may even have a visit from the Jolly Elf himself!!!



## MOUNTVIEW SCHOOL ANNUAL BREAKFAST

The students and staff of Mountview School invite Holden seniors to attend their Annual Christmas Breakfast on **Thursday, December 12 at 9:00 a.m.** The breakfast is by reservation only and for **Holden Seniors only**. To make your reservation, call the Senior Center at 508-210-5570. Reservations will be accepted through Monday, December 9 or until we reach capacity.



## WACHUSETT AREA ROTARY CLUB ANNUAL HOLIDAY BREAKFAST

The Wachusett Area Rotary Club cordially invites you to their Annual Breakfast on Saturday, December 14 at 9:00 a.m. The event will be held at The Manor Restaurant, 42 West Boylston Street in West Boylston. Entertainment will be provided by the Wachusett Singers. This breakfast is open to elders from Holden, Paxton, Princeton, Rutland, Sterling, West Boylston and Boylston. This event is by reservation only. All reservations are to be made through the Holden Senior Center. To make your reservation, call the Holden Senior Center at 508-210-5570.



## BACK BY POPULAR DEMAND ...

Local entertainer and fan favorite Rusty Guertin will be here on **Wednesday, December 4 at 1:00 p.m.** to offer a Christmas Concert filled with your favorite Christmas selections. The concert is free and open to all. Refreshments will be served after the concert. To reserve your seat, please call the Senior Center at 508-210-5570.



## A BIG THANK YOU ...

... to the Worcester County Sheriff's Department's Community Outreach Team and the Holden Community Garden for all of the wonderful fresh vegetables they shared with our elders over this summer and fall. They were thoroughly enjoyed by our participants.





## DECEMBER HAPPENINGS ...

**Dec. 4 ... Rusty Guertin Christmas Concert**

**Dec. 11 ... Senior Center Christmas Party  
At Val's**

**Dec. 12 ... Mountview Breakfast  
HOLDEN ELDERS ONLY**

**December 14 ... Rotary Breakfast  
Elders from Holden, Paxton, Princeton,  
Rutland, Sterling, Boylston, W. Boylston ONLY**

### 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.

## AN OPEN LETTER TO CURRENT AND FUTURE MEMBERS OF THE FRIENDS OF THE HOLDEN COUNCIL ON AGING AND ALL SENIOR CITIZENS OF THE TOWN OF HOLDEN

We would like to make you aware of important events and major considerations we have before us. First, let us speak to the success of the Morning Glory Café, which is a social gathering each Friday from 8:30-10:30 at the Senior Center. We regularly host 40-50 patrons each week. As success continues to grow, we need volunteers to share baking and help setting up and cleaning up.

We have our own computer web page [www.fhcoa.org](http://www.fhcoa.org) and we are on Facebook, as well. You will find a great deal of information as well as a picture gallery of events held at the Senior Center. Our web administrator spends a great deal of time keeping our web information current. ***We could use a volunteer to help with maintenance of the web page.***

Please note that our monthly meeting is a MEMBERSHIP meeting and NOT a "BOARD" meeting. These monthly meetings are held the first Monday of each month at 9:00 a.m. We encourage you to attend these meetings, as a number of important issues are currently being discussed. Some of these issues are:

- \*Van replacement cost participation
- \*Full time recording secretary for the Friends
- \*Nomination Committee appointment
- \*Annual Harvest Fair preparation and assistance

We have over 350 current members of the Friends. We need your help and participation for our organization to continue providing financial support for the Holden Council on Aging. If you are not a current member of the Friends we encourage you to join us. Annual dues are \$5.00/year. Our goal is to make our Senior Center the absolute best that it can be. We hope to see you at our next monthly meeting on **Monday, December 2** at **9:00 a.m.** at the Senior Center.



***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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