



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—
 Lisa DeCiero
 Transportation
 Coordinator—Mary Sloan,
 508-210-5573
 Outreach Workers—
 Paula Earley & Dale Hayden
 Drivers—John Bianco,
 Katherine LePain, Ellie
 Johnson, and Bill Lahey
 Meal Site Manager— Rich
 508-210-5578

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

October 2023

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

Thank you to all of our “regulars” who continue to support us and keep us on our toes! Welcome to all of our new friends who just found us. All of you contribute to the success of our activities and programs. We do what we do for you. Don’t hesitate to make suggestions. We do our best to accommodate everyone. Happy 1 year work anniversary to Kerry. Thank you for welcoming us to the center every day! May you all enjoy the crisp air and fall activities. *Karen*



COA Board of Directors

Chair—Susan Sullivan
 Vice—Richard Mansfield
 Wayne Howard
 Maureen Locke
 Lois Johansen
 Debby Osipov
 Elizabeth Brennan
 *meet the first
 Wednesday of the
 month at 8 AM

October is Health Literacy Month

Health literacy is important for everyone because, at some point in our lives, we all need to be able to find, understand, and use health information and services. Taking care of our health is part of everyday life, not just when we visit a doctor, clinic, or hospital. Health literacy can help us prevent health problems, protect our health, and better manage health problems when they arise.



Even people who read well and are comfortable using numbers can face health literacy issues when:

- They aren’t familiar with medical terms or how their bodies work.
- They have to interpret statistics and evaluate risks and benefits that affect their health and safety.
- They are diagnosed with a serious illness and are scared and confused.
- They have health conditions that require complicated self-care.

Be an active member in your healthcare team. Make sure that you understand what is being said. Don’t be afraid to advocate for yourself and ask questions.

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Lucy Maud
 Montgomery,
Ann of Green Gables



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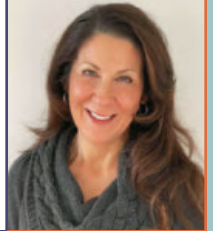
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Special State Senate Primary and Election

On Tuesday, October 10, there will be a Special State Senate Primary to replace Senator Ann Gobi's seat. The election will be on Tuesday, November 7. If you are unable to vote on those days, please visit the Town Clerk's Office to vote Absentee. Call them at 508-210-5530 with any questions.

Planning for Medicare on Monday, October 2 at 1 PM

Medicare can be difficult to navigate. If you have questions or issues, come to this talk. It is sponsored by Blue Cross/Blue Shield but is open to everyone.



Medical Equipment—We will take donations of medical equipment that is in good, working condition. We also loan out walkers, wheelchairs, tub seats, canes, etc. to those in need. Please call us at 508-210-5570 to donate or borrow.

Need a ride? If you need a ride within 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.



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.

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

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.



Meals on Wheels Volunteers Needed—Are you looking for a great way to give back to the community? Meals on Wheels is looking for volunteers. We are looking for help both in the kitchen and with the delivery of the meals. The kitchen work is at the Holden Senior Center. It is light kitchen work that will require standing on your feet. Drivers will be delivering meals to residents. In order to drive, you must have a valid driver's license and an insured vehicle. Drivers are eligible to receive mileage reimbursement for their travel. The work is done in the mornings during the week. If you are interested, please call Rich in the Kitchen, at 508-210-5578.



Need a Helping Hand? Our outreach workers are here to help everyone with getting assistance and finding services. For example, they can help with fuel assistance applications, food stamps, food pantry, housing, Meals on Wheels, getting books from the library, durable medical equipment, housekeeping, and Help at HOME. We also get donations of incontinence supplies. Let us know if you need some.



Outreach is available in the mornings. Please reach out to Paula 508-210-5575 or Dale 508-210-5576. They will get back to you.

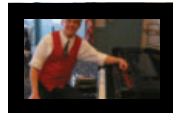
**Book Club on Thurs,
October 19 at 10 AM**



This month's selection is The Diamond Eye by Kate Quinn. Based on a true story, The Diamond Eye is a haunting novel of heroism born of desperation, of a mother who became a soldier, of a woman who found her place in the world and changed the course of history forever.

Honky Tonk Piano with Gary Landgren, Monday, October 23 at 1 PM

Join us for a rip roaring and fun afternoon with Gary. He will be playing many of your favorite songs. Gary always puts on an amazing show.



Dust off your dancing shoes! Please register at the front desk or call us at 508-210-5570.

Rendezvous with Rachel Revere on Wednesday, October 25 at 1 PM

The Holden Women's Club and the Friends' of the HCOA are sponsoring this wonderful, historical play. What happened to Paul Revere's wife while he was telling everyone that the British were coming? Learn from Rachel herself! Please register at the front desk or call us at 508-210-5570.

Power Week Lunch with HMLD

Join us on Wednesday, October 4 at 12 noon for a free lunch courtesy of the Light Department. This lunch is limited to HOLDEN residents ONLY. You must sign up to attend. Seating is limited. Sign up begins on Monday, September 25. You can sign up in person at the Senior Center or by calling 508-210-5570.



Card Making Class

Carol Hodgerney will be back to run 2 card making classes on Monday, October 23 and Monday, October 30 at 9 AM. Kits will be \$5 each, payable in the class. Class size is limited. You must register at the front desk or by calling us at 508-210-5570.



Movie Monday—This month's movie will be on Monday, October 30 at 1 PM. The title will be announced by the 15th of the month. Suggestions are always welcome. Join us for popcorn and soda.



FLU CLINIC—the VNA will be hosting a flu clinic at the Senior Center on Thursday, October 26 from 1-4 PM. This is the prime time to get the shot. Please register at the front desk or call us at 508-210-5570.



Having trouble touching your toes? Let the FootRN2U Clinic cut your toenails. 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 Tavern on the Square in Shrewsbury on Thursday, October 19 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. \$5.00 a class. 

Tuesdays—Yoga with weights at 9 AM. \$3.00 a class ****New****

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. \$3.00 a class (price change)

Fridays—Spring Chicken Fitness at 1 PM. Free.

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



Piano Lessons \$5

Wednesdays—Beginners from 10-11 AM

Wednesdays—Chords from 11AM—12 noon

Thursdays—Beginners from 12-1 PM

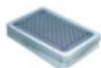


Card Games

Mondays—Duplicate 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



Caregiver's Group

First Wednesday at 1 PM. All active caregivers welcome.



Needlework Group

Wednesdays 9-12



Veterans and American Legion Meeting

Second Tuesday at 2:30PM

Scott W. Olsen, Adjutant, Post 42
americanlegionpost42ma@gmail.com



Movie Monday monthly at 1 PM.
Popcorn and soda

Mah Jongg Group

Mondays at 1:30 PM. Bring your board.



Painting

Thursdays at 10 AM

Anyone can learn. You will be surprised at what you can do! \$10 a class

Adult coloring

Mondays and Wednesdays 9-11



Classic Book Club Tuesdays at 10 AM

Monthly Book Club 3rd Thursday at 10



SHINE Counselor

The counselor will help with health insurance on Wed, Oct 18 and 25. Appointments required.

Bingo Tuesdays at 1 PM

Free Legal Clinic—Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on Mon., October 2. Appointments are required.



Write On

Mondays at 10:30 AM

This is a creative writing group.




October 2023


Monday	Tuesday	Wednesday	Thursday	Friday
2 9 Tai Chi \$5 9-11 Adult Coloring 10:30 Legal Clinic 10:30 Write On 12 lunch— chicken pesto 12 Bridge 1 BC/BS Medicare Talk 1:30 Mah Jongg	17 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—burger w/chili 1 Bingo 1 Balance Class free	4 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 POWER LUNCH (no Pitch Party) 2:30 Drop in cell phone class	5 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— American chop suey 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography 1 Dominoes and cribbage	6 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—Jambalaya 1 Spring Chicken Fitness free
9 Senior Center closed for Columbus Day/Indigenous Peoples' Day	10 State Primary Elections All Senior Center programs are cancelled.	11 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—meatloaf 1 Pitch party 1 Caregiver's group	12 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— turkey supreme 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography 1 Dominoes and cribbage	13 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—lemon pepper fish 1 Spring Chicken Fitness free
16 9 Tai Chi \$5 9-11 Adult Coloring 10:30 Legal Clinic 10:30 Write On 12 lunch— Salisbury steak 12 Bridge 1:30 Mah Jongg	17 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—chicken fajitas 1 Bingo 1 Balance Class free 2:30 American Legion	18 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 lunch—teriyaki beef 1 Pitch party 2:30 Drop in cell phone class	19 10 Painting 10 Book club 10:30 Low Impact Exercise \$4 11:30 Out to Lunch Bunch 12 Lunch—potato crunch fish 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography 1 Dominoes and cribbage	20 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— veggie cheese bake 1 Spring Chicken Fitness free
23 9 Tai Chi \$5 9-11 Adult Coloring 9 Card Making 10:30 Write On 12 lunch— mac and cheese 12 Bridge 1 Honky Tonk Piano 1:30 Mah Jongg	24 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—BBQ chicken 1 Bingo 1 Balance Class free	25 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—pork loin 1 Pitch party 1 Rachel Revere program	26 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—cranberry chicken salad 12-1 Piano for beginners 12-4 Flu Clinic 1 Chair Yoga \$3 1 Photography 1 Dominoes and cribbage	27 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— meatballs 1 Spring Chicken Fitness free
30 9 Tai Chi \$5 9-11 Adult Coloring 9 Card Making 10:30 Write On 12 lunch— lasagne 12 Bridge 1 Movie 1:30 Mah Jongg	31 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch— white bean chicken chili 1 Bingo 1 Balance Class free		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 programs are running from 8-4. Any activity or menu item can change without notice.

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Friends' Corner



Thank you all who came to the Friends' Luncheon last month. We had a great turn out and great food from Specialty Sandwich Company. Thank you to all of the volunteers who helped make everything run smoothly.



This month's meeting is Monday, October 2 at 10 AM. Please come and learn about the Friends. We will be discussing upcoming events possible fundraising ideas.

The Morning Glory Café is back in session. Please join us on Friday mornings from 8:30-10:30. We always have a seat for you at our table. We are still looking for volunteers to bake, serve, and clean up. Any help is appreciated.

Don't forget to check out the cart while at the Senior Center. The proceeds go to the Friends.

Discover your Senior Center and discover joy!

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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