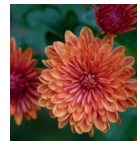


Among Friends November 2021



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



HOME COOKED LUNCH



We will host another home cooked lunch this month. Please join us on **Wednesday, November 17 at Noon** when we will be serving home-made lasagna, salad, bread, dessert and a beverage. Cost of this meal will be \$5.00/person payable that day. Reservations are **REQUIRED** and can be made by calling 508-210-5570. We will accept reservations through Friday, November 12 or until we reach capacity.

IN RECOGNITION OF OUR VETERANS...

Join us on **Wed., Nov. 10 at 10:00 a.m.** for a special coffee hour for our veterans. Our Veterans Agent, Brad Sherblom will be here to meet you & answer any questions you may have. Come enjoy a cup of coffee & pastries & socialize with your fellow veterans. We appreciate you and thank you for your service.



THE WOMEN OF 1776



We are pleased to offer another performance by local actor Rita Parisi as she portrays the women of 1776. Meet five women who witnessed and in some cases CHANGED the course of the American Revolution. Save the date: **Wednesday, November 10 at 1:00 p.m.** Please reserve your seat by calling 508-210-5570.

LET'S TOUR JAPAN!

Join us on **Monday, November 1 at 1:00 p.m.** for a spectacular tour of Japan. With photos, narratives and stories, by our famous photographer Ron Rosenstock, you are certain to enjoy this presentation. Japan is a very beautiful country and here is your chance to enjoy the sights without leaving your chair! Please call 508-210-5570 to reserve your seat.



THE SENIOR CENTER WILL BE CLOSED ON THURS., NOV. 25 IN OBSERVANCE OF THANKSGIVING DAY.

(At the time this newsletter went to print, the Board of Selectmen had not voted on whether to close on Fri., Nov. 26)



COUNCIL ON AGING BOARD MEMBERS

Susan Sullivan - Chairman
Richard Mansfield - Vice Chairman
Wayne Howard
Maureen Locke
Faye Ellis
Nancy Melton
Richard McPhee

Holden Senior Center
1130 Main Street, Holden, MA 01520
[508-210-5570](tel:508-210-5570)

Director: Louise Charbonneau
Secretary: Maureen Buffone
Program Coordinator: Clare Nelson
Transportation Coordinator: Mary Sloan - [508-210-5573](tel:508-210-5573)
Outreach Worker: Paula Earley
Outreach Worker: Dale Hayden
Drivers: John Bianco, Greg Tivnan,
Katherine LePain, Jackie Latino

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 ...



Bengt E. H. Hansson - widower of Marta J. Hansson

Dorothy P. Gabree - wife of Richard R. Gabree, Sr.

Janice A. Maki - widow of Henry "Hank" Maki

Richard W. "Rich" Nobile - husband of Beth M. (Murphy) Nobile

Patrick Z. "Pat" Sarkisian - husband of Carol A. (Hammond) Sarkisian

Scott A. McClean - husband of Christine (Cote) McLean

Cheryl D'Andrea - sister to Joseph D'Andrea

Stephen Jarecki - husband of Gretchen (Kinman Fillmore) Jarecki

Charles (Constantine Dino) Keratsis - Husband of Carol (Karczewski) Keratsis

Brian Stowell - son of Betty Stowell

Nancy (Ropiak) Naas - widow of Bruce Naas

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

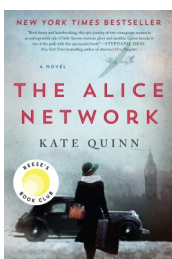
... on **Thursday, November 18 at 10:00**. This month's selection is ***The Alice Network*** by *Kate Quinn*.

In an enthralling new historical novel from national bestselling author Kate Quinn, two women - a female spy recruited to the real-life Alice Network in France during World War I and an unconventional American socialite searching for her cousin in 1947 - are brought together in a mesmerizing story of courage and redemption.

It's 1947. In the chaotic aftermath of World War II, American college girl Charlie St. Clair is pregnant, unmarried and on the verge of being thrown out of her very proper family. She's also nursing a desperate hope that her beloved cousin Rose, who disappeared in Nazi-occupied France during the war, might still be alive. So when Charlie's parents banish her to Europe to have her "little problem" taken care of, Charlie breaks free and heads to London, determined to find out what happened to the cousin she loves like a sister.

It's 1915. A year into the Great War, Eve Gardiner burns to join the fight against the Germans and unexpectedly gets her chance when she's recruited to work as a spy. Sent into enemy-occupied France, she's trained by the mesmerizing Lili, code name Alice, the "queen of spies", who manages a vast network of secret agents right under the enemy's nose.

Thirty years later, haunted by the betrayal that ultimately tore apart the Alice Network, Eve spends her days drunk and secluded in her crumbling London house. Until a young American barges in uttering a name Eve hasn't heard in decades, and launches them both on a mission to find the truth ... no matter where it leads.



You are cordially invited ...

... to join us for our annual Christmas party. We will be holding the party at Val's Restaurant, 75 Reservoir Street on **Thursday, December 2 at 11:30 a.m.** We will enjoy a delightful buffet that will include a garden salad, chicken marsala w/pasta, grilled steak tips, broccoli florets and baby carrots, rolls and butter, apple crisp and coffee/tea. A cash bar will be available for those who would like to take advantage. Rusty Guertin will be there to offer some festive music and if we've all been very good, perhaps a visit from Old Saint Nick himself. Cost of the luncheon, including gratuity will be \$25.00/person. Each ticket is being subsidized through the Holden Council on Aging.



From the Outreach Office

It's that time of year again as we begin a busy holiday season. It is also time to check and make sure you are ready for the cold weather ahead. We are here to assist you in any way we can. Fuel Assistance applications SNAP applications, housing, elder service referrals, food pantry applications and home delivery, medical equipment, Help @ H.O.M.E. applications, and much more.



We are working with the Wachusett Regional High School to arrange snow shoveling for Senior Residents. Please call Dale to sign up at 508-210-5576. The students can shovel walks and steps only.

We have been asked if the students can use resident's snow blowers. We do not ask students to do this. We are looking for an adult volunteer who may be willing to provide this service.

Wishing you all a wonderful Thanksgiving.

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

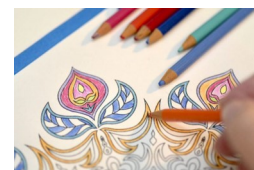
NEWS FROM SHINE

If you're in the planning stages of retirement or if you just have questions about Medicare, please take advantage of the Medicare 101 presentations that we are doing each week on Zoom. People can sign up by visiting the SHINE website at www.shinema.org. The presentation covers enrolling in Medicare Parts A & B through SSA; additional types of coverage (Medigap, Medicare Advantage, and Part D); potential missteps and how to avoid them.



ADULT COLORING

We will hold another adult coloring afternoon on **Wednesday, December 1st** from **1:00-3:00 p.m.** We welcome all of you to come, participate and enjoy a relaxing afternoon of creativity and socialization. We have all the materials here at the Center, or you're welcome to bring your own. Such that we're certain we have enough space for everyone, please register by calling 508-210-5570.



A FUN WORKSHOP WITH TINA BEMIS

We will hold a centerpiece workshop with Tina Bemis from Bemis Farms Nursery on **Monday, Nov. 29** at 1:00 p.m. The contents of the centerpiece will be a surprise meaning Tina will bring what materials she is able to get. It will be something appropriate for the season and the holidays. This is *always a bargain* because the supplies are so generous. Cost is \$20.00 per person payable at the time of the workshop. Call 508-210-5570 to reserve your seat.

DIGITAL PHOTOGRAPHY

We have a Digital Photo room ready for you to come by and print your photos directly from your iPhone or Android Phone. You can also print from a thumb drive or the memory chip in your digital camera. We have four computers and a Hi-Res COLOR printer for your use. Tuesdays from 9:00 - 12:00 you can drop in to get some help and print your favorites.



LIMITED TIME NO CHARGE FOR UP TO 3 PHOTOS

FREE LEGAL CLINIC

Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on **Monday, November 8**. Appointments are required and can be scheduled 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.





NOVEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch</p> 	<p>2</p> <p>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</p>	<p>3</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 1:00 Pitch Party</p> 	<p>4</p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Yoga 1:00 Photography</p>	<p>5</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>8</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 10:30-12:15 Free Legal Clinic 12:00 Congregate Lunch</p> 	<p>9</p> <p>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</p>	<p>10</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Piano Lessons 10:00 Veterans Coffee 12:00 Congregate Lunch 1:00 Women of 1776 1:00 Pitch Party</p>	<p>11</p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Yoga 1:00 Photography</p>	<p>12</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>15</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch</p>	<p>16</p> <p>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</p>	<p>17</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 1:00 Pitch Party</p>	<p>18</p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 11:30 Out to Lunch Bunch 12:00 Congregate Lunch 1:00 Yoga 1:00 Photography</p> 	<p>19</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>22</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch</p> 	<p>23</p> <p>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</p>	<p>24</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Piano Lessons 12:00 Congregate Lunch 11:00 Pitch Party</p> 	<p>25</p> <p>8-4:00 Billiards 10:00 Painting 10:00 Book Club 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Yoga 1:00 Photography</p> 	<p>26</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>29</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch</p> 	<p>30</p> <p>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</p>	<p>WOMEN OF 1776</p>  <p>WED., NOV. 10 ~ 1:00 pm</p>	<p>FOOD PANTRY SENIOR DISTRIBUTION</p>  <p>NOVEMBER 19</p>	<p>ANY ACTIVITY OR MENU ITEM CAN CHANGE WITHOUT NOTICE</p>

2021 DAY TRIPS



PLEASE NOTE The Memories of Patsy Cline trip is re-scheduled for June 22, 2022 - \$98/PERSON - Lantana's Restaurant - Chicken Cordon Bleu or Vegetable Lasagna.

PLEASE DO NOT send checks. We will call for checks 30 days before the trip.

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 Dianne, Eileen or Dale in the Morning Glory Café on Fridays from 9:00-10:30 or in the Lounge on Tuesdays from Noon-2:00 p.m.

We have one trip scheduled for December. Unfortunately, the Boston Pop's trip has been canceled due to lack of availability of afternoon concerts.

Dec. 1 - Christmas Lights at Tower Hill/O'Connor's/Late Lunch Buffet - \$74/person

Mar. 15, 2022 - St. Patrick's Lunch and Show - \$99.00/person - details to follow in future newsletter

Please note that if you 'd like to bring your trip payment in person or to have your proof of vaccination copied, the Trip Coordinators are available on Tuesday afternoons from 12:30-2:30 and at the Morning Glory Café on Friday mornings from 9:00-10:30.

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.



OUT TO LUNCH BUNCH AND HOW ABOUT A MOVIE??

On Thursday, November 18th our Out to Lunch Bunch will be enjoying the delightful menu at the Pub 99 Restaurant at 900 West Boylston Street in Worcester. We are thinking of going to a movie after lunch at the West Boylston Cinema. Tickets are \$6.00 per person. Choice of movies will be available closer to the date of our event. Please let us

know what you think of this idea? Call Dale to sign up for lunch at 508-210-5570.



NEW FUEL ASSISTANCE APPLICATIONS

Representatives from Worcester Community Action Council will be here to accept NEW applications for fuel assistance. They will be here on **Tues., Nov. 30 and Tues., Jan. 25 from 9:30 a.m.-3:00 p.m. You MUST have an appointment which can be made online at www.wcac.net.**

Please remember that these dates are for **NEW** applications only. If you have questions, please call the Worcester Community Action Council at 508-754-1176.



FROM THE FRIENDS OF HCOA

Just a reminder that the FRIENDS has moved to a common membership renewal date of January 1st. We have extended your 2021 October, November and December renewal to January 1, 2022. If you have already paid your September renewal, we have extended your next renewal to January 1, 2023. All other renewals will be due on January 1, 2022.

The Morning Glory Café, at the senior center, each Friday from 8:30-10:30 continues to entertain an increasing number of folks. Don't miss out on the fun along with homemade pastries with coffee/tea for \$1.00 each.

Our next meeting is scheduled for **November 1st at 10:00 a.m.** at the Senior Center, please join us.



**FRIENDS OF HCOA
I WOULD LIKE TO:**

Renew My Membership

Become a New Member

Enclosed is my \$5.00 Donation

DUES PAID BETWEEN NOW AND DEC. 2021 WILL EXPIRE 12/31/2022



Name: _____
Address: _____
Telephone Number: _____
E-mail: _____

NOVEMBER MENU ~ (Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Chicken Pesto	2) Burger w/ Chili & Cheese	3) American Chop Suey	4) Roast Pork Loin w/Gravy	5) Jambalaya
8) Shepherd's Pie	9) Greek Chicken	10) Meatloaf/Gravy	11) Veterans Day <i>No Meals Served</i>	12) Lemon Pepper Fish
15) Teriyaki Beef	16) Vegetable Cheese Bake	17) Garlic Herbed Chicken	18) Salisbury Steak w/Gravy	19) Macaroni & Cheese
22) Chicken Picatta	23) Turkey w/Gravy	24) Marinated Pork Loin	25) Thanksgiving <i>No Meals Served</i>	26) Potato Crunch Fish
29) Lasagna and Meatballs	30) Chicken Fajitas			

**TURN YOUR CLOCKS BACK ONE HOUR ON
SUN., NOV. 7!**



**THE SENIOR CENTER WILL BE CLOSED ON
THURSDAY, OCT. 11 IN OBSERVANCE OF VETERANS' DAY**

*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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